

HSL-48 Wins DARTS Competition

Aircrewmen Show Superior Deployable Readiness



-Photo courtesy of HSL-48

DARTS awardees: Naval Air Crewmen 1st Class Michael Skinner, Naval Air Crewmen 2nd Class Daniel Dotras, Naval Air Crewmen 2nd Class Brendon Light, Naval Air Crewmen 2nd Class Sebastian Delossantos, Naval Air Crewmen 2nd Class Jimmy Stewart, Naval Air Crewmen 3rd Class Brendan Brown, Naval Air Crewmen 3rd Class Mitchell Masters

From HSL-48

HSL-48 does it again! The Vipers have won the annual HSMWL (Helicopter Submarine Maritime Wing Atlantic) Deployable Acoustics Readiness System (DARTS) competition for the fifth time in the last 10 years.

The competition includes all squadrons within HSMWL and assesses the anti-submarine warfare readiness of each squadron's Aircrewmen. The evaluation is made based upon an average of the top scores in a written examination.

Keeping with tradition, the Viper aircrew shop shattered all expectations and set an unprecedented score of 100 percent. All HSL-48 Aircrewmen taking the test posted a perfect score, earning them special recognition from Capt. Carl F.

Bush, Commodore HSMWL. Commodore Bush commended the Viper Aircrewmen for their efforts and reminded them of the very practical need for continued tactical excellence in the fleet.

Cmdr. Stephen E. Banta, HSL-48 commanding officer, not only praises his aircrew shop for their impressive performance, but also commends the leadership of Chief Air Warfare Rescue (NAC/AW/SW) Roland Dupras and Air Warfare Rescue 1st Class (NAC/AW/SW) Michael Skinner. Thanks to their leadership and the efforts of each Viper Aircrewman, the HSMWL DARTS trophy once again calls HSL-48 home.

Base Holds Sea Turtle Release

By AEAN Michael Roggio
Staff

On Friday, July 23, approximately 40 loggerhead hatchling sea turtles followed the light of the moon and made their way from Naval Station Mayport's beach for a new life at sea.

"It's rare that all eggs hatch," said Naval Station Mayport Wild life Officer Art Burt, who carefully supervised the release. "We managed to save 45 eggs after discovering that the nest had been raided by a fox."

NS Mayport has a flourishing sea turtle nesting area on its mile-long beach, with dozens of volunteers searching the beach for new nests, signs of tampering or distress and for hatchlings.

Burt explained that now more than ever before, programs to facilitate breeding are essential to the sea turtle population, due to the oil spill in the Gulf. In an effort to reduce hatchling fatality, animal control officers across the East Coast often relocate or mark off nesting areas to protect them. Currently the base has eight nests on the beach that are easily identified by bright orange net barriers surrounding them.

Sea turtle nesting takes place May 31 through Oct. 31, annually. Depending on the species and other environmental factors, incubation can last from 45-75 days. Once out of their shells, the hatchlings quickly migrate toward the ocean using the light of the moon to navigate the first stretch of their journey. Unfortunately, since the hatchlings use light to navigate to the water's edge, they are often disoriented by artificial ambient light from homes, businesses or vehicles and wander toward these light sources, to their demise. Due to lower traffic and less ambient light, Mayport's beach



-Photo by Paige Gnamn

ISO Officer Theron Golleher holds a bucket of loggerhead sea turtle nestlings before their release off the beach of Naval Station Mayport on July 23.

offers a more successful breeding ground for sea turtle nesting, undisturbed incubation, and less hatchling disorientation when following the moonlight to their new home in the sea.

Even the hatchlings that do

make it to the sea face a perilous journey to adulthood and scientists estimate that only one in one thousand make it to adulthood, Burt said.

For more information, or if you sight an unmarked nest, hatchling or stranded sea tur-

gles, contact the NS Mayport Wildlife Office immediately at 219-2178 for the base beach and Hanna Park. Call the Beaches Sea Turtle Patrol at 613-6081 for all Jacksonville area beaches or the Florida Marine Patrol at 270-2500.

Navy Readies New Evaluation Software

By MC1(AW) LaTunya Howard

Navy Personnel Command Public Affairs

The Navy will release a new version of NAVFIT98A software Aug. 1, changing the way physical fitness assessment (PFA) results and individual augmentee (IA) service are documented in a fitness report or evaluation.

"We released a new version of NAVFIT98A to accommodate the recent policy changes and at the same time fix several long-standing problems associated with the application," explained Jim Price, director, Navy Personnel Command (NPC) Performance Evaluation Division.

NAVFIT98A Version 28 supports new performance report policy changes and fixes known security and printing problems, as well as other technical issues associated with older versions of the software. Because of these changes, all forms will have new version numbers. Electronic versions can be found at <http://www.npc.navy.mil/careerinfo/performanceevaluation/softwareforms>.

Commands that still have an older version installed but that need to submit performance reports with ending dates of Aug. 1 or later can submit performance reports generated by older software versions until Navy/Marine Corps Intranet (NMCI) updates are complete.

The E7-E9 chief evaluation has been modified to include the new policy guidance. Evaluation form NAVPERS 1616/27 8-10 can be found at the above link beginning Aug. 1. This Web site also answers frequently asked questions concerning Version 28 deployment and provides a reference guide on using the application.

"It's important for us to recognize the performance and contributions of our Sailors who are serving IAs," said Price. "This revised

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New CO For SBR

By Ensign Beth-Ann Dick

USS Samuel B. Roberts PaO

USS Samuel B. Roberts (FFG 58) held a change of command ceremony on July 23 when Cmdr. Chuck L. Sellers turned over command to Cmdr. Angel C. Cruz after serving in command since December 2008.

Sellers began his command tour in the middle of a highly-successful Counter Narcotics-Terrorism deployment in the SOUTHCOM Area of Responsibility (AOR), during which Sammy B captured more than \$190 million worth of illegal drugs being trafficked through the Eastern Pacific. Upon return from deployment in April 2009, he led Sammy B through a demanding mainte-



-Photo courtesy of SBR
Cmdr. Chuck Sellers, salutes Capt. Gary Haben, COMDESRON 14, during a change of command ceremony in which he is relieved by Cmdr. Angel Cruz as USS Samuel B. Roberts CO.

nance cycle and several group sails, including one with the

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USS Hue City
Returns From Deployment

Pages 6-7

USS Taylor
Enjoys "Sea Breeze"

Page 13

Post 9/11 GI Bill
Transferability With Required Service

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STREET TALK

There are new changes coming for evals. Do you believe the new system is fair?



**QMCS Ryan Curylo
USS Boone**

In the long run it may eliminate some good people, but we need to maintain standards because we come across some arduous missions and need to be in shape for them.



**BM2 Jason Newman
USS Boone**

I disagree with the new changes, because even though someone might not be good in PT they're still good Sailors.



**OSSN Areya Berry
Career Development Center**

I don't think it is fair; sometimes you may have a bad day, but you still are a good Sailor.



**QM3 Matthew Saunders
USS Halyburton**

I agree, you need to be physically fit to be in the military.



**AD3 Bijoznai Tchekpi
HSM 40**

I believe people should be held to standards.



**CPO Edward Gardner
NIOC TX**

I think it's long overdue; Marines have been doing it for a long time and physical standards must be a part of the evals. It allows the Sailors to be well rounded.

Take-Aways From SLO Training, MCEC Conference



**Judy Cromartie
School Liaison Officer**

Last week I attended a School Liaison Officer (SLO) training and a Military Child Education Coalition (MCEC) Conference in Washington, D.C. Hopefully the information I learned will translate into greater assistance to the military families that I serve.

The SLO training focused on the military child with special needs. The presenter Peter Wright, Wrightslaw.com, provided helpful negotiating skills for a military family raising a special needs child. Going into

KNOW THE ROPES

a Target or IEP meeting at the school level with these skills in your tool box, you can be a better advocate for your child. These skills include the following:

1. having a clear picture of what you want in the school setting for your child,
2. understanding the school's and/or district's position, and
3. sharpening your presentation skills.

He encourages families to learn about their child's special needs to be able to clearly converse with school or district staff about what will make your child academically and/or behaviorally successful in school. Parents also need to understand the position of the school and/or the district. This particular skill keeps the negoti-

ations positive as the parent can assure the school and/or district that he/she does understand what they wish to provide as accommodations. This positive approach to the negotiations doesn't allow them to escalate to an adversarial position which may result in the child not receiving all that is needed for his/her school success. Presentation skills are also critical in a Target or IEP meeting. He recommends maintaining a positive manner, focusing on this particular meeting's issue, and listening carefully to the school personnel's comments. By doing this, you will maintain your understanding of the school's position to help you craft your responses.

My first parent program of the year will again focus on the

special needs military child and the military child with a 504 Plan. Look for upcoming program details.

As part of the MCEC Conference I was honored to attend the Senior Leadership Panel featuring a distinguished panel of military leaders including Adm. Gary Roughead, Chief of Naval Operations. Other members of this panel included the Chiefs of Staff from the U.S. Army, Air Force, and Coast Guard in addition to Gen. James E. Cartwright, Vice Chairman, Joint Chiefs of Staff; Gen. James T. Conway, Commandant, U.S. Marine Corps; and Lt. Gen. Harry M. Wyatt III, Director, Air National Guard. Joining our military leaders was The Honorable James H. Shelton III, Assistant Deputy Secretary for Innovation and Improvement, U.S. Department of Education.

Adm. Roughead reminded the audience that Naval installations are typically housed in

older communities; therefore, it is important that exceptional services are provided to their families living in these areas with possibly challenged school systems. He also encouraged the School Liaison Officers in attendance to make sure local schools and district administrations are aware of the new and growing phenomenon of the geographical bachelor or "geo-bachelor." While the family may appear stable on the surface since it has remained in the local community, it is functioning with only one parent. These families may need additional supports to maintain a healthy lifestyle.

While I was attending the conference, Jack's Pack, a program of workshops, field trips, and special events became open to students ages 11 - 14 who have an active duty parent stationed at Naval Station Mayport but who is deployed, about to be deployed, on IA, or a single parent. This is exactly

the type of program that would provide assistance to the family of a geo-bachelor that Adm. Roughead referred to in his remarks at the conference.

If you haven't yet heard about this free program sponsored by the Jack Del Rio Foundation other than the few lines that I penned above, email me at judith.cromartie@navy.mil, and I'll send you the application which contains the program overview, or you can pick up a copy of the application at the following locations:

- NS Mayport Quarterdeck, Bldg. 1;
- MWR Gym, located across from Subway/Taco Bell;
- MWR Youth Activities Center and the Teen Center, located in on-base housing;
- MWR CDC, Bldg 373, located on base and CDC, Bldg. 1960, located off base, and
- MWR Offices/ITT, Bldg. 414 with the dolphins on the front of the building.

Paint Your Own Picture Of Change, Happiness



**Chaplain Rita Love
NS Mayport**

Q. I know there are people who have bigger problems than me, but I just don't know how much more I can take. I don't feel valued. I feel lonely. Can you please just help me get over this! Give something to me...

First, let's agree that regardless of the possessor, a problem is neither big nor small. A problem is just that a problem waiting to be solved. What I could give you is a prescription of encouragement to join a club, hire a life coach, go to church, or take a cruise to the islands. And hope you feel better by agreeing with you that feelings of emptiness and unworthiness are just moments woven into our lives to makes us better people. However, realistically, to begin solving the problem of loneliness and self-worth depends more on how you feel about yourself than finding ways to fight loneliness. Opening up to personal truth can be both scary and painful, but the payoff in growth can be tremendous.

Loneliness has little or nothing to do with being physically

CHAPLAIN'S CORNER

alone. In fact, some the loneliest people among us are constantly in crowds, surrounded by people. No matter what our situation, most of us will at one time or other experience loneliness. Few of us prepare ourselves for these possibilities. We carefully save our money for the future, we insure ourselves occurrences, but we do little about the time when we may have to face things alone, or find ourselves disconnected from others.

It has been found that what people do in such a situation depends more upon "how they feel about themselves than any other single factor." It is not so much a matter of fighting loneliness as it is using the strength that comes from self-knowledge to put it into its proper perspective. Loneliness is never pleasant. It will always require us to actively work through a period of adjustment or healing. This time, feeling devalued and lonely can also be one of learning and growth, for it compels us to examine and reevaluate ourselves and the world we've created, to get to know ourselves better.

No one tells us that it's perfectly normal to want to be alone, to have private times when we can tune in to our own needs and desires, guided only by our own resources, or carried away by our spur of the moment impulses and dreams. We all need our sep-

arate worlds, apart from others, where we can quietly retire for regrouping, for getting back in touch with ourselves. We need this personal solitary place as a pleasant alternative to our more public lives. We

must treasure this part of our existence as much as we do the more social part. Then, when loneliness comes, we will have that special place to fall back upon. It is wonderful to have significant and loving people in our lives. We cannot live in complete happiness without them. But we must not allow ourselves to depend so completely upon them that

we lose our sense of separateness. There should always be an inner place we can count on that is solely ours. To conquer loneliness we shall each have to assume the sacred responsibility of becoming a complete person. And most of all, we should strive to define ourselves without always including someone else in the definition. You cannot always rely on others

to encourage you. If you are lonely or have few friends when you face any difficulties in your life you must rely on your own motivation to get you through. Lack of self-motivation or inner strength during a difficult time could lead to depression.

Finally, what is important is how you think about what

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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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Mayport Hosts Sea Cadets Training Camp

By MC1 Kenny Ragland
Naval Station Mayport Public Affairs

Naval Station Mayport hosted a two-week recruit training camp for Sea Cadets from across the nation July 10-24. Exactly 100 cadets began training by current and former Sailors.

They undertook damage control training, helicopter simulation, fire training, drill and marching, classroom instruction, berthing and uniform inspection and small arms firing.

The cadets stayed in the bachelor enlisted quarters. They ate their meals in the galley, performed physical training at the base gym and lived like regular Sailors for two weeks.

"Most of the kids have never seen or done anything like this," said Sea Cadet Leader, Warrant Officer Larry Franklin. "Many of them shot a gun for the first time at the range here aboard Naval Station Mayport."

Franklin is a career Aviation Electronics 1st Class Petty Officer, stationed at Mayport. He and his wife Alyce are both Sea Cadet leaders. Their daughter Summer, 17 just made Chief in the cadets.

"I'm jealous," said her active duty Dad. "She made Chief before I did."

Summer Franklin joined the Sea Cadets at age 11. She plans to finish high school and become a naval officer.

"I would like to fly jets for the Navy," she said.

Other cadets have their sights



Sea Cadet Micah Thomas looks over M-9 pistol during recruit training at Naval Station Mayport. Looking on is Cadet Tabitha Chadrick, 13.

set just as high.

"I would like to go to the Naval Academy," said E-2 Trainer Nick Sepper, 16 from Texas. "I've asked for letters of recommendation from two Army Generals. I would like to become a Navy SEAL following academy graduation."

The two week experience wasn't all work and no play.

"We had swim time at the

pool," said Franklin. "On Sunday we set up a dunk tank at the beach, let the cadets swim in the surf and had a barbeque."

One of the highlights was the tour of the helicopter training facility, including getting to sit in the simulators.

"It was really cool," said Cadet Arie Heilig, 13. "We pretended to fire torpedoes and could hear commands over the

headsets."

Cadet leaders were very appreciative of the support they had from the Naval Station Mayport Commanding Officer Capt. Aaron Bowman and Command Master Chief Dave Anderson.

"This would not have been possible without the unwavering commitment from Capt. Bowman and CMDM

Anderson," said Lt.J.G. Jim McClure. "The galley chief and everyone here who was involved with the planning and execution of our training went above and beyond to make this possible."

The cadets ended their training with a graduation ceremony held aboard the station and then carried on to a normal daily routine.

"I had a great time here," said Cadet Recruit Ricky Thornley, 13. "I really learned a lot."

Naval Station Mayport leadership was very happy to have the cadets here.

"Hosting the cadets was a great opportunity for Naval Station Mayport," said Executive Officer Cmdr. Mike Watson. "Our Sailors were given the opportunity to positively impact the thoughts and opinions of these young children, who are the future of our Navy and our nation."

"We were very proud to have the cadets grow with Navy skills here," said CMC Anderson.

The highlight for the cadets was rendering honors to the Iwo Jima early in their training. Most of them had no idea what the naval custom even consisted of.

As the ship approached, the cadets came to attention and their officers saluted. Suddenly the huge ship sprang to life, with ringing bells and sounding whistles. An officer in dress uniform came out and saluted back to the cadets.

"I could sense pride unlike any other moment during their training as they stood at attention," said McClure. "Any doubts our cadets had about joining the Navy were gone and they will remember that moment for the rest of their lives."

