

ESWS Qual Mandatory

By MCC(SW/AW) Sonya Ansarov
Office of the Master Chief Petty Officer of the Navy

Initial enlisted warfare qualifications are now mandatory for all Sailors per the recent release of NAVADMIN 268-10.

The NAVADMIN announces the release of OPNAVINST 1414.9, Navy Enlisted Warfare Qualification Programs Instruction, which issues the basic overarching requirements for the qualification and designation of all enlisted warfare programs.

The arduous and often unforgiving environment we operate in as a Navy and Sailor dictates the need for all personnel to have a basic understanding and operating knowledge of the platform or command to which they are assigned.

Warfare programs are essential in ensuring our Sailors understand and are able to effectively engage a casualty, operate equipment or platforms safely and ensure backup as needed. Warfare qualifications are about ship, shipmate and self, and ensure the safety and safe operation of each command and platform on a daily basis.

"It's a standard every Sailor must achieve. The warfare device itself is a symbol that the Sailors who are wearing it have a basic level of knowledge to ensure they are capable of fighting the ship, saving a shipmate and ensuring the safety of themselves at all times," said Master Chief Petty Officer of the Navy (MCPON), Rick D. West. "Having every Sailor at or working toward that level will only strengthen the war-fighting ability of that command and the Navy."

According to the NAVADMIN, qualification and/or re-qualification is mandatory for all enlisted Sailors assigned to designated warfare qualifying commands.

Warfare sponsors (Type Commanders) will establish specific qualification and re-qualifying timelines however, the maximum allowable time for initial qualification of all enlisted Sailors assigned to designated warfare qualifying commands will not exceed 30 months. Timelines for warfare qualifications are set by the Type Commander's instructions and each TYCOM will have oversight of their programs.

According to West, some of the biggest questions he hears from Sailors are:

- What happens if a Sailor doesn't qualify in time? West stated that failure to qualify in the specific warfare program within the prescribed time requirements shall immediately result in a special performance evaluation that removes promotion recommendation, but the promotion recommendation may be restored with a special performance evaluation when qualification is achieved.

- Will a Sailor be penalized if their command doesn't offer the opportunity for warfare qualification? According to West, Sailors without the opportunity to qualify in a warfare specialty will not be penalized. However Sailors should look for follow-on opportunities to obtain a warfare device when able.

- Will having mandatory qualifications water down the existing programs? West stated, quite the contrary; by mandating warfare qualifications for all enlisted personnel, it will significantly "raise the bar" across the command regarding level of knowledge of the command and the systems our Sailors operate. It is incumbent on those that wear the warfare pin of the command to ensure the integrity and strength of the existing programs.

- How will Sailors stand-out amongst peers if everyone is required to have a warfare pin? According to West, Sailors stand out every day. Performance and the Sailor's overall command support should be the biggest factors to "break out" individuals.

"I often highlight efficient manning and future platforms such as LCS as examples of the need to ensuring our Sailors have a good, basic understanding of the systems and fighting capabilities of the command to which they are assigned," said West.

For more information see NAVADMIN 268-10.

For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpof/.

Families Come Together After Deployment



-Photo by Paige Gnann

Gunner's Mate 3rd Class Daniel Dame of USS John L. Hall holds his new son, Noah Wesson Dame, while his wife, Kelley, kisses their son's hand. Noah was born on May 3 while his father was at sea with the ship on a seven-month deployment to the U.S. Sixth Fleet Area of Responsibility. Embarked HSL-48 Detachment Nine, the Regulators, returned to Naval Station Mayport with John L. Hall on Tuesday. See pictures from the ship's homecoming celebration on Pages 6-7.

Conformance Testing Begins For Newest Working Uniforms

By MC1(SCW/EXW/SW/AW/SG) James G. Pinsky

Naval Facilities Engineering Command
Public Affairs

Conformance testing of the Navy's newest working uniforms, Navy Working Uniform Types II and III (NWU Type II/III), is underway for the next few weeks. Norfolk will serve as the primary testing location for 150 Sailors, with smaller groups testing the uniform in Tampa Bay and San Diego.

The NWU family of uniforms is intended to replace multiple and less capable legacy uniforms, reduce the Navy's total ownership costs, modernize the warfighter, and complete the vision of Task Force Uniform. As such, these two new uniforms in the NWU series have been developed for use in the tactical expeditionary mission of today's Navy, tailored for desert and woodland environments.

"The NWU Type II/III approval is a culmination of a four-year effort comprising all of the expeditionary stakeholders, ensuring we capture the true operational requirements our Sailors' need to succeed on the battlefield," said Master Chief Explosive Ordnance Disposal Technician Robert McCue, NWU Type II/III Conformance Test Monitor. "They provide unmatched capabilities to the warfighter enabling tactical advantage and enhancing mission success thus saving lives."

The NWU Type II (desert) uniform will be worn by Navy



-Photo by MC1 Jennifer A. Villalobos

Master Chief Petty Officer of the Navy (MCPON) Rick West holds an all-hands call aboard the amphibious assault ship USS Kearsarge (LHD 3) during his visit to Naval Station Norfolk. West is wearing the Navy Working Uniform Type III during the conformance test phase.

Special Warfare (NSW) operators and Sailors assigned to NSW units or units which directly support NSW operations. The NWU Type III (woodland) uniform will be the standard camouflage uniform for all personnel, to be worn in non-desert environments, including most stateside areas. The only dif-

ference between the two uniforms is the camouflage pattern.

The NWU Type III will replace the existing tri-colored woodland camouflage utility uniform, will be the standard camouflage uniform worn in CONUS, and can be worn while deployed as prescribed by combatant command-

ers. Occasion for wear of the NWU Type III will be the same as the current woodland camouflage utility uniform per NAVADMIN 188/09. Commands and Sailors currently authorized to wear the woodland camouflage utility uniform (CUU) will continue to wear

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USS Underwood Sailor
Recognized For Leadership Skills

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Ships Get Fit
While Deployed

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USS Taylor Makes Stop
In Copenhagen

Page 13



Capt. Aaron Bowman

Mission excellence
 Congratulations goes out to USS Carney for their recent "Battenburg Cup Award," an honor that places them as "best of the best" in the Navy. Adm. J.C. Harvey Jr., Commander, U.S. Fleet Forces, was joined by Rear Adm. David Thomas, Commander, NAVSURFLANT and Rear Adm. Mark Buzby, Commander, Military Sealift Command to present the crew with the award on Aug 6. Well done to everyone. You set the bar extremely high and should be very proud of your accom-

CAPTAIN'S COLUMN

plishments.

Bravo Zulu
 My hat is off to RP1(SW) Celeste A. Shield, SH2 Melvin Mallety and PS3 Daniel K. Korir for their selection as Sailor of the Quarter, Junior Sailor of the Quarter and Blue Jacket for Naval Station Mayport. Your hard work, dedication and commitment to excellence is truly appreciated. All of you have set an excellent example for others to follow and I thank you for your dedication and service.

I would also like to thank and welcome back Frank Schaefer, NS Mayport Business Manager from his Coast Guard assignment in Miami. Cmdr. Schaefer served as Chief of Planning for the Florida Peninsula Command Post in Miami for more than two months. His expertise in oil spill response and logistics truly made a difference dur-

ing the historic and catastrophic oil spill in the gulf region. Welcome back to team Mayport and well done.

Military Support

Thank you goes out to our own Jacksonville Jaguars for their support to all military personnel and families at last week's "Salute The Troops" night at the team's training camp. This was the last public training camp practice for the Jaguars before they launched their season on Sept. 12, and they wanted to acknowledge and thank the support of our local military. Everyone there was treated to a live performance by the Albany, Georgia Marine Corps Band and many of the local Servicemen and Women of the Year were recognized for their dedication to our country. The event ended ceremoniously with a sharp fly-over from an SH-60B helicopter

just as the team hit the field for practice.

The response to "Jack's Pack" and the Jack Del Rio Foundation support of military children was fantastic and the selections have been made. Congratulations to all those selected and I look forward to watching the program. The kickoff meeting will be next Monday night in Building One and all of the selectees have been notified. We welcomed Mrs. Linda Del Rio last week for review of the applications and she also joined us for the Sailor of the Quarter luncheon. She enjoyed reading the essays so much that she took copies home so her husband could read them too.

Back to school

The school year begins on Aug. 23 so watch out even closer as you make your way around the base and ESPECIALLY through Navy housing and crosswalks. Volunteers are always needed in our local schools, and to find out how you can help out

this school year, call our Base Volunteer Coordinator AC1 Chandra Chaney at 270-6130. For those commands interested in adopting a local school, contact our School Liaison Officer Judy Cromartie at 270-6289 ext. 1305. Your mentorship and volunteerism can make a difference in many young lives.

Hit the books

The round of advancement exams are just around the corner in September. MAKING THE TIME TO STUDY will get you advanced. The biggest honor I have in this job is advancing our sailors. Making rate is increased responsibility and more pay in your pockets. Make the time for your career. E-6 exams are Sept. 2, E-5, Sept. 9 and E-4 Sept. 16. The location is still TBD.

Donation theft

Our base thrift shop relies on the generosity of others so they in turn can stock clothes, uniforms, baby items and a wide variety of things for next to nothing. The proceeds that the thrift shop generates go back to

you at the end of the day. A few weeks ago, my wife Debbie and I donated 12 large bags of items on the weekend, and when we returned later that day to donate more, our donated items were gone and the store was closed. It's a shame that what was meant for so many was taken by one.

Safety

I just want to mention that we need to keep up with our ESAMS training and keep in mind that although we received Star Volunteer Protection Programs (VPP) status, we still need to maintain it. Training and awareness is key. As you know, safety is my top priority and as I have said many times, if you see a better or safer way of doing business, I want to know about it.

YOUR concerns are my concerns so keep those suggestions rolling into the CO's suggestion box located at the base galley, or email them to aaron.bowman@navy.mil

Breaking Out Of A Rut Can Be Hard, But Good



Chaplain Ray Stewart
 COMDESRON 14

CHAPLAIN'S CORNER

It's easy to get stuck in a rut at work... same place... same thing...same responsibility. But settling into a rut is dangerous. As Will Rogers used to say, "Even if you're on the right track, you'll get run over if you just sit there!"

What does it take to get you moving? There are three com-

mon motivators:

PAIN - motivates us to change. Often it's not "seeing the light" that gets us going, but "feeling the heat." You delay the dentist appointment until the pain is unbearable, right?

PRESSURE - when the doctor says "Lose 50 pounds or die," or the boss says "Improve

performance or be fired." The problem with pressure as a motivator is that it doesn't last. When the pressure subsides, so does your motivation. There is a better motivator.

PERSPECTIVE - when you see the big picture, or when you're inspired by a challenging vision or purpose. You realize that you are wasting your potential and it inspires you to change.

The Bible says, "If you wait for perfect conditions, you'll

never get anything done." (Ecclesiastes 11:4 Living Bible)

Here are four steps for breaking out of a rut:

1. **ASSUME** responsibility for your own life. Refuse to be either an Excuser (rationalize failure) or an Accuser (blame others). Instead, be a CHOOSER and choose to break out of the rut you're in.

2. **BELIEVE** you can change! Stop saying "I can't" and start saying "I can."

3. **CLARIFY** what you really want. Write down specifically how you'd like to change.

4. **DON'T WAIT** for ideal circumstances. Stop saying "When things settle down..." Do it now! "One of these days" is really NONE of these days.

Pray this: "God help me this week to do something differently this week and to do it better. Give me Your strength to change."

School-Home Connection: Knowing How To Make It Work



Judy Cromartie
 School Liaison Officer

KNOW THE ROPES

involved in their young child's school life. More experienced parents may struggle with making the transition as children move into new grades, schools, or districts.

The involvement of a caring adult in the school life of a child cannot be overemphasized. Research has suggested again and again that student achievement can be tied to many factors, one of which is support from home. Many families struggle to balance work demands, family needs, and extra-curricular activities. Here are a few simple suggestions, which could make a big difference in your child's success in school:

Communicate with the teacher on a regular basis - Early in the school year, clarify how information will be shared between home and school and how concerns and problems will be handled. With the tech-

nology available, many teachers post information on a classroom website, blog, or e-mail. Of course, more traditional methods like phone calls or writing notes may be used as well. It is important for families and educators to know what to expect from each other. Also be sure that you have shared accurate contact information.

Schedule informal meetings - You do not need to wait for Open House to have a face-to-face meeting with your child's teacher. Schedule a meeting early in the year especially if your child has a learning disability or had trouble last school year. These meetings should be brief and to the point. Write down your questions. Having notes will also help keep your conversation on track and make the most of your limited time together. It is important that you share your concerns in a

manner, which demonstrates purpose, caring, and respect.

Know your child's academic program - Understanding the goals for a certain grade level or for a particular subject will better prepare you to support your child's learning at home. You can log on to www.SoarAtHome.org to view by grade level and subject the core curriculum your child will be responsible for this year. For elective classes, the syllabus or course outline can give you a better idea of what will be expected in a class. Looking at your child's textbook will also give you a good idea of what will be taught.

Review your child's daily schedule - Become familiar with your child's daily schedule. It will help you understand your child's day and how it may impact his or her learning. Middle and high school students may only have half of their schedule each day. Note which classes are on A day and which ones are on B. One of the days may be measurably more difficult or require much

more homework. Knowing this will allow you to help your child become better organized.

Volunteer for school activities - Schools, especially middle and high schools, struggle to get enough parent support to sustain programs and events. Your willingness to make yourself available will help create a cooperative working relationship between you and the school. If your work schedule does not permit volunteering at daytime events, consider helping out in the evening at sporting events, with tutoring programs, or providing refreshments for a PTA meeting.

Establish a spot for communication - While elementary schools often send home important information in the backpack, secondary schools leave it up to the student on how to best get information home. By checking the backpack or establishing a special spot for handouts, homework to be signed, notes from the teacher, etc., you will stay better informed about homework requirements, test grades, and with upcoming

ing school assignments and events. This spot can also then be the place where you can put signed tests, notes to the teacher, or even your child's lunch. Having this spot can really reduce morning "where did I put that" headaches!

