



2008 CHINFO Award Winner

Happy Birthday, Navy



-Photo by MC1(SW/AW) Heather Ewton

The dance floor is crowded with Sailors and civilians enjoying the evening and celebrating the 235th birthday of the Navy at this year's Navy Ball held at the Hyatt Regency Downtown.



-Photo by ET1 (SW/AW) Marty Parsons

Lt. Cmdr. Victor Roman and a Master-at-Arms Seaman from NAS Jacksonville cut the cake as the oldest and youngest active duty Sailors during the Navy Ball on Oct 9.

By MC1(SW/AW) Heather Ewton
Deputy Public Affairs Officer

The "Tri-Base commands", consisting of Naval Station Mayport, Naval Air Station Jacksonville and Naval Submarine Base, Kings Bay, Ga., gathered together on Oct. 9 to celebrate the 235th birthday of the United States Navy in the Grand Ballroom of the Hyatt Regency Downtown Jacksonville.

More than 900 personnel were in attendance to commemorate to birth of the Navy and in addition, the audience also enjoyed an assortment of performances, dedicational displays, elegant cuisine and breathtaking views of Jacksonville.

"I can confidently say that my wife and I had a wonderful time and truly look forward to attending the next one," said Master-At-Arms 1st Class Petty Officer

Johnny Ortiz. "Many Sailors from my command were there and there was a true feeling of camaraderie surrounding us. It was a time for us to relax and enjoy our spouses and shipmates' company."

The stage was prominently decorated with an American flag that served as a backdrop. Carefully placed in front of the flag, uniform displays were lined up representing the history of the United States Naval uniform. The color guard was made up from a collection of stellar Sailors from each of the three commands. Navy Band Southeast performed throughout the event, providing music during cocktails, dinner, the National Anthem and performed during the dedication to all branches of the military service. During

See Navy Ball, Page 8

Celebrate Fall With MWR

From MWR

MWR Mayport will host Fall Fest on Oct. 16 from 2-6 p.m. at Sea Otter Pavilion.

This year's all hands event features a haunted house, games, rides, bounce houses, facing painting, caricature artists, and entertainment. All activities are free. Bring a camera and take pictures in the festive pumpkin patch or purchase a pumpkin to take home. Food and beverages will be available for purchase and vendors will be on-hand selling arts and crafts, baked goodies, and more.

Fall Fest 2010 is sponsored in part by Navy Federal Credit Union and USAA. For additional information, call MWR Customer Service at 270-5228.

Holiday-Mailing Deadlines Out

From Naval Supply Systems Command Public Affairs

The Naval Supply Systems Command's (NAVSUP) Postal Policy Division mail-by dates for pre-Dec. 25 delivery of holiday cards, letters and packages are out.

The dates are as follows:

For military mail addressed to APO/FPO addresses APO/FPO AE zip codes 090-098 (except 093), AA zip code 340 and AP zip codes 962-966:

Express Mail Military Service (EMMS): Dec. 18

First-Class Mail, Letters, Cards; Priority Mail: Dec. 10

Parcel Airlift Mail (PAL): Dec. 3

Space Available Mail (SAM): Nov. 26

Parcel Post: Nov. 12

For APO/FPO AE zip code 093:

EMMS: Not applicable.

First-Class Mail, Letters, Cards; Priority Mail: Dec. 4

PAL: Dec. 1

SAM: Nov. 20

Parcel Post: Nov. 12

For military mail from APO and FPO addresses

EMMS: Dec. 18

First-Class Mail, Letters, Cards; Priority Mail: Dec. 10

PAL: Dec. 3

SAM: Nov. 26

EMMS is available from selected military post offices. If mailing to an APO/FPO address, check with your local post office to determine if this service is available. PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid

in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

SAM refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to the continental United States by air on a space available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

It is also recommended that customers check with their local civilian or military post offices for information on size restrictions and possible need for customs declaration forms. Additionally, customers are advised that certain mail restrictions apply and some items are non-mailable, such as switchblade knives, pornography, controlled substances and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact your local post office or military post office.

Customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed. Instead, they will be handled as "non-mailable matter," regardless of the contents or what is listed on the U.S. Customs form.

Groves Holds Change Of Command

From USS Stephen W. Groves Public Affairs

Cmdr. Matthew S. Rick relieved Cmdr. Edward S. Gettins as commanding officer of Stephen W. Groves during a change of command ceremony on Oct. 4 on board the ship. Capt. Gary J. Haben, Commander of Destroyer Squadron Fourteen, served as the guest speaker for the ceremony.

Gettins' next assignment is at Tactical Training Group Atlantic (TACTRAGRULANT) in Virginia Beach, Va., where he will serve as the Air Warfare Lead. During his command tour in Stephen W. Groves, Gettins led the ship on a Standing NATO Maritime Group One deployment supporting Operation Active Endeavour in the Mediterranean and Counter Piracy operations around the Horn of Africa, as well as BALTOPS 2010, the largest annual naval exercise conducted in the Baltic Sea.

The ship sustained many notable accomplishments under his leadership, including outstanding performance during INSURV, BALTOPS, and ULTRA-S.

Rick arrives from a Chief of Staff tour at Destroyer Squadron Two.



-Photo by Paige Gnann

Outgoing USS Stephen W. Groves Commanding Officer, Cmdr. Edward S. Gettins, left, and incoming Commanding Officer, Cmdr. Matthew S. Rick salute during the parading of the colors and the national anthem. Groves held a change of command ceremony on Oct. 4 on board the ship. Capt. Gary J. Haben, Commander of Destroyer Squadron Fourteen, served as the guest speaker for the ceremony.

Commands Take The Challenge
SERMC Brings Back Trophy

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Mayport Kids
Get 'Ready, Sweat, Go!'