Love

From Page 2

happens to you. Be optimistic. Being optimistic will prepare you for new challenges. Negative thinking will always de-motivate you so you need to think positively even in the most difficult situations. This is not denial of reality but a useful tool in your amour. Pick up your paint brush and

begin changing yourself. And on the way, laugh. Yes, laughter! Laughter is indeed the best medicine and humor the best therapy. Nothing can defuse a problem more readily that a good laugh. My personal favorite for a real good laugh is "Ice Age: Dawn of the Dinosaurs."



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Put On Your Bowling Shoes

Mayport Bowl Plans Activities For Bowling Week

From Staff

Mayport Bowling Center is celebrating National Bowling Week, July 31-Aug. 7, with a week long of activities for the family.

Starting July 31 from 9 a.m.-11 p.m. and Aug. 1 from 1-8 p.m., have fun playing Bowling Bingo Days. Complete a free bowling bingo card and win a prize.

On Aug. 2, play Wheel of Fortune Day from 10:30 a.m.-1 p.m. Get free shoe rental with the purchase of a \$5 All-You-Can-Bowl. If you get a strike with a colored head pin, you can spin the Wheel of Fortune to win a prize.

Enjoy Plinko Bowling Day on Aug. 3 from 10:30 a.m.-10 p.m. For this day, leave your colored pin standing and play Plinko to win a prize.

It's Colormania Bowling Day on Aug. 4 from 10:30 a.m.-10 p.m. Get a strike with different colored pin combinations to win a prize.

Aug. 5 is White Elephant Day from 10:30 a.m.-10 p.m. Bring in a new, unopened, unwanted White Elephant-type item and get one free game of bowling.

Get ready for a brain freeze on Ice

Cream Day on Aug. 6 from 10:30 a.m.-11 p.m. Bowl a game and get free ice cream.

The week will culminate on Aug. 7, from 9 a.m.-11 p.m., when Mayport Bowl will join thousands of other bowling lanes throughout the United States to try and break the World Record for the most people bowling on one day. Help break the record by

enjoying one free game of bowling.

All week, you can register for a Jaguar bowling ball prize drawing. The drawing will be held at 5 p.m. on Aug. 7. Limit one registration per person.

For more information, call Mayport Bowling Center at 270-5377. Learn more about National Bowling Week at www.gobowling.com

SPORTS STANDINGS

Basketball	WINS	LOSS
Coast Guard	8	2
Harbor Operations	7	2
Afloat Training Group	4	2
USS Vicksburg	4	2
HSL-48	5	4
USS Samuel B. Roberts	4	5
PSD	3	5
HSM-40	2	4
Marines	1	5
Air Operations	1	8

Intramural Golf Results

07/21/2010

Rank	Points
T1 <u>ATG-3</u>	-10 3600
Mike Boughton	
Todd Cameron	
T1 <u>SERMC-2</u>	-10 3600
Terrill Tatum	
T3 <u>ATG-1</u>	-9 1700
Larry Ford	
Shane Brewer	
T3 <u>ATG-2</u>	-9 0
Joe Sortillon	
Ted Ballas	
5 <u>FRC</u>	-8 1200
Anthony Dunbar	
Jeremy Barnett	
6 <u>SERMC-1</u>	-6 1000
Gentry Stewart	
Jojo Lucero	
T7 <u>Vicksburg</u>	-5 1000
Jason Fekette	
T7 <u>ATG-4</u>	-5 0
Nelson Bulseco	
Torsak Vimoktayon	
T7 <u>ATG-5</u>	-5 0
Dan Hacker	
Michael P Bates	
10 <u>Roberts</u>	-4 675
Bill Worden	
Matt Olsen	
11 <u>HSL46-1</u>	-1 675
Jessie Barton	
Scott Marcille	
12 <u>NBHC</u>	+2 675
Judas Delagarza	
13 <u>HSL46-2</u>	+10 675
Caleb Capps	
Mike Way	

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

Body

1 p.m., **Moms in Motion**
5:30 p.m., **Step n Kick**
Tuesday
7:30 a.m., **TRX**
9:30 a.m., **20/20/20**
11:30 a.m., **Zumba**
1 p.m., **Strength Solutions & Flexibility Fix-Ups**
4:30 p.m., **TRX**
5:30 p.m., **Yoga**
Wednesday
6:30 a.m., **Command Yoga**

MWR Sports/Fitness

10:30 a.m., **Broken Hearts**
11:30 a.m., **Kickboxing**
1 p.m., **Moms in Motion**
5:30 p.m., **Kids' Clinic**
6:30 p.m., **TRX**
Thursday
6:30 a.m., **Functional Flexibility**
11:30 a.m., **Zumba**
1 p.m., **Strength Solutions & Flexibility Fix-Ups**
5 p.m., **Zumba**
Friday
7 a.m., **Beach Bootcamp**
9 a.m., **20/20/20**
The Gym Schedule is as follows:

Monday
6:30 a.m., **Command Jump and Jab**

11:30 a.m., **Adv. Weight Training for Warriors**
11:30 a.m., **Spinning**
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 combina-

tion 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. Meets at Gym racquetball court 3.

Wednesday
7 a.m., **Command Cardio Pump**

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

11:30 a.m., **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.

Thursday
6:30 a.m., **Cardio, Combat and CORE**

In this heart-pounding full body workout we break a seri-

ous sizzlin' sweat. This fusion of cardio and resistance training will max out your exercise afterburn. Meets at Gym basketball court 1A.

11:30 a.m., Row-bics

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

6:30 a.m., Command Spinning

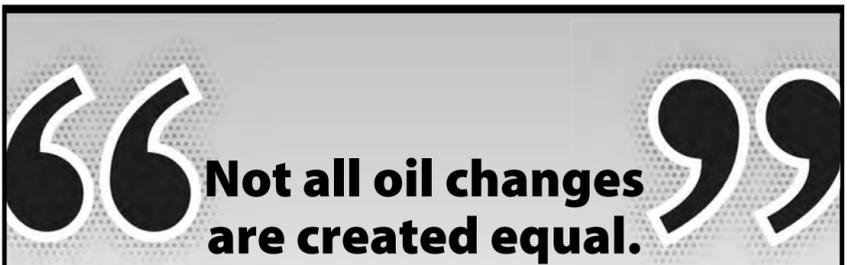
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

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

This introductory weight training class is designed especially for women and includes educational material and program design. Meets at Gym weight room.

11:30 a.m., Steel Anchor Testing

Show your commitment and motivation by becoming a Steel Anchor. Successful completion of a percentage based combination of the bench press, squat, and dead lift will win you this prestigious award.



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Tuesday, August 3rd - Fifty-Cent Family Feast Night & KRAFT Singles Tuesday Night Tickets-Fifty-cent hot dogs, peanuts and ice cream treats! Bring a KRAFT Singles package wrapper to the box office for a steal of a deal! Visit kraftsingles.com for more info.

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Wednesday, August 4th - Businessperson Special & Fantasy Football League Day \$14.50 buys a box seat, large hot dog and large beverage of choice. Kids can show their JTA youth summer card for a free general admission ticket. Also, receive free expert advice from Mike Dempsey of 1010XL on how to dominate your fantasy football league this fall! Baseball in the SUNshine!

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Thursday, August 5th - Thursday Night Throwdown - Enjoy Buds for a Buck and other great drink specials at the hottest spot in Jacksonville during the summer!

Presented by

Friday, August 6th - Championship Ring Remote Holder Giveaway, Used Car Giveaway, FRITOS Family Friday & Friday Family Fireworks - Some lucky fans will win quality used cars that will be raffled away during the game. Plus, the first 3,000 fans receive a premium remote control holder modeled after the Suns 2009 Southern League Championship Ring, courtesy of Comcast. Also, catch a special appearance by Smokey Bear! After the game, Friday Family Fireworks, courtesy of NAPA Auto Parts and your local NAPA Autocare Center Dealers. Make Friday nights family night with FRITOS corn chips and America's pastime. It's also a FRITOS Family Friday, fans will be randomly selected to participate in great ballpark promotions all night, and FRITOS bag wrappers are good for a 10% discount off Suns souvenirs in the Perfect Game Team Store (restrictions apply!)

Presented by

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

July 29: 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

July 30-Aug. 1: Beach Lifeguards on Duty. MWR Mayport's Beach Lifeguards are currently on duty 10 a.m.-6 p.m. Fridays, Saturdays, Sundays and Federal Holidays.

July 30-Aug. 1: Beach Lifeguards on Duty. MWR Mayport's Beach Lifeguards are currently on duty 10 a.m.-6 p.m. Fridays, Saturdays, Sundays and Federal Holidays. 270-5425

July 30: Teen Center Extended Hours – Team Building Night. 7-9 p.m. at Club Teen. Open to age 12 through grade 12. Includes ice cream with toppings. 246-0347 or 270-5680

July 30: Free Summer Outdoor Movie – The Blind Side (PG-13). This movie was originally set to show in June but was rescheduled due to weather. Start time is at sunset (approximately 8:45 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray. 270-7205

July 31- Aug. 7: National Bowling Week. Daily specials and fun programs at Mayport Bowling Center. 270-5377

Aug. 1: Bowling Family

MWR HAPPENINGS

270-5425

July 30: Free Summer Outdoor Movie – The Blind Side (PG-13). This movie was originally set to show in June but was rescheduled due to weather. Start time is at sunset (approximately 8:45 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

July 31- Aug. 7: National Bowling Week. Daily specials and fun programs at Mayport Bowling Center. 270-5377

Aug. 1: Bowling Family Fun Night. 4-7 p.m. every Sunday at Mayport Bowling

KID ZONE

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

Aug. 3, 5, 10, and 12: Summer Junior Golf Clinic. 9-11 a.m. at Windy Harbor Golf Club. Ages 8-17 welcome. Cost is \$100 per child and includes snacks after each day's instruction. Pre-registration required. 270-5380

Aug. 6 & 7: Session 5 Swim Lesson Registration. 8-10 a.m. Friday and Saturday at the Base Pool. Session 5 meets Monday through Thursday Aug. 9-19. 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

Aug. 7: Youth & Teen Pool Party. 6:30-8:30 p.m. at

the Base Pool Cost is \$2 and includes hotdog, chips and a drink.

Aug. 16: Deadline for Youth Fall Sports Registration. Fall youth sports include soccer (ages 4-11) and baseball (ages 7-18). Fees based on age and sport. Register at the Youth Activities Center Monday through Friday 11:30 a.m.-6 p.m. 270-5680 or 5421

LIBERTY CALL

The following activities target single or unaccompanied Sailors. For more information, call 270-7788/89 or stop by Planet Mayport Single Sailor Center and pick up the monthly activity calendar with a complete listing of all upcoming Liberty events.

July 30: Xtreme "Cosmic" Bowling Trip. Van departs from Planet Mayport to Mayport Bowling Center at 7:45 p.m. (Free)

July 31: Paintball Trip. Van departs from Planet Mayport at 9 a.m. Cost is only \$5 and includes 500 paintballs, field rental, gear, and transportation.

Aug. 1: Darts Tournament. 6 p.m. start at Planet Mayport. (Free)

Aug. 3: St. Augustine Beach Trip. Van departs at 9 a.m. from Planet Mayport for a day in downtown St. Augustine. Visiting ship Single Sailors are welcome! (Free)

Aug. 4: BYO-BBQ and Outdoor Movie. 6 p.m. start outside Planet Mayport. You bring your meat to grill and we'll provide all the sides and a movie. (Free)

Aug. 5: Karaoke Night. 6 p.m. start at Planet Mayport. (Free)

Aug. 6: Movie Trip. Van departs from Planet Mayport at 6 p.m. (Free)

Aug. 7: St. Augustine Beach Trip. Van departs at 9 a.m. from Planet Mayport for a day at the outlet stores in St. Augustine. Visiting ship Single Sailors are welcome! (Free)

Aug. 7: UFC 117 - Silva vs. Sonnen. 10 p.m. main fight at Castaway's Lounge. (Free)

Aug. 14-15: Universal Orlando Trip. Trip departs from Planet Mayport at 6:30 a.m. and returns on Sunday. Cost is only \$80. Pre-registration is required at Planet Mayport.

Aug. 19: Deadline for White Water Rafting Labor Day Weekend. We're going on an adventure down the Chattooga River on Labor Day Weekend. Cost is \$110 for Single Sailors and Geo-Bachelors; \$225 for guests. Sign up at Planet Mayport.

Aug. 21: Dave and Busters Trip. Van departs from Planet Mayport at 7 p.m. Cost is \$5.

Jags 'Salute Troops'

On Thursday, Aug. 5, the Jacksonville Jaguars will host a free "Salute The Troops" night at the team's training camp. The public, including local military personnel and families, is invited. As part of the "salute" all tri-base Sailor of the Year members will be publicly recognized for their dedication to our country. The event will start at 6:15 p.m. on EverBank Field.

2010 Youth Fall Sports at Naval Station Mayport

Open to Military, DoD and Civilian Children

Military and DoD parents can register Mon-Fri 11:30am-6pm at the Youth Activities Center, located in on-base housing.

Civilian (non-military/non-DoD) parents should call the MWR Youth Sports Coordinator, Vic Miller, at (904) 270-5018 or e-mail victor.e.miller@navy.mil to arrange for registration.

Baseball (Ages 7-18) – Age determined as of April 30, 2010	Military/DoD Fees	Civilian Fees
Baseball season starts in Sept. 2010.		
Rookie (Ages 7-8)	\$55 per player	\$65 per player
Minor League (Ages 9-10)	\$55 per player	\$65 per player
Major League (Ages 11-12)	\$55 per player	\$65 per player
Junior (Ages 13-15) and Senior (Ages 16-18)	\$65 per player	\$75 per player

Soccer (Ages 4-11) – Age determined as of August 1, 2011*	Military/DoD Fees	Civilian Fees
Soccer season starts in Sept. 2010.		
U-6 (Ages 4-5) *Must be age 4 on Aug. 1, 2011	\$35 per player	\$45 per player
U-8 (Ages 6-7)	\$35 per player	\$45 per player
U-10 (Ages 8-9)	\$35 per player	\$45 per player
U-12 (Ages 10-11)	\$45 per player	\$55 per player

✓ Registration fee includes uniform and trophy to keep.
 ✓ Head coaches and assistant coaches are welcome.
 ✓ FOR CIVILIANS... Participation in the program will include access to Naval Station Mayport for practices, games and other activities associated with the MWR Youth Sports Program.

Deadline: Monday, Aug. 16

For more info, call (904) 270-5018.

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Hué City Back Home With Family

By Lt.j.g. Amanda Beierl

USS Hué City PAO

Guided-missile cruiser USS Hué City (CG 66) returned home to Naval Station Mayport on July 27.

The pier was a buzz with family and friends anxiously awaiting the return of their beloved Sailors. Among the crowd were a number of welcomed new faces. Since January, there have been 15 births to the Sailors of Hué City, and the new fathers couldn't have been more proud to meet their newest Golden Dragons.

Fire Controlman 2nd Class (SW) Joshua Foux was among the new fathers who met his daughter for the first time on the pier.

"Becoming a father on deployment is bitter sweet. I felt the satisfaction of becoming a dad, but I didn't get to meet my daughter until she was 7 months old," said Foux.

Also new is the Commanding Officer of Hué City, Capt. Paul A. Stader. Earlier in July, Stader relieved Capt. Anthony Swain during a ceremony at sea.

Stader's welcome to Hué City was warm and filled with excitement as he addressed the smiling faces of the reunited families.

"I believe I can speak for all of the Sailors when I say that seeing our families makes those seven months apart worth it. You, our family and friends, have been the driving force of the perseverance and dedication that has brought us home safely and successfully today," Stader said in his returning remarks.

Lisa Bond, wife of Chief Sonar Technician (SW) Steve Bond, said she was overjoyed to see her husband again.

"After 17 years together and four deployments I would think that it would get easier, but despite reliable email and regular access to the ship's telephone, these luxuries were either non-existent or minimal on Steve's prior cruises, this was by far the hardest and longest deployment of all," she said.



Hué City returns after a seven-month deployment to the Arabian Gulf in support of Operation Iraqi Freedom and Enduring Freedom.

Attached to the Eisenhower Carrier Strike Group, Hué City served as Air Defense Commander (ADC), controlling more than 100 aircraft and checking-in more than 6,000 aircraft as Red Crown.

The cruiser returns proudly flying the Enlisted Surface Warfare Service pennant, signifying zero delinquents for this major qualification.

Hué City also excelled in several multi-national naval operations. Working to establish closer operational relationships with countries including Turkey, France and Britain, the navies used these opportunities to further develop train in activities such as Vessel Boarding, Search and Seizure (VBSS) and Undersea Warfare (USW).

During a brief visit to Saudi Arabia, Hué City hosted several Saudi diplomats and naval officers onboard. Also present that evening was Rear Adm. Harris, Commander, Expeditionary Strike Group Five, to socialize with both navies Sailors.