At first glance, many of these suggestions seem rather simple but they can require a bit of commitment. With a little help from home, this could be your child's best school year ever. Be that parent who makes a difference!

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at Judith.cromartie@navy.mil or by phone at (904) 270-6289 ext. 1305 [office] or (904) 219-3894 [cell]. Or you can schedule a meeting with her in her office in Building One.

Red Cross Offers Babysitting Course

From American Red Cross

If you're 11 to 15 years old, you can get the knowledge, skills and confidence to care for infants and school-age children with American Red Cross's babysitting courses on Sept. 11 from 9:30 a.m.-4:30 p.m. at the USO on Mayport Road. Cost is \$50.

Combining video, activities, hands-on skills training and discussion for a complete learning experience, Babysitter's Training shows you how to:

- * Recognize and care for breathing and cardiac emergencies in infants and children up to 8 years of age
- * Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- * Make decisions under pressure
- * Communicate with parents to learn household rules
- * Recognize safety and hygiene issues
- * Manage young children
- * Feed, diaper and care for infants

Length: eight hours; includes an easy-to-use handbook. For more information or to register, please call the Mayport Service center at 246-1395.



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 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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Underwood Sailor Receives Navy And Marine Corps Association Leadership Award

By Ensign Kim Hanson

USS Underwood Public Affairs

USS Underwood (FFG-36) recently recognized Chief Select Yeoman (SW/AW) Jeremy A. Campbell for earning the Navy and Marine Corps Association Leadership Award.

Campbell was nominated by his fellow 1st Class Petty Officers on board Underwood for this prestigious award.

Recipients of the Navy and Marine Corps Association Leadership Award were selected by their peers for exhibiting the highest levels of excellence in leadership. Chief Select Campbell was more than deserving of this distinction. He is the epitome of a team player, routinely stepping out of his comfort zone and challenging others to do the same. In addition to his job as Ship's Secretary, he is a member of the Damage Control, Force Protection, and Visit, Board, Search, and Seizure (VBSS) Training Teams. During Underwood's CY10 Counter Illicit Trafficking deployment Chief Select Campbell requested to be added to the watchbill to attain his Officer of the Deck qualification. Always willing to learn, his shiphandling and navigation abilities made him a go-to source of information for other bridge watch standers.

His peers also recognized his high moral, ethical, and behavior standards. During Operation Unified Response in support of Humanitarian Assistance and Disaster Relief efforts in Port Au Prince, Haiti, he volunteered to go ashore and assist with the wounded. His assistance in distributing food and medical supplies and as a stretcher bearer was met with graciousness and gratitude by the Haitian people.

Campbell has served with honor and distinction and is admired by his peers and subordinates. His demand for excellence permeates throughout Underwood and results in a stronger, more efficient crew.

Most importantly, Campbell knows and cares for his subordinates. His keen ability to inspire and encourage others has led to the most successful and operationally diverse department on the waterfront, which boasts three VBSS team members, two DCTT members, and three STT members. Furthermore, by challenging his people and by his innate ability to understand what motivates his Sailors, his leadership directly resulted in his department achieving a Senior Sailor of the Quarter and two Blue Jackets of the Quarter for CY09.

Campbell will soon transfer from Underwood to work as Admin Officer at Fleet Industrial Supply Center, Naval Air Station Jacksonville, leaving behind shoes that will be extremely difficult to fill. He is most deserving of the prestige and honor afforded by the award and will be an ideal ambassador to the Navy and Marine Corps Association.



-Photo courtesy of USS Underwood

Cmdr. Craig Bowden, USS Underwood's commanding officer, presents Yeoman Chief Petty Officer (Select) (Surface Warfare/Air Warfare) Jeremy A. Campbell with the Navy and Marine Corps Association Leadership Award at an awards ceremony held onboard Underwood.

Uniform

From Page 1

the CUU as their primary daily uniform until their transition to the new NWU Type III.

The Chief of Naval Operations' approval of the NWU Type II/III was announced in NAVADMIN 374/09, and Program Management was assigned to Naval Facilities Engineering Command's Expeditionary Programs Office (NEPO). Norfolk was chosen as the primary testing location due to its heavy Navy population and concentration of expeditionary Sailors who will be primarily wearing the NWU Type II/III.

Norfolk participants will be issued Type III (woodland) uniforms at the Cheatham Annex, Naval Weapons Station Yorktown, and the other participants will receive their uniforms on an individual basis. Along with two sets of uniforms, the testers will be given a user handbook, which explains the care and manner

of wear of the uniforms. They will maintain a detailed log of their experience regarding the wear and care of their uniform and participate in interviews, focus groups and surveys both during and after the conformance test. At the completion of the testing, the results will be presented to the chief of naval operations. Contract preparations for the initial production of the NWU Type II/III are underway, with the roll out scheduled to begin in the summer of 2011.

"The conformance testing phase of the uniform is critical to our developmental process because we are focused on the details of refining the uniform for our end-users," said Force Master Chief (SCW) Michael Holdcraft. "How the uniform looks is only a small facet of our design process. We need to know how it wears, if the pockets work in their perspective locations, ease of care and wearing."



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For a complete listing of performance times & tickets visit:

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or call 292-HAHA
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88922

FFSC Classes Cater To Sailors, Families

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.

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

What does *anger* do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome,

come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

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 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, Room 701

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CS1 Terry Jackson at 270-5373 and AC1 Chandra Chaney at 270-6130 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

National Multiple Sclerosis Society of North Florida

The National Multiple Sclerosis Society of North Florida needs volunteers for the "Bike MS PGA Tour Cycle to the Shore 2010" on Oct. 2-3. This is a great opportunity to get community service hours and help out for a great cause. The society is looking for individuals, groups and organizations to help with pre-event preparations/set up; general help; registration; customer service; clean up crew; food preparation/service; medical; safety; luggage handling/transportation; and bike handling. If you are interested, contact Jason Henika at Jason.henika@fln.nmss.org

Beach Rescue

Barefoot Wine Beach Rescue Project is looking for volunteers to clean up Jacksonville Beach on Aug. 7 from 9-11 a.m. Volunteers will meet at the Lifeguard Station, 2 Oceanfront North. Look for the Barefoot Tent. For more information, visit www.barefootwine.com/beachrescue.

Guardian ad Litem

Be the voice for children abused, neglected, or abandoned. These children have no ability to participate in decisions affecting their lives. When children are removed from their homes, the courts can appoint a special advocate to make sure that the best interests of the child is given appropriate consideration. This advocate is known as a Guardian ad Litem. In the 4th Judicial Circuit, which includes Clay, Duval and Nassau Counties, there are more than 2,000 children who need an advocate to help them navigate the Dependency system. As we build our volunteer base we are asking members of our community to consider being a Guardian as Litem.

These guardians do not provide direct care for the children; the guardians ad litem visit the child at least once per month, interview family members, gather information from medical, mental health, and education professionals, and attend court hearings to ensure the best interests of the children are maintained. The work is compelling. To become a Guardian ad Litem, candidates need a compassionate heart, be at least 19 years old, complete 30 hours of initial training and undergo a background check. The process begins with a screening interview so you can learn more about this opportunity to make a difference in the life of a child. If this kind of volunteer opportunity sounds like something you would like to participate in, please visit the Guardian ad Litem website, www.guardianadlitem.org, or call 904-630-1200 to schedule a screening interview.

First Coast "No More Homeless Pets"

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

Mayport Lions Club Volunteers

The Mayport Lions Club is looking for Volunteers to help with various projects. If you are interested (military & civilian), please contact either Bob Krepps, Senior Chief Petty Officer, USN(Ret) 509-4945 or Chuck Carroll, Commander, USN(Ret) 463-2884.

Jacksonville International Airport Volunteer Ambassador Program

We are looking for volunteer to assist travelers with

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

Jacksonville Zoo

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and



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enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please CS1 Hopkins or call 270-5373 for more information.

Children's Home Society of Florida

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

Big Brothers Big Sisters Mentoring

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

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly

believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

St. Johns County Habitat For Humanity Needs Volunteers!

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

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MOTORCYCLE SAFETY RODEO

Friday, Aug. 27
10am-1pm
at the C-12 Hangar across from McDonald's

Join the NS Mayport Safety Department and MWR Mayport for a special event featuring motorcycle safety information and gear, skills demonstrations, a simulator, giveaways and MORE!

• Cycle Gear
• Jax Biker Gear
• Honda of Jacksonville
• Beach Blvd. Motorsports
• Atlantic Moto Sports
• A&M Motorcycle Safety Course
• No Zone
• Navy Exchange

JSD Motorcycle Drill Team demonstration at 1130
Motorcycle Smart Simulator
Food & Beverages for Purchase \$\$\$

INFO? 270-5218 EXT. 1524

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Food & Beverages Available for Purchase

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unit 29ER	2 bed/3.5 ba	\$209,990
unit 30D	3 bed/3.5 ba	\$199,990
unit 30DR	3 bed/3.5 ba	\$230,000

2 CRESTWICK SOUTH • 904-696-3201
located on Duval Station Rd. on the Northside

lot 64	4 bed/2 ba	\$174,990
lot 66	4 bed/2 ba	\$194,990
lot 68	3 bed/2 ba	\$169,990
lot 94	4 bed/2 ba	\$189,990
lot 13	4 bed/2 ba	\$189,990

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Out in Town

Saturday, Aug. 21

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

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a morning of fun for children ages 6 to 12 from 10 a.m.-noon. Participants of Art Adventures: African Masks will gain inspiration for their projects by touring Collectors' Choice: Works of Art from Jacksonville Collections. The exhibition has a special selection of African masks, wooden sculptures, pottery and more, which students will use as inspiration when creating a mask of their own. Cost is \$10 per class for members and \$15 per class for non-members. For more information or to register, please call Art Connections at (904) 355-0630.

Join one of our knowledgeable park rangers at 2 p.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology. The topics addressed will include beach erosion, island migration, island formation and the natural communities present on such barrier islands today. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

Monday, Aug. 23

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

Wednesday, Aug. 25

Fleet Reserve Association,

COMMUNITY CALENDAR

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

Thursday, Aug. 26

Fleet Reserve Association, Branch 290, will host Dinner from 5-8 p.m. The menu this week will be Mixed Seafood over Paste with bread and salad and dessert. A donation of \$8 is requested for each dinner. Please call 246-6855 for more information or to place an order.

Friday, Aug. 27

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

Saturday, Aug. 28

The Jacksonville Genealogical Society will hold their monthly meeting at the Webb-Wesconnett Branch Library, 6887 103rd, Street, Jacksonville, FL., at 1:30 p.m. Please note the change of date from our regular time. We are lucky again in having Carolyn Hartman and Pam Oglesby, JGS members presenting a program that many have been asking about: How Science Has Changed Genealogy. DNA, Genes and Medicine will be discussed. This should prove to be a very informative meeting for all. Our speakers have first

hand knowledge regarding the subject matter. For additional information please feel free to contact, Jim Laird, (904) 264-0743.

Jacksonville Ice & Sportsplex will be hosting RADIO DISNEY'S BACK TO SCHOOL BACH, a day of sports clinics, family fun activities, sports celebrity meet and greets, and lots of music and games. The event is a family fun event featuring all of the sports offerings at Jacksonville Ice & Sportsplex, as well as a fundraiser for Let Us Play. The fun starts at 10 a.m. and goes until 3 p.m. The day will feature a series of 45-minute

sports clinics, starting at 10 a.m. Clinics will happen throughout the day and will feature learn to ice skate, hockey, football kicking (by Mike Hollis), fencing (by Fioretto Fencing Academy), soccer (by Pure FC Soccer), and more. Bounce houses, hands on activities, and area mascots will be part of the fun activities to round out the day. Radio Disney will be on hand to spin the hits, play games, and giveaway prizes. Admission to the event is free, although a \$5 suggested donation per participant is suggested, which will directly benefit Let Us Play. For more information on the Jacksonville Ice & Sportsplex, Radio Disney's Back to School Bash, or to schedule a function or book a class, please go to www.jaxiceandsportsplex.com or call (904) 399-3223.

Join a park ranger at 2 p.m. to

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

Monday, Aug. 30

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

Saturday, Sept. 4

Join a park ranger at 2 p.m. and learn about the life-cycle of the sea turtle and the importance of these creatures. The program will take place at pavilion one on Little Talbot

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

Saturday, Sept. 11

Join a park ranger at 2 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Saturday, Sept. 18

Join a park ranger at 2 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with park admission.

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CELEBRATING 235TH BIRTHDAY

Saturday
October 9, 2010

Cocktails 6:00 pm Dinner 7:00 pm
Hyatt Regency Jacksonville Riverfront
(904) 588-1234

Self parking \$8 or \$15 valet. For special room rates / reservations, contact the Hyatt Regency @ (904) 588-1234 ask for Navy Ball block.

Entertainment: DJ Marvelous
Military: Service Dress White or Mess Dress
Civilians: Business Attire

Limited Seating of 800

The evening will include a seated dinner of Basil Chicken w/roasted red pepper sauce & Seared Flat Steak w/peppercorn Bordelaise.