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Inside The Mirror





Capt. Aaron Bowman

It has been an honor to serve as your Commanding Officer for the last three years and it has provided me, my wife Debbie, and my son Blaise a lifetime of memories and I've never been more proud to serve in the Navy. I look back to when we arrived here in December of 2006 thinking we knew what this base, this job, and this community were about and realize how much more it has been and how naive we were driving in the gate. To say Mayport is without a doubt the best base in the Navy is an understatement. It is so much more - it is a thriving community consisting of active duty sailors who will stop at nothing to protect our freedoms, it is a civilian

CAPTAIN'S COLUMN

workforce that makes sacrifices every day to support our mission, it is a group of support contractors which stops at nothing to ensure we are effective, and it is backed up by our families and our surrounding community. The strategic importance of Mayport, the quality of life, the weather, the cost of living, and the local support are all part of the reasons that Mayport is the most requested duty station in the Navy. This is the eighth Naval Station which I have been assigned PCS orders and I've spent considerable time on 42 of our installations worldwide and there simply is no comparison.

I am not going to single out any group or any person my final column since it would make it too long but I will make it short by saying that so many of you have touched our lives and given so much that I am humbled to be in your presence. I did leave out one group in the paragraph above that needs special recognition and it's our volunteers. Specifically our Ombudsman,

our volunteers for Navy Marine Corps Relief, our Sea Turtle patrols, our moms and dads who give so much time to our local schools, USO volunteers, Navy League, Patriot Guard, VFW, Fleet Reserve, American Legion, and the countless others who helped with special events. Without you, this base would not function.

Much has been accomplished on the station since I have been here with new buildings, new commands, new housing, new aircraft, and new missions and yet there is still so much more to come. I look forward to seeing the completion of the new gym and all the other projects in work on the waterfront and on the airfield. It's exciting to see the dredging project starting to support a CVN and the plans our Navy leadership has for the future of this installation. It will be fun to watch the Naval Station evolve and grow over the next several years.

Mayport has been so special to me and my family that

we intend to call Jacksonville home and I will enter the retired ranks shortly after the Change of Command. We look forward to maintaining our relationships with everyone we have met. Please join me in welcoming the new Commanding Officer, Capt. Doug Cochrane. They bring with them an impressive naval career and a deep understanding and devotion to Mayport and will be a fantastic addition to the Mayport and Jacksonville community. If you give them half of what you gave us, they will be in good shape.

Thank you for being who you are and doing what you do. I am leaving the Navy and this position feeling good about where we are going and who is taking us there. This is the part where I normally say I care about you and please email me with your suggestions to make this a better base - not happening this time. Only email me if you are looking for a bad golf partner or are looking to trade sea stories or maybe share a scotch and a cigar. I look forward to seeing all of you on the 21st at the Change of Command.
VR-Aaron



-Photo by MC1 Heather Ewton
NS Mayport commanding officer, Capt. Aaron Bowman and his wife, Debbie, enjoy the Navy Ball, his last as CO of Mayport.

Watch Out For Signs Of Cyberbullying



Judy Cromartie
School Liaison Officer

Cyberbullying
Last week I wrote an article for *The Mirror* on "Bullying" to make sure that parents of school-age children know the law here in Florida - Florida Statute 1006.147: "The Jeffrey Johnston Stand Up for All Students Act." This law prohibits bullying and harassment of any student or employee of a Florida public K-12 educational institution. But students con-

KNOW THE ROPES

tinue to be bullied at school and now at home over the internet.

This pervasive and invasive form of bullying which uses the internet is called "cyberbullying." The incident which took place last month at Rutgers University resulting in the suicide of an 18 year old student has brought this form of bullying - again. Studies suggest that cyberbullying is affecting a significant minority of school-age children, with nearly 25 percent to 35 percent of respondents claiming to have been bullied in chat rooms, through email, and via text messages.

High-Tech bullying is a complex problem. These are examples of how students bully each

other in the high-tech world.

Email: A student will send a threatening email to another, then forward it to other people.

Harassment: Sending severe or persistent hurtful text or email messages to someone.

Impersonation: A student may impersonate another student to make unpopular online comments. These comments can lead to the impersonated student being ostracized or further bullied in a more traditional way.

Outing: This is the public display, posting, or forwarding of personal information or images which contain sensitive personal information or images which are sexual in nature. Cell phone or laptop cameras are

used as part of outing bullying.

Exclusion: This is the process of designating who is "in" and who is "out" of a particular group at school. Frequently girls will exclude certain other girls from email lists or chat room conversations.

If you notice changes in your child's behavior, it may be a good idea to pay particular attention to the following:

- The child appears upset after internet use.
 - The child is using his computer late at night more than usual.
 - There is some evidence that the child is covering his online tracks.
 - The child's school life is suffering (declining grades, poor attendance, reported misbehavior).
- Here are some tips to help you if you suspect your child is being cyberbullied.
- Maintain calm and open

communication. Let them know that you trust them and that you are willing to help with whatever problem they are dealing with.

•Explain that revenge will not solve the problem and could make it worse.

•Help your child keep records of chat transcripts, photos, or emails for evidence.

•Report the abuse to the perpetrator's internet service provider or cell phone service provider.

•Communicate the abuse to the school's designated administrator.

If your child will not share the problem with you, call your child's school counselor and ask if she will talk to your child about your concerns. It is important to stop the bullying and the suicides.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have ques-

tions 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.

For more information, check out these websites:

Stop Cyberbullying
www.stopcyberbullying.org
USA Today, MAR 07, 2005.

Schoolyard bullies get nastier online, Available online at <http://tinyurl.com/ezu2f>

Bullycide In America - the bullying/suicide connection.
www.bullycide.org

"GuardingKids.com: A Practical Guide to Keeping Kids Out of High-Tech Trouble"

<http://www.guardingkids.com/>

Love's Labours Lost? Not If You Work On It



Chaplain Jonathan Black
Surface Force Ministry Center

"Love is begun by time, and time qualifies the spark and fire of it." ~ William Shakespeare

Do you remember when you fell in love? It's an honest question. So go ahead. Think of an answer. No, like, right now. It's ok. Stop reading, pause, and remember. Go ahead. I'll wait.

I fell in love in Hawaii.

CHAPLAIN'S CORNER

Pretty romantic place I have to admit. I was minding my own business, walking to class with my roommate, when the rain stopped, the clouds parted, a beam of light shone down, and I am sure there was some angelic being singing in the background, then suddenly there before me was this stunning beauty sitting at a picnic table minding her own business. I immediately set aside my business and interrupted her business and before long we were spending all kinds of time together.