The Sailors of Hué City had the good fortune to see several foreign countries such as Bahrain, the United Arab Emirates, Turkey and Italy.

In each of these countries, the Golden Dragons participated in Community Relation events. Project Handclasp, an operation that is comprised of distributing goods donated by several companies to render aid to people across the world, afforded the Sailors the opportunity to be part of a wonderful experience.



Damage Controlman 3rd class Jonathan Postle gives his first hug to his newborn son.

-Photos by MC1 Heather Ewton



Chief Yeoman Scott Mullen stands with his family: from left, mom Ann Mullen, daughter Sydney, son Mason and wife Angie Mullen.



Gas Turbine System Mechanical 1st Class Julio Moreno embraces his daughter after the six-month deployment.



Engineman 2nd class Jamil Punch proposes to Shimai Hickson once he got off the ship. She said yes.



Fire Controlman 2nd Class Jonathan Spalding proposes to Robin Davis.



Cryptologic Technician Maintenance 3rd Class Rich Brown and fiancée Andrea Orr together after the long tour.



Sailors search through the crowd looking for their families.



Lt. Cmdr. Chris Pressler kisses his wife, Char Pressler, while their son watches.



An ensign from USS Hue City is greeted pierside with flowers.



Damage Controlman 3rd Class Jonathan Postle holds his son.



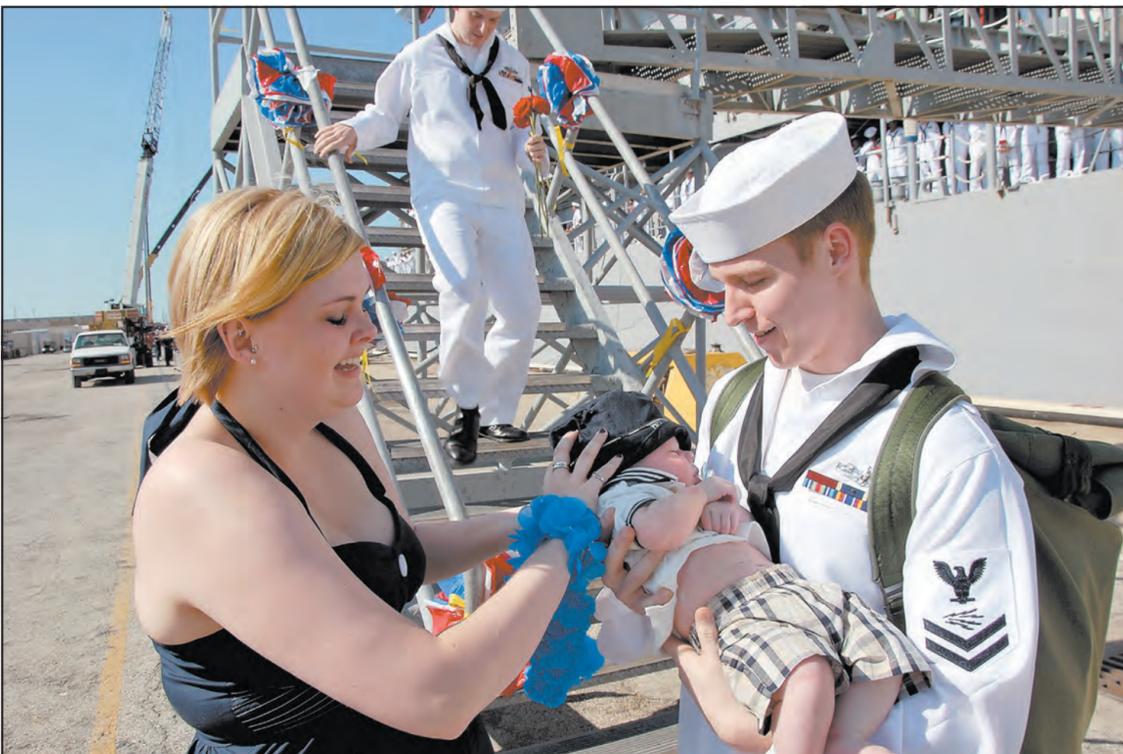
Quartermaster 3rd Class William Bell with his wife, Rochelle, holds their son.



Fire Controlman 1st class Teddy Clay with his son.



Family members stand out in the sweltering heat conditions awaiting the arrival of USS Hue City.



Information Systems Technician 2nd Class Bennie Maxwell with his wife and son outside of the ship.

USS Carney Strengthens US-Turkey Partnership

By Lt.j.g. Sara Everett
USS Carney Public Affairs Officer

Upon exiting the Suez Canal on July 4th, 2010, USS Carney (DDG 64) and her crew immediately began executing Theatre Security Operations (TSC), transiting through the Sixth Fleet Area of Responsibility after completing six months of patrols in Fifth Fleet as part of the Dwight D. Eisenhower Strike Group (IKESG).

Shortly after leaving the coastal waters of Egypt, the ship conducted a challenging multi-warfare exercise with the Turkish Navy. The exercise took place in waters that spanned from the Egyptian Coast to the northern edge of the Mediterranean, off the southern coast of Turkey.

Carney, along with fellow Mayport ship USS Hue (CG 66) and Norfolk-based carrier USS Dwight D. Eisenhower (CVN 69), combated simulated threats while executing several different scenarios, which included gunnery exercises, undersea warfare command and control procedures, and a replenishment at sea (RAS).

For Carney's bridge teams, the exercise provided watch standers with the opportunity to conduct close-in maneuvering training with several Turkish ships. The goal of the exercise was to strengthen the growing partnership between the U.S. and Turkish navies as well enhance maritime security in Mediterranean waters.

During the RAS event, Carney and her crew were treated to a musical serenade as the ship took fuel from Turkish ship, TGC Akar. Several crewmembers on Akar had set up instruments on the starboard side main deck of their ship and formed a small orchestra, replete with trumpets, trombone, and a saxophone.

They played a series of songs during the fueling operation, including Louis Armstrong's



-Photos courtesy of USS Carney
USS Carney Commanding Officer, Cmdr. Brendan McLane, welcomes General Albanina to Carney for a tour and luncheon, while Carney was in port Tarragona, Spain.



Carney pulls away from the pier in Tarragona, Spain, beginning her journey home across the Mediterranean Sea and Atlantic Ocean after a three-day port visit.

"What a Wonderful World," variations on themes from Star Wars, and Queen's "Bohemian Rhapsody." Needless to say, it

was the most memorable event of the day and a half exercise with the Turkish Navy. Carney's engagement with



A view of the bustling sailing port of Marmaris, Turkey from Carney's bow.

Turkey culminated in a reception held on board Carney's flight deck while the ship was in-port Marmaris, Turkey. The ship welcomed Admiral İsmail Taylan, Turkish Southern Task Force Commander, Mr. Serdar Polat, Marmaris District Governor, and Rear Admiral Yalçın Kavukcuoğlu, Aksaz Naval Base Commander. The event was held during a sun-soaked evening on board, just minutes away from the bustling Marmaris harbor strip of restaurants, bars, and shops. The event was the highlight of Carney's series of highly successful engagements with Turkey.

Departing Turkey after three days in port, Carney continued West, arriving in Tarragona, Spain on July 13. Upon arriving in port, Carney made preparations for its TSC event, a luncheon held on board Carney where she welcomed General de Brigada Albiñana, Military Commander of Barcelona and

Tarragona, Captain de Corbeta Erosa, Commandanté Naval De Tarragona, and various personnel from the logistics office of the Tarragona Industrial Port Authority.

Exchanging a set of engraved plaques with his guests, Carney Commanding Officer, Cmdr. Brendan McLane remarked, "our time in Sixth Fleet has been marked by a couple unique opportunities like this luncheon on board."

He added, "the TSC events have been a great opportunity to meet with fellow Sailors that share our concern for maritime security and who will be strong partners in that pursuit for years to come."

The crew's time in Tarragona offered the opportunity to visit both Tarragona and Barcelona, which was only a short one-hour ride by train.

Members of the crew also participated in a special Community Relations (COMREL) volunteer event.

Twenty Carney Sailors painted playrooms and offices at the Tarragona Center for Attention to Children and Adolescents (Equip d'Atenció a la Infància i Adolescència, EAIA). The Carney volunteers vastly improved the facilities at this activity center, where children continue their education after normal school hours.

Carney's time in Sixth Fleet was incredibly busy and provided the crew unique opportunities to experience a wide breadth of European culture. Carney departed Tarragona on July 16 and conducted a trans-Atlantic crossing in company with USNS Supply.

Carney is home ported in Mayport, where she is assigned to Commander, Destroyer Squadron 24. Following a change of command on Aug. 4, she will execute a CNO-Selected Restricted Availability before beginning the inter-deployment training cycle this fall.

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'00 Volkswagen New Beetle GLS	\$7,995	'09 Hyundai Elantra SE	\$14,995
'04 Chrysler PT Cruiser	\$8,995	'07 Hyundai Santa Fe Limited	\$14,995
'05 Hyundai Sonata LX	\$8,995	'10 Hyundai Sonata GLS	\$14,995
'03 Ford Taurus SES	\$8,995	'06 Hyundai Santa Fe Limited	\$15,995
'05 Buick Lesabre Limited	\$9,995	'08 Hyundai Tiburon GS	\$15,995
'04 Hyundai Santa Fe GLS	\$9,995	'09 Hyundai Sonata GLS	\$15,995
'09 Hyundai Accent GLS	\$10,995	'10 Hyundai Sonata GLS	\$15,995
'09 Hyundai Accent GLS	\$10,995	'10 Hyundai Sonata GLS	\$15,995
'06 Chevrolet Trail Blazer LS	\$10,995	'06 Subaru Outback 2.5L	\$16,995
'05 Hyundai Elantra GLS SULEV	\$10,995	'08 Saturn Vue XE	\$16,995
'07 Hyundai Sonata GLS	\$10,995	'10 Hyundai Sonata GLS	\$17,995
'08 Chevrolet HHR LT	\$11,995	'07 Hyundai Santa Fe SE	\$18,995
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Korean-Vietnam Wars Veteran Receives High School Diploma

By MC2(AW) Gary Granger

Navy Public Affairs Support Element East Detachment Southeast

Most people get their high school diploma after completing four years of study followed by a graduation ceremony. For one Navy veteran, it took 52 years and two wars.

Retired Gunner's Mate First Class, J.C. Smith, officially became a high school graduate when he received his diploma at Naval Station Mayport, July 15.

"I guess you could say it's a dream come true. It's been a long hard road," said Smith. "It's a climax to a great military career to be able finish off my education."

56 years ago, Smith left high school at the age of 17 for the U.S. Navy where he fought in both the Korean War and Vietnam War during his 43 years of service.

"I'm 73 today and I've done pretty much everything I wanted too. It's time for me to just enjoy my final days and get in



-Photo by AEAN Michael Roggio
Retired Gunner's Mate 1st Class J.C. Smith celebrates becoming a high school graduate during a ceremony held at NS Mayport on July 15. Smith officially received his diploma.

a white rocking chair," stated Smith.

Over the years Smith felt that he would have went further in his military career if he had a high school diploma.

On Smith's 73rd birthday, his children arranged to get their father his high school diploma with the help of the State of Florida.

They found out that under the Corporal Larry E. Smedley Vietnam Veterans High School Diploma Act, the Florida Commissioner of Education can award a high school diploma to honorably discharged Vietnam War Veterans.

"He had no idea what we were doing," said Smith's daughter Sharon King. "Daddy

always felt he was lacking something."

The veteran graduate's family had the framed diploma along with the few portraits of him in uniform displayed at the short private graduation ceremony in the Explosive Ordnance Disposal building onboard Mayport Naval Station.

Smith and his family encourage all service men and women to further their education and to never give up reaching for higher ground.

"This is a program that's out there for veterans who have not received their high school diploma due to being drafted or if they felt the need to quit school to honor their country by joining the service," said King.

"If there's anyway that I can help any veteran receive their high school diploma, I'm going to be here to do that," he added during the ceremony. "That is going to be my call of duty for the military."

From Page 1

SBR

Theodore Roosevelt Strike Group, to hone her warfighting skills.

In June 2009, Sammy B headed north for a series of port visits in Norfolk, VA, Boston, Mass., and Boothe Bay Harbor, Maine, during which she participated in parades in Boston and Boothe Bay and her color guard opened a Boston Red Sox home game against the New York Yankees. On Nov. 13, the ship began her deployment to the U.S. Africa Command AOR.

From November 2009 to March 2010, Sellers expertly led Sammy B in an Africa Partnership Station (APS) West deployment, assisting six West African nations in military-to-military training and patrolling their Economic Exclusion Zones (EEZ).

APS is an international initiative developed by Naval Forces Africa to strengthen global maritime partnerships through training and

other collaborative activities in order to improve maritime safety and security in the waters off the coast of West Africa. The three focus areas are trafficking of drugs from South America thru Africa to destinations in Europe, ensuring the efficient movement and security of natural resources so all can benefit, and anti-piracy.

In support of this mission, the Sailors of Sammy B trained the Sailors of Sierra Leone, Senegal, Gabon, Republic of Congo, Sao Tome & Principe, and Nigeria in visit, board, search, and seizure (VBSS), basic navigation, communications equipment, contact tracking with AIS technology, and small boat maintenance.

Each port visit included training, a reception, ship tours, and Community Relations (COMREL) projects. Each endeavor was a testament to Sellers' leadership, in the

demonstration of concern for these foreign navies, and each Sailor's sacrifice of time and effort. Sellers expertly led his crew through a relatively new mission with flying colors. In May, Sammy B entered into an extended maintenance period during which the change of command took place. Sellers' next assignment will be at Commander Strike Force Training Atlantic, in Norfolk, Virginia.

Cruz is a 1990 graduate of the University of Miami, where he received a Bachelor of Science in Electrical Engineering. Cruz's most recent sea assignments have been commanding officer in USS Ardent (MCM 12), forward deployed out of Manama, Bahrain, and commanding officer in USS Chief (MCM 14), out of Ingleside, Texas.

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Coast Guard Sector Jacksonville Mandates Smoke-Out, No Ifs, And's Or 'Butts'

By Petty Officer 3rd Class Cindy Beckert

7th Coast Guard District Public Affairs

Thanks to a controversial mandate by Capt. Andy Blomme, commander of Coast Guard Sector Jacksonville, Fla., many Coast Guardsmen are breathing more easily this summer. Blomme has prohibited all tobacco use aboard any unit within the sector.

Smoking has been an accepted part of military culture since the Civil War. During World War II doctors would use tobacco to relax and ease the pain of their wounded soldiers and until 1975 cigarettes were often given to soldiers in rations. According to the National Cancer Institute, smoking rates in the military are currently 12 percent higher than in the civilian population.

Service members who use tobacco credit it to relieving stress, passing the time and for social comradeship.

"I actually smoke more when I am at work. It is nice way to catch a break and sit down for five minutes," said Petty Officer 3rd Class Anthony Weaver, a food service specialist from Coast Guard Station Port Canaveral, one of Sector Jacksonville's outlying units.

Blomme disagrees.

If people can, and do, quit during basic training there is no reason to start back up again, he said.

The Coast Guard has pushed full force into an anti-smoking initiative by increasing education effort for its members and offering numerous smoking cessation programs and resources. Blomme has taken it even further.

In a bold stance to ensure justifications for smoking in the military become part of the past, Blomme announced his impending instruction Jan. 25, 2010. Standing in the crowded galley during morning quarters, he said his number one job is to keep his members healthy and Jacksonville's Coast Guard units at their highest level of readiness.

"I do not want Sector Jacksonville to enable smoking. There will be no more smoke breaks," he said.

Blomme continued to explain to



-U.S. Coast Guard photo by Petty Officer 3rd Class Cindy Beckert
Capt. Andy Blomme, commander of Coast Guard Sector Jacksonville, signs a new instruction for Sector Jacksonville personnel on June 1. The instruction prohibits using tobacco products on Sector Jacksonville property, including aboard vessels and at outlying units.

the Coast Guardsmen, whose faces displayed a range of emotion, that by allowing smoking aboard Sector Jacksonville he is doing far worse than failing to show concern for everybody's health, but actually enabling a dangerous and expensive habit.

At the time of the announcement tobacco users had until June 1 to kick their tobacco use.

Weaver, who is now thirty years old, said he has smoked about a pack-a-day since he was eighteen. When he first heard about the deadline to quit he was very irritated.

He said he did not like, or under-

stand, how one of his legal freedoms could be taken away from him.

"I am never late to work, my meals are always prepared and served on time, I did not think it was even fair to do," Weaver said. "I do not agree, but I will follow the rule. I know better than to defy the rule of a captain," he said.

In preparation for the great Sector Jacksonville smoke-out members were offered several resources and opportunities to get help quitting. These included involvement with Tobacco Cessation Programs, the Get Quit campaign, health fairs, counseling, online support and gum. None of which

Weaver said he used or participated in.