<i>Tickets Available through Command Representatives</i>	
<i>E-4 & Below</i>	<i>\$10.00</i>
<i>E-5</i>	<i>\$15.00</i>
<i>E-6</i>	<i>\$20.00</i>
<i>E-7 / O-3</i>	<i>\$35.00</i>
<i>O-4 & Above</i>	<i>\$45.00</i>
<i>Civilians</i>	<i>\$45.00</i>

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Property and casualty insurance products are available to military members and their former dependents who meet certain membership eligibility criteria. To find out if you are eligible, contact USAA. Underwriting restrictions apply. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX. Each company has sole financial responsibility for its own products. **CONSUMER DISCLOSURE: NO PURCHASE OR AUTO INSURANCE QUOTE NECESSARY TO ENTER OR WIN. A PURCHASE OR QUOTE WILL NOT INCREASE YOUR CHANCES OF WINNING. You have not yet won. Void outside the eligible areas and where prohibited by law.** To enter, you must be (18) years of age or older as of the date of entry, physically located and reside in the fifty (50) United States or District of Columbia and eligible for membership in the USAA Property and Casualty Insurance Group or the spouse of an individual who is eligible for membership in the USAA Property and Casualty Insurance Group. Three (3) prizes: \$10,000 awarded to each winner in the form of a check and winner's choice of ONE (1) of the following THREE (3) vehicles: a) 2010 Chevy Silverado Extended Cab LTZ (or similar); or b) 2010 GMC Acadia SLT (or similar); or c) 2010 Cadillac CTS Sports Sedan 3.0L AWD (or similar). Total ARV of all prizes: \$150,000. Taxes are winners' sole responsibility. The odds of winning depend upon the number of eligible entries received. Sweepstakes starts 12:00:00 p.m. (noon) CT, on 7/9/10, and ends 11:59:59 p.m. CT, on 9/30/10. To enter by mail, hand-print or type your complete name, address, city, state, ZIP code, date of birth, daytime telephone number (including area code) and email address currently on file with USAA or your USAA number or military affiliation, including family or descendant of military, on a plain 3" x 5" piece of paper and mail to: USAA WIN-WIN Sweepstakes, Attn: Sponsorship Team, 9800 Fredericksburg Rd., San Antonio, TX 78288. Entry must be postmarked by 9/30/10 to be entered into the sweepstakes. Mail-in entries must be received by USAA no later than 10/8/10 to be valid. See Official Rules at www.usaa.com/win, which govern, for complete details. Sponsored by USAA, 9800 Fredericksburg Road, San Antonio, TX 78288. **General Motors is not a sponsor or participant in this sweepstakes.**

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John L. Hall Completes Successful Deployment

By Lt. j. g. TJ Orth

USS John L. Hall (FFG 32) Public Affairs

USS John L. Hall (FFG 32) and embarked HSL-48 Det. Nine, the Regulators, returned from a successful seven-month deployment to the U.S. Sixth Fleet Area of Responsibility on Aug. 17. The ship left Mayport Jan. 22.

John L. Hall's 160 Sailors and 24 officers and the Regulators' 25 Sailors and six officers completed 12 Theater Security Cooperation (TSC) port visits and several multinational exercises and events in the Black Sea, Mediterranean Sea, and West Africa.

John L. Hall hosted numerous dignitaries during its visits, including the prime minister of Bulgaria, the US Ambassadors to Bulgaria, Georgia, and Mauritania, and many national and local public officials.

In addition to civilian officials, John L. Hall hosted Chiefs of Naval Operations from Albania, Bulgaria, Georgia, Greece, Mauritania, and Ukraine. General William "Kip" Ward, Commander U. S. Africa Command, Rear Admiral Gerard P. Hueber, U.S. Naval Forces Europe-Africa Deputy Chief of Staff for Strategy, Resources and Plans, Command Sergeant Major Mark Ripka, Command Sergeant Major US Africa Command, and Command Master Chief Jay Wood, US Sixth Fleet Command Master Chief, also paid visits to the ship during the course of its deployment.

John L. Hall conducted TSC visits in Vlore, Albania, Varna, Bulgaria, Batumi and Poti, Georgia, Kavala, Greece, Nouokchott, Mauritania, Constanta, Romania, Koper, Slovenia, Bodrum and Samsun, Turkey, and Odessa and



Brandie Works holds up a sign welcoming back her father, Aviation Electrician's Mate 1st Class (AW) Jeffery Works of HSL-48 Detachment Nine. Works was deployed with his detachment on USS John L. Hall for a seven-month deployment to the U.S. Sixth Fleet Area of Operation. The ship and detachment returned to Naval Station Mayport on Tuesday.

Sevastopol, Ukraine. During these visits, the Sailors trained host nation naval personnel in Damage Control (DC), Search and Rescue (SAR), and Visit, Board, Search and Seizure (VBSS) tactics and techniques. They also participated in numerous Community Relations (COMREL) projects, hosted receptions and provided tours of the ship.

In addition to TSC port visits, John L. Hall built relations with other countries and navies by participating in several multinational exercises.

During Exercise Caya Green in February, John L. Hall operated with Greek and Israeli submarines, warships, and aircraft in order to improve proficiency in anti-submarine warfare.

John L. Hall later participated in the inaugural Partnership of Adriatic Mariners program, in which three Croatian and two Albanian coast guardsmen and maritime law enforcement officers embarked for two weeks to receive training on maritime interdiction tactics.

In May, John L. Hall took part in Exercise Phoenix Express, which emphasized maritime interdiction and law enforcement operations in the Mediterranean Sea. For Phoenix Express, John L. Hall's VBSS team completed the training course at the NATO Maritime Interdiction Operations Training Center in Souda Bay, Greece. Boarding teams from Croatia and Malta embarked John L. Hall from May 24-30 for the underway portion of the exercise, which involved ships from Algeria, Greece, Italy, Morocco, Portugal, Spain, Turkey and the United States.

Following Phoenix Express and a port visit to Rota, Spain, John L. Hall par-

ticipated in the African Maritime Law Enforcement Program (AMLEP) and Africa Partnership Station (APS). During AMLEP, an embarked US Coast Guard Law Enforcement Detachment trained law enforcement officials from Cape Verde how to better protect their waters and fisheries. Following a port visit to Mindelo, Cape Verde, John L. Hall conducted an in-depth SAR exercise with units from Senegal and Gambia.

John L. Hall finished deployment by participating in Exercise Breeze in the Black Sea with ships from Bulgaria, France, Greece, Romania, and Turkey from July 21 to 23.

"During this seven month deployment, our crew trained foreign navies from over 10 different countries and each time they did it with outstanding results. We conducted exercises in the Black Sea, Mediterranean Sea and off the coast of West Africa, which provided vital training with coalition partners and demonstrated the versatility of the US Frigate Fleet. Although the crew faced a lot of adversity over the deployment, they overcame every obstacle with the pride and determination that makes our Navy so strong," said Command Senior Chief James "Smitty" Toczorczic.

He continued, "After seven long months I'm sure their families are proud of the hard work they've put in and I know I couldn't be more proud of each and every member of this crew. I'm very lucky to be a part of this great team."

In all, John L. Hall visited 19 ports in 14 countries, traveled 34,000 miles, and completed more than 485 flight hours during its seven month deployment.



Lt.j.g. John Smith is welcomed home by his wife, Lesley, at USS John L. Hall's homecoming.



Ensign Tyrone Potter meets his new son, Tyree, who is held by wife, Alicia. Tyree was born on April 14.



Senior Chief Aviation Boatswain's Mate Equipment Jorge Cardona meets his new grandson, Gabriel Antonio, during the homecoming celebration for USS John L. Hall. Gabriel is the son of his daughter, Vanessa, and was born on May 15.



More than a hundred friends and family gather pierside to welcome home their Sailors.



Hospital Corpsman 2nd Class (SW) Nathan Orr gets a welcome home kiss from his wife, Jillian Hernandez.



Brittany and Ricky Ziminski Jr., whose dad Chief Richard Ziminski is on USS John L. Hall, are a part of Allen D Nease High School NJROTC Colorguard. The colorguard participated in the opening ceremonies of the homcoming celebration.



Family members hold signs and wave at their Sailors as USS John L. Hall pulls pierside on Tuesday.



Chief Aviation Electrician's Mate Toby Morant holds 11-month-old daughter, Alex, and stands with his family - wife Ariane and sons, 4-year-old TJ and 12-year-old Jacob.



Lt. Chris Turner hold his nephew, Doreiyn Pressley, while being welcomed home by his family.



Sailors look for their friends and families pierside from USS John L. Hall as they wait to disembark the ship.



Ship's Serviceman Seaman (SW) Nolan Forshier gets 'First Kiss' from his wife, Anastaja, who greets him pierside with their 7-month old son, Nevan.

MWR Sports/Fitness

Water Aerobics

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

- Monday 9:30 a.m., **Aqua Aerobics**
- Wednesday 9:30 a.m., **Aqua Aerobics**
- Thursday 9:30 a.m., **Aqua Aerobics**
- Friday 8:30 a.m., **Aqua Therapy**

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

Fitness

Surfside Fitness schedule is as follows:

- Monday 7 a.m., **Spartan Training**
Unconventional training for the unconventional warrior which centers on the art of developing the body through refined functional tactics. Spartan Training employs a combination of kettle bells, calisthenics, sprint and distance running, tire flips, sledge hammers, sled drags, and many other advanced training techniques. Meets behind Surfside Fitness Center.
- 10:30 a.m., **Broken Hearts**
A fitness program for those who require cardiac rehabilitation. Program incorporates a wide variety of fitness tools. Blood pressure and heart rate are monitored while progress is charted.
- 11:30 a.m., **Advanced Mind Body**
Mind Body programs focus on improving flexibility, strength and balance while enhancing posture, mental focus and coordination. Deter injury and effects of stress, burn calo-

ries and improve overall health. Mind Body is a fusion of **Yoga, Pilates, and Tai Chi.**

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

5:30 p.m., **Step n Kick**
Step up the fat burn and kick down those keals with this combo class of step aerobics and kickboxing.

Tuesday 7:30 a.m., **TRX** (weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Now used on military installations all over the world, the TRX is a space saving, portable tool used to attain peak operational fitness. Mayport's TRX training area can be found behind the Surfside Fitness Center.

9:30 a.m., **20/20/20**
A fusion of our Low Impact, Resistance and Intro Mind Body classes. Twenty minutes will be devoted to cardio training, twenty minutes to strength training and twenty minutes to flexibility training.

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

1 p.m., **Strength Solutions & Flexibility Fix-Ups**
This class assists in pre-

venting and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

4:30 p.m., **TRX**
5:30 p.m., **Yoga**
Wednesday 6:30 a.m., **Command Yoga**
A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

10:30 a.m., **Broken Hearts**
A fitness program for those who require cardiac rehabilitation. Program incorporates a wide variety of fitness tools. Blood pressure and heart rate are monitored while progress is charted.

11:30 a.m., **Kickboxing**
1 p.m., **Moms in Motion**
5:30 p.m., **Kids' Clinic**
6:30 p.m., **TRX**
Thursday 6:30 a.m., **Functional Flexibility**

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

11:30 a.m., **Zumba**
1 p.m., **Strength Solutions & Flexibility Fix-Ups**

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

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

The Gym Schedule is as follows:

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

This class incorporates jumpin, jabbin and jiven! A prize-fighting workout that will roll back time and fight fat forever! Meets at Gym Basketball Court 1A. Can accommodate 200+ personnel.

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

An adrenaline producing 1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques. Topics include squatology, supplements and muscle growth. Meets at Gym weight room.

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

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

2:30 p.m., **Row-bics**

3 p.m. **Victory PRT**

Tuesday 11:30 a.m., **Steel Anchor Training**

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

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

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

11:30 a.m., **Spinning**
Thursday 6:30 a.m., **Cardio, Combat and CORE**

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 com-

mand version of this class is great for Fitness Enhancement Personnel. Meets at Gym racquetball court 3.

Friday 6:30 a.m., **Command Spinning**

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

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. Get your name on the wall and the coveted Steel Anchor award t-shirt.

1st Annual Junior Invitational

Presented by Windy Harbor Golf Club

< RESCHEDULED >

Sunday, September 12, 2010

Tee Times Begin at 12 p.m.

Eligibility:
Open to all youth, ages 7-17.

Tournament Details:
Boys and girls divisions in each of the following age groups..
Ages 7-10 Ages 11-13 Ages 14-17

Juniors will play 6, 9 or 18 holes based on their ability.

Juniors may play individually or in an alternate shot format with their parent/guardian.

Juniors are required to walk and carry their own bag and clubs. Playing parents are also encouraged to walk along with their junior golfer. Push or pull carts are allowed.

Spectators are welcome however, riding carts WILL NOT be available to spectators.

Entry Fee:
\$30 per youth golfer... Includes tee prizes, range balls, golf, prizes, and cookout
Parents play with their child for only \$10!

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Fitness On High Seas Brings Out Competition

By Melissa Burns

Fleet Recreation

With the current changes in the Physical Readiness Program, fitness underway has become increasingly important.

With implementation of NAVADMIN 247/09 commands that cannot complete a Physical Readiness Test due to deployment must complete a Body Composition Analysis. Sailors that exceed BCA standards will be recorded as a PFA failure. As result, Fleet Recreation Waterfront fitness has implemented programming for Command Fitness Leaders aboard ships currently deployed who wouldn't have had access to the fitness programming that they would normally see while in port.

The ships that deployed during 2010 year were given a Deployment Fitness Guide that had everything from short term and long term incentive programming, cardiovascular programming, circuit training and strength training information for the ships out to sea. This manual was designed for the Command Fitness Leader to implement a Fitness Program equivalent to ones found at shore based Fitness Facilities.

At the beginning of the 2010, Naval Station Mayport had more than six ships go on deployment for more than three months. Because of the amount of deployed ships, Fleet Recreation Waterfront Fitness introduced the "Fleet Around the Globe 25k Challenge." The program was kickoff on Jan. 11 with ships competing against each other to see who could reach 25,000 miles of fitness first!

Participating individu-



USS Carney's Commanding Officer, Cmdr. Richard Field, and Carney's Fleet Around the Globe organizer, Chief Damage Controlman Dedrick Walker and Melissa Burns.

als could accumulate mileage by using treadmills, elliptical cross-trainers, rower and upright exercise bikes. They were also allowed to count miles accumulated while swimming, biking, walking or jogging outside.

USS Carney (DDG 64), USS Hue City (CG 66), USS Farragut (DDG 99), USS Underwood (FFG 36), USS DeWert (FFG 45), USS Samuel B. Roberts (FFG 59) and USS Klarking (FFG 42) all took up the challenge. Each week the respective ship's point of contact submitted their ships totally weekly mileage.

USS Carney (DDG 64) was

the first ship to make the goal 25,000 miles. They completed this mileage in a matter of 19 weeks and USS Hue City was close behind them.

USS Carney also put a twist on the challenge by including a Carney's Chief's Mess challenge against the Officers. Chiefs went up against Officers in a four-week challenge to see who could accumulate the most mileage.

After a huge success of Chief-versus-Officer, Carney extended the challenge to Khakis versus E-6 and below. Loser of the challenge served bar-b-que to the winners during their next port visit. With

this innovated leadership and support, USS Carney successfully reached the goal of 25,000 miles and received a trophy for being the first to complete "Fleet Around the Globe 25k Challenge."