We hit the beaches, we went for walks, went hiking, rock-climbing, attended a few plays, took in a luau, went to church together...you get the idea. Eventually, she agreed to marry me. And, two children and 12 years later we still have an amazing relationship.

But here's the thing. It has changed over time. It has ebbed and flowed. In fact, we haven't gone rock-climbing together since we met in Hawaii 14 years ago. I can't remember the last time we went to see a play together - let alone catch a movie. Our relationship suffered because we let life get in the way of romance.

It's not easy keeping the romance alive with the pressures of everyday life is it? Work. Deployment. Children. School. Sports clubs. Arts clubs. Homework. Play-dates. Paying the bills. Paying the debts. Paying the taxes. Paying the piper. That's why I love that Shakespeare quote so much. It's a sort of challenge. It's a challenge to see whether you can make "love" last over time.

Let me ask you another question. Whether you've been

married for 30 years or dating for 30 days - how's that spark? How is that fire? Are you throwing wood on that fire or have you been smothering it with life? With excuses? Fire needs fuel. So does romance.

One of my favorite books in the Bible is the Book of Revelation. In it the author writes to Seven Churches. To one of those churches he tells them to "return to their first love." He instructs them to do the things they did formerly to enflame that love.

That's a lesson for us all.

Keep that spark. Enflame that fire. Think about the things you did together when you first met. When you first fell in love. Go for a walk together. Stroll along the beach. Play racquetball. Go out for a drink. See a play. Whatever you did before, do again.

Don't allow your "labours of love" to be lost. "Love is begun by time, and time qualifies the spark and fire of it." May Your Love Endure!

NAVY SUP NEWSFLASH

Need help with your move? Have Entitlement Questions? Can't figure out DPS?

Email all of your move questions to the **NEW Personal Property Email** address at.....
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Roman Catholic Mass
Sunday 9 a.m.
Monday-Friday 11:30 a.m.
Confessions: before & after mass or upon request
CCD: Sunday 10:30 a.m.
Baptisms: class 3rd Sunday of month

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

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

Protestant choir
Wednesday 7 p.m.

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

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.

THE MIRROR
Naval Station Mayport

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CNIC Pushes To Get Support To Absentee Voters

From Commander, Navy Installations Command Public Affairs

Fall elections are almost here and Commander, Navy Installations Command (CNIC) wants to ensure Sailors and their family members exercise their right to vote by providing the Voting Assistance Program Navy-wide.

"It is important to vote. Plain and simple," said Vice Adm. Mike Vitale, CNIC. "At CNIC, we're ensuring every Sailor and his family has the opportunity to vote this year whether you're deployed, living overseas or stateside."

"We've made it easy by either going on line or contacting your Command Voting Assistance Officer. Don't let your living location or deployed status keep you from voting."

"For persons who need

and the District of Columbia) the Sailor or family member is registered to vote. "You can complete the Federal Post Card Application online or print it off and fill it out by hand," said Stevens. "No envelope or postage is required. It's designed to be folded, sealed and mailed securely at no cost to the voter. Many states even accept a fax of the form."

For those voters who find their absentee ballot has not arrived, the use of the Federal Write-In Absentee Ballot (SF-186) is authorized during this year's election cycle.

"The Federal Write-In Absentee Ballot (SF 186) will be available for those voters who did not obtain their absentee ballot. CNIC Voting Assistance Officers should also have copies of this form," he

said. Stevens continued, "As a general rule, anyone submitting an absentee ballot needs to have the ballot post marked by Nov. 2 and received no later than two weeks after that date to be counted in the election. Since voting is run by the states and is not a Federal program, the rules for deadline for casting ballots may differ a little from state to state. To make certain your vote is counted, it is best to have it in the mail and post marked by Nov. 2."

Regardless of their current duty station, CNIC's Fleet Family Readiness program will ensure Sailors and their family members have the option of absentee voting if they elect to use that option. Voting information is readily available online from the FVAP

website or from the 2010-2011 Voting Assistance Guide. More than 10,000 copies of the guide were mailed to 1,500 Navy installations. A copy is available from regional or base Navy Voting Assistance Officers. Commander, Navy Installations Command was established in 2003. The command was created to execute delivery of services across the Navy installation domain.

It currently consists of a Washington, D.C., echelon II headquarter staff, 11 regional staffs, and 77 installations worldwide. CNIC force consists of more than 58,000 military, civilian and contractors serving the ashore community.

For more information on the Navy Voting Assistance Program, visit www.cnic.navy.mil.

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NS Mayport Helping To Fill Food Pantries

From Balfour Beatty

With Oct. 23, marking the 20th anniversary of Make a Difference Day, the largest national day of community service, Balfour Beatty Communities together with its residents, is looking to make a great difference in the lives of many through Second Harvest Food Bank.

Until Oct. 22, members of Naval Station Mayport can place non-perishable foods in collection bins located at Bldg. 289 and Bldg. 350 or at the Ribault Bay Community Center. Balfour Beatty will deliver the goods to Second Harvest Food Bank on Make a Difference Day, Oct. 23.

"If every member of Naval Station Mayport donates just one non-perishable food item, imagine the number of people or families we can help," says Heather Gaskins, LifeWorks Coordinator for Balfour Beatty Communities, "it's about neighbors helping neighbors and everyone can participate."

Created by USA WEEKEND Magazine and HandsOn Network, Make a Difference

Day is an annual event that takes place on the fourth Saturday of every October and millions have participated. In 2009 alone, 3 million people cared enough about their communities to volunteer on that day, accomplishing thousands of projects in hundreds of towns.

"We can make an impact on our community – no, on the world," continues Gaskins, "those we help may very well turn around and help others, continuing what we started."

Balfour Beatty Communities shares USA WEEKEND Magazine and HandsOn Network's vision of Make a Difference Day that one day, every person will discover their power to make a difference creating healthy communities.

The results of the collection will be published at the conclusion of the drive. In the meantime, anyone wishing to know more about this charity drive is encouraged to contact the Balfour Beatty Community Management Office at 904-372-4702.

Navy Outlines 2010 CFC Goals

By MC3 Shannon Burns

Defense Media Activity - Anacostia Public Affairs

Senior Navy leadership outlined individual Combined Federal Campaign (CFC) goals for Navy organizations across the fleet during a Sept. 23 ceremony at the Pentagon Center Courtyard in Arlington, Va.