With the quit-date looming, gossip swirled around the sector. Both support and opposition were expressed for the June 1 deadline. Smoking members insisted it could not be enforced, it was illegal and they would find a way. But the bottom line stood firmly, it is Coast Guard policy to discourage the use of all forms of tobacco products.

Of course Blomme could not control what people do on their liberty time and in their homes but he said his hope is that having to quit and go through the withdrawal at work every day, over and over, would be enough for people to quit 100 percent of the time.

Blomme said he knew people would be upset but he saw a greater goal.

"I genuinely care about you," he told his shipmates in a sector-wide e-mail explaining the new instruction in further detail.

Between the initial announcement and June 1, Blomme visited Jacksonville-area units and explained that in his reviews of all the missions, cases, inspections, responses and escorts he is constantly reminded of the outstanding work everybody does for their units, the Coast Guard and the American people. He said he cannot rationalize enabling a habit that is so certain to have such severe consequences.

Another major deciding factor in the prohibition was money, Blomme said. Forecasts for next year's pay increase are for a 1.4-1.9 percent raise. That is \$44 to a petty officer 3rd class.

"I just checked the price of one pack of cigarettes at the store: \$7.21. Most smokers I have spoken with smoke at least a pack a day, sometimes more. So to save you the math, if you are a pack-a-day smoker and you quit today, on July 1 you will have a little more than \$216 more to spend on something that is not likely to kill you," said Blomme.

When further research was done by some frustrated tobacco users, chapter 3 of the Coast Guard's Health Promotion Manual, COMDTINST M6200.1A, was brought to the attention of the captain. Inside it states "...

commanding officers and officers-in-charge shall designate a smoking area."

Blomme clarified the policy in his all hands e-mail with a three-part rebuttal. He pointed out the manual also states the smoking area may not be visible to the public. This is not feasible at Sector Jacksonville or many of the outlying units because unless indoors many of the properties have 360 degree vantage points to the public. Second, Blomme said he had appointed a designated smoking area, and that was anywhere not on sector property. Finally, the manual states that "...in all instances, the rights of the non-smoker shall prevail."

Blomme signed the instruction at his desk June 1, 2010. It was months earlier he had first imposed the new policy and what was left of the lingering gossip had since faded. It was now up to each unit's officer-in-charge and commanding officer to enforce the commander's new policy, and any member in violation of the new instruction could be subject to non-judicial punishment as last resort. The ultimate goal of this policy is the members' health, not punishment.

Although frustrated with the situation, Weaver said he has quit smoking entirely now that he cannot smoke at work. In the short time he has been tobacco free he already feels better and his family is enjoying the extra money. He still does not like decisions being made for him but at the same time is thankful for the motivation.

Blomme understands merely signing this instruction will not get every tobacco user to quit.

"...But it is my sincere hope that this will provide the push, nudge or reason to encourage someone who is close to quitting, over the edge to be tobacco-free. If that can happen in just a few instances then this will have been a smashing success," said Blomme.

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Sea Breeze 2010 Kicks Off In Ukraine

By MC1(SW) Gary Keen

Commander, U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Public Affairs

Sea Breeze 2010 officially kicked off with an opening ceremony and combined press conference with senior Ukrainian and U.S. naval leadership at the Ukrainian Southern Operational Command in Odessa, Ukraine, July 12.

Sea Breeze is an invitational combined and joint maritime exercise in the Black Sea with the goals of enhancing Black Sea national maritime security capabilities and improving Black Sea theater security cooperation strategies.

"It is a great pleasure for me to announce the opening of exercise Sea Breeze 2010," said Ukrainian Vice Adm. Viktor Maksimov, commander-in-chief of Ukrainian naval forces, during a speech to more than 300 military and civilian members of the 12 participating countries

of Sea Breeze. "In response to common threats facing the world today, this exercise will be dedicated to anti-piracy operations."

Maksimov added that Sea Breeze will utilize the experience and knowledge gained in the Mediterranean Sea and the Gulf of Aden and welcomed members of the participating countries to Ukraine.

Sea Breeze's robust training agenda will include counter-piracy training operations, non-combatant evacuation operations and vertical, board, search and seizure training. Additionally, ground forces will conduct non-lethal weapons training designed to combat unlawful fishing, piracy, trafficking in persons, drugs and illegal weapons. Rear Adm. Gerard P. Heuber, U.S. Naval Forces Europe-Africa, director for policy, resources and strategy, thanked Maksimov and

the Ukrainian Navy for hosting Sea Breeze and spoke about the importance of the exercise.

"Sea Breeze is about strengthening maritime partnerships in the Black Sea in spirit of partnership for peace and is invaluable to all participating countries because it promotes regional stability and maritime security," said Heuber.

Sea Breeze is the largest exercise this year in the Black Sea, including 20 ships, 13 aircraft and more than 1,600 military members from Azerbaijan, Austria, Belgium, Denmark, Georgia, Germany, Greece, Moldova, Sweden, Turkey, Ukraine and United States.

Following the ceremony a press conference was held with 57 journalists from 41 news organizations. Additionally, the opening ceremony was followed in the evening with a reception aboard USS Taylor (FFG 50).



-Photos by MC1 Edward Kessler
Boatswain's Mate 2nd Class (SW) Jason Rodgers operates during flight quarters with a Ukrainian helicopter on board USS Taylor (FFG 50). Oliver Hazard Perry-class frigate USS Taylor (FFG 50) participates in Exercise Sea Breeze 2010.



Oliver Hazard Perry-class frigate USS Taylor (FFG 50) participates in Exercise Sea Breeze 2010. Sea Breeze is an annual multinational exercise designed to strengthen maritime partnerships in the Black Sea region in the spirit of partnership for peace.

USS Taylor Delivers Project Handclasp Supplies

By MC1 Edward S. Kessler

Commander, U.S. Naval Forces Europe-Africa/Commander, U.S. 6th Fleet Public Affairs

Sailors aboard USS Taylor (FFG 50) took time during exercise Sea Breeze 2010 to deliver Project Handclasp supplies to the Lastochka Orphanage in Odessa, Ukraine, July 16.

Besides delivering the humanitarian and goodwill supplies to the orphanage, Taylor's crew also spent time playing soccer with the children and repainted the orphanage's fence.

"It's a great opportunity for the ship's personnel to interact with some of the people of Ukraine," said Ensign Kelly McWhorter, Taylor's community relations coordinator. "It certainly enhances [Sea Breeze], and it shows that we are not only dedicated to the military mission, but also to the local population."

Lastochka Orphanage cares for 114 children without parents. The children were very friendly and eager to share their day with their new friends from the U.S. Navy.

"We are very grateful for [the Sailors'] visit today," said Lastochka Orphanage Director Sasha Chemenchenko. "A small project like



IT2 Information Systems Technician 2nd Class (SW) Jaquan Boyd exchanging salutes with a boy from the Lastochka orphanage COMREL project in Odessa.

this makes not only a big impact on the kids, but all the [orphanage] staff and parents. Even people driving by slow down when they see [U.S.] Sailors working here at Lastochka."

The children danced and played soccer with the Sailors in the morning and the Sailors repainted the fence to the entrance of the orphanage after lunch.

"To be a part of something like Project Handclasp is a tremendous experience," said Electrician's Mate 1st Class (SW) Gary Lamar, a Sailor attached aboard Taylor. "It really shows how we as a Navy and also as American people are committed to our global neighbors."

Taylor, an Oliver Hazard Perry-class frigate homeported in Mayport, Fla., is currently participating in Sea Breeze, a two-week maritime exercise designed to enhance interoperability and maritime security operations of developing Black Sea nations. The exercise includes 1,600 military and civilian participants from Azerbaijan, Belgium, Denmark, Georgia, Germany, Greece, Moldova, Sweden, Turkey, Ukraine and the United States.



Taylor Sailors participating in the Lastochka orphanage COMREL in Odessa, Ukraine.



USS Taylor Sailors paint a fence at the Lastochka orphanage during a community relations project while in port at Odessa, Ukraine.

It's Snake Season At Mayport, Take Precautions

By Scott Dombrowski

NS Mayport Environmental

Snakes are a natural part of Naval Station Mayport's environment and play an important role in our ecosystem such as the control of rodent and reptile populations, including even other snakes.

Many people have a terrible fear of snakes and believe that the only good snake is a dead snake. Unfortunately, this attitude leads to the death of many beneficial snakes. Still, people are wise to respect snakes and give them a wide berth as you would other wildlife species.

Florida is home to more than 40 species of snakes; however, there are only five venomous snakes that may be encountered in northeast Florida. They are the cottonmouth, eastern coral snake, pigmy rattlesnake, eastern diamondback rattlesnake, and the timber rattlesnake. While the majority of encounters between people and snakes are of the non-venomous kind, occasionally a venomous snake may be encountered. Furthermore, while interactions between people and venomous snakes rarely result in someone being bitten, the possibility for a poisonous bite exists, especially if a snake is handled, disturbed or harassed. Recently, a contractor clearing fence line vegetation on the Station had such an incident with a venomous snake and had to be treated at a local hospital. Though provided with protective snake boots, the worker was bitten on the arm when he bent over to cut vegetation. Fortunately, as in the vast majority of cases, the bite was not fatal. In fact, with approximately 8,000 venomous snake bites occurring each year in the United States, no more than 12 fatalities from such bites were reported annually between 1960 and 1990.

Housing residents and facility managers can reduce the chance of snakes inhabiting an area by



NS Mayport Wildlife Officer Art Burt shows the fangs of a rattlesnake found on base a couple of years ago. Several variety of snakes live on the base, including venomous types of rattlesnakes.

simple housekeeping. Debris and clutter around buildings provides harborage for both snakes and the rodents upon which they prey. Wood piles, scattered toys, and piles of materials provide hiding places for these animals. Keeping vegetation cut around buildings will also discourage snakes from traveling through the area. There are some easy precautions that you should take when encountering a snake outdoors. First, as most bites occur from the handling of snakes, do not pick up or harass a snake. Keep in mind that even non-venomous snakes can inflict a painful bite if agitated.

Second, keep children and pets at a safe distance. Also, remember that snakes will usu-

ally attempt to escape toward the nearest cover, so do not get between them and the cover to which they will attempt to flee. Snakes on board Naval Station Mayport are much more common in the unimproved areas such as wetlands and forested sections. Avoiding these areas is your best bet for avoiding snakes. If you must go into these areas, keep a close eye and ear out for snakes, make noise, and rattle the brush. Snake boots or chaps may also be a good protective measure in many situations. There is seldom a need to kill snakes. When encountered, they should be left alone. Most snakes are just passing through and will move away on their own. Attempting to kill a ven-

omous snake actually increases a person's risk of getting bit. Venomous snakes encountered in housing or other work areas on the Station should be reported to the Wildlife Officer at 219-2178 to resolve the problem. While venomous snake bites can be very painful, they are normally survivable when the appropriate response is followed. If you or someone with you is bitten by a snake, take

the following steps:

Obtain prompt medical treatment - if you are not completely sure that the bite came from a non-venomous snake, obtain prompt medical treatment. Do not wait for symptoms to occur. On Station, you should call 270-5334, or 911 on your mobile phone and let the operator know that you are on board Naval Station Mayport. If it is certain that the bite is from a non-venomous snake, the bite

still should be washed to prevent the wound from becoming infected and you may require a tetanus booster.

Protect the victim from further bites - To avoid being bitten multiple times, it is important to get the victim away from the snake. A description of the snake is helpful for medical treatment since different antivenom is provided for different types of poisonous snakes. However, do not waste valuable time attempting to identify or kill the snake. Medical treatment can still be provided without an exact identification of the snake species.

Remove restrictive items on the victim - jewelry and constrictive clothing could restrict circulation when swelling occurs.

Keep the victim calm - keep the victim comfortable and calm as fear can complicate or worsen the condition. Also keep the bitten extremity at a lower level than the heart.

There are many anecdotal or outmoded remedies that have been passed on as treatments for snake bites. These include the application of ice, heat, alcohol, or tourniquet; making an incision in the bite area to suck out the venom; and electrical shock. These ill-advised treatments are dangerous and could result in further injury or death to the snake bite victim.

For further information on dealing with snakes, visit the University of Florida IFAS Extension website at: edis.ifas.ufl.edu/uw257.

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Hué City Holds Burial For Shipmate's Father

By Lt.j.g. Amanda Beierl
USS Hue City PAO

USS Hué City Sailors were humbled to be part of a Burial at Sea ceremony on July 23.

The two men honored were relatives of Sailors currently serving onboard the guided-missile cruiser as it returned from a seven month deployment in the Arabian Gulf.

Former Machinist Mate 3rd Class David A. Mullen served for five years in the United States Navy when he answered the call to duty during the Vietnam War. During his service, he was stationed on board USS O'Bannon (DD 450).

Mullen was honorably discharged in 1971. Afterwards, he was an avid supporter of the service by participating in several associations such as the American Legion.

Following his example, his two children both joined the military. His daughter Elizabeth (Mullen) Worachek served for nine years in the United States Army; she left the service as a Staff Sergeant. His son, Chief Yeoman (SW) Scott Mullen is currently stationed on board Hué City.

Chief Mullen served as the Urn Bearer for his father's remains, delivering them to the sea for the final resting place.

As the cremains passed the rifle detail, a salute was rendered in recognition of Mr. Mullen's contribution to the United States through his service.

Chaplain Peter Dietz presided



-Photo courtesy of USS Hué City Chief Yeoman (SW) Scott Mullen is accompanied by Chief Machinist's Mate (SW) Johnny Smith during a burial at sea ceremony for his father's cremations. Mullen's father, former Machinist Mate 3rd Class David Mullen served five years in the Navy during the Vietnam War.

over the ceremony, delivering the invocation, the prayer upon the commitment of the ashes to the sea and the benediction.

The rifle detail honored Mr. Mullen with a three-gun salute.

Afterwards, Chief Mullen was given the National Ensign that flew at his father's burial.

Mr. Mullen is survived by his wife, Ann, two children and five grandchildren.



-Photograph by retired CMC Kevin Harris
USS Doyle (FFG-39) Commanding Officer and Executive Officer with Bishop Kenny High School NJROTC Cadets.

USS Doyle Has 'Luck Of The Irish' At Its Helm

By Cadet Chief Petty Officer Christian Johnston
Bishop Kenny NJROTC, Training Officer

On June 18 cadets from Bishop Kenny's NJROTC enjoyed a day at sea on board the USS Doyle (FFG-39).

The cadets were greeted pierside by the ship's Executive Officer, Lt. Cmdr. Cory J. Blaser. Once on board, the ship's combat systems officer, Lt. Cmdr. Colin O'Neil, gave the cadets a tour of the ship and served as their escort for the rest of the day. O'Neil took over as XO the following week, which means

now the ship boasts two Notre Dame alumni at the helm. Commanding Officer, Cmdr. Rolando "Curly" Ramirez, graduated from Notre Dame in 1992; and O'Neil graduated in 1997. The cadets were really excited about this; as a Catholic high school, Bishop Kenny sees many of its students apply to Notre Dame as their top choice for college.

While visiting the warship, the cadets saw various demonstrations including the live firing of M240 and .50 caliber machine guns, a man overboard drill, and a tactics

presentation by the ship's Visit Board Search and Seizure (VBSS) team. They were also treated to the famous steel-beach picnic (a barbecue on the fantail [flight deck] of the ship).

The cruise proved a great experience for the unit, and the Bishop Kenny cadets learned what life is like onboard a United States Navy ship, especially one graced with "The Luck of the Irish."

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NH Jax Cuts Ribbon Opening 3-Story Addition

By Loren Barnes

NH Jax Public Affairs

The smell of new paint filled the air and new equipment gleamed as Naval Hospital Jacksonville, Fla. (NH Jax) staff, beneficiaries and dignitaries gathered in the hospital's lobby to officially cut a ribbon opening a new three-story, 62,000 square-foot, addition July 15. The event was followed by tours for staff and guests.

Ground was broken for this \$35.8 million project on June 9, 2008 and the opening brings to fruition more than a decade of planning, contract bids and hard work.

NH Jax Commanding Officer Capt. Bruce Gillingham said, "This military construction (MILCON) project will help us deliver world-class medical treatment using the most innovative technology. Expansion and renovation of Naval Hospital Jacksonville underscores our commitment to excellence and to providing the highest quality healthcare to meet the needs of each and every one of our patients."

Featured speakers at the ribbon cutting ceremony were Commander, Navy Medicine East (NME) and Naval Medical Center Portsmouth, Va., Rear Adm. Mike Stocks as well as Jacqueline Smith, District Director for Congressman Ander Crenshaw (R-Fl). The Congressman was unable to attend due to Congressional commitments in Washington, DC.