Not only was USS Carney making waves in fitness, USS Hue City, USS Farragut, USS Klarking, and USS Underwood were too.

USS Hue City held a Biggest Loser Challenge in addition to the Fleet Around the Globe. There were 27 participants in USS Hue City Biggest Loser Challenge; phase one winners were Information Systems 1st Class Jamie Smith and Operation Specialist 1st Class Anthony Garcia. Smith lost 7 pounds for a 4.6 percent weight loss and Garcia lost 21 pounds for 8.6 percent weight loss. Overall 126 pound was lost by all participants during the first two months.

USS Farragut also put their own twist on the Fleet Around the Globe 25k Challenge, including additional challenge to the

crew to complete 2.5 million push-ups, they called the program P99/FAT-G. USS Klarking accumulated miles buy having a 5k fun run at each port visit for the duration of their deployment. USS Underwood in addition to the Fleet Around the Globe 25k Challenge the put together the "Cross-Fitness" Challenge on the flight deck of USS Underwood. The challenge was called "Baseball" where there was different exercise at each base on the flight deck. Participants scored runs by completing all ten reps at each base, teams were composed of ten people and they had 30 minutes to score as many runs as possible. The team with the most runs was crowned the Cross-Fit Champions!

As you can see Fitness on the High Seas can be accomplished no matter how big or small the command is and no matter what operational commit the command may have. It just takes amazing motivation, time, support and wonderful leadership to make it happen!

-Photo courtesy of MWR



-Photo courtesy of USS Carney

Gunner's Mate 2nd Class Armandy Pierre and Quartermaster 1st Class Earl Berry add to USS Carney's mileage with their workouts on the elliptical machine.

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Aug. 19: Thursday CPO Social Hour. 3-7 p.m. at Foc'sle CPO Club with 35 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

Aug. 20-22: 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

Aug. 20: Deadline for Dusk to Dawn Softball Tournament. Tournament will begin at approximately 6 p.m. Aug. 27 and continue all night. Cost is \$125 per team. Register at the Gym. 270-5451

Aug. 20: Free Summer Outdoor Movie - Shrek Forever After (PG). Start time is at sunset (approximately 9

MWR HAPPENINGS

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

Aug. 20 & 21: The Paul Lundgren Band - Live. 9 p.m.-1 a.m. both Friday and Saturday at Castaway's Lounge. No cover charge! www.paullundgrenband.com 270-7205

Aug. 21: Summer Tennis Tournament. 8:30 a.m. Singles and doubles welcome. Captain's Cup event. Pre-registration required. Sign up at the Gym. 270-5451

Aug. 22: Bowling Family Fun Night. 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person

and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

Aug. 22: Last Day for Swimming Pool Full Summer Hours. With school resuming, the Base Swimming Pool will be open weekends only through Labor Day for recreation swim. Lap swim hours continue Monday-Friday 6-8 a.m. and 10 a.m.-1 p.m. 270-5425

Aug. 24: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 6 p.m. All Khakis welcome (Chief Petty Officers, Officers and their

guests). 270-5431.

Aug. 25: All Hands Family Steak Night. 4-7 p.m. at the CPO Club sponsored by CPO Spouses Association (CPOSA). Tickets \$10 in advance; Limited tickets available at the door. Kids' hotdog meals are only \$3. For tickets, call Kandi at 465-7322 or Tracie at 536-4745.

Aug. 26: Thursday CPO Social Hour - Boss's Night. 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. 270-5431

Aug. 27: Motorcycle Safety Rodeo. 10 a.m.-1 p.m. at the C-12 Hangar across from McDonalds. The event features vendors with safety information and motorcycle gear displays, a performance by the

JSO Motorcycle Drill Team at 11:30 a.m., the Motorcycle Smart Simulator, giveaways, and more. Food and beverages will be available for purchase. 270-5218 ext. 1524

Aug. 27: Dusk to Dawn Softball Tournament. Tournament will begin at 6 p.m. and continue all night. Cost is \$125 per team. Pre-registration required. Sign up at the Gym. 270-5451

Aug. 27: Free Summer Outdoor Movie - Marmaduke (PG). Start time is at sunset (approximately 9 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

Aug. 28: UFC 118 - Edgar vs. Penn 2. 10 p.m. at Castaway's Lounge only on Pay-Per-View. No cover charge. 270-7205

Aug. 30: Men's Softball Season Begins. Sign up your team at the Gym. Season ends Oct. 25. 270-5451

Aug. 31: CPO Inductee Golf Tournament and BBQ Luncheon. For tickets, contact BMCM Ed Marreroortero at 219-4757 or BMC Tony Seward at 270-5179 ext. 205. Active and retired Chief Petty Officers are welcome.

Sept. 2: All Khaki Wings and Trivia Night. Rescheduled for Thursday instead of Tuesday due to CPO Inductee Event on Aug. 31. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

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Aug. 22: Last Day for Swimming Pool Full Summer Hours. With school resuming, the Base Swimming Pool will be open weekends only through Labor Day for recreation swim. 270-5425

Aug. 23: Back to School. Duval County schools begin

KID ZONE

the 2010-2011 school year. Mayport's School Liaison Officer is here to assist military families will issues related to local schools and education. She can be reached at 270-6289 ext. 1305.

Aug. 27: Youth Freedom Friday - Movie Night. 7-11 p.m. at the Youth Activities Center for grade K through age 12. Cost is \$7 in advance or \$9 the day of, if space allows. Early registration is recommended. 270-5680 or 5421

Aug. 27: Free Summer Outdoor Movie - Marmaduke (PG). Start time is at sunset (approximately 9 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

Sept. 5: Deadline for Junior Invitational Golf Tournament. Tournament has been rescheduled for Sept. 12 with tee times starting at 12 p.m. All youth ages 7-17 welcome. Cost is \$30

per youth and includes golf, prizes, range balls, tee prizes, and a cookout. Parents may play with their child for only \$10. Each youth will play either six, nine or 18 holes, depending on their ability. Sign up at Windy Harbor Golf Club. 270-5380.

Sept. 6: Labor Day Bowling Special. 11 a.m.-5 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes .-pound hamburger or hotdog with fries and soda, 2 hours of Colormania bowling with prizes, and shoe rental. 270-5377



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A Special Reader From California



-Photo courtesy of MWR
The children in Preschool Two class at the off-base Child Development Center enjoy stories and a special snack, provided by Madeline Cruz's grandmother. Teachers are Rochelle Martin and Selinda Bradley.

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

Aug. 12: Formula D/Texas Hold 'Em Game Night. 8 p.m. start at Planet Mayport. (Free)

Aug. 13: Riverboat Cruise. Van departs from Planet Mayport at 5:30 p.m. Cost is \$20.

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. 16: Commit To Quit. Sign-ups and check-in for

LIBERTY CALL

those wanting to quit smoking. Snacks provided beginning at 4 p.m. at Planet Mayport. Stop by to receive encouragement and encourage others. (Free)

Aug. 17: Beach Day Trip. Van departs from Planet Mayport at 10 a.m. for a day at Jacksonville Beach. (Free)

Aug. 18: Killer Bunny. 6 p.m. at Planet Mayport. Refreshments provided. (Free)

Aug. 19: Karaoke Night. 6 p.m. start at Planet Mayport. (Free)

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. 20: Lock-In. A full night of games, movies, fun, and food at Planet Mayport starting at 11 p.m. (Free)

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

Aug. 22: Conch House Dinner Trip. Van departs from Planet Mayport at 5 p.m.

Aug. 24: Boardz Skate Park Trip. Van departs from Planet Mayport at 4 p.m. (Free)

MWR Has Free Fantasy Football League

From MWR

Navy, Marine Corps and Coast Guard Morale, Welfare and Recreation (MWR) are participating in a free online fantasy football league.

The participant with the top score at the end of the season will win a trip to Super Bowl XLV in Dallas, Texas. In addition, all participants will have a chance to win the national contest, with a grand prize of \$100,000! The contest is open to all Active Duty personnel, their family members, Retirees, Reservist, National Guard, DoD and Coast Guard civilians.

Contest participants can enroll in MWR's free "Rapid Draft" Fantasy Football League," at www.mwrfantasysports.com, which is hosted by "World Fantasy Games," one of the top online fantasy sports companies. Each player will draft their team and play against eleven simulated Pros from the fantasy football industry (including Hall of Fame Quarterback Joe Namath) and compete directly with them throughout the season. There will be an overall military winner, which will be determined by the total accumulation of points gained during each week's games. The best player from the 5 Services will be going to Super Bowl XLV in February of 2011!

All eligible patrons are allowed to draft as many teams as permitted by World Fantasy Games. Once patrons are registered for their free team, they

can draft their team anytime they want before the draft deadline—day or night. Custom leader boards are created for each service and an overall military leader board is available for ease in checking out your team compared to those across the entire nation. A custom Championship Ring will be presented to the top finisher from each service. In addition weekly prizes may be awarded.

Navy MWR would like to thank their sponsors for their support in this Free All-Service

MWR Fantasy Football League; World Fantasy Games, Coors Light, and First Esprit de Corps. Although we appreciate their support, neither the Department of Defense, Department of Homeland Security, nor the US Armed Forces officially endorse or recommend any sponsors products or services related to this promotion. For more information about the 2010 MWR Fantasy Football League, and to register for a free team, visit www.mwrfantasysports.com or call 847-688-2110, ext-585.

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2010 Schedule of Events

- 0630 Breakfast at Bogey's
- 0700 Putting Challenge on the Putting Green \$5.00
- 0830 Shotgun Start
- 1330 Lunch... Jack Daniel's BBQ at the CPO Club
- 1430 Awards Presentation and Giveaways



Packages

- BRONZE** \$10 includes Lunch at CPO Club
- SILVER** \$40 includes Bronze package plus Breakfast, Range Balls, Greens Fee, Cart and Gift Bag
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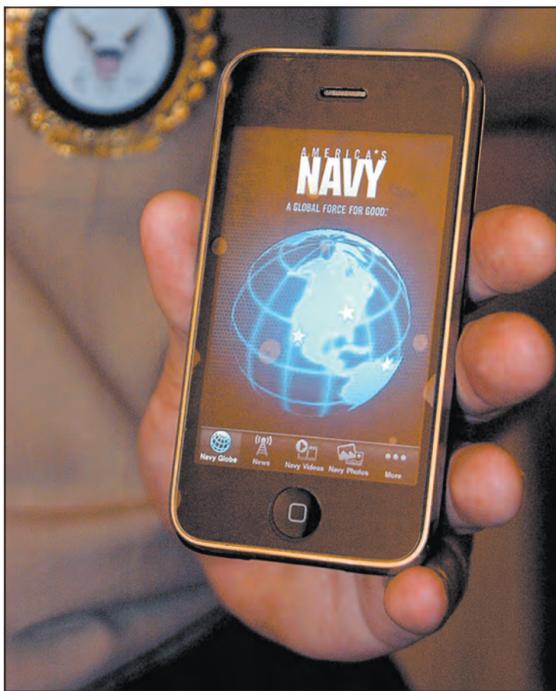
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Registration Points of Contact

- BMC Ed Marrero: 219-4757 or edward.marrero@navy.mil
- BMC Tony Seward: 270-5179 ext. 205 or tony.seward@navy.mil
- ASC Robert Berg: 270-6361 ext. 247 or robert.a.berg@navy.mil
- ATC Kyle Delay: 270-6361 ext. 242 or kyle.delay@navy.mil

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Navy Releases iTunes App For iPhone



By MC2 (SCW) Michael B. Lavender
Navy Recruiting Command Public Affairs

The U.S. Navy has another tool in its recruiting arsenal focused on technologically adept customers.

The Navy has released the "America's Navy" app for the iPhone and iPod Touch, which is available to download for free through the iTunes App Store or the Navy's recruiting Web site, Navy.com.

"With the new generation of youth and advancements in social media, we believe that the application will be of great use for our recruiting efforts," said Lt. Cmdr. Garth Gimmetstad, Navy Recruiting Command's (NRC) director of Marketing Plans Division. "This application will allow us to transmit data to a customer who desires information immediately. With the new generation that wants instant gratification for information, we'll now be able to cater to them through this technology medium."

The application will bring a host of information about the

Navy including job descriptions, career information, videos, photos and the latest news from Navy.mil.

"This is meant to provide Navy's multiple and varied audiences the opportunity to learn more about, and engage with the US Navy in an informative and entertaining, not to mention convenient, manner," said Gimmetstad. "Not only can someone look up information about the Navy, but they can

even locate a recruiter in their area as well."

The application became available this week.

"NRC, along with our independent advertising agency, Campbell E-Wald, developed and launched the application through a variety of social media websites including Facebook, Navy. Com, the 'Navy for Moms' website and Twitter," explained Gimmetstad. "We'll be able to enhance our

capabilities to effectively communicate with a technologically savvy population."

NRC consists of a command headquarters, two Navy Recruiting Regions and 26 Navy Recruiting Districts which serve hundreds of recruiting stations across the country. NRC's mission is to recruit the best men and women for America's Navy to accomplish today's missions and meet tomorrow's challenges.

-Photo by MC2 Michael B. Lavender

The Navy has released the "America's Navy" app for the iPhone and iPod Touch, which is available to download for free through the iTunes App Store or the Navy's recruiting Web site, Navy.com. The application was developed through Navy Recruiting Command and Campbell E-Wald and released this week.

Florida State College on Base Classes Continue

From FSC

The fall term for Florida State College at Jacksonville will begin Aug. 30. Classes starting in August on base include: AMH2010 U.S. History to 1865, ECO2013 Economics I, ENC1101 English Composition I, HUM2230 Humanities 15th-20th Century, MGF1106 Topics in College Mathematics, DEP2004 Human Growth & Development, and CGS1060 Introduction to Information Technology. These classes all end Oct. 24. In addition, the following classes will run from Aug. 3-Nov. 21: ESC1000 Earth & Space Science, MAC1105 College Algebra, and MAT1033 Intermediate Algebra. All classes are one night per week with

the exception of Topics in College Mathematics, offered two nights per week. These classes will be a hybrid format requiring a computer and online access.