Under Secretary of the Navy Robert Work described CFC donation goals to Navy leaders from 16 organizations, including Naval Information Operations Command, Space and Naval Warfare Systems Center and United States Marine Corps Headquarters. He presented representatives from each organization with a small board denoting Department of the Navy (DoN) CFC goals during the ceremony. Work also explained how funds raised through CFC have a nationwide impact.

"This is worth doing," said Work. "It impacts Sailors, Wounded Warriors and communities throughout the United States."

Work added that although there are numerous reasons the CFC has remained integral in the DoN, the thousands of sea service members and Department of Defense (DoD) employees choosing to participate in the program are who ensure the program's continuing legacy.

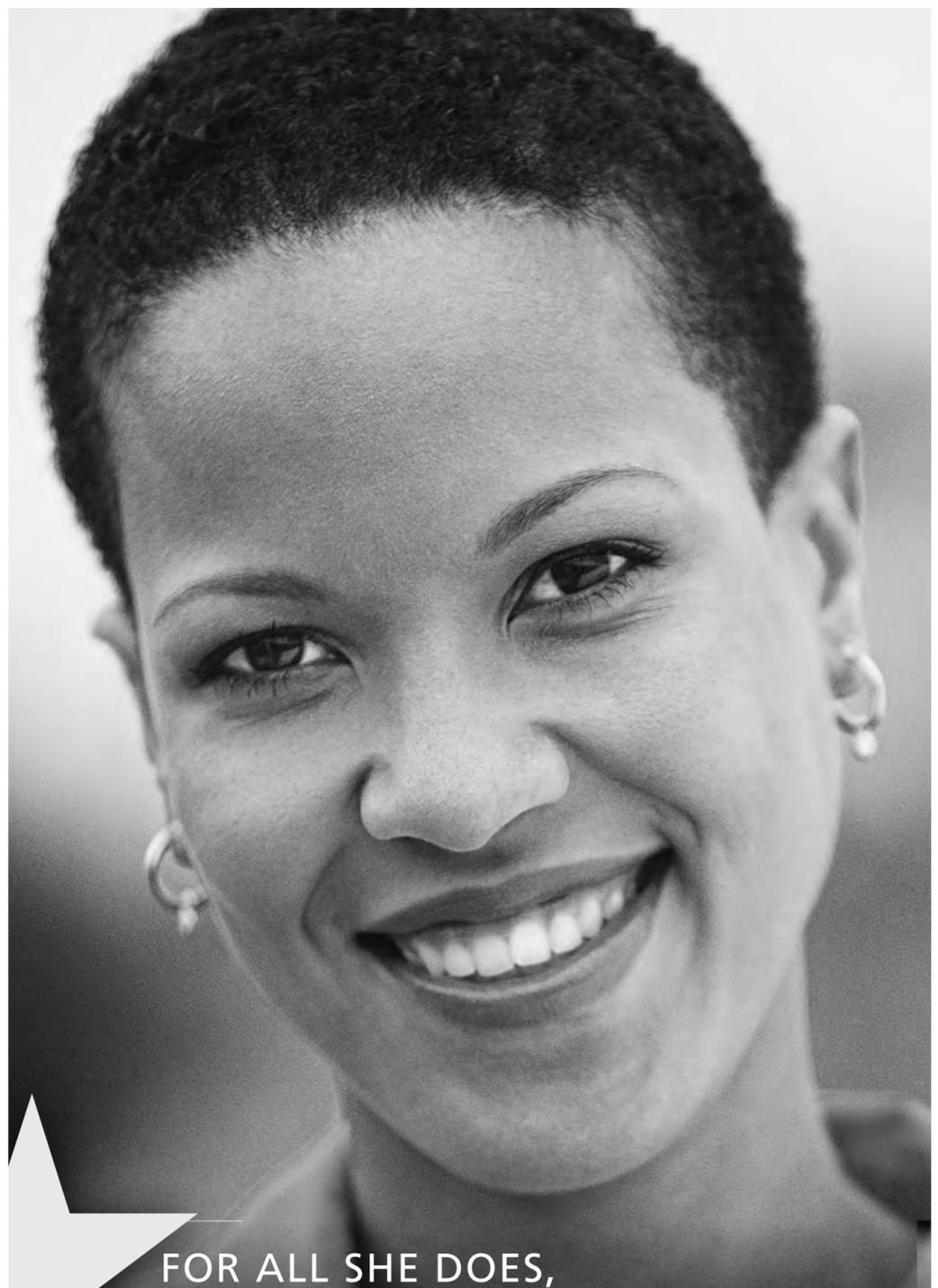
"One reason why we're successful is because of our Sailors, Marines and civilians," said Work. "They have already

dedicated their lives to providing a service to the country. They understand what it means to give and what it means to sacrifice."

Of the more than 4,000 charities eligible for participation in the 2010 CFC, numerous charities maintain close military ties, including Puppies Behind Bars, an organization which trains and donates aide dogs to Wounded Warriors.

"The CFC is an incredibly important donor to us not only because of the amount of funds generated as a whole but also because when we get private individuals who want to give us money from their paychecks it tells us that the work we are doing is important," said Gloria Gilbert Stoga, Puppies Behind Bars president.

DoN CFC expectations during 2009 were set at 3.82 million dollars, but more than 4 million dollars were collected. DoN CFC organizers established a goal of 3.9 million dollars for this year's campaign. The CFC, officially formed in 1964 as a test project in six cities, consolidated numerous charity drives into one annual combined campaign resulting in a substantial increase in contributions ranging from 20 percent to 125 percent. In 1971, former President Richard Nixon announced that the CFC would be the uniform fundraising method for the federal service.



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SERMC Takes Sports Challenge Trophy

From Staff

SERMC took back the title of winner at this year's MWR Fall Sports Challenge event on Oct. 5-8 at Naval Station Mayport.

The semi annual event is held every Spring and Fall. SERMC also won the 2008 Fall Sports Challenge and the 2009 Spring Challenge.

This year's Sports Challenge featured more than 300 participants from 14 different commands.