"This new addition reflects our commitment to the health-



care of our patients and to providing great equipment for staff," Rear Adm. Stocks said. He emphasized, "The six new operating rooms with 28,000 square feet as well as state-of-the-art, integrated systems will be the envy of operating room surgical staff around the nation. Another important aspect is you're opening new Physical Therapy/Occupation Therapy (PT/OT) spaces that will offer state-of-the-art equipment including an aquatic treadmill pool. This will offer a great service not only to local patients but for our wounded warriors."

"This is a really important day," Stocks said. He noted that this project will be followed by a second MILCON project to include pharmacy improvements and other key patient service areas. It will include additional restoration and modernization of areas such as nuclear medicine, the intensive care unit and moving a new MRI into the main building.

The Admiral also recognized the presence of Capt. Lynn Welling, NH Jax's incoming commanding officer; Capt. Doug Morton, Commander, Naval Facilities Command SE; Capt. Timothy Barnes, NME Senior Health Facilities Planning & Project Officer and other local and regional military officials.

Smith read a message from Congressman Crenshaw.

"As a member of the House Appropriations Subcommittee on Military Construction, it is my honor and my duty to be sure that our military infrastructure is modernized to meet the needs of those who serve."

"With this addition, your Navy Hospital offers a first-class surgical area and physical and occupational areas to its patients." He also expressed his appreciation of those who worked on the design and build of the facility, but mostly those who work at NH Jax and provide first-class care to our military and their families. "You are the living heart that makes this building come alive," he said.

Following the ceremony, tours were conducted of the facilities for more than 120 guests and staff.

Director, Clinical Support Services and PT/OT Department Head Cmdr. Frank Pearson showed the guests the new PT/OT spaces. "As guests peered into what appeared to be a huge Jacuzzi, he explained this unique piece of equipment is an aquatic treadmill." Here patients can build strength on a treadmill with minimal impact on their injuries. "It's real cutting edge stuff," he said.

Pearson also showed them an OT area outfitted for recuperating patients to practice life skills in a fully-equipped kitchen and bedroom facilities such as they'd find in their homes.



-Photo by HM1 (SW) Michael Morgan
Naval Hospital Jacksonville completed a new \$35.8 million, 62,000-square-foot addition on July 15. The addition, which broke ground on June 9, 2008 as a Phase I MILCON project, will continue with additional construction until 2011. The newly opened spaces include new state-of-the-art Physical and Occupational Health spaces as well as six new high-tech operating rooms and administrative areas. Cutting the ribbon for the new facility (left to right) are Capt. Lynn E. Welling, incoming NH Jax commanding officer (July 29); Naval Facilities Command SE, Capt. Doug Morton; Jacquelyn Smith, District Director for Congressman Ander Crenshaw; Cmdr. Frank Pearson, director for Clinical Support Services NH Jax; Capt. Timothy Barnes, NME Senior Health Facilities Planning & Project Officer; Commander, Navy Medicine East (NME) and Naval Medical Center Portsmouth, Va. Rear Adm. Mike Stocks; NH Jax Command Master Chief CMDCM (AW/SW) Cameron Bracewell and NH Jax Commanding Officer Capt. Bruce Gillingham.

He noted that higher level Navy Medical facilities see wounded warriors with serious injuries returning directly from the war theatre but as they recover sufficiently they want to get back to areas near their homes, families and command and NH Jax will be here with top-flight care for them.

Finally the guests visited

the surgical floor, sparkingly new, spacious and high-tech with the most cutting edge lighting and integrated systems that link all the varied life-saving equipment together that enhances communications and lessens down time in the clinic, according to Director of Surgical Services Cmdr. Mark Gould. Even the lighting in the

rooms is the latest technology designed to produce heat-free and shadow-free light on the patient.

With this new addition coupled with the staff's commitment to high-quality patient care, Naval Hospital Jacksonville and Navy Medicine continues its quest to deliver world class care.

Healthy Bones For Life Starts During Childhood

From TRICARE

Children are often encouraged to drink milk to build strong bones, but what about adults? Bone health is an essential part of overall health and quality of life far beyond childhood and adolescence years.

Osteoporosis is the thinning of bone tissue and loss of bone

density. The condition leaves bones weak and more likely to break. Anyone can develop osteoporosis, but women, especially post-menopausal women, are at a higher risk because of estrogen deficiency. Other risk factors include: family history, vertebral abnormalities, hyperparathyroidism and long-term

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

Osteoporosis can easily be diagnosed by a bone density test. This is a non-invasive test that uses X-rays to measure

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

long-term steroid therapy.

Beneficiaries should keep in mind that it is possible to prevent osteoporosis with simple additions to lifestyle. Calcium and physical activities play an important role in bone health - in early life and late life. Adults are encouraged to have at least 1,000 milligrams of calcium

each day to maintain healthy bones. Activities such as walking, jogging, climbing stairs or weight training can help strengthen bones and improve overall health.

Learn more at the National Osteoporosis Foundation website www.nof.org.

VA Simplifies Access To Care, Benefits For Vets With PTSD

From Veterans Affairs
Secretary of Veterans Affairs Eric K. Shinseki announced a critical step forward in providing an easier process for Veterans seeking health care and disability compensation for Post-Traumatic Stress Disorder (PTSD), with the publication of a final regulation in the Federal Register.

"This nation has a solemn obligation to the men and women who have honorably served this country and suffer from the often devastating emotional wounds of war," said Secretary of Veterans Affairs Eric K. Shinseki. "This final regulation goes a long way to ensure that Veterans receive the benefits and services they

need."

By publishing a final regulation in the Federal Register to simplify the process for a Veteran to claim service connection for PTSD, VA reduces the evidence needed if the trauma claimed by a Veteran is related to fear of hostile military or terrorist activity and is consistent with the places, types, and circumstances of the Veteran's service.

This science-based regulation relies on evidence that concluded that a Veteran's deployment to a war zone is linked to an increased risk of PTSD.

Under the new rule, VA would not require corroboration of a stressor related to fear of hostile military or terrorist activity if a VA doctor confirms

that the stressful experience recalled by a Veteran adequately supports a diagnosis of PTSD and the Veteran's symptoms are related to the claimed stressor.

Previously, claims adjudicators were required to corroborate that a non-combat Veteran actually experienced a stressor related to hostile military activity. This final rule simplifies the development that is required for these cases.

VA expects this rulemaking to decrease the time it takes VA to decide access to care and claims falling under the revised criteria. More than 400,000 Veterans currently receiving compensa-

tion benefits are service connected for PTSD. Combined with VA's shorter claims form, VA's new streamlined, science-based regulation allows for faster and more accurate decisions that also expedite access to medical care and other benefits for Veterans.

PTSD is a medically recognized anxiety disorder that can develop from seeing or experiencing an event that involves

actual or threatened death or serious injury to which a person responds with intense fear, helplessness or horror, and is not uncommon among war Veterans.

Disability compensation is a tax-free benefit paid to a Veteran for disabilities that are a result of -- or made worse by -- injuries or diseases associated with active service.

For additional information,

go to www.va.gov or call VA's toll free benefits number at 1-800-827-1000.

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Name one comic who can hit the stage like an atom bomb and keep the audience exploding with laughter even after he's gone... that's right, it's Paul Hooper. Known for kicking the feet out from underneath conservative humor and finding the funny side to natural disaster, this young man is on the fast track to stardom. Loved by crowds and comics nationwide, he steamrolls non-stop thru a set and seldom gives the audience time to breath.

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Welling Takes Command Of NH Jax Today

Gillingham becomes Fleet Surgeon, Pacific Fleet in his new role

By Loren Barnes

NH Jax Deputy Public Affairs Officer

Capt. Bruce Gillingham will turn over command of Naval Hospital Jacksonville (NH Jax) and its six branch medical clinics to Capt. Lynn Welling today (July 29) in a 10 a.m. Change of Command ceremony at All Saints Chapel aboard Naval Air Station Jacksonville, Fla.

Featured speakers at the ceremony will be Deputy Surgeon General, Vice Chief, Bureau of Medicine and Surgery Rear Adm. Thomas Cullison and Commander, Navy Medicine East and Naval Medical Center Portsmouth, Va., Rear Adm. "Mike" Stocks.

Capt. Gillingham's new role will be as Fleet Surgeon for the Commander, United States Pacific Fleet. Capt. Welling - a former naval aviator, now an emergency medicine doctor - returned in May 2010 from his deployment as Commanding Officer, Expeditionary Medical Facility Kuwait.

Gillingham and Welling shared some of thoughts prior to the event.

"The two years have gone very fast but I feel like we accomplished a great deal," Gillingham said. "We have exceptionally talented people. They lined right up behind me and we really pursued those things that not only are important for Naval Hospital Jacksonville but for hospitals around the United States. Specifically, I refer to continually trying to raise the bar of quality, and striving to become a high reliability organization or HRO which demands the same approach and the same level of safety as for example naval aviation or Navy nuclear power. Recognizing that humans are complex and don't always follow the same patterns that



Capt. Lynn Welling, MC, USN



Capt. Bruce Gillingham, MC, USN

machines such as airplanes and submarines do, I feel that in creating the right culture in the hospital and giving people right tools we certainly can make significant progress. And I believe that we have."

Gillingham's assignment with Commander, Pacific Fleet "will involve the supervision of all the medical aspects of care being delivered in the fleet environment. It will also involve 'medical engagement' - actually planning and executing humanitarian efforts to countries in the Pacific Rim, most notable the Pacific partnership," he explained.

To hospital beneficiaries he said, "I'd like you to be aware that even though the leadership of the hospital is changing our commitment to providing the only the highest quality care to themselves, to their family members, to retirees and to those who are deployed will always remain our paramount priority."

To his staff he said, "Thank you. Thank you for your patriotism, for your dedication, for all that you did to make my tenure at Naval Hospital Jacksonville a success."

Capt. Welling, a native of Salt Lake City, Utah, brings 32 years of Navy service to the job. Graduating from the University of Utah in 1978 with a Bachelor of Science in biology, he entered the Navy in the Navy Reserve Officer Training Corps. He earned his "Wings of Gold" in 1979 and went on to fly the A7-E Corsair with the "Ubangis" of VA-12 deploying to the USS Dwight D. Eisenhower (CVN-69). Welling recalled being based at NAS Cecil Field in Jacksonville in the 1980s. From there, he went to Meridian, Miss. as an advanced air combat flight instructor pilot for a year flying the TA-4 Skyhawk.

Welling then adjusted his approach and was off to the Uniformed Services University of the Health Sciences in San Diego where he graduated with a Doctor of Medicine degree in 1989. He completed his internship and went directly into the Emergency Medical Residency Program at Naval Medical Center (NMC) San Diego and graduated in 1993.

He became active in Tactical Emergency Medicine and deployed with a variety of

local, state and federal Tactical Law Enforcement agencies. He worked with teams in Waco, Texas during the Branch Davidian tragedy as well as helping search for victims with San Diego Search and Rescue Teams sent to New York after the September 11, 2001 attacks. He lectured and taught across the U.S. on Tactical Emergency Medicine and continued emergency medicine deployments while assigned as Head of the Emergency Department at Naval Hospital, Great Lakes, Ill. He returned to NMC San Diego to head the Emergency Department there and from 2000 to 2005, he headed Navy Medicine's

Disaster Preparedness and Response Team serving as Emergency Medicine Specialty Leader to the Surgeon General of the Navy overseeing more than 150 Emergency Medical Specialists at 19 Navy and Marine medical facilities.

Welling deployed to Djibouti, Africa in 2001 in support of Operation Enduring Freedom, setting up the first U.S. military medical system there. He also deployed to Iraq during Operation Iraqi Freedom I, and was the assistant officer in charge of Shock Trauma Platoon #1 supporting the U.S. Marine drive from Kuwait to Baghdad.

"All these things contributed to my leadership experience," Welling said. "They also helped me to develop my own personal mission statement and vision which actually works very well. About 10 years ago my wife, Patricia, a lawyer, and I wrote our statements. Mine was 'to provide outstanding medical care to those who go in harm's way.' That really gelled my concept of what medical care should be. Hers

was to 'take care of the family.'" The Wellings have three grown children, two are in San Diego, the third is in Salt Lake City. The captain describes his wife as "passionate, relentless about the family - not just our family but the Navy family and she will talk to me and tell me where she thinks I need to put the emphasis in order to take care of the Navy spouse, male or female, and their family. She will be a staunch advocate for them in receiving medical care."

Although he recognizes that it now time for "the big pay back," filling the executive role in Navy medicine, Welling said, "The real fun is being at the bedside with a patient. I love being there taking care of patients." Serving in a leadership position also has its pluses he said. "Now I have the ability to influence the system and teach the younger doctors and guide them."

"My vision is very, very closely aligned to Captain Gillingham's," Welling said. "Again take outstanding care of those people going into harm's way. For us in the military it is the uniformed population, but it also means that when you are taking care of that warrior who is on the frontline, you're also taking care of the family he's left behind. That deployed warrior doesn't need to worry about his family, that's why we provide outstanding medical care to the family. He also recognized the obligation we have to our retirees. "That retiree who has paid the price, paid the dues, we will take care of them," he said.

"All this," he said, "meshes very easily with what I was doing in Kuwait and what I was doing when I deployed to Iraq and other areas around the

world and back here to a continental U.S. based hospital setting," he said. "There is absolutely no difference in that mission statement at all. It meshes with our emphasis here, patient/warrior first, safety first, outstanding medical care, training the next generation of medical providers whether it be doctors, nurses or corpsmen. It makes no difference, its training them to continue this honor and obligation we have to care of those who do the work of the nation for us around the globe."

"My goal is for medical care to be so good no one should ever have to worry about it. We need to be so good and so proactive that for the leadership at the commands we serve medical care for their people should be a non-issue for them. They should be free to deal with fighting the wars and being prepared and doing the things that the line needs to do."

Describing his leadership style as "What you see is what you get" results oriented with no hidden agendas, Welling said, "Intentions don't mean much to me. It's what you accomplish." He said that means not only taking care of patients but also taking care of each other, our staff is family, and we should look out for them too.

Finally, he said, "My job is to push us over the top and achieve that greatness that Capt. Gillingham foresees. The greatness will come if we focus on those things we hold to be our core values which is safe, high-quality patient care. I want other hospital leaders to say, 'Let's talk to Jacksonville, they've already done it, they've done it right. We want to be Naval Hospital Jacksonville.'"

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Grammy-winning country act **Zac Brown Band** has teamed with Chrysler, Dodge, Jeep and Ram Truck dealerships to launch "Letters For Lyrics," participants write a letter to a member of the U.S. Military, in exchange for a copy of a special compilation CD, *Breaking Southern Ground*, from the **Zac Brown Band**. They'll also earn a free download of an exclusive live version of the band's latest single, "Free," and will have access to footage from the Zac Brown Band's USO tours.

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DoN Civilians Transitioning From NSPS

By Linda Dent Mitchell
Department of the Navy Transition Management Office Public Affairs

The Department of the Navy (DoN) successfully completed its first phase of the transition of employees from the National Security Personnel System (NSPS) to the General Schedule (GS). Approximately 18,000 employees have made the transition from NSPS in this first phase.

"The transition's success can be attributed to the tremendous collaboration across the depart-



ment at all levels," said Tony TorresRamos, director of the DoN Transition Management Office. The DoN plans to transition about 45,000 employees to the GS by the end of 2010.

"We remain committed to a strategic and orderly approach to the transition, which best enables us to avoid disruption

of our mission and minimizes negative impact to our employees," said TorresRamos.

Non-bargaining unit employees transitioning from NSPS to GS will be covered by the DoN Interim Performance Management System approved April 20. The system provides a framework for commands to

recognize and reward employees in meaningful ways. The system leverages the capability of a two-level performance management system.

More than 70,000 DoN employees will transition from NSPS by Jan. 1, 2012. Of this number, about 15,700 NSPS positions from Naval Air System Command and Space and Naval Warfare Systems Command (SPAWAR) will transition to newly developed Science and Technology Reinvention Laboratory demon-

stration projects.

Approximately 2,100 NSPS positions located within Marine Corps Tactical Systems Support Activity; Marine Corps Systems Command; Direct Reporting Program Manager, Advanced Assault Amphibians; Naval Sea Systems Command Program Executive Office Carriers; and Department of the Navy/Assistant for Administration; will transition to acquisition demonstration projects.

Approximately 880 NSPS positions located in SPAWAR

will return to their alternative personnel system, and specific healthcare positions across the DoN have been identified for transition to an alternative personnel system building on Title 38 authorities.

Consistent with the DoN's focus on communication and education, visit the human resources Web site at <http://www.public.navy.mil> to learn about current information, online resources and guidance.

Sailors Can Enroll In eMentoring Program

By Lt. Laura K. Stegherr
Diversity Directorate Public Affairs

The NavyWomen eMentoring Program, a web-based tool that connects uniformed Navy women for mentoring relationships, has begun a new open enrollment period that was announced in NAVADMIN 226/10 July 7.