On base classes are open to everyone.

If you have any questions, please come by our office or call Jeff (jschneid@fscj.edu) or Lorena (llampign@fscj.edu) at 249-7311.

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Sunday Buffet: 11:00am-10:00pm	\$5.99	\$7.99

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USS Taylor Celebrates 500 Years Of Danish Navy

By MCC (SEL) Edward Kessler

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

USS Taylor (FFG 50) moored pier side in Copenhagen, Denmark, Aug. 10, to participate in the 500 year anniversary of the Danish navy.

Twenty-nine ships from 15 nations arrived in Copenhagen to celebrate the anniversary with a variety of formal receptions, social events and sports competitions.

"Taylor is very excited to be invited to Denmark to celebrate 500 years of the Danish navy," said Master Chief Electrician's Mate Steve Allen, Taylor's command master chief. "The crew is looking forward to participating in many of the events that are being hosted by the Danish."

Taylor's crew will participate in various activities ranging from historical tours, competitive sporting events and a Royal Guards adventure day which will feature an obstacle course and firing simulator.

"Earlier during our deploy-

ment, we hosted two Danish midshipmen for their summer training," said Cmdr. Lyle D. Hall, Taylor's commanding officer. "This event will help us to continue to strengthen our relationship with the Danish navy."

The Royal Danish Navy was established Aug. 10, 1510, with the appointment of Capt. Henrik Krummedige by King Hans of Denmark to become chief captain and head of all captains, thus commanding all the ships of his majesty King of Denmark.

"I am really looking forward to getting out there," said Operations Specialist 1st Class Joseph Green. "It should be a good time for all involved."

Taylor, an Oliver Hazard Perry-class frigate homeported in Mayport, Fla., is currently on a scheduled deployment in the U.S. 6th fleet Area of Responsibility.

For more news from Commander, U.S. Naval Forces Europe -U.S. Naval Forces Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.



-Photo by MCC (SEL) Edward Kessler

Samuel Attas (far left) from the Danish Defense Museum explains the operation of the masting crane used to lift wooden masts during a historical tour of the Holman Navy Base. Ship's Serviceman 1st Class (SW) Christopher Wint from Tampa, Fla., assigned to the Oliver Hazard Perry-class frigate USS Taylor (FFG 50) along with Sailors from both the French and Italian navies attended the tour as a part of festivities marking the 500-year anniversary celebration of the Danish Navy. Taylor is on a scheduled deployment in the U.S. 6th Fleet area of responsibility.



-Photo by MCC (SEL) Edward Kessler

Operations Specialist 1st Class Johnny Arnold from Cleveland, Ohio (front) and Sonar Technician Surface 3rd Class Joseph Troupe from Phoenix, (rear) attached to Oliver Hazard Perry-class frigate USS Taylor (FFG 50), discuss the similarities and differences of their navies with Sailors from the Russian navy during a reception hosted by the Mayor of Copenhagen as part of the 500-year anniversary celebration of the Danish navy.

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Commander, U.S. 2nd Fleet Changes Leadership

From Commander, U.S. 2nd Fleet
Public Affairs

During a change of command and retirement ceremony aboard USS George H.W. Bush (CVN 77), Vice Adm. Melvin G. Williams Jr. was relieved as Commander, U.S. 2nd Fleet and Director, Combined Joint Operations from the Sea Center of Excellence (CJOS) by Vice Adm. Daniel P. Holloway Aug. 12. The change of command also served as a retirement ceremony for Williams after 32 years of naval service as a commissioned officer.

As 2nd Fleet commander since 2008, Williams was responsible for the operations and training of 130 ships and submarines, the assigned aircraft and expeditionary forces – including four carrier strike groups, four Amphibious Ready Groups and three Marine Expeditionary Units. Williams also served as director, Combined Joint Operations from the Sea Centre of Excellence, a NATO-support organization with 13 member nations.

Addressing the audience, Williams thanked the many

people who supported 2nd Fleet's mission and vision.

"As a result of the tireless and highly effective efforts of our staff, our commanders, and our troops, it is my assessment that our vision has been realized and our mission was accomplished with a high level of excellence," he said.

Commander, U.S. Fleet Forces Command, Adm. J.C. Harvey, Jr. presided over the ceremony, praised Williams' contributions, and welcomed Holloway.

"A truly special part of today's ceremony is the personal relationship I have with both these officers - I've served with them both over the years and am proud to call them my friends. They are officers of exceptional talent, truly dedicated professionals who have rendered great service to their nation," said Harvey.

Prior to assuming command as the 48th U.S. 2nd Fleet

commander, Holloway most recently served as director, Manpower, Personnel, Training and Education (N13). He is a 1978 graduate of the U.S. Naval Academy and was the Carrier Strike Group 12/USS Enterprise (CVN 65) Strike Group commander from February 2007 to August 2008.

"I am very happy to be back in Norfolk – the quintessential Navy town. It will be a pleasure to work again with Second Fleet and our Hampton Roads community – the standard-bearers for Fleet and Family support," Holloway said during the ceremony.

"I couldn't ask for a more superior team to lead or better shoes to fill. I join you all in wishing VADM Williams and his family 'fair winds and following seas'. We thank him for a lifetime of service and a legacy that will serve us and all future Sailors well," said Holloway.

NAVY
NEWS



-Photo by photo by MC3 Brian Goodwin
Vice Adm. Daniel P. Holloway salutes the sideboys during the Commander, U.S. 2nd Fleet change of command ceremony aboard the aircraft carrier USS George H.W. Bush (CVN 77). Holloway relieved Vice Adm. Mel Williams Jr., as commander, U.S. 2nd Fleet.

New Cable Tensioning Tech Could Save Navy Millions

By MC3 Lex T. Wenberg

Abraham Lincoln Carrier Strike Group Public Affairs

USS Abraham Lincoln (CVN 72) is testing a new cable spooling technology, which could save the Navy millions of dollars by preventing costly damage to helicopter anti-submarine warfare equipment.

The new equipment, called the Cable Tensioning System (CTS), was designed by PMA-299, a program office that creates new acquisitions for the MH-60R Seahawk helicopters.

CTS is operated aboard the ship to re-organize quarter-inch thick Kevlar cable on a spool used by Seahawks assigned to Helicopter Maritime Strike Squadron (HSM) 77. The aircraft's buoy hangs down into the water

from this cable and transmits sonar signals beneath the surface, helping the helicopters detect enemy submarines. When the buoy is retrieved, a spindle aboard the helicopter rolls up the incoming cable in a pre-set pattern to maximize space and keep a specific amount of tension on the cable so there will be no signal degradation, or worse, having the \$8 million buoy fall into the black depths of the sea.

However, as the cable winds up, the motion and banking of the helicopter often causes slippage in the cable called "miss-wrap," which leads to costly and time-consuming cable repairs and shipping fees. CTS can perform these "re-wraps" at sea instead of having to send the spools ashore to be serviced.

For now, Lincoln has the only CTS in the fleet, but plans for other carriers and platforms to get this equipment are in the works and are expected to save the Navy millions of dollars; \$1 million of it on Lincoln's upcoming deployment alone, said Aviation Electronics Technician 1st Class Mel E. Loga, one of two CTS experts aboard Lincoln.

Lincoln's Maintenance Officer, Cmdr. Wesley Joshway said the new equipment is making a difference.

"Commander Naval Air Forces, Vice Adm. Allen Myers wanted his maintenance staff, working with PMA-299 and the HSM community, to develop a means to show cost savings to the Naval Aviation Enterprise (NAE). The development of the Cable Tensioning

System does just that by eliminating a frequent Aviation Depot Level Repair charge to the NAE by an outside source and showing an immediate tangible saving," said Joshway.

Prior to using CTS, Lincoln's Aircraft Intermediate Maintenance Department (AIMD) frequently had to ship the entire 185-pound spindle back to the warehouse for re-spooling and repairs, costing tens of thousands of dollars each time. During Lincoln's Tailored Ship's Training Assessment, AIMD had to send spools to the warehouse four different times, costing the Navy more than \$300,000 in repairs in four weeks.

The machine only costs \$400,000 up-front, and it has almost paid for itself in a few weeks, said Loga.

"About one in five times the helicopter pulls up the ALFS buoy and results in a miss-wrap. Every time that happened before we got the CTS, it would cost the Navy money," he added.

Lincoln's AIMD has two aviation electronics technicians who are the only ones capable of running and maintaining the system, Loga, and Aviation Electronics Technician Airman Patrick Merker.

Loga and Merker spearheaded the acquisition of the CTS and even attended a special training course on how to use, repair and maintain the CTS in order to for it to operate aboard Lincoln. They are writing the technical manual which should be released Navy-wide soon.

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Time Running Out To Claim 'Stop Loss' Pay

By Army Sgt. 1st Class Michael J. Carden

American Forces Press Service

Eligible servicemembers and veterans have less than three months to apply for Retroactive "Stop Loss" Special Pay.

The special pay was approved by Congress as part of the 2009 War Supplemental Appropriations Act. Servicemembers and veterans who involuntarily served or were on "Stop Loss" from Sept. 11, 2001 to Sept. 30, 2009, are entitled to \$500 for each month served past their contracted end-of-service, resignation or retirement date.

"This additional money, this benefit, was granted by Congress to recognize that continued service," Lernes "Bear" Hebert, acting director of the Defense Department's Officer and Enlisted Personnel Management office, said today in an interview with American Forces Press Service and the Pentagon Channel.

The Pentagon announced the program Oct. 21, 2009. Those eligible must apply by Oct. 21, 2010, to receive

compensation. And, survivors of servicemembers who were under 'Stop Loss' orders are entitled to the benefit.

The Defense Department wants to ensure everyone eligible for the special retroactive pay is compensated, Hebert said.

"We only have three months left for individuals to apply for this benefit," he said. "It's time to [apply] and get their application in. Notify anyone you've served with, even if they have separated, even family members of separated folks to apply."

Each service has its own criteria and specific outreach and application process. Members and veterans who qualify, or think they are eligible for the special pay must contact their individual services for eligibility requirements.

Information about the program, procedures and points of contact for each individual service can be found at www.defense.gov/stoploss

So far \$111 million has been paid out to 25,000 troops and veterans affected by 'Stop Loss,' Hebert

said. The average payout is \$3,000 to \$4,000 per claim, he added.

The Pentagon has about \$423 million left in the program's fund.

"Congress authorized a fairly generous number, so we're not concerned about the money running out," Hebert said. "We are concerned about individuals getting their applications in."

The Pentagon and individual services have been reaching out to qualified members, veterans and beneficiaries through direct mailings, veteran services organization, the Department of Veterans Affairs and the media. Those efforts will be ongoing through Oct. 21, 2010, as there is much money left to be claimed, Hebert said.

"The services have been doing tremendous outreach trying to get to all the eligibles," he said.

Initially there was a large response for claims under the program, Hebert said, but applications have since slowed down.

"Applications have tailed off," he said. "We suspect that some individuals are either engaged or busy or

haven't taken the time to apply. Part of our continuing efforts is to remind them that they only have about three months left to get their application in."

Still, Hebert said he expects a surge of claims as the deadline nears. He urges those who are eligible for the retroactive pay to take advantage of it now.

"Congress authorized this for a one-year period," he said, noting it would require Congress to pass a new law in order to extend the program. "This is firm, so individuals out there who think they might be entitled to this benefit need to get their application in."

An estimated 145,000 servicemembers, veterans and beneficiaries are entitled for the retroactive pay.

Defense Secretary Robert M. Gates maintains the authority to extend military service during a period of national emergency, an authority that dates back to 1983. Many of these "Stop Loss" troops were extended involuntarily in order for their units to preserve manpower and readiness in criti-

cal skill areas, Hebert said.

"The department uses it sparingly and only when it's absolutely necessary," he said. "It's contrary to the way we operate the all-volunteer force, but it's necessary in times when you have very high demands ... where you don't have a significant number of individuals with particular skills that you might need during a national emergency."

"It allows the department a bit of breathing room in order to re-establish additional personnel in those specialties," he added.

The Army is the only service with currently-serving troops affected by the 'Stop Loss' authority. But the Army is on track to have all involuntary service ended by March next year, Hebert said.

"['Stop Loss'] is a mechanism of last resort for maintaining forces during a national emergency, so while the authority for 'Stop Loss' will still exist, the secretary has made it very clear ... he wants the services not to use 'Stop Loss' at the current time," he said.

Officer Recruiting Looking For Few Good Senior Enlisted

By MC2(SCW) Michael B. Lavender

Commander, Navy Recruiting Command Public Affairs

Navy Recruiting Command is looking for highly motivated, hard-charging first class petty officers and other senior enlisted personnel to recruit officers into the U.S. Navy.

Effective immediately, career recruiting force recruiters, or those returning to recruiting duty from the fleet who have previously served in the recruiting field, can request from their chain of command to be placed into the officer programs recruiting force.

"We're looking for E-6 and above Sailors who have experi-

ences in the recruiting field and are able to step above the normal bar," said Master Chief Navy Counselor Gregory King, Navy Recruiting Command's (NRC) national chief recruiter. "Ideally, we'd like senior enlisted because they are well-rounded, have a lot of experience in the Navy, have a higher sense of urgency, fresh sense of prospecting, improved and aggressive sales, and they know the market."

Career recruiters and those who have already served in a recruiting office know and understand the basics of recruiting.

"An enlisted recruiter will talk to everyone who is interest-

ed in joining the Navy, whether they're interested in enlisting or becoming an officer," said King. "A career or experienced recruiter knows what to do right off the bat. An officer, or even an enlisted recruiter, who is coming from the fleet for the first time to recruiting duty doesn't know all the ins and outs. It usually takes about six to nine months for them to become comfortable with the job. For the senior enlisted we've placed into the officer recruiting field, we've been very successful."

NRC has already shifted several senior enlisted personnel into the officer programs recruiting field.

The changes enacted are focused around the Recruiting Force (RF) 2020 vision Rear Adm. Craig Faller, the commander of Navy Recruiting Command, announced earlier this year.