The Individual Command event winners:

CO/CMC Canoe Race, Capt. Carl Bush and CMDCM Brad Shephard of CHSMWL

Experience Canoe Race, NBHC Mayport

3-on-3 Basketball, USS Vicksburg

8-Ball Pool, USS Vicksburg

Bowling, SERMC

Kickball, SERMC

Softball, NAVSTA

Mini Biathlon,

HSM-40

Golf, NBHC Mayport
Cricket Darts, SERMC
Volleyball, NBHC Mayport
Horseshoes, NBHC Mayport
Simon Says, NBHC Mayport
Strongman Competition,

HSM-40

Tug-o-War, USS Simpson
The third place overall winner with 750 points is USS Simpson.

The second place overall winner with 900 points is NBHC Mayport.

The first place overall winner with 1,000 points is SERMC

The MVP award winner is Chief Hospital Corpsman David Perry of NBHC Mayport.

He participated in 7 events, showed spirit and support for his command.

Sponsor for the event was APS Promotional Solutions.

The next Sports Challenge will be held in April. For more information, contact Rita Hammerstad at 270-5451.



-Photo by Paige Gnann

Naval Station Mayport Command Master Chief, CMDCM Dave Anderson, presents the first-place trophy and plaque to SERMC for their win in the 2010 Fall Sports Challenge held Oct. 5-8. The command brought in 1,000 points and three first-place finishes to win the title.



-Photo by Paige Gnann

Anderson presents Chief Hospital Corpsman David Perry of NBHC Mayport with the MVP Award. He participated in seven events, including experienced canoe, bowling, and softball.



-Photo by Paige Gnann

Anderson presents the team from NBHC Mayport with the second-place plaque for the participation in the fall challenge. NBHC won five events and totaled 900 points during the four-day event.



-Photo by Paige Gnann

USS Simpson receives the third-place plaque for their 750 points. Simpson won first place in Tug o War.



-Photo by Paige Gnann

A Sailor takes his shot during the 8-Ball event. USS Vicksburg took home the points for this challenge.



-Photo by Paige Gnann

Sailors try to aim straight during Cricket Darts. SERMC won the event.



-Photo by ET1(SW/AW) Marty Parsons

NS Mayport Commanding Officer, Capt. Aaron Bowman, and CMDCM Dave Anderson end up in Lake Wonderwood during the CO/CMC Canoe Challenge.



-Photo by ET1(SW/AW) Marty Parsons

CHSMWL Capt. Carl Bush and CMDCM win this season's CO/CMC Canoe Challenge. The first time the event has been won by a command other than HSL-48 in at six challenges.



-Photo by ET1(SW/AW) Marty Parsons

Divers from SERMC jump in and out of a tire before moving it across a course during the Strongman Competition.



-Photo by ET1(SW/AW) Marty Parsons

A Sailor from HSM-40 crawls under rope and threw sand spurs to compete in the Strongman Competition.



-Photo by ET1(SW/AW) Marty Parsons

Master-at-Arms 2nd Class Nick Fessler of NS Mayport throws a kettle bell, one of several different challenges that made up the Strongman Competition.



-Photo by ET1(SW/AW) Marty Parsons
Team Navsta watches as a ball heads for the net during the Volleyball competition.



-Photo by Paige Gnann
USS Carney gets encouragement from their teammate, Lt.j.g. Pia Chapman, during the Tug-o-War competition.



-Photo by ET1(SW/AW) Marty Parsons
Ships make the perfect backdrop for the Kickball portion of the MWR Fall Sports Challenge.



-Photo by ET1(SW/AW) Marty Parsons
Teams from Navsta's CO and CMC wish each other "good game" during the Kickball competition.



-Photo by ET1(SW/AW) Marty Parsons
A player from USS Carney jumps for the shot during 3-on-3 Basketball.



-Photo by ET1(SW/AW) Marty Parsons
A player from USS Carney jumps for the shot during 3-on-3 Basketball.



-Photo by Paige Gnann
Sailors touch their nose during Simon Says.



-Photo by Paige Gnann
CMDCM Smith of USS Carney and Senior Chief Hospital Corpsman King count points during Horseshoes.

Oct. 14: Thursday CPO Social Hour – Right Hand Man Night. 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. 270-5431

Oct. 16: Fall Fest 2010. 2-6 p.m. at Sea Otter Pavilion. Free activities include a haunted house, games, rides, bounce houses, face painting, caricature artists, entertainment, and take your own pictures in the pumpkin patch. Food and beverages will be available for purchase. A variety of vendors will be on-hand selling arts and crafts, baked goodies, and more. Purchase your seasonal pumpkin from the pumpkin patch. 270-5228

Oct. 17: 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

Oct. 18: Fall Intramural and Greybeard Basketball Meeting. 11 a.m. in the Gym lobby. 270-5451

Oct. 18: Jaguars vs. Titans Limited tickets are available (while supplies last) at ITT. 270-5145

Oct. 18: Jaguars Golf Special, "Bring A Buddy". Buy one round of 18 holes with a cart after 12 p.m. on any Jaguars game day and get

Oct. 1-30: Club Teen's Passport to Disney: Ages 13-17 can earn a free trip to the Magic Kingdom with the Teen Center by attending Club Teen events and volunteering their time at Youth Center events during the month of October. Trip is Nov. 6. 270-5680 or 246-0347

Oct. 15: Freedom Friday – Scary Movie Night. 7-11 p.m. at the Youth Activities Center. Ages 6-12 are welcome; age 5 is welcome, if currently in kindergarten. Cost is \$7 in advance or \$9 the day of, if space. Early registration is recommended. 270-5680 or 5421

Oct. 16: Fall Fest 2010. 2-6 p.m. at Sea Otter Pavilion. Free activities include a haunted house, games, rides, bounce houses, face painting, caricature artists, entertainment, and take your own pictures in the pumpkin patch. Food and beverages will be available for purchase. A variety of vendors will be on-hand selling arts and crafts, baked goodies, and more. Purchase your seasonal pumpkin from the pumpkin patch. 270-5228

MWR HAPPENINGS

one free. Individuals without a buddy receive \$5 off the regular rate. 270-5380

Oct. 19: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

Oct. 20: Colormania Bowling Special. Get a strike with different colored pin combinations and win a prize every Wednesday during October (dollar games all day). 270-5377

Oct. 20: All Hands Family Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. For tickets, call STGC Miree at 270-5126 ext. 5873 or Jeff Lawrence at 270-5126 ext. 3115.