The program, now in its third year, is designed to support the personal and professional development of women by building productive mentoring relationships between mentors and mentees. Four hundred new slots are available for mentors and mentees during the open enrollment period, which will last until Aug. 15.

The program is open to all active duty and Reserve Navy women, to include officers, officers-in-training and enlisted members. The program features a user-friendly interface

that offers several options for Navy women to create mentoring relationships.

In addition to the basic one-on-one mentor to protegee matching, mentees can also take part in situational mentoring for more short-term, situation-specific needs. This function allows mentees to select one or more mentors to assist them with a particular situation or to post the situation, allowing mentors to volunteer their support.

A new feature of the program beginning in late summer 2010 is group mentoring, where mentors can post a topic for discussion. Mentees can then join the group and participate during a designated time frame. The program currently has 1,250 participants enrolled, including 800 mentors from nearly every designator and rating. Members include women of all

ranks and reflect a broad range of designators, experiences and expertise. Stefanie Goebel, NavyWomen eMentor Program director, is pleased with the momentum the program has gained throughout the past two years.

"I am very excited about the way Navy women have embraced the NavyWomen eMentor leadership program," said Goebel. "The ongoing high numbers of enrollees clearly show the great need and desire for this kind of mentoring. Participants tell us again and again how grateful they are to have such easy access to more experienced women who understand firsthand their unique brand of challenges."

Participants surveyed about their impressions of the program indicated that they had positive experiences with the program. The survey indicat-

ed that 82 percent of mentees and 84 percent of mentors were highly satisfied with their initial experiences and that 80 percent of all participants said they had improved career satisfaction since using the program.

"The best thing about the mentoring program so far is that I have an awesome mentor who is caring and practical, helping me to put some items into perspective so that I can work them out and move on," said one survey respondent. "She is able to address both my professional and personal goals, which is a huge plus."

"I am finally able to talk to someone with confidence and confidentiality about my experiences, questions and concerns and am able to receive valuable and actionable advice - from someone who's been in my shoes!" said another respondent.

Navy Recognizes IA/GSA On Fitness Reports, Evals

From Navy Personnel Command Public Affairs

To ensure the Navy's individual augmentees' (IA) service is properly recognized, the Navy has modified its Performance Evaluations and Advancement Eligibility.

Beginning Aug. 1, regular reporting seniors must maintain regular performance evaluation continuity and use a new billet code subcategory (Block 21) code "INDIV AUG" to break out those Sailors who serve in an IA assignment, according to NAVADMIN 215/10.

"It's important for us to recognize the performance and contributions of our Sailors who are serving IAs," said Jim Price, NPC Performance Evaluation Division director. "This revised policy sets a Navy-wide standard to ensure all our Sailors receive the same opportunities to excel."

The NAVADMIN explains a Sailor is considered IA when: in receipt of individual deployment orders from Navy Personnel Command (NPC) to include IA Manpower Management Assignments, Global War on Terrorism Support Assignments (GSA), Mobilized Reserve Personnel

not mobilized as part of an established commissioned Reserve component unit, health services augmentation program support personnel, and Overseas Contingency Operation Support Assignment.

If a Sailor's reporting period occurs while on an IA, reporting seniors use the new billet code as long as the Sailor was at the parent command 240 days or less, or if the performance period is less than 240 days. Additionally, if the Sailor finished an IA before the reporting period ends, reporting seniors still use the new billet subcategory if the Sailor has been at the parent command 180 days or less.

Those Sailors who exceed the 240- or 180-day periods will be evaluated with their peers. The message also contains specific guidance for revised advancement eligibility and performance mark average (PMA) computations. For Sailors serving on an IA with reports after Aug. 1 the following guidance is provided:

- Concurrent performance evaluation completed while on an IA assignment will count toward PMA calculations and for time in rate waivers if a

"Promotable" or higher promotion recommendation is assigned.

- Compute PMA using all evaluations in the respective paygrade, including frocked, for the computation period announced.

- Commanding officers and officers in charge may waive up to one year of the required time in rate for Sailors in grades E-5 and E-6.

For more details regarding the changes, read the

NAVADMIN at www.npc.navy.mil or review the frequently asked questions www.npc.navy.mil/careerinfo/performance-evaluation/faq.htm. For more news from Navy Personnel Command, visit www.navy.mil/local/npc/

Eval From Page 1

policy sets a Navy-wide standard to ensure all our Sailors receive the same opportunities to excel."

For more information on NAVFIT98A Version 28, read NAVADMIN 233/10. For technical assistance with NAVFIT98A software, call NPC Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672).

For any NMCI software deployment issues, contact the NMCI Helpdesk at (866) 843-6624.

Mentors also found much value in the program.

"Being able to assist someone with concerns I've already faced reminds me how small our Navy is," said a surveyed mentor. "And I believe keeping that idea in mind helps us all."

Goebel explained that the mentoring program serves an important role in the overall development of women in the Navy.

"Mentoring is not simply a feel-good activity. It is 100

percent about valuing human capital," said Goebel. "The existence of this program clearly sends the message that the Navy cares about the professional and personal growth of uniformed Navy women. And the women are hearing the message."

Navy women are encouraged to register at www.academy-women.org/ementor/signup. Within two days, registrants will receive an email instructing them to create an account and profile, and for mentees, to search for and select a mentor.

More information on the Navy Women eMentor Program and other Women's Policy initiatives can be found at www.npc.navy.mil/AboutUs/BUPERS/WomensPolicy/.

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SOYs Promoted To Chief, Make History

By MC1(EXW)
Jennifer A. Villalovos
Master Chief Petty Officer Of Navy
Public Affairs

The 2009 Sailor of the Year winners, who for the first time in history are all women, were meritoriously advanced to Chief Petty Officer during a ceremony held at the Navy Memorial July 22.

Chief of Naval Operations Adm. Gary Roughead was the guest speaker at the pinning ceremony hosted by the Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West.

Hospital Corpsman 1st Class Ingrid Cortez, U.S. Fleet Forces Sea Sailor of the Year; Hospital Corpsman 1st Class Shalanda Brewer, Navy Reserve Sailor of the Year; Operations Specialist 1st Class Samira McBride, U.S. Pacific Fleet Sea Sailor of the Year and Cryptologic Technician (Technical) 1st Class Cassandra Foote, Chief of Naval Operations Shore Sailor of the Year were each presented their chief petty officer appointment letter from the CNO prior



-Photo by MC1 Jennifer A. Villalovos

The 2009 Chief of Naval Operations Shore Sailor of the Year Cryptologic Technician (Technical) 1st Class Cassandra Foote is meritoriously promoted to chief petty officer at an advancement ceremony at the Navy Memorial. Foote is one of four Sailors selected for Sailor of the Year and this marks the first time in history all Sailors of the Year are women.

to having their anchors pinned to their collars and combination covers placed on their heads.

"What I like most about

this program is that these four Sailors know the Navy appreciates their dedication and performance, and expects even more

of them in the future," said Roughead. "Their advancement today is an affirmation of the potential the Navy sees in them

as future Chief Petty Officers and senior enlisted leaders at their next commands."

Before the anchors were pinned on the Sailors of the Year, West spoke about the great honor of earning the title of "Chief" and the privilege of leading Sailors while wearing the chief anchors on their collars.

"This is a great day for our Navy, and today we are making history with all for Sailors of the Year being women. These Sailors have proven themselves as professional Sailors, experts in their rates, role models to our junior Sailors and youth, and most importantly, true leaders," said West. Families, friends and shipmates traveled from around the world to attend the ceremony to share the highlights of their accomplishments and achievement on making chief petty officer. "A lot is expected of us, and it's a greater responsibility, but we are going to lead our Sailors and keep doing what we've been doing," said Cortez after the advancement ceremony. "This was such

an awesome experience. I feel like I'm on top of the world, and it's just incredible."

The Sailors of the Year and their families toured the White House, visited historical sites around D.C., meet with residents at the Armed Forces Retirement Home, and attended special events held in their honor throughout the week before their advancement ceremony.

The Sailor of the Year program was established in 1972 by the Chief of Naval Operations Adm. Elmo Zumwalt and Master Chief Petty Officer of the Navy John Whittet to recognize an individual Sailor who best represented the ever-growing group of dedicated professional Sailors at each command and ultimately the Navy.

When the program began, only the Atlantic and Pacific Fleet Sailors were recognized. Within ten years, the Sailor of the Year program was expanded to include the shore establishment and Navy Reserve Sailors.

Foreign Language Program Progressing

By Jim Garamone
Armed Forces Press Service

The U.S. military's efforts to have more language-qualified servicemembers are beginning to pay off, the Defense Department's senior language authority said.

Nancy E. Weaver testified June 29 before the House Armed Services Committee's oversight subcommittee.

Knowing the language, knowing the nuances of the spoken word, understanding cultural norms and being able to have a free exchange of ideas are keys to winning the support and buy-in of a population in counterinsurgency strategy.

In 2001, the U.S. military had few Dari or Pashtu speakers who could communicate with Afghans. While the military has more Arabic speakers in Iraq than it used to, a shortage persists.

The Defense Language Program looks to provide language training to communicate not only with populations, but also with allies, Weaver said, noting that the department has termed servicemembers with language capabilities as "key enablers" for operations. Languages in most demand are Arabic, Chinese, Russian, Persian, Uzbek, Pashto,

Swahili, Wolof and Korean, she said.

More and more language specialists have been recruited and trained, but much more remains to be done, Weaver said. Officials need to know how many language specialists are required and what languages they need to speak, she said, so the Defense Department has asked the combatant commands "to identify and prioritize language skills, regional expertise and cultural capabilities required for their missions." These requirements should be in place at the end of the year, she added.

The department also needs to continue language training at the service academies and for ROTC students. The program allows cadets and midshipmen to study languages during the school year and then receive immersion training in the various countries during the summers, Weaver explained.

Recruiting native speakers - servicemembers who grew up speaking a language in addition to English - is a key way of getting the expertise to the field quickly, Weaver said. More than 1,000 soldiers have graduated from the Army's program and now are operating in Iraq and

Afghanistan, she told the House panel.

Defense Department civilian personnel also need language skills, she said, and the department has initiated programs concentrated at the Defense Intelligence Agency to train civilian employees in languages.

All these programs mean the "brick-and-mortar" schools cannot handle the demand, Weaver said, so the Defense Language Institute has deployed language training teams.

"From October 2009 to the present, [the teams] have taught over 8,500 students in nonresi-

dent language training, provided nearly 43,000 students language familiarization training and have shipped over 1.5 million language survival kits," Weaver said.

The language program has to be inclusive, Weaver said, and no one knows the language proficiency needed for the future. In the 1980s, she said, the military trained Russian speakers. In the 1990s, it was Serbo-Croatian. In the early 2000s, it was Arabic and Dari. But the earthquake in Haiti early this year highlighted the need for military Creole and French speakers, she noted.

Military Improves Personally Procured Move Process

By Henry Bailey
Fleet and Industrial Supply Center Jacksonville Household Goods Director

After extensive testing and evaluation, the military has added to the Defense Personal Property System (DPS) an improved system to better compensate service members who use the Personally Procured Move (PPM) process for their household goods when on permanent change of station orders. This new web based system replaces the former system known as SMARTWEBMOVE, or DITY (Do-It-Yourself Move) move. The new PPM tool may be accessed via the DPS online at: www.move.mil

All services began using the new system for processing PPMs on April 15. Moves initiated prior to that date will continue to process under the terms in place at the time of initiation. The PPM give service members a choice. They may elect to personally move some or even all of their personal property and receive an incentive for doing so. The system calculates for reimbursement using a "best value" method. Most moves will fall into one of three scenarios:

(1) Service members will receive 95 percent of the "best value" the government would pay to move the goods as an incentive for a PPM; or

(2) Actual Cost Reimbursement (ACR) will pay service members actual cost not to exceed the "best value" of the move and is used for pre-approved special handling such as assembly and disassembly and packing fragile items; or

(3) When a government-furnished moving service is not available, ACR pays the actual cost for the entire move subject to service headquarters pre-approval.

Service members are reminded that the DPS online system should be used for setting up their moves, regardless of whether it is a PPM or a government arranged move. However some moves will not qualify for the new system, so it is important to access the DPS Smart Book at www.move.mil for the rules.

Questions about any of the DPS programs may be directed to the FISCJ HHG Call Center by calling (800) 762-4221, option #2; or by sending an email to: HHG_southeast@navy.mil.

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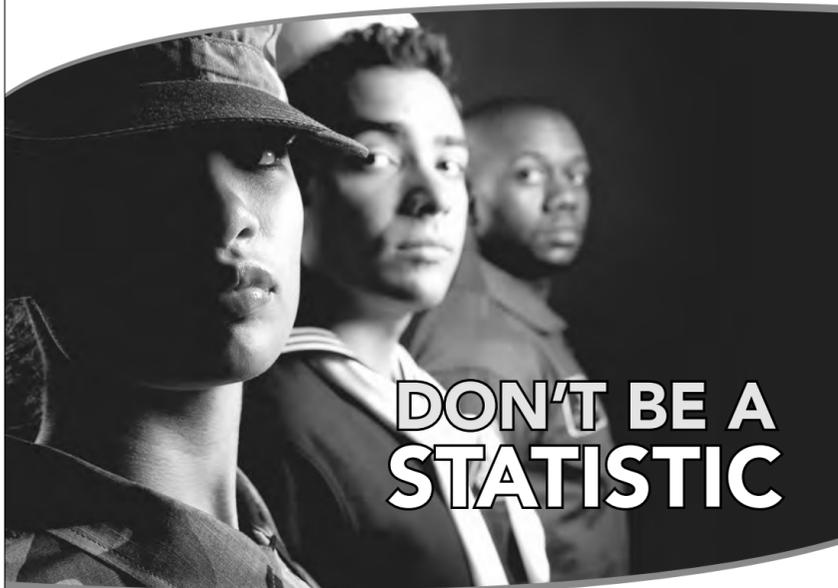
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* Source: <http://allheadlinesnews.com/articles/7014026098>

FFSC Class, Workshop Schedule Set For August

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.

July 29, 9-11 a.m., **Resume Walk-in Review**, Building One
 July 29, 8 a.m.-noon, **FAP Key Personnel Training**, Building One, Room 1616

July 29, 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.

Aug. 3, 9-11 a.m., **Parenting Class**, Building One, Room 702

Aug. 3, 9-11 a.m. **Resume Walk-In Review**, FFSC, Room 701

Aug. 3, 1:30-3:30 p.m. **Ferp-Troops to Teachers Class**, FFSC, Room 702
 Aug. 3, 9-11 a.m. **Parenting Class** FFSC, Room 702

Aug. 4, 8-11:30 a.m. **Stress Management**, Wellness Center

Aug. 5, 9-11 a.m. **Resume Walk-In Review**, Building One

Aug. 5, 9 a.m.-12 p.m. **Tottletyme Playgroup**, USO

Aug. 9, 6-7 p.m. **Individual Augmentee (IA) Family Discussion Group**, USO

Aug. 9-12, 8 a.m.- 4 p.m. **TAP Retiree Workshop**, Building One Room 1606

Aug. 10, 9-11 a.m. **Resume Walk-In Review**, FFSC, Room 701

Aug. 10, 9-11 a.m. **Parenting Class**, FFSC, Room 702

Aug. 10, 9-11 a.m. **What About the Kids Workshop**, FFSC, Room 719

Aug. 12, 9 a.m.-12 p.m. **Tottle**

Tyme Playgroup, USO

Aug. 12, 9-11 a.m. **Resume Walk-In Review**, FFSC, Room 701

Aug. 16, 8:30 a.m. -12 p.m. **FERP-Career & Job Readiness Class**, FFSC, Room 702

Aug. 16, 1-3 p.m. **FERP-Federal Employment Class**, FFSC, Room 702

Aug. 16-19, 8:00 a.m. -4:30 p.m. **SAPR Victim Advocate Training**, NAS Jacksonville Chapel

Aug. 17, 9-11 a.m. **Resume Walk-In Review**, FFSC, Room 701

Aug. 19, 9-11 a.m. **Resume Walk-In Review**, FFSC, Room 701

Aug. 19, 9 a.m.-12 p.m. **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.

Aug. 24, 9-11 a.m. **Resume Walk-In Review**, FFSC, Room 701

Aug. 19, 8-11 a.m. **Anger Management**, Building One Room 1606

Aug. 23-26, 8 a.m.- 4 p.m. **TAP Separatee Workshop**, Building One Room 1606

Aug. 24, 6-8 p.m. **Home Buying Seminar**, Building One Room 1606

Aug. 24, 9-10 a.m. **TRACC Meeting**, FFSC, Room 719

Aug. 26, 9-11 a.m. **Resume Walk-In Review**, FFSC, Room 701

Aug. 26, 9 a.m.-12 p.m. **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

Troops to Teachers Seminar At FFSC

From FFSC

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

The seminar will explain the requirements and benefits of the Troops to Teachers Program, outline factors to consider if you contemplating entering the teaching profession, and explain all options available for obtaining a Florida teaching certificate. If you are considering teaching as your next career, attend this seminar. Spouses are also encouraged to attend.