"Our plan is to see a consolidated recruiting force," said King. "All of our recruiters will soon be able to recruit for active duty and Reserve enlisted, and officers to some degree. This is here to stay and is, in fact, growing. NRC is looking at different methods to recruit future officers with enlisted recruiters. We're adjusting out methods

and training as well to improve that ability. For example, we've extended our school for officer recruiting from three weeks to four which will take effect this coming January."

Candidates or those interested in becoming an officer in the Navy have multiple resources available to them to gain information on the entire process.

"We strongly encourage our future Sailors and officers to check out Navy.com," said King. "It has recently been relaunched and is now one comprehensive site, which covers many things now from videos

to jobs to promos. It shows what the Navy is all about. Lastly, they can always see a Navy recruiter. The journey truly begins there."

NRC consists of a command headquarters, two Navy Recruiting Regions and 26 Navy Recruiting Districts, which serve hundreds of recruiting stations.

NRC's mission is to recruit the best men and women for America's Navy to accomplish today's missions and meet tomorrow's challenges.

H&R Block Offers Free Tax Prep Course To Spouses

By Bruce Moody

Commander, Navy Installations Command, Navy Family Readiness Program Public Affairs

H&R Block is offering a free income tax course for spouses of uniformed service members and wounded warriors. Military spouses of active, retired or Reserve military service members and wounded warriors are eligible.

"A tax preparation career is ideal for spouses who move every few years or stay at home with children," said Panshella Cole, Family Employment Readiness Program (FERP) manager. "Although employment is not guaranteed, the

course offers valuable training."

No experience in tax preparation is necessary to enroll. Topics covered include tax theory, the latest tax laws and easy step-by-step skills for preparing tax returns. The 11-week course is offered at flexible times and convenient locations. Spouses who move while enrolled in the course may continue their training with another of the more than 11,000 H&R Block offices worldwide.

The course is also offered in Spanish at several locations.

"The first step is to contact your nearest Fleet and Family Support Center (FFSC)," Cole said. "The FFSC will verify

your eligibility with your military ID. If you can't get to a center, call the one nearest you, and they'll verify you over the phone."

To locate an FFSC, visit <http://www.ffsp.navy.mil> and select "Find your local Fleet and Family Support Center."

Once eligibility is verified, a confirmation number will be sent. To register with H&R Block call 800-472-5625 (1-800-HRBLOCK) or visit <http://www.hrblock.com/class>.

The offer of free courses is the result of an official partnership between the Department of Defense and the world's largest tax preparation business.

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MAKING HOME BETTER

A Year Later, H1N1 Flu and Your Travel Plans

By Sharon Foster

TRICARE Management Activity

Last summer the H1N1 flu dominated the news. It was described by the World Health Organization (WHO) as the first pandemic of the 21st century. The Centers for Disease Control and Prevention (CDC) estimate that between 7,880 and 16,460 H1N1-related deaths occurred between April 1 and Dec. 12, 2009.

A year later, the H1N1 flu has fallen off the public's radar but the WHO reports it's still a global problem. There could be danger in believing the risk is gone, especially for TRICARE beneficiaries traveling internationally or going on cruises.

It is important to think about how the seasonal and H1N1 flu

HEALTH BEAT

may affect vacation and travel plans. Many people associate flu or influenza with cold weather. Indeed, influenza generally occurs during the winter months, but in some regions, it is most active from April through September or throughout the year, according to the CDC.

Traveling to areas where seasonal and H1N1 flu activity is higher than in the U.S. can put vacationers at risk. So can taking a cruise or visiting a resort with travelers from areas where influenza activity is higher. Any

traveler who wants to reduce the risk of getting sick with influenza should get the vaccine. It is best to get the vaccine at least two weeks before the start of a trip, according to the CDC.

"In years past, the elderly represented most of those who died from the flu," said Col. Wayne Hachey, DO, MPH, director, Preventive Medicine, TMA. "With the emergence of the 2009 H1N1 flu, everyone is at risk. Young, healthy people die from the flu. If you have not been immunized, you place

yourself and your loved ones at unnecessary risk."

TRICARE covers the following vaccines for the seasonal and H1N1 flu for all beneficiaries:

- Flu shot: an inactivated vaccine containing a killed virus and given with a needle. This form of the vaccine may be used in all age groups.

- Flu mist: nasal-spray flu vaccine made with live, weakened flu viruses. This form of the vaccine is limited for use in people who are between the ages of 2 and 49 years, and who are not pregnant when they receive the vaccination.

Flu vaccines are provided by select TRICARE-authorized providers or through a network pharmacy that participates in

the vaccination program at a zero co-pay to TRICARE beneficiaries. No referral or prior authorization is required when this benefit is obtained at one of these pharmacies, but state laws may have specific requirements for a prescription or required minimum age limits. To locate a participating pharmacy, beneficiaries can go to (www.express-scripts.com/TRICARE) or call Express Scripts, the TRICARE pharmacy program contractor, at 877-363-1303.

All active duty and National Guard and Reserve personnel should follow the Department of Defense's guidance. Non-active duty Prime beneficiaries must have a referral and authorization from their primary care manager to receive the seasonal

or H1N1 vaccine from a non-network provider who does not accept TRICARE's allowable charge as payment in full. Without authorization, the beneficiary is responsible for the bill.

For more information about the seasonal and H1N1 flu and to learn about preventing the flu, visit the TRICARE Flu Resources Web page at www.tricare.mil/flu/ or the TRICARE Novel Influenza A (H1N1) Web page at www.tricare.mil/flu/flu1n1.aspx.

TRICARE beneficiaries can always help in the global fight of controlling the spread of influenza by staying at home if they are sick, washing their hands frequently and covering coughs and sneezes.

Arthritis Can Affect Anyone, Any Age, Any Joints

By Cat DeBinder

National Naval Medical Center Public Affairs

Arthritis, the inflammation of joints, can affect one or several joints throughout the body and its symptoms range from mild to debilitating, which can severely affect Sailors during their daily operations.

"Most arthritis is simply damage to the cartilage on the end of our bones in our joints," said Cmdr. David Schroder, staff orthopedic surgeon in the National Naval Medical Center's (NNMC) Orthopedic Department. "One could argue that every adult has some degree of arthritis."

Schroder wants people to know that it's not an awful thing to be diagnosed with arthritis and not something to be worried and scared about.

"Arthritis is generally broken down into osteoarthritis and inflammatory arthritis," said Schroder. "Inflammation is the body's reaction to stress, be it

injury, surgery or illness."

Inflammation can affect any of the components inside the joint such as supporting tissue, cartilage, bones or the joint lining. Pain, stiffness and swelling of the joints are all common symptoms, said Schroder.

"Inflammatory arthritis is when the body's immune response is overactive in some way; rheumatoid and psoriatic are examples of inflammatory arthritis."

"Osteoarthritis is by far the most common arthritis we see as joint replacement surgeons, and its causes are multifactorial," said Schroder. "Patient activity, family history, prior injury and anatomy all influence the development of osteoarthritis."

Connie Wilkie, a patient at NNMC, has had osteoarthritis since 1975.

"It came on gradually; the first thing I noticed was that my fingers seemed welded together and I couldn't bend them,"

said Wilkie. "To some degree it has crippled my lifestyle and reduced my ability to do certain things. I can't grasp well, I'm unable to pick up small items and I can't do things such as peel potatoes."

Wilkie said she takes one prescription and some over the counter dietary supplements for her arthritis.

Schroder said arthritis has many side effects.

"Most commonly the patient experiences pain, stiffness and even instability of a joint with bad osteoarthritis," said Schroder. "These symptoms can become quite severe, even relegating a patient to a wheelchair if the pain is that high."

Schroder said there are also psychological and emotional effects of arthritis. The psychological effects can be great because of the potential for great limitation in mobility. Some patients can become depressed if they cannot do simple tasks for the first time in

their lives.

"Orthopedics is an exciting field to be in because I get enjoyment out of helping these people out — like the patient that can't walk and you help them walk," said Schroder. "The best part of joint replacement is patients tend to do well; these are very successful surgeries."

Osteoarthritis tends to get worse with time, said Schroder.

"Our surgeons will often make the analogy of tire wear with cartilage wear," said Schroder. "If the patient goes fast and drives hard on tires, they wear more quickly. Nothing cures arthritis today, we encourage our patients to walk and do as much as they can. We help with injections and ask them to modify their activities — avoiding running and losing weight, for example. We can offer anti-inflammatory oral medications."

The ideal goal in the future is to heal injured cartilage, but

without a good blood supply, this currently is not possible. This means some sort of man made device to replace the cartilage.

"Because our patient population is so young here, we have to think of other treatments prior to replacements," said Schroder.

Schroder said there are other less invasive treatments for arthritis than replacement surgery. For example, micro fracture induces scar cartilage called fibrocartilage to fill the injury site. Cadaver cartilage and the reinsertion of cartilage

cells from the patient are other possibilities.

"We treat each patient based on history, symptoms, examination and X-ray," said Schroder. "I tell every patient that this is a personal process, meaning I don't compare their pain to somebody else's, and I don't operate on the X-rays, I operate on patients."



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Baby Health Tips At Your Fingertips

By Gabrielle Kirk
TRICARE Management Activity

More than 2,000 babies are born to TRICARE beneficiaries each week. Having a baby, especially for the first time, can be overwhelming. In military families it may be particularly challenging since many first-time parents may not have the guidance of their friends and families nearby. Convenient resources are available to new and expecting military parents to help them during this exciting, and sometimes daunting, time in their lives.

Along with using TRICARE's maternity and well-child care benefits, mili-

tary families can help keep their child on the path to healthy development from before birth to early childhood by staying informed of their child's health needs and development.

Since early intervention always leads to better outcomes, it's important to keep track of a child's progress in reaching developmental milestones. Outside the doctor's office, parents can sign up for two services and have customized information about their child's health and development sent to their mobile phones and e-mail inboxes.

The Parent Review connects expecting parents with

participating military treatment facilities (MTFs). It provides customized, weekly e-mail newsletters beginning in the seventh week of pregnancy, through birth and up to the child's third birthday. The newsletters have tips, questions and answers, information on the baby's current stage of development, parenting news and recent research, as well as specific information about the MTF where they receive obstetric and pediatric care.

Along with the 30 participating MTFs, many civilian hospitals are also using the Parent Review. If an expecting parent's hospital is not affiliated

with the Parent Review, there is also a "Department of Defense Standard" version available. Expecting parents can sign up for the Parent Review at www.theparentreview.com/DoD or through their participating MTF's obstetric, family practice or pediatric clinics.

The Text4Baby program sends text messages to a pregnant mom's mobile phone with maternal and child health information based on their due date. Moms will receive accurate tips on topics like nutrition, immunizations and preventing birth defects for the duration of their pregnancy and through their baby's first year.

Through Text4Baby, three messages are sent each week at no charge to the mom. Expecting moms can text BABY to 511411 to sign up. Messages are also available in Spanish by texting BEBE to 511411. The Military Health System is a federal partner of the Text4Baby program, along with the Department of Health and Human Services.

A child's early development is important to the rest of his or her life. These services can't replace regular visits to the doctor, but can help parents become well-informed about their child's health. Parents should bring any questions and

concerns about their child's health to their obstetrician or pediatrician.

TRICARE's well-child benefit covers all routine care for children up to age six. Well-child check-ups include comprehensive health promotion and disease prevention exams, immunizations, and developmental and behavioral appraisals. Eye and vision screenings at birth and six months, and two eye exams between the ages of three and six are also covered.

Visit www.tricare.mil/baby for more information on these programs and TRICARE benefits for maternity and newborn care.

New Deputy Surgeon General Visits



-Photo by HMI(SW) Michael Morgan
Naval Hospital Jacksonville (NH Jax) Commanding Officer, Capt. Lynn Welling (center), discusses with Bureau of Medicine and Surgery, Deputy Surgeon General, Rear Adm. Karen Flaherty, how the hospital's new state-of-the-art operating rooms will help NH Jax staff deliver world-class medical treatment using the most innovative technology. Surgical Technician Marcus McEwen looks on.

Time For School Physicals

By HMI(SW/FMF)
Stephen H. Ramsdell
NBHC Mayport, Fla.

Parents, are you ready for the kids to go back to school? Before you say yes, think about school physicals and required immunizations.

There is an alphabet soup of forms that must be done to ensure a smooth transition to the new school year. Fear not!

Naval Branch Health Clinic Mayport is here to help! Read some of the requirements below, check with your schools and make the appointments as soon as possible.

Immunizations and Health Exam (Forms DH 680 and DH 3040)

Florida law requires children attending school to be appropriately immunized and have a health exam.

The School Entry Health Exam (Form DH 3040) is a requirement for students in grades kindergarten through 12th grade who are making their initial entry into a Florida school.

The physical examination must be performed by a health-

care provider licensed to perform physical exams and must be completed within the past 12 months.

It is not an annual exam. For students transferring to a Florida school, a comparable form from another state would be acceptable, if completed within one year.

The Certificate of Immunization (Form DH 680) is a requirement for all children (Kindergarten-12th grade) to be appropriately immunized at the time of first entry in school. The form is valid until the child enters 7th grade at which time a new form will be issued when the additional immunization requirements are met.

If the child will be 11 years old while attending 6th grade, there is no reason to wait until entering 7th grade to receive the additional required immunizations.

Once the required immunizations are met, a new Form DH 680 will be issued which remains in effect until the child graduates from high school.

A "new entrant" is a child

entering a school in Florida for the first time or entering after having been absent from a school for more than 12 months or one school year.

You have up to one year prior to entering the Florida school system in which to obtain the School Entry Health Exam (Form DH 3040).

Sports physical exams are required annually.

The Immunization Clinic is a walk-in clinic; however, children through age 5 must see their Provider first. Please bring any immunization "shot" records with you when you visit the clinic. Immunizations Point of Contact is Ms. Karen Pitre, (904) 270-4305.

"Beat the rush"..... Don't wait until the last minute to get your forms completed. Contact central appointments to schedule your children for school and/or sports physicals with a Mayport provider. (904) 542-4677.

TRICARE Provides Deductible Free Hospice Benefit

From TRICARE

The final stages of life can be difficult for patients and their families. To make these last days easier, TRICARE's hospice care benefit is a service focused on patients to give them the supportive services they need near the end of life.