Oct. 21: Thursday CPO Social Hour. 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. 270-5431

Oct. 23: UFC 121 – Lesnar vs. Valasquez. 10 p.m. only on Pay-Per-View at Castaway's Lounge. (Free) 270-7205

Oct. 24: Jaguars Golf

Special, "Bring A Buddy". Buy one round of 18 holes with a cart after 12 p.m. on any Jaguars game day and get one free. Individuals without a buddy receive \$5 off the regular rate. 270-5380

Oct. 24: 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

Oct. 26: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

Oct. 27: Colormania Bowling Special. Get a strike with different colored pin combinations and win a prize every Wednesday during October (dollar games all day). 270-5377

Oct. 28: 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. **Oct. 29 & 30: Xtreme**

Horror Nights At ITT



-Photo by ET1 Marty Parsons
Representatives from Universal's Halloween Horror Nights set up a booth at ITT on Oct. 7 to promote the event and offer military customers a chance to win several prizes. Tickets are still on sale. For more information, call 270-5145.

Bowling Halloween Weekend Special. 8-11 p.m. both nights at Mayport Bowling Center. Bowlers in costume will receive free shoe rental and can win sweet treats with a colored headpin strike. 270-5377

Oct. 29 & 30: Live Band – Liquid Blue. 9 p.m.-1 a.m. both nights at Castaway's Lounge. No cover charge. www.myspace.com/liquidbluerocks 270-7205

Oct. 31: Jaguars Golf Special, "Bring A Buddy". Buy one round of 18 holes with a cart after 12 p.m. on

any Jaguars game day and get one free. Individuals without a buddy receive \$5 off the regular rate. 270-5380

Oct. 31: Halloween Bowling Special. 1-8 p.m. at Mayport Bowling Center. Kids 12 and under bowl for free with a paying adult. Limit one child per adult. Not valid with the Family Fun Night special. 270-5377

Oct. 31: 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

Nov. 2: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

Nov. 14: Jaguars vs. Texans Limited tickets are available (while supplies last) at ITT. 270-5145

KID ZONE

Oct. 17: 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

Oct. 20: All Hands Family Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Kid's hotdog meal is \$3. Purchase tickets in advance; limited tickets available at the door. For tickets, call STGC Miree at 270-5126 ext. 5873 or Jeff Lawrence at 270-5126 ext. 3115.

Oct. 24: 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

Oct. 29: Freedom Friday – Costume Contest and Dance Party. 7-11 p.m. at the Youth Activities Center. Ages 6-12 are welcome; age 5 is welcome, if currently in kindergarten. Cost is \$7 in advance or \$9 the day of, if space. Early registration is recommended. 270-5680 or 5421

Oct. 29: Teen Costume Contest and Dance Party. 7 p.m. at Club Teen. Ages 12-17 are welcome; age 18 is welcome, if currently in high school. Cost is \$2 per person. 270-5680 or 246-0347

Oct. 29 & 30: Xtreme Bowling Halloween Weekend Special. 8-11 p.m. both nights at Mayport Bowling Center. Bowlers in costume will receive free shoe rental and can win sweet treats with a colored headpin strike. 270-5377

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.

Oct. 14: Killer Bunny. 4:30 p.m. at Planet Mayport with refreshments. (Free)

Oct. 15: Call of Duty. 6 p.m. at Planet Mayport. (Free)

Oct. 16-17: Universal Orlando Halloween Horror Nights Trip. Van departs from Planet Mayport at 3:30 p.m. Saturday. Cost is \$50 and includes transportation, one night lodging, and admission for HHN at Universal Orlando. Pre-registration is required.

Oct. 18: Jaguars vs. Titans Trip. Van departs from Planet Mayport at 7 p.m. Cost is \$5. Pre-registration is required.

Oct. 19: Big Screen Trivia. 6:30 p.m. at Planet Mayport with refreshments. (Free)

Oct. 20: Pool Tournament.

LIBERTY CALL

6 p.m. semi-final round two and finals at Planet Mayport. (Free)

Oct. 22: Movie Trip. Van departs from Planet Mayport at 6 p.m. Cost is \$5.

Oct. 23: UFC 121 – Lesnar vs. Valasquez. 10 p.m. only on Pay-Per-View at Castaway's Lounge. (Free)

Oct. 24: 2010 Air Show Trip. Van departs from Planet Mayport at 8:30 a.m. for NAS Jax. (Free)

Oct. 25: Starlight Horror Cinema. 7 p.m. at Planet Mayport with popcorn and candy. (Free)

Oct. 26: Texas Hold 'Em. 7 p.m. at Planet Mayport. (Free)

Oct. 27 & 28: Pumpkin Carving Contest. Stop by Planet Mayport and carve your pumpkin to enter the contest for best pumpkin. Judging will take place at the Fright Night party on Oct. 29. (Free)

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Jaguar Players Provide Fitness Tips, Nutrition Guidance To Mayport Children



A young girl gets help with pull-ups from Jacksonville Jaguars player Zach Potter during the "Ready, Sweat, Go!" meet and greet on Oct. 5.

By ET1(SW)
Marty Parsons

Staff

Naval Station Mayport kids are getting ready to jump into fitness with the Jack Del Rio Foundation's "Ready, Sweat, Go!" program designed to assist military children at Naval Station Mayport in creating an active healthy lifestyle.

The program is in conjunction with the National Football League's physical fitness program, NFL Play60, which encourages children to be physical for at least 60 minutes a day. It will also get the kids ready for the Presidential Fitness test.

Del Rio, the coach of the Jacksonville Jaguars, developed the program after he reviewed a statistic showing military children rank lowest in the nation in physical fitness. While the actual test won't take place until March 2011, Jaguar Players and Mayport's Fitness Staff kicked off the seven-week event at the Youth Activities Center.

On, Oct. 5, players Leger

Douzable, William Middleton, and Zach Potter were greeted with much excitement by a large group of kids. Off to a quick start, the Jaguar players answered numerous questions focusing around nutrition and football. Upon completion of the introduction, each player demonstrated the correct technique for the various events that make up the Presidential Physical Fitness Test.