Call the Fleet and Family Support Center, 270-6600 Ext. 1701 to sign up for the seminar.

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.

Aug. 26, 9-10:30 a.m. **Sponsor Training**, FFSC Room 719

Aug. 27, 9-10 a.m. **Establishing Sound Credit**, FFSC, Room 719

Aug. 30, 6-8 p.m. **Ombudsman Assembly**, Building one Room 104

Aug. 30-31, 9 a.m. -3 p.m. **Three is a Crowd**, FFSC, Room 702

Aug. 31, 9-11 a.m. **Resume Walk-In Review**, FFSC

Out in Town

Thursday, July 29

The American Legion and the Auxiliary Post 316 at 1127 Atlantic Boulevard Atlantic Beach activities for the week are July 29 Dart league the July 30 auxillary dinner, 5-8 p.m. Music by Pepper Jam, 8-12 p.m., July 31 auxillary Mystery Dinner 5-8 p.m. Music by Pepper Jam 8-12 p.m. So please come out and support your Legion and lets all have some fun. Questions call (904) 249-0202 for daily lunch special ext. 2, for weekend entertainment ext. 3.

Friday, July 30

Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners, from 5 to 8 p.m., at the Branch Home at 390 Mayport Rd. We'll do the cooking for you. A donation of \$5 to \$8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always

COMMUNITY CALENDAR

invited to dinner. Happy hour precedes the dinner from 4 to 6 p.m., all drinks are 50¢ off. After dinner, enjoy the music of DOUG BRACEY from 9 p.m. to 1 a.m.

Chef Clara LeBlanc of Tidbits Restaurants Inc., The Florida Baptist Children's Home and G2 Labels are partnering to host Jacksonville's Food Revolution, a call to action to make changes to get healthy. The event will be held from 6-9 p.m. on The Florida Baptist Children's Home Campus, 2300 Bartram Road, Jacksonville, Fla., 32207. BASED ON JAMIE OLIVER'S FOOD REVOLUTION to save America's health by changing the way we eat and exercise,

these companies are taking the challenge to start a Revolution for families on the First Coast. For more information on this event contact Aletta Walker, Marketing Director at 398-2390 Please make reservations @ tidbitsinc@bellsouth.net.

Saturday, July 31

Duval County Extension Office will hold the free workshop, Garden Tips and How to Create Storm Resistant Trees, from 1-3 p.m. at South Mandarin Regional Library, 12125 San Jose Blvd. Staffers will teach you what to plant and tips for the landscape along with how to prune your trees to make them more storm resistant. Please pre-register by calling Becky at 904-387-8850.

Join a Park Ranger at 2 p.m.

for a program that will introduce you to bird watching. Topics include the basic tools available to birdwatchers, and the basics of bird habitat, behavior, and identification. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Monday, Aug. 2

Beaches Photography Club will meet at the Beaches Library, 600 3rd St., Neptune Beach, from 6-8 p.m. This month's program is "A conversation with 2 models" As photographers how can we get the "best" from a model. Audience participation and questions will be encouraged. For more information, go to www.beaches-photographyclub.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.

Wednesday, Aug. 3

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.

Thursday, Aug. 4

Fleet Reserve Association, Branch 290, will hold its monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. All members and prospective members are

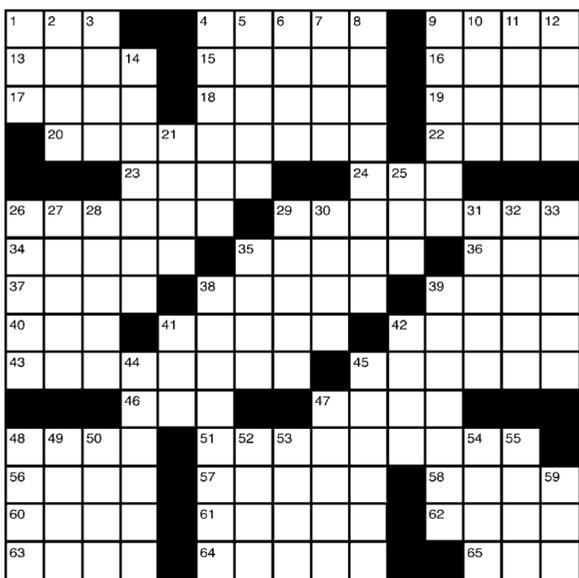
invited to attend. The Fleet Reserve Association is a world-wide veteran's organization that represents nearly 1,650,000 active duty and retired Navy, Marine Corps and Coast Guard members. If you have served in any of the maritime service - Navy, Marine Corps or Coast Guard, no matter how long - stop by the Branch Home or call 246-6855 for more information. New members are always welcome.

Friday, Aug. 6

The Ladies Auxiliary of the Fleet Reserve Association, Branch 290, is hosting an Italian Dinner from 5 to 8 p.m. at the Branch Home, 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry-out orders are accepted.

THE Daily Commuter Puzzle by Jacqueline E. Mathews

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 - Labor leader Eugene ___
 - Poison ivy symptom
 - Meat shunner
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 - Chris of tennis
 - Haughtiness
 - One ___; 1%
 - Hounds and hamsters
 - Medicinal tablet
 - Actress Charlotte
 - Too diluted
 - Elevator alternative
 - Oust a tenant
 - Pigsty dinner
 - ___ bandage; wraparound type
 - Sausage shape
 - ___ out; relax
 - Miss
 - Remain behind
 - Glow
 - Cut fancy
 - Hold spellbound
 - ___ rash; baby's skin irritation
 - Actress Falco
 - Ernie's buddy on "Sesame Street"
 - Impudent talk
 - Nag
 - Soil
 - Feel sick
 - Water sources
 - Of birds
 - Slight coloring
 - ___ Low, Sweet Chariot"
 - Scrabble piece
 - Forgo voluntarily
 - TV's "Green ___"
 - Hollers
 - Part of the leg
 - Immature
 - Relevant
- DOWN**
- Get ___ of; eliminate
 - "The Beehive State"
 - Shade of beige
 - Excessively



THIS WEEKS ANSWERS



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- Live it up
- Grew older
- Small pie
- Hold spellbound
- ___ rash; baby's skin irritation
- Actress Falco
- Ernie's buddy on "Sesame Street"
- Impudent talk
- Nag
- Soil
- Feel sick
- Water sources
- Of birds
- Slight coloring
- ___ Low, Sweet Chariot"
- Scrabble piece
- Forgo voluntarily
- TV's "Green ___"
- Hollers
- Part of the leg
- Immature
- Relevant
- Enjoy the slopes
- "The Wizard of Oz" author
- Prince Charles' brother
- Circus funny men
- Stare angrily
- Sutures
- ___ if; although
- Fiddling emperor
- Peruvian Indian
- Walk heavily
- Group of actors
- "Egad!"
- Corrosive alkali

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Post-9/11 GI Bill Transferability Requirements

By Wm. Cullen James

Navy Personnel Command Public Affairs

For those Sailors with children approaching college age, about to start higher learning or with spouses with college aspirations, now is the time to ensure your Post-9/11 GI Bill transferability is properly set up.

Qualified active duty and Reserve Sailors may elect to transfer benefits to a spouse or children, with some or all benefits allocated to those named.

"We still have a lot of Sailors

whose transferability requests are being rejected because they don't have the four years of obligated service remaining," said Kathy Wardlaw, the Navy's GI Bill program manager.

The Navy announced the transferability process in NAVADMIN 203/09. Basically, it states that transferability requires two additional years for Sailors eligible for retirement between Aug. 1, 2010, and July 31, 2011, or three additional years for those with 20 years service between Aug. 1, 2011, and July 31, 2012. Otherwise,

Sailors generally must have served at least six years in the Armed Forces and agree to an additional four years. See the NAVADMIN for exceptions.

"Before submitting their transferability requests, their obligation requirement must be reflected in their electronic service record (ESR) or the request will be rejected until corrected," said Wardlaw.

Sailors can review their ESR at <https://nsips.nmci.navy.mil/>. In addition to the ESR, the Defense Eligibility Enrollment System (DEERS)

is used to validate a family member's eligibility for transfer. For enlisted personnel that means having sufficient obligated service prior to their end of active obligated service. For officers, it means they must have an administrative remarks entry (Page 13) in their ESR agreeing to serve four more years from the date their transferability request is submitted. After obligating service, Sailors must elect the transferability option while still serving.

"Sailors can allocate any per-

centage of their benefit to their spouse and children and change it any time, but if they don't elect the benefit while serving, they won't be able to go back and do it," said Wardlaw.

Family members must be in DEERS and eligible for benefits in DEERS before a Sailor can request transferability. This means those dual-military members whose children are reflecting under only one sponsor's record, must be reflected under both sponsors. For example, to establish a child as a family member under both mili-

tary parents, the child should be enrolled in DEERS under one parent for benefits and under the other parent as a child drawing benefits from another military sponsor.

Navy career counselors are a valuable source of information and an important piece in the service obligation requirement.

For more information, visit the Navy Personnel Command Post-9/11 GI Bill Web site at www.npc.navy.mil/CareerInfo/Education/GIBill/Post_9_11.html.

Academic Skills Program Changes Include Access For Sailors, Families

From Naval Education and Training Command and Chief of Naval Personnel Public Affairs

The Navy Academic Skills Program offered through 21 Navy College Learning Centers (NCLCs) is moving to an online-only version available to service members, Department of Defense civilians and dependents, announced in NAVADMIN 216-10, released June 29.

The Online Academic Skills Course (OASC) provides access to basic educational and academic skills at no cost to the student. The online course is currently available, but as of Sept. 30, the current academic skills program available in NCLCs and the shore-based instructor-led English, math, and language basic skills courses will no longer be available to shore commands. The academic skills courses currently delivered to deployed Sailors through the Navy College Program for Afloat College Education (NCPACE) will remain unchanged for qualified units.

The OASC is a self-paced

skills course and customized program that evaluates an individual's reading level, vocabulary, and math ability based upon a pre-test. It designs individual lessons to increase proficiency in each of these academic areas. Participants may also choose an abbreviated review with shortened lessons through the online course.

"The switch to online-only academic skills training gives Sailors 24-hour worldwide access to OASC from any computer with an internet connection, not just at their Navy College Center," said Ann Hunter, the Navy's Voluntary Education (VOLED) service chief. "It also expands the amount of learners that can take the courses, so we've been able to include family members and government civilians."

"Each lesson is supported by interactive exercises such as drag-and-drop matching, video-game-style multiple choice or dynamic flash cards," added Hunter. "Quizzes and practice problem sets also help students gauge how well they are mastering the material."

One of the benefits of the OASC is that it can help Sailors who need to increase their Armed Services Vocational Aptitude Battery (ASVAB) score in order to qualify for specific Navy ratings.

"Sailors need justification to retake the ASVAB; they need to be able to show that they have improved their educational and academic skills since their initial test," said Hunter. "Currently the OASC does not produce a certificate of completion. However, the Military Personnel Manual (MILPERSMAN) section 1236-010 suggests other options for demonstrating positive improvement in education as a justification for retake of the Armed Forces Classification Test (AFCT) version of the ASVAB. Completion of the OASC can help fulfill that 'improvement' requirement and help service members reach their career goals."

"OASC has the added benefit of standardizing academic skills programs across all services," added Hunter. "OASC replaces academic skills programs for

all the services, resulting in the elimination of redundant programs, saving resources. This has been a successful 'joint' voluntary education initiative whereby all service members and their families use the same program for academic skills development."

OASC is available at www.nko.navy.mil via the NKO Learning Tab and on the Navy College website under the academic skills link.

Navigation to OASC is also available at <http://www.petersons.com/DANTES/>.

ASVAB, SAT Prep Classes At NCLC

From NCLC

It takes only 10 days to get a better score on standardized tests with Navy College Learning Center.

NCLC is offering ASVAB and SAT/ACT prep classes from Aug. 2-13, Aug. 16-27, Aug 30-Sept. 10 and Sept. 13-24.

The programs in math, English and reaching help increase scores. The classes improve career growth through improved test-taking skills. Course completion meets the requirements for retaking the ASVAB.

Seating is limited and reserved on a "first come" basis. No-cost TAD orders are required and you must be referred by a career counselor. Any absences must be approved by command in advance. NCLC is open from 8 a.m.-3 p.m., Monday-Thursday and 8 a.m.-noon. For more information call 270-7814 or email mayportnclc@plato.com.

Navy To Send Legalmen Rate To College Full Time

From Navy Judge Advocate General Corps Public Affairs

Beginning in September 2010, the Navy will begin to send legalmen to Roger Williams University, in accordance with the Legalman Education Initiative (LEI), to earn an Associate's degree in Paralegal Studies or its equivalent. The legalman rate is the first enlisted rating to call for a government-funded, full-time education program for every Navy legalman to ensure they have the skills and competencies necessary to operate in today's dynamic environment.

The LEI is designed to develop paralegal competencies in enlisted legalmen to provide a standardized education across the community, which will allow enhanced legal support to the Navy.

"Legalmen are required to operate with a broad base of legal knowledge to provide legal solutions across an array of issues facing military commanders, senior leaders and service members," said Vice Adm. James Houck, judge advocate general (JAG) of the Navy. "For our legalmen to meet the demands of increased responsibility and changing mission areas, we must provide them with the necessary skills and competencies which can only be acquired through paralegal education."

The JAG Corps will send legalmen through either a resident program at Roger Williams University (RWU) or a distance learning program to complete courses from their home duty station as part of their official duties. The goal is have

all legalmen acquire an Associate's degree in Paralegal Studies or its equivalent within the next four to five years. To minimize the impact on current mission readiness, the LEI will be implemented in a phased approach and the JAG Corps will limit the number of legalmen concurrently enrolled in either program.

"With this initiative, we empower legalmen to perform many functions and tasks currently performed by judge advocates, such as drafting trial motions, interviewing witnesses and preparing legal correspondence, increasing the availability of attorneys to meet similar fleet demands in emerging mission areas," said Master Chief Petty Officer (SW/AW) Chris Browning, the senior enlisted advisor to the judge advocate general. "With their new paralegal skills, we also anticipate legalmen will handle more fleet legal issues which will free up commanding officers, executive officers, and legal officers who spend time on these matters."

The LEI was developed under JAG Corps 2020, the JAG Corps strategic plan for the future.

"We look forward to the first graduation and to seeing the work of our legalmen in the fleet evolve in scope and complexity, consistent with their paralegal training," said Rear Adm. Nan DeRenzi, deputy judge advocate general of the Navy.

For more news from Navy Judge Advocate General, visit www.navy.mil/local/jag/.

ACE Recommended College Credits For Riverine Training

By Darryl Orrell

Center for Security Forces Public Affairs

The Center for Security Forces (CENSECFOR) announced July 15 that the American Council on Education (ACE) now recommends college credits for all four of its riverine courses.

In April 2010, ACE conducted extensive reviews for new riverine courses that have emerged in the post-9/11 era, as well as other courses that had reached their periodic review anniversary.

"It was gratifying to see all the hard work involved with establishing formal riverine training earn a recommended 25 college credits," said Roy Wilde, learning standards officer at CENSECFOR.

ACE provides recommended college credits for members of the Armed Forces that are commensurate to their military training and experience.

"Best of all, individuals that graduated any one of the four riverine courses on or after April 1 are eligible for the recommended college credits," said Wilde.

Additional courses reviewed by ACE that received recommended credits are the level two coxswain operations and tactics course, brig afloat course and Navy corrections counselor and Navy corrections specialist courses.

To take advantage of the additional ACE college credit recommendations, visit your Navy College Campus Office.

For information about ACE and recommended course credits, visit <http://www.acenet.edu>.

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Recreation/Sports/Fitness
Restaurant/Bar/Club/
Food/Beverages
Retail
Sales
Science/Research
Social Services/Counseling
Technical Support
Telemarketing
Transportation
Warehouse/Inventory
Work at Home
Positions Wanted

Healthcare

SOCIAL SERVICES ASSISTANT

Assists in the comple-
tion of care plans and
psychosocial assess-
ments. Completes re-
quired forms and
documents in accor-
dance with company
policy and state and/or
federal regulations.
Coordinates care plan
meetings. Helps resolve
concerns of Resident
and family. Makes room
changes when neces-
sary. JNRC, 4134 Dunn
Ave. 904-766-2297. Fax
904-766-3157 and EEO/
AA Employer WFN/D

Education/ Teaching/ Training

Prepare for a great
career in only 11
months! Call Southern
Career College to start
today! 1-877-294-9365

General Employment

ADT Dealer
Alert Security Services
20 positions to fill
No exp. needed, willing to
train. \$500-\$700 to Start.
JT Butler 904-253-7882
Boy Meadows 904-674-2464

WE TRAIN!!!