Hospice is a zero-deductible benefit and it gives TRICARE beneficiaries access to personal care and home health aide assistance. It initially provides two 90-day periods of care, followed by an unlimited number of 60-day periods. Each period requires prior authorization from the regional health care contractor.

Not all care is covered by the hospice benefit. Individual hospices may charge for some items, such as outpatient medications or inpatient respite care. Charges for medical care not related to the terminal illness fall under the beneficiary's basic TRICARE benefit. Other items not covered include room and board for hospice care received at home; room and board related to custodial care; and any treatments to cure the terminal illness.

Hospice benefits can be initiated by a patient, their family or the patient's primary care manager (PCM). Before hospice can begin, four requirements must

be met. First, the patient's eligibility information must be current. The patient also needs to obtain a referral for hospice from their PCM and get prior authorization from their regional health care contractor. Finally, a certification of terminal illness must be obtained.

There are four levels of hospice care to meet the varying needs of each patient: routine home care, continuous home care, inpatient respite care, and general hospice. If necessary, patients can switch between the four levels of care.

For more information about the hospice benefit, visit www.tricare.mil.

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Commissary Case Lot Sales Offer Massive Savings

By Cherie Huntington
DeCA public affairs specialist

Whether you're packing your pantry for school-day meals and munchies, or just staying "hurricane ready" until the official season ends Nov. 30, the Defense Commissary Agency's worldwide case lot sale in September can help you do so with savings of up to 50 percent or more.

"Fall often brings lots of big expenses for back-to-school youth as well as adults returning to college classes," said DeCA Acting Director and

Mayport's Case Lot Sale

Mayport Commissary will hold its Annual September Case Lot Sale on Sept. 10-12. Hours will be from 9 a.m.-5:30 p.m. Many great bargains will be available with savings only available in the Caselot Tent out front of the commissary. We will also be having Manager Specials through out the store.

CEO Thomas E. Milks. "The September case lot sale can help trim your grocery budget so you'll have more to spend on school-related purchases."

There are 330 items available for the sale this year and store staffs decide which items they will feature in their sales. They also supplement these items with local direct-store-delivery items such as soda, chips and baked goods, said Charlie Dowlen, DeCA promotions manager. Selections range from canned goods, beverages, paper products, cleaning and laundry

products, and pet supplies to produce, fresh meat and seafood, and bakery products. Club pack items are also used extensively in this sale and include plenty of items that fit the bill for back-to-school eating "on the go," as well as products useful for hurricane and tornado preparedness: food and beverages that don't require refrigeration, flashlights, lanterns and emergency candles.

"Case lot sales provide a great opportunity to stock up at savings beyond our normal 30 percent or more," said Dowlen.

"More than half of the items are sold in 'club pack' product packages similar to the oversized packages or multiple products bundled together that are found at commercial warehouse club outlets."

DeCA's worldwide case lot sales mainly take place in May and September of each year. Dowlen said this year's May event broke previous sales records, showing that savvy commissary shoppers take full advantage of the unbeatable savings offered at case lot sales.

Savor Delicious Summer Flavors While They Last

By Kay Blakley
DeCA home economist

Summer peaches, the very essence of fresh, healthy and delicious, are in abundance at your local commissary right now. Enjoying a peach that's ripe enough to send a tunnel of juice running down your chin is one of the season's best pleasures. Keep enough on hand to repeat that pleasure every time the mood strikes, buy a few more to use in the easy Peach Pie or Peach-Raspberry Cobbler recipes, or experiment with a savory main dish like the Baked Chicken with Georgia Peaches. Of course, your peaches may or may not actually be

from Georgia, but don't let that worry you – the dish will still be excellent.

All kinds of berries are readily available now, too. Be sure to check out the Blueberry Cobbler recipe. Hungry mouths at your house may be calling out for one of these. It's quick and easy and "Oh so very good!"

Berries can get pretty expensive when not in season, so if you'd like to make the season last, just freeze a few. Rinse and dry the berries; spread them in a single layer on a cookie sheet and freeze, uncovered, until hard, about four hours. Transfer to freezer bags or airtight con-

tainers and freeze for up to six months. This works for all kinds of berries, including strawberries. To freeze stone fruits like peaches, apricots, nectarines and plums, remove the pits; slice in halves or wedges and toss with a little fresh lemon juice to prevent browning, then proceed as above.

Here is a scrumptious recipe for **Baked Chicken with Georgia Peaches** that serves eight:

Ingredients:
8 skinless, boneless chicken breast halves
1 cup brown sugar
4 fresh ripe peaches – peeled, pitted and sliced

1/8 teaspoon ground ginger
1/8 teaspoon ground cloves
2 tablespoons fresh lemon juice

1. Preheat oven to 350 degrees. Lightly grease a 9x13-inch baking dish.

2. Place chicken in the prepared baking dish, and sprinkle with 1/2 cup of brown sugar. Place peach slices over chicken, then sprinkle with remaining 1/2 cup brown sugar, ginger,

cloves, and lemon juice.

3. Bake for about 30 minutes in the preheated oven, basting often with juices, until chicken is cooked through and juices run clear.

Come to Kay's Kitchen at <http://www.commissaries.com> and check out other featured recipes for Blueberry Cobbler, Peach-Raspberry Cobbler and Peach Pie. You'll also want to enjoy lots of fresh tomatoes

and watermelon before summer is gone, so this week's collection includes two new recipes that are on my own favorite list — Shrimp Cocktail Salad, and Watermelon and Crab Gazpacho. Try them and let me know if their unique combinations strike your fancy, too.

As always, you'll save 30 percent or more on the ingredients for all of these recipes in your local commissary.

'Going Green' With Organic Fruits, Vegetables

By Lt. Col. Karen E. Hawkins
DeCA Dietitian

Going organic doesn't have to be all or nothing when it comes to feeding your family. You may decide to buy organic foods for the health benefits, along with helping reduce the impact of farming – as they are raised in a sustainable way. "Going Green" with choosing organic foods on a budget is possible with a little planning.

Learning the "dirty dozen" is a good place to start. For example, apples may have some of the highest levels of pesticides of any food. However, not everything needs to be organic – avocados, for example, are typically safe.

Organic foods typically have fewer pesticides and, on average, more nutrients. Pesticides may be absorbed into fruits and vegetables, along with leaving trace residues. The Environmental Working Group – a nonprofit, nonpartisan organization – reviewed nearly 51,000 U.S. Department of Agriculture and U.S. Food and Drug Administration tests for pesticides on 44 popular produce items. They identified the types of fruits and vegetables that were most likely to have higher trace amounts.

As for nutrients, in 2007, a

study showed that organic produce had up to 40 percent higher levels of nutrients – such as vitamin C, zinc and iron – than similar conventional fruits and vegetables. A 2003 study in the Journal of Agricultural and Food Chemistry found organically grown berries and corn had 58 percent more antioxidants, which help prevent heart disease. This may be contributed to the nitrogen in the soil and how it is slowly released.

Buying local fruits and vegetables is a good choice, too. Nutrients are at their greatest level when fruits and vegetables reach ripeness – just after harvest. Usually, the less the produce has to travel, the fresher and higher it is in nutrients.

The 12 best foods to buy organic are apples, carrots, celery, cherries, grapes, kale, lettuce, nectarines, peaches, pears, peppers (bell) and strawberries.

Whether or not you choose organic, just eating fruits and vegetables every day is beneficial for your good health. Organic foods are available at your commissary at savings of 30 percent or more.

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

sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

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Updated: FEBRUARY 1, 2007

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

A special offer for the military; Buy-one-get-one FREE tickets to the Art of Fighting 9: Apocalypse- cage fighting event at the Veterans Memorial Arena Saturday, Sept. 4 at 7 p.m. Please visit <http://www.ticketmaster.com/event/220044D594C332DB> Prices listed represent 1/2 off regular ticket price. Ticket Master convenience fees may apply. Or you may visit the Veterans Memorial box office any time Monday-Friday 10 a.m.-4 p.m. with your military ID to take advantage of this offer without paying ticketmaster fees. Tickets must be purchased in multiples of two.

Greater Jacksonville USO has partnered with Coastal Cab to get you great rates on rides to and from the Airport, Mayport, Cecil Field and areas in between. Coastal Cab is happy to give a 15 percent discount from the meter to all addresses and locations not listed for all passengers that show their Military ID cards. To set up a ride or for more information please call 904-779-9999 (NAS Jax & JIA) or 904-246-9999 (Mayport).

Join in the largest USO ride in the state of Florida and one of the largest police escorted benefit rides in Central Florida. Attached you will find a flyer with all the information on this event including local lodging specials. SARAH EVANS will be in concert on Sept. 17! Visit www.usobenefitride.com for more details.

The Marine Corps -Ω Marathon/Freedom 5K is set for Saturday, Oct. 2, which begins at the Memorial Wall next to Everbank Field. For more information or to register for this event please visit: www.1stplacesports.com or www.jaxmarinecorpshalfmarathon.com. Special discounted entry fees for teams!

The First Tee is pleased to provide no cost services to children of active duty National Guardsmen and Reservists. Children between the ages of

USO NEWS

5-17 are invited to participate in a free golf and life skills instruction program. To locate the nearest chapter of The First Tee go to www.thefirsttee.org and download the coupon at www.thefirsttee.org/military. Bring the coupon to the chapter and your child could be enjoying a new experience of learning the game of golf.

The Jacksonville Air show is set for Oct. 23-24 onboard NAS Jacksonville. This is a great family event featuring top military and civilian performers, including the US Navy Blue Angels! Gates open at 9 a.m., Show begins at 10 a.m., free parking, admission and Kid's Zone! Open to the public!

Blue Star Museums is a partnership among Blue Star Families, the National Endowment for the Arts, and more than 700 museums in all 50 states to offer free admission to active duty military personnel and their families through Sept. 6. If you are active duty military personnel and/or an immediate family member, all you need to do is show your ID card at the museum admissions desk. Immediate family members under the age of 10 must be accompanied by an appropriate ID holder. For more information please visit: <http://www.arts.gov/national/bluestarmuseums/index.php>

Honorably discharged veterans, active-duty service and reserve members will receive a 25 percent discount on the purchase of a Florida State Park annual pass. The discount provides a savings of \$15 on an individual annual pass and \$30 on a family annual pass, which allows up to eight people in a group to access most of Florida's 160 state parks. In addition, honorably discharged veterans who have service connected disabilities, and surviv-

ing spouses of military veterans who have fallen in combat, will receive a lifetime family annual entrance pass at no charge. For information on qualifications and necessary forms to receive these discounts, visit www.FloridaStateParks.org/thingstoknow/annualpass.cfm#discountsveterans.

The USO and RocketLife, have partnered to deliver a heart-warming opportunity for the men and women of the armed forces and their families. The Personal Photo Book program enables troops serving abroad and their families to create 20-page personal photo books and ship them to any APO/FPO address for free. These full-color, customized photo books are small enough to fit in a soldier's cargo pockets yet can hold more than 60 photos of loved ones. RocketLife prints the books for free, and the USO pays for the shipping. To get started, visit <http://uso.myphotoproducts.com>.

The U.S. Department of Veterans Affairs has announced the launch of its new and improved online form, "Application for Health Benefits," which will make it easier and faster for veterans to apply for their health care benefits. This revised online application form (10-10EZ) provides enhanced navigation features that make it easier and faster for veterans to use. The new version also allows veterans to save a copy of the completed form for their personal records. The most significant enhancement allows veterans to save their application to their local desktop and return to the application at any time without having to start over. Previously, veterans had to complete the form in a single session. This updated online form, along with

the revised VA Form 10-10EZ, reduces the collection of information from veterans by eliminating some questions. In addition, there are minor changes to simplify the wording of questions and provide clarity in the instructions. Further enhancements to the online application are expected to be delivered in increments throughout 2010. Veterans may complete or download the 10-10EZ form at the VA health eligibility website at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>.

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

The Veterans History Project First Coast is dedicated to honoring the many veterans of Northeast Florida and those who supported war efforts. We record the memories of those who have served our country by conducting interviews. These stories are placed on our website for others to listen and learn: www.vhpfirst-coast.org.

We are a partner with the Library of Congress in Washington, D.C. where the memories of those we interview are archived for future generations: <http://www.loc.gov/vets/>.

There is a full kitchen, show-ers, a quiet reading room and a meeting room available at the USO. The USO is available for meetings, support groups, parties and pre-deployment briefs.

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

Presented By Kirby-Smith Camp #1209 Sons of Confederate Veterans

Celebration of American Veterans



Recognition of the Sacrifices of our Veterans of Bygone Eras

November 6 - 7, 2010

Confederate Park -- Jacksonville Florida

C.S.S. H.L. Hunley Exhibit

Full Size Replica with Detailed Interior
H. L. Hunley was a Confederate submarine that played a small part in the American Civil War, but a large role in naval warfare. The CSS Hunley was the first submarine to sink an enemy warship.

Included in the daylong activities of celebrating American Veterans of yesterday and today are military re-enactors from various American conflicts camping out in park, static displays of military equipment, military vehicles and flag ceremonies.