Cornerback, William Middleton, jumped, clinched,

and made easy work of the pull-up bar before turning it over to one of the children. Zach Potter, tight end for the Jaguars, then showed his speed by running the relay for the group. With a few of the kids volunteering to hold his legs, defensive tackle, Leger Douzable, demonstrated the correct way to perform the sit-and-reach.

After each of the players finished their portion of the exercises, some of the children were given the opportunity to show

what they were made of. Prior to their departure, the players shared some small conversation and signed autographs for the kids.

All elementary and middle school children who have access to the base are eligible to participate in the "Ready, Sweat, Go!" program. The program takes place at the Youth Activity center every Tuesday from 4:30-6:30 p.m. and will continue through the week of Nov. 15.



-Photos by ET1 Marty Parsons
Maria Rodriguez and Jodi Yopez's Kindergarten and First Grade B/A School Group show off their autographs from the Jacksonville Jaguars.



Potter helps Chandler Guthrie with his sit-ups during the event.

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Vicksburg Welcomes New Chief Petty Officers



The newly pinned Chief Petty Officers aboard USS Vicksburg (CG 69): Chief Gas Turbine System Technician Mechanical David Nichols, Chief Operations Specialist Eddy Dieudonne, Chief Fire Controlman Jason Vinyard, Chief Information Systems Technician Daniel Loye, and Chief Cryptologic Technician Maintenance James Thies.

By Michael Wilkinson
USS Vicksburg PAO

Family, friends and shipmates gathered together to honor and celebrate the induction of five new Chief Petty Officers into the Chief's Mess aboard USS Vicksburg (CG 69) on Sept. 16.

The pinning ceremony was held at the Ocean Breeze Conference Center on Naval Station Mayport, and featured a brief keynote message from Vicksburg's commanding officer, Capt. Tim Mahan. The ceremony concluded with the pinning of the anchors by the families of the new Chiefs and having their new khaki covers placed on their heads by their sponsors from the Chief's Mess.

The newly pinned Chief Petty Officers aboard USS Vicksburg include Chief Gas Turbine System Technician Mechanical David Nichols, Chief Operations Specialist Eddy Dieudonne, Chief Fire Controlman Jason Vinyard, Chief Information Systems Technician Daniel Loye, and

Chief Cryptologic Technician Maintenance James Thies.

After the ceremony concluded, family and shipmates from Vicksburg congratulated the newly pinned chiefs and enjoyed refreshments at the conference center. For the five new Chief Petty Officers of USS Vicksburg, the day was the culmination of a challenging five week Chief Petty Officer induction conducted by the ship's Chief's Mess that featured intense leadership and physical training.

"It felt good to be accepted by your peers and the Chief's Mess," Chief Fire Controlman Jason Vinyard said. "It was a lot of work, and we're just getting started."



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A CFC participant. Provided as a public service

-Photo courtesy of USS Vicksburg

Navy Ball

From Page 1

this particular dedication, the color guard held a flag for each branch. As Command Master Chief of Naval Station Mayport, CMDM Dave Anderson called out a branch of service, the color guard would dip the specific flag and Anderson would read off the meaning and description of the service flag. The honor guard was also present to perform a captivating drill routine, which emanated the pride and honor of Sailors to the guests that were present.

The guest speaker of the event was Rear Adm. Roger Rich. The former commanding officer of Naval Air Station Jacksonville is a three-time Legion of Merit Medal recipient and a naval aviator who has flown more than 100 types of naval aircraft. He has commanded squadrons, wings and bases. He was Chief of Staff

Commander Sea-Based Anti-Submarine Warfare Wings and as a flag officer, he assumed duties as Commander, Anti-Submarine Warfare Wing, U.S. Pacific Fleet. Later on during his prestigious career, he moved on to become the Director of Naval Communications.

He spoke about the changes the Navy has seen over the years and the progress Sailors have made by joining together, incorporating change when it was needed and seeing the challenges through to the end.

"Our Navy has never been in better hands than it is with the men and women who are running it now," said Rich.

Following his speech, he was presented with a plaque of appreciation from Anderson.

As Sailors chanted their glasses, they raised up for a series of toasts. Together with one voice, the room of Sailors,

spouses and friends, paid tribute to the Commander-in-Chief, to each branch of military service, to all Sailors, servicemen and women, their loved ones and to those who are serving abroad, in harms way.

The evening wended down with door prizes, the cutting of the Navy's Birthday cake by the oldest and youngest Sailors who were present and music that kept the dance floor packed.

"I am very proud of the Sailors responsible for putting this event together," stated Capt. Aaron Bowman, commanding officer of Naval Station Mayport. "The Tri-Base Navy Ball Committee was responsible for raising \$33,000 in order to ensure we could enjoy an event this spectacular and they did a phenomenal job."

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Enjoy Retirement Cote



-Photo by Paige Gnann
 CMDCM(SW) Bob Cote walks through the sideboys with his wife during his retirement ceremony Oct. 1 outside of the CPO Club. Cote, the former command master chief of USS Stephen W. Groves

Fair Winds, Following Seas CMDCM Davidson



-Photo by MC1(SW/AW) Heather Ewton
 CMDCM(SW) Deb Davidson is flanked by family, along with guest speaker Adm. Kurt Tidd after her retirement ceremony on Oct. 10 in Orlando. Davidson, former command master chief of Naval Station Mayport, retired after 30 years of naval service.



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DoN Seeing Success In NSPS Transition

By Linda Dent Mitchell
Office of Civilian Human Resources

The Department of the Navy (DoN) continues to achieve success in transitioning its employees from the National Security Personnel System (NSPS) to the General Schedule (GS) after completing phase three of the transition Sept. 26. More than 44,000 employees have transitioned this year; and the majority of DON employees affected by the transition are transitioning to the GS.

"The collaboration across the Department and across Commands resulted in a smooth and orderly transition," said Tony TorresRamos, direc-



tor of the DON Transition Management Office. "Additionally, DON and Command leadership commitment to communication and education enabled us to achieve a 99.8 percent success rate in processing the personnel actions to transition our employees."

September's transition of more than 17,000 employees represents the final transition phase of the 2010 calendar year.

The next wave of employee transitions will occur in early 2011. Commands transitioning in 2011 include Naval Sea Systems Command (NAVSEA), Naval Air Systems Command (NAVAIR), Space and Naval Warfare Systems Command (SPAWAR) and Navy Bureau of Medicine and Surgery.

"It is critical, as we move forward, to build on our lessons learned to ensure continued success," said TorresRamos. "In

2011, we will be transitioning the remaining employee positions into a variety of personnel systems."

In passing the 2010 National Defense Authorization Act (NDAA), Congress repealed NSPS and mandated the transition of NSPS employees by Jan. 1, 2012. The 2010 NDAA also outlined measures to transition designated positions to personnel systems other than GS. About 73,000 DON employees were affected by the Congressional decision. While most of the DON NSPS employees are transitioning to GS, more than 15,000 employees from NAVAIR and

SPAWAR are set to transition from NSPS to science and technology reinvention laboratory demonstration projects. The Federal Register notices outlining the new systems have already been published. An additional 800 SPAWAR employees will return to an alternative personnel system.

Another 2,100 employee positions are set to transition to acquisition demonstration projects located within Marine Corps Tactical Systems Support Activity; Marine Corps Systems Command; Direct Reporting Program Manager, Advanced Assault Amphibians; NAVSEA Program Executive

Office Carriers; and Department of the Navy/Assistant for Administration.

DoD is currently developing a personnel system using Title 38 authorities to cover specific healthcare occupations. Almost 2,000 positions may be placed in the new system. The new system does not include the 260 physicians and dentists who will transition to a designated pay plan for those occupations.

Consistent with the DON's commitment to communication and education, transition information is available at <http://www.public.navy.mil/donhr> including online resources, information and guidance.

Post 9/11 GI Bill Proves Popular

By MC1(AW)
LaTunya Howard
Navy Personnel Command Public Affairs

Since its introduction in 2009, the Post 9/11 GI Bill benefit has proven popular with transferability being one of the most-valued features for Sailors interested in paying for their family member's college education.

"I did everything online for my wife," said Navy Diver 1st Class (DSW) Jad Graves, Navy Experimental Diving Unit, Panama City, Fla. "I didn't have any problems what so ever. The biggest delay was waiting on a voucher from the Veterans' Administration."

According to NAVADMIN 203/09, while a Sailor may be eligible for education benefits provided by the Post 9/11 GI Bill, generally the option to transfer benefits to an eligible

family member requires an additional service commitment in the Armed Forces.

Qualified Sailors may elect to transfer all or a portion of their benefits to a spouse or child enrolled in Defense Eligibility Enrollment System and eligible for benefits. For transferability, Sailors must have served at least six years in the Armed Forces and agree to serve an additional four years, in most cases.

"It's extremely valuable to the service member, but I'm glad my wife can use mine," said Graves. "If I were able to attend school full-time, I'd receive the housing allowance also. That would be taking full advantage of this benefit."

"I give the Post 9/11 GI Bill a definite 'A+'," said Chief Warrant Officer David Williams, Southeast Regional Maintenance Center, Mayport,

Fla. "The process was extremely easy. I transferred my benefits to my daughter who has graduated from Virginia State with her bachelor's degree, and she was able to continue her education. She was accepted into Saint Joseph University to finish her master's degree with the use of this benefit. I was really grateful to be able to do that for her."

Sailors can apply to use the Post 9/11 G.I. Bill at the Veteran's Administration website, <https://vabenefits.vba.va.gov/vonapp/main.asp> or apply for transferability of benefits at www.dmdc.osd.mil/TEB/ however Sailors should ensure their service obligation is reflected in their Electronic Service Record at <https://nsips.nmci.navy.mil/>. According to the Records Management and Benefits Division, the number one reason for rejected applica-

tions is the lack of sufficient obligated service or Page 13 not reflected in a Sailor's Electronic Service Record (ESR). Sailors should verify the information is there before applying for transferability.

Self-validation of ESR is required by NAVADMIN 203/09. Additionally Sailors should transfer their Post 9/11 GI Bill benefits before going on terminal leave. Benefits must be transferred prior to leaving active duty. The Navy has approved more than 24,000 requests for transferability since the program's inception, processing approximately 250 applications weekly.

For additional information visit the Navy Personnel Command (NPC) Website at <http://www.npc.navy.mil/CareerInfo/Education/GIBill/> or call the NPC Customer Service Center at 1-866-U-ASK-NPC.

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USS Hunt Veterans Tour USS Roosevelt

By Ensign Kimberly Leshner and Ensign Philip Stiefel
USS Roosevelt

More than 60 members of the USS Hunt Association toured USS Roosevelt (DDG 80) to get a first hand look at a modern destroyer on Sept. 24. Roosevelt's Commanding Officer, Cmdr. Robb Chadwick, began the tour by explaining the ship's war fighting capabilities and improvements and then Roosevelt Sailors led the retired Sailors and their families on a tour of the mess decks, helicopter hangars, Combat Information Center, and bridge.

The destroyer USS Hunt (DD-674), commissioned in 1943, served in the Pacific campaign in World War II. While screening for Japanese aircraft carriers, Hunt sur-

vived a kamikaze attack, a typhoon, and many other dangers. When the Japanese dropped two bombs on the deck of the carrier USS Franklin, 700 men were lost but Hunt managed to rescue 429 Sailors from the water. After WWII, the Hunt sailed the world, conducting battle drills and antisubmarine operations until its decommissioning in 1963.

One veteran, Edgar Parker, graduated from the United States Naval Academy in 1951 and served as a junior officer aboard Hunt. He said Hunt's four five-inch guns, very limited air conditioning, and females were the biggest differences between USS Hunt and USS Roosevelt. Della Gatta, one of Hunt's plankowners (a Sailor who served on the ship for its commissioning), said he remem-

bers hand-loading Hunt's five-inch guns and shooting 15 rounds per minute.

"At 19 years old, loading a 55 pound five-inch round was like lifting a toothpick!" he said.

He also said that today's advanced radar systems would have picked up the aircraft that bombed USS Franklin.

"Hosting veterans, and especially former Destroyer Sailors