Mgr Trainees needed.
ADT Auth Dealer. No
exp nec. \$500-\$750/wk to
start. Call Mr. Robbins
904-829-5359
St Augustine area

Work At Home

**NOW
INTERVIEWING**
for part-time or full-time
management positions with
my company. Earn immedi-
ate income from home!
GET PAID DAILY! No
experience required; FREE
training; receive benefit!
Serious callers, dial
912-673-7778 for details.

Attorney/Legal

TAX FREE MILITARY BENEFIT (TSGLI)

Whether you're Active,
Reserve or National
Guard, if you've suffered
a traumatic injury (even
if unrelated to your mili-
tary service), you may
be entitled to up to
\$100,000. Call the Rolhouse
Law Firm at 1-800-
951-3092 Licensed in MN.
www.MainstreetLawFirm.com

Child Care

Licensed In Home
Daycare. Positions
Avail. Call Melinda
Berry 904-221-1788

Merchandise

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

Garage Sale

Arlington 4 Fam
Garage Sale Sat., 8
4357 Charter Point Dr.
San Marco furn & ho-
hold items. Sat 7/31,
12N. 2758 Fieldston L

Southside - Garage Sa
4350 Lake Woodou
Dr. S. Sat 7/31, 8am-2
SOUTHSIDE
ing Sale Full ho-
ld items, line
decor, kitchen,
Quality! By Appt o
9 0 4 - 9 9 8 - 7 1 5 4
904-412-5204

THIS FR/SAT 1
9291 Barracuda

Wooden Bed w/mattress
 dresser \$400.
 Pull-out sofa w/mattress
 underbed \$30. Love
 seat beige \$30. 220-2234

Marble Round Coffee
 table \$75.00 - 2
 configure gates
 1-10ft 1-12 fireplace
 safe \$75 each obo.
 912-64-2469

Kirby Vacuum
 Cleaner - parts
 needed, new motor
 \$75. 247-7965

Craftsman Lawn
 Mower 22" cut Power
 drive runs good.
 \$75. 247-7965

Samsung Portable
 Camcorder like new
 8mm tape \$50.
 247-7965

CHIPPER/Shredder
 used less than
 500hrs, 5.5hp mid.
 best offer. 859-5567

WWII Aviation
 videos. VHS (26). Ex-
 cond. incl'd "Hunt-
 ers In The Sky"
 series \$50. n go. o.
 912-510-7104 lvmsg

Sporting Goods

GOLF CLUBS
 Wilson Ultra's
 3-PW, 3-5-Driver,
 Putter bag \$100.
 Used 3x's still like new.
 Other asst. clubs.
 771-0365

GOLF CLUBS
 Wilson Ultra's
 3-PW, 3-5-Driver,
 Putter bag \$100.
 Used 3x's still like new.
 Other asst. clubs.
 771-0365

HKUSP 45 3 mags etc
 \$600; Mossberg 930 tac-
 tical auto 12 ga 18" \$450.
 Ruger Redhawk 44 mag.
 4.5" bar speed loaders
 custom grips etc \$675.
 All new. Call 904-315-3087

New set of Golf
 Clubs Tommy
 Armour woods 394
 Hybrids irons 5
 thru PU \$160. Wait
 778-9167

Proline Pool Tbl
 3pc slate incl.
 sticks, balls & glass
 shade lamp. Needs
 re-felting. \$800obo.
 904-535-7834

Pets & Animals

Adopt a Pet
 Pets & Supplies
 Livestock & Supplies
 Animals Wanted

Pets and Supplies

Australian Shepherd Pups
 Double regist, all 4 colors,
 8 wks old, s/w, POP.
 \$250 and up. 904-779-2590

BEAGLE PUPS AKC
 wormed, shots, extras
 incl'd., \$300. 904-629-6892

Cairn Terrier Puppies AKC
 \$700 & Creams \$800
 www.mccartysratters.com

CHIUAHUA PUPS CKC
 3 mo, M/F, HC, playful &
 cute. Cheap. 904-374-2503

CORGI PUPS- Pembroke,
 AKC, \$600
 www.mccartyscorgis.com

20 out of a 100

The military community makes up 20 percent of the total population for Northeast Florida and Southeast Georgia. That means that 20 out of every 100 people you meet are somehow connected with the military.

Get your message to them by advertising in one or all of the publications distributed at the local bases in the area.

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

Jax Air News Mirror Periscope

MINI DACHSHUNDS,
 AKC, 3 L/H DAPS. Call
 Robin @ 904-438-5169 OR
 GO TO WWW.ROBINS-
 DACHSHUNDNEST.COM

English Bulldog Pups AKC
 Champion lines, all colors
 avail now. \$1350 904-607-4488

FREE KITTENS to good
 home. 1/2 Bengal, 2
 females. call 904-704-6377

German Shepherd Pups AKC
 4F/1M, german bidlin,
 vet ck For info 904-563-6271

German Shepard Pups
 AKC, 5/M, 2/F Bwks
 1st vac, wormed \$500.
 parents on-site 904-377-7993

HIMALAYAN KITTENS
 Bwks, CFA regist, shots,
 \$175 cash. 904-757-4470

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

HUSKY White, blue eyes,
 2 females, shots, HC
 904-272-5936/ 904-665-6415

Japanese Chins. AKC
 9 Weeks M/F Hypoaller-
 genic, non-yapping, Fed
 trained. \$350. Champ
 Lines 678.654.6177

Maltese, Poodle, Yorkie Pod
 Shih Tzu & Chihuahua
 Pups. Cute cash only
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MINI SCHNAUZERS,
 Chihuahuas, Akitas,es,
 Shih-tzus, Yorkies, Toy
 Poodles, Toy Aussies,
 German Shorthair
 (9 1 2) 4 2 2 - 3 9 8 2
 www.walker kennel.com

Olde English Bulldogs
 white 1 male and 3
 females CKC s/w \$400.00
 to \$500.00. 904-845-4203

PERSIAN KITTENS CFA
 Registered, Gorgeous,
 Loving, Health Certs,
 Shots \$ 450 - 0 0
 352-284-4332

PERSIAN KITTENS
 CFA, shots, Adorable
 \$250. 724-9620

Poms-AKC CH Sired.
 The BEST Pet/Show.
 \$600+ www.pspoms.com
 Call 904-477-4949.

POODLES AKC TOY,
 1 BLK F 1 Choc. Male
 Health Cert. Up to date
 on shots. 904-446-0129

Rat Terrier Pups UKCI,
 many colors \$250-\$450.
 www.mccartysratrriers.com

YORKIE PUPPIES
 1 male 1 female, 8 wks,
 \$500ea. Call 912-882-2136

Yorkies Puppies blue &
 gold, 8 weeks, HC, s/w
 1m, 3f. One 9 mth, old
 \$200-\$500. 904-305-1911

20 out of a 100

CAMPING WORLD OF ST AUGUSTINE, LIQUIDATION SALE! ALL EVERYTHING MUST GO!! NEW CLASS A MOTORHOMES, PRICED FROM ONLY \$59,995! 1-866 414 6945

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CAMPING WORLD OF ST AUGUSTINE, LIQUIDATION SALE! LOWEST PRICES BEST DEALS DON'T BUY TIL YOU SHOP CAMPING WORLD 1-866414 6945

CAMPING WORLD OF ST AUGUSTINE, LIQUIDATION SALE! 1996 FLEETWOOD PACE ARROW CLASS A, \$15995 GREAT DEAL, AWE-SOME COACH 1-866 414 6945

CAMPING WORLD OF ST AUGUSTINE, LIQUIDATION SALE! ALL NEW CROSSROADS SLINGSHOT, FG, TT INDUSTRIES LIGHST. 1-866 414 6945

CAMPING WORLD OF ST AUGUSTINE, LIQUIDATION SALE! 2003 LEXINGTON CLASS B, SLIDE LOW LOW, MILES 1-866 414 6945

CAMPING WORLD OF ST AUGUSTINE, LIQUIDATION SALE! ultra light weight towable sale! south easts larg-est selection! bullet, sprinter, aerolite, zinger, 1-866 414 6945

Camping World

RV

LOWEST PRICES

OVER 400 RVs UNPRECEDENTED DISCOUNTS!

NEW LUXURY FIFTH WHEELS, ON SALE! Seville, Grand Junction, Cruiser & Cooper Canyon. Save up to \$21,000

Camping World
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 866.414.6945
 CampingWorldOfStAugustine.com

CAMPING WORLD OF ST AUGUSTINE, LIQUIDATION SALE! 2005 ROADRUNNER 5TH WHEEL LIKE NEW - VERY LIGHT AWESOME FLOOR PLAN 1-866-414-6945

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Motorcycles/Mini Bikes

Harley Davidson Ultra
 Classic 2004, 12,250 mi;
 two-tone blue; \$12,000;
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KAWASAKI ZZR600
 2008, 2123mi's &
 clear title incl's ext.
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 Ninja 250 - 4006mi's,
 maintained
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 custom paint job,
 gar kept, lowing kit,
 extra's, low mi's. \$4500.
 Rocky 912-674-3236

Auto Parts

4 each polished
 aluminum rims fit
 Chevy 16" 8 Lug
 x6.5 center pcs &
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3/4 Ton Chevy
 Differential 10.5"
 ring gear 4.10 fits
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 New restored car,
 leather interior \$40,000
 Wayne 509-5769/ 266-2400

1941 Chevrolet 2dr Coupe
 Super Rat Rod, Restora-
 tion started, \$2000 Call
 Wayne 509-5769/ 266-2400

1955 Chevrolet 2dr Hardtop
 Restoration started,
 great body \$6500 Call
 Wayne 509-5769/ 266-2400

1956 Chev. 2DR HT
 Fresh car Nut & Bolt
 resto., all black \$45,000
 Wayne 509-5769/ 266-2400

1985 Pontiac Firebird TA,
 1 owner, very nice, Red,
 Low mil. Ltd. Ed.
 904-327-1097

Automobiles

Chevy Corvette '03 Conv.
 6 speed, vllow/black
 new tires, very good
 cond \$19,900. 386-734-4290

Mercedes C240 '05 Silver
 leather int, 78k mi, CD
 changer, sunrf, exc cond
 \$14,995. 904-237-4496

Mazda Miata 1997 -
 Bk w/black
 82Kmi's \$4000obo.
 516-961-1038

2002 Mazda Mille-
 nia Premium
 Xclean 90K, weel
 maintained, ldd,
 below book \$5600obo.
 904-536-5386 His Gold

CHEVY Pickup 1988
 6 speed, ton 2wd
 ldd, exc. cond.,
 new paint, see on
 craigslist \$3300.
 912-322-2497

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 Truck fully restored
 to many to men-
 tion. Larry
 912-674-0402. \$8000.

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 kee classic/extras
 WH/Bk-int, cvt,
 4dr, A/C, hitch new,
 rear bearings, hd-tires,
 excel cond., \$130,712mi.
 \$3550 now \$3425. 772-0489

2002 ACURA MDX
 Touring Edition.
 Low mi's. \$13K.
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1995 HONDA CIVIC
 blk 2dr w/rims, new
 int., grt cond., best
 offer. 904-757-2837

DODGE 2008 Cara-
 van aspd, AT, blue
 3 Ltr, V6 OHV
 eng, James
 W:790-4065/H:778-4637.
 \$10K. Miles 38K.

FORD F150 STX-4.6
 eng. Great cond. Lo
 mi's. 2005. Asking
 \$14K. 912-882-2339

Trucks/Trailers/SUV's

07 Toyota Tacoma
 SR5, Pre-Runner
 V6, only 7K, AT,
 1thr, bed liner,
 back-up-sensors.
 904-731-8533. Asking
 \$20,999

'08 DODGE RAM
 Hemi, Quad cab,
 long bed, exc. cond.
 39kmi's. \$17,500
 negot. 219-928-0678

Toyota Tacoma SR6 2009
 Double Cab 4x4, V6,
 12,000 miles, excellent
 \$26,500. 904-731-8648

Vans/Buses

Ford E-150 Van/Camper
 Conversion '94 16k, great
 eng, camper fully func-
 tional, ac/dc, TV, micro,
 dual batt \$1800. 886-2544

Autos/Trucks Wanted

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

\$7.8 Billion

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

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

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



Drive directory

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 KEY BUICK
 4660 Southside Blvd. 642-6060

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

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

CHEVROLET
 NIMNIGHT CHEVY
 1550 Cassat Ave.
 425-6312
 www.nimnightchevy.com

JERRY HAMM CHEV
 3494 Phillips Hwy. 398-3036
 www.jerryhamm.com

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

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

ORANGE PARK CHRYSLER
 JEEP DODGE
 7233 Blanding Blvd. 777-5500
 www.orangeparkdodge.com

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

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 www.atlantijeeep.com
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 7233 Blanding Blvd. 777-5500
 www.orangeparkdodge.com

RICK KEFFER
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 1-800-228-7454
 www.rickkeffer.com

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

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

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

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

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

DUVAL HONDA
 1325 Cassat Ave. 899-1900

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

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 KEY HYUNDAI
 4660 Southside Blvd. 642-6060

HYUNDAI OF ORANGE PARK
 7600 Blanding Blvd. 677-8808
 www.hyundaioforangepark.com

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 ATLANTIC INFINITI
 10980 Atlantic Blvd. 642-0200

Jeep
 ATLANTIC JEEP
 www.atlantijeeep.com
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 9A & BAYMEADOWS. 493-0000

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 1-800-228-7454
 www.rickkeffer.com

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 6373 Blanding Blvd.
 771-6078

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 LEXUS OF JACKSONVILLE
 10259 Atlantic Blvd. 721-5000

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

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 NORTH FLORIDA
 LINCOLN MERCURY
 4620 Southside Blvd.
 642-4100

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 LINCOLN MERCURY
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 BRUMOS MOTOR CARS INC.
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MERCEDES BENZ
 OF ORANGE PARK
 7018 Blanding Blvd. 777-5900

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

SUZUKI
 BENNETT SUZUKI
 230 Kenneth Gay Dr.
 Kingsland GA
 912-882-7818
 www.bennettsuzuki.com

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 KEITH PIERSON TOYOTA
 6501 Youngerman Circle.
 771-9100

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 1310 Cassat Ave. 389-4561

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 Commercial Leasing Since 1955
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 PRE-OWNED CENTER
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 PRE-OWNED CENTER
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 TODAY!
 904-322-5100

WORLD IMPORTS
 CERTIFIED
 PRE-OWNED AUTO
 CENTER
 www.worldimportsusa.com
 11650 BEACH BLVD.
 998-9992

READ DRIVE
 EVERY SATURDAY
 IN THE
 TIMES-UNION
 OR
 PICK UP DRIVE THE
 MAGAZINE
 OR
 GO TO
 DRIVE.
 JACKSONVILLE.
 COM
 FOR GREAT
 VEHICLE VALUES!

TO LIST YOUR DEALERSHIP, PLEASE CALL 904-359-4193

Welcome Home
USS Hue City
USS Carney

Ready to PCS? Coming or going, we've both been there!



Ro Andrade, Retired Navy Nurse
(904) 662-5030
Watson Realty Corp



Katrina Leek, Retired Navy Nurse
(904) 458-1276
Watson Realty Corp

As retired Navy nurses, we know what your family goes through with another PCS, and we are ready to help you make the adjustment – with care every step of the way.

Call us to see how our Military customers are treated with VIP Status

Buying at the bottom of the market is the investment of a lifetime. With all time lows in interest rates, it is now the best time to turn your financial future into an action plan. We have the knowledge and experience to guide you to a great decision – *and that means your family can rest easy.*

Covering Clay, Nassau, St Johns and Duval Counties



Fleming Island
\$183,900, MLS# 537467
Super Clean!, 3/2
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Pool Home, 3/2
(904) 458-1276



Riverside
\$189,900, MLS# 520088
Riverside Gem!!! 2/1
(904) 458-1276



Southside
\$65,000, MLS# 543836
Desirable Location, 3/2
(904) 458-1276



Magnolia Point
\$328,000, MLS #537954
Detailed Custom Home, 3/2
(904) 662-5030



Fleming Island
\$350,000, MLS #543516
Preserve lot! 4/3
(904) 662-5030



Eagle Harbor
\$174,900, MLS #516539
Total carefree living! 4/3
(904) 662-5030



St. Augustine
\$225,000, MLS #123113
Cottage in St Augustine! 3/2
(904) 662-5030

And if none of these work for your family, we'll find one that will!



Ro Andrade
(904) 662-5030



Katrina Leek
(904) 458-1276