Location: 956 Hubbard St. Jax, FL 32206
Times: Saturday 8 AM - 5 PM Sunday 8 AM - 3 PM

Proud Supporter of
WOUNDED WARRIOR PROJECT

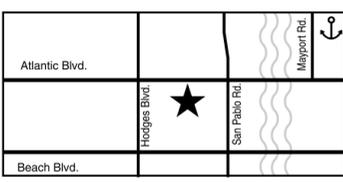


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*With Approved Credit

Apartment Features:	Amenities
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58514-01

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At Key our slogan has always been
"The Dealership That's Different"
This slogan is a constant reminder to us that we must always be mindful of **Our Promise** to you



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'03 Ford Taurus SES\$4,995	'08 Hyundai Tiburon GS\$14,995
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'04 Chrysler PT Cruiser.....\$5,995	'10 Hyundai Sonata GLS\$16,995
'00 Volkswagen New Beetle GLS..\$6,995	'10 Hyundai Sonata GLS\$16,995
'05 Hyundai Sonata LX.....\$8,995	'10 Hyundai Sonata GLS\$16,995
'04 Chevrolet Trailblazer LS.....\$9,995	'10 Hyundai Sonata GLS\$16,995
'05 Buick Lesabre Limited.....\$9,995	'10 Hyundai Sonata GLS\$16,995
'08 Hyundai Sonata GLS\$9,995	'10 Hyundai Sonata GLS\$16,995
'02 Ford Mustang Deluxe\$10,995	'10 Hyundai Sonata GLS\$16,995
'04 Toyota Camry XLE\$10,995	'10 Hyundai Sonata GLS\$16,995
'09 Hyundai Accent GLS\$10,995	'08 Honda CR-V LX.....\$18,995
'09 Hyundai Accent GLS\$10,995	'08 Nissan Titan SE FFV\$19,995
'06 Hyundai Sonata LX.....\$11,995	'09 Hyundai Sta Fe GLS.....\$19,995
'09 Hyundai Accent GLS\$11,995	'10 Volkswagen Jetta TDI\$19,995
'07 Honda Civic EX\$12,995	'08 Hyundai Azera Limited\$20,995
'09 Hyundai Accent SE.....\$12,995	'08 Honda Ridgeline RT.....\$21,995
'06 Dodge Grand Carav SXT.....\$13,995	'07 Toyota Camry Solara SLE VD \$23,995
'07 Hyundai Sonata SE.....\$13,995	'08 Cadillac SRX V5\$23,995
'09 Hyundai Sonata GLS\$13,995	'09 Hyundai Genesis 3.6L V5\$25,990

Introducing The All New

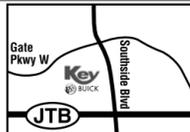
<p>2010 BUICK Lacrosse The New Class Of World Class</p> <p>3.9% APR \$1,500 Savings for Owners of '99 or Newer Non-GM Vehicles</p> 	<p>2010 BUICK Enclave Redefining the Luxury Crossover</p> <p>1.9% APR or \$1500 Cash Back</p> 	<p>2011 BUICK Regal European Bred, Autobahn Tested</p> <p>3.9% APR \$1,000 Savings for Owners of '99 or Newer Non-GM Vehicles</p> 
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- * To never inflate the manufacturer's window sticker with an additional mark-up. We call this "VALUE PRICING."
- * To provide the "BEST CAR BUYING EXPERIENCE" you'll ever have.
- * To provide the LARGEST SELECTION of automobiles in our market for your consideration
- * To never charge excessive or undisclosed dealer fees.
- * To never solicit your business with false or misleading advertising.
- * To always provide you with a WELL-TRAINED sales and service staff who are INDUSTRY LEADERS in customer sales and service SATISFACTION.

Visit us online @ www.keybuick.com

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588738

PLACE YOUR MILITARY CLASSIFIED AD

CLASSIFIED INDEX

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

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

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

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

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

CANCELLATIONS, CHANGES & BILLING

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

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

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

GENERAL INFORMATION

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

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

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

 **904-366-6300**

ONLINE
 Classified line ads are online at jaxairnews.com
FREE online advertising!
 Your Classified in-column ad automatically appears online at **no additional charge.**

Announcements

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

Real Estate For Sale

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

Georgia Real Estate


 \$15K CASH AT CLOSING
 3/2 - minutes to marina
 great n'hood, like new
 interior \$150K 912-832-3848

Southside

Near Nocatee - Cypress
 Trace Townhouse, 2br/2
 2.5ba Hwy 1 & Race-
 track Rd. Waterfront 30'
 from deck feed fish,
 turtles, geese. Excel-
 lent neighbors. **FOR
 QUICK SALE \$95,000.**
 Call Bob 1-253-820-2368

San Marco


 Gorgeous 2BR, 2 porches,
 wood floors, new kit,
 chg, gar, many updates
 \$164,000. 725-3933


 Updated 2-3BR, brkfst rm,
 encl. porch, w/d hkp,
 carport, incl. chg, dual
 zoning, \$138,000. 725-3933

Arlington

QUINLAN RIDGE
 15 Acre Waterfront
 Property For Sale Zoned
 & Permitted Property
 Zoned - RR Land
 Use-LDR 800 ft. on Mt.
 Pleasant Creek Deep
 Water Navigable to
 Intracoastal (13) 1 Acre
 Lots City Water & Elec-
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www.Laskeydevelopment.com
 Call Donna
 (904) 403-8322

Westside

WESTSIDE 2, 3 & 4BR's
 0% down W.A.C.
 904-783-2460

Orange Park/ Clay County

FOR SALE

Owner Finance Hickory
 Glen executive 4br/2ba
 w/frp/c, 2000sf, \$10,000
 down \$1280mo 610-3922

We Support Our Troops!
Modular & Mfg.
Land/Home Packages
ClaytonHomesJacksonville.com
772-8031

FREE Benefit Package
JaxNavyHomes.com
 Beach & Luxury Realty-Steve Pate

Nassau County


 3/2 on 1 acre lot, 1700sf
 w/ detached 1/1 cottage,
 1000sf located in
 Hilliard, FL. 904-813-5961


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IN HERON ISLES
HAS HOMES READY
FOR MOVE-IN
STARTING @ \$134,900.
ZERO DOWN
ZERO CLOSING COSTS
 904-994-6100 OR
 904-641-6454.

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FOR SALE

3BR/2BA brick home on
 high bluff on St. Johns
 River in Welaka, FL.
 double boat house
 w/room for large yacht.
 Call 386-467-7255

Condominiums

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

Out of Area/ Town/State

MACON COUNTY
 100 Acres \$99,500
ROAD FRONT
YOUNG TIMBER
BIG DEER COUNTY
 Call 478-477-1000

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 New 2BR's starting
 @ \$39,900. 904-233-8060

WESTSIDE 2, 3 & 4BR's
 0% down W.A.C.
 904-783-2460

Westside 2br/1ba home
 \$500down
 Please Call 904-783-2460

BACK TO SCHOOL
SPECIAL Nice 3/2
Rent-to-Own for \$640
a month for 7 years call
Rebecca @ 904-695-2255

Farms/ Acreage


Land For Sale

14.676 acres located in
 Nahant, Georgia. The
 property is platted for 9
 individual lots and
 includes a 2003 14'X52'
 single wide. Asking
 price is \$58,900. Call
 912-283-0001 Ext 12 for
 additional information.

Land For Sale


57 AC, 1500ft on St Mary's
River - 3/2 1800sq-ft
house. Owner financing
Call Mike 904-759-0121

Real Estate For Rent

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

Apartments Unfurnished

Arlington East- 2000sf Apt
 3/2 on priv 1 acre lot,
 A/H, Girvin \$1000mo utls
 & chl incl up to \$200
 904-759-0191/ 904-220-3503

ARLINGTON 3/2, wd flrs,
 ch&a, 1200sf, W/D, pool,
 7201 Arlington Expy. #40.
 \$700mo. 786-282-0242

Northside-Lrg 1, 2, 3BR TH
 carpet, blinds, water &
 sewer incl. Laundry fac.
 Call 768-9964

ORANGE PARK-2/2.5
 Condo/TH, all apps incl
 W/D, wtr incl, scrnd
 porch, pool, tennis,
 no pets, \$850mo 476-7514

Riverside & Westside
1Br Starting at \$450
2 & 3 BR's also avail
\$35 App. Fee Call 771-1243
\$200 OFF 1st Month Rent

RENT NOW

STNICKRENTALS.COM
 2BR from \$495
 355-9700

WESTSIDE/1-10/1-295
 Nice, quiet & clean 3/2 \$800
 2/1 \$650 Military disc.
 Sec. 8 welcome 374-6339

Condos for Rent

Arlington 3/2 Merrill
 Pines built '06,
 upgraded apps, W/D
 incl, 1200sf, beauti-
 ful cmtly w/gated
 entr. & pool,
 \$825/mo. Call Miguel
 904-614-5651 or
 Melvin 904-982-7292

Baymeadows- Newly
 remod condo, 2/2, 1250sf,
 lrg closets, scrnd patio,
 all apps & W/D incl,
 \$850mo Call 614-327-3663

HODGES NEAR BEACH
 and JTB 2Bed/2bath
 w/loft, washer/dryer
 incl. Near UNF and
 beaches. \$1050 month.
 \$1050 dep. Non-smoking.
 Pets add \$ 904-237-1974

PONTE VEDRA BEACH
 2br/2ba fully furnished
 luxury town home all
 apps included, split fir
 plan, 1200sqft. Resort
 style amenities. No pets.
 NS. E. of A1A, \$1395/mo
 904-476-0412

SAN JOSE 1/1. All Tiled,
 laundry, tennis, pool,
 safe area. \$650. 1st, last
 \$250sec dep. 904-654-5976

Houses Unfurnished

Arlington/Ft. Caroline
 Beautiful, 4/2.5, bonus
 room perfect for home
 office or studio. \$1500
 incl yard/lawn mainte-
 nance Call Your Choice
 Real Estate 904-521-2951

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

Atlantic Beach
 3br/1.5ba+bonus room,
 fenced yard, 800sf
 storage barn in back-
 yard \$1200mo+1mo dep
 Call Joe 904-635-3319

FLEMING ISLAND 3/2.5 TH
 2story, A rated schools,
 2 pools, tennis \$1000mo
 +dep avl immed 451-5572

MANDARIN-Beautiful, new
 apts, 3/2, 1600sf, 2 car gar,
 scrn patio, fam rm, fnc bk
 yd, lwn ser, NO PETS.
 \$1150mo+sec. 904-223-2214

MANDARIN/Beauclerc-
 3/2, pool, fireplace,
 fenced, 1,800sf, \$995mo,
 no pets. Call 904-612-4075

Mandarin 2/2.5 townhse,
 garage, frpl, walk-in
 closets, w/d connection,
 \$850mo. 1-727-507-1668

Houses Unfurnished

 **Mandarin-Beautiful Brick**
 3/2, scrnd patio, e/f kit,
 FP, fam rm, cul-de-sac.
 \$1400mo 305-607-7464

Orange Park-4Bd/2Ba 2400 sf
 1/2 acre fen lot \$1,299/mo +
 sec dep. Near Kingsley and
 17. Call Kim at 904-264-7079

 **San Marco updated 2br, offc**
 brkfst rm, encl. porch w/
 w/d hkup, carport, \$745
 No pets/smkr 725-3933

 **San Marco Gorgeous 2br,**
 2 porches, wood flrs,
 ch & a, gar, \$865 mo
 No pets/smkr 725-3933

Southside 11936 Peaquots
 Ln. 3/2/2 L.R., DR, FR,
 fencd bk yrd \$1050. John
 J. Realty 904-721-2929

 **PCS - FSBO Orange**
 Park \$200,500. Holly
 Point Rd. 4/3.5,
 2400sf, lovely brick
 ranch, waterfront view
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 rents as low as \$650 on
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 Community. 904-781-5645

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 0 DEPOSIT FROM \$395
 1 & 2 BR monthly
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WESTSIDE Private DW 3/2,
 ch&a, no pets \$650mo +
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Beautiful 2 & 3 B/R
 mobile home for as low
 as \$575 a month & 1st
 month just \$1 per day-
 call Rebecca 904-695-0080

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 bth, no pets, free cbl, N/S
 \$460/mo. 1/3 util. 434-4713

NORTHSIDE- Looking for
 2 people to share 3 Bed-
 room house, \$650 mo.
 util included.904-521-5404

Rooms for Rent

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

ATLANTIC BEACH -
 Private room for rent in
 4BR/2BA home, near
 Mayport Naval station.
 W/D, all utls & cable
 incl, \$500/mo. Male
 preferred 678-464-9743

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 No exp. needed, willing to
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 JT Butler 904-253-7882
 Baymeadows 904-674-2464

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Catalyst Professional
 Services is searching for
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 Assistants or Corpsman
 to work at the Naval
 Branch Health Clinic,
 Mayport, FL.
 Candidates must possess
 a high school diploma or
 GED; be a graduate from
 a medical assistant
 training program
 accredited by CAAHEP
 or ABIES or a formal
 medical services training
 program of the U.S.
 Armed Forces; possess a
 certification as a medical
 assistant by AAMA or
 registration by the AMT,
 or equivalency; possess
 one year full time
 experience within three
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 outpatient family
 practice or primary
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 Catalyst Professional
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PEOPLE. MNGT WE
TRAIN!! \$500-\$700/wk
 to start. Looking for moti-
 vated, enthusiastic in-
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Florida Cooling Store
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 Installed \$2695 Net Cost
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 •Free 10 Year Parts,
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 Service Calls. NO
 CREDIT CHECK Financi-
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 CAC#1813316

**Building/
Contracting**

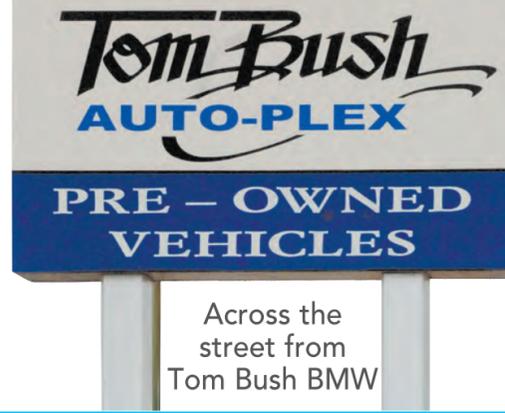
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 gation Inspections, Hur-
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 Company is compas-
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 Call 904-813-3661 or visit
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 Child Care Pro-
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 Full time, Mon-Fri,
 6:30-5:30, Girvin area.
 904-220-0934. Accepts
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 Christian Early
 Edu Pre-Sch.
 20 positions to fill
 ment for FREE Volun-
 tary Pre-Kindergarten
 \$505. Non-Exempt \$18
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I'm going to the... AUTO-PLEX



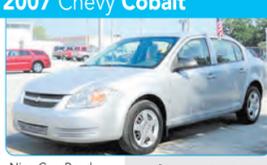
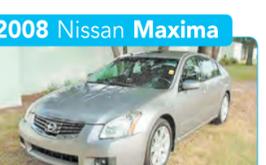
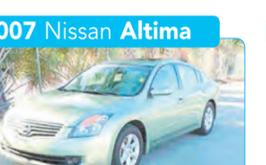
Hurry-Sale ends Saturday August 21 at 7:00 PM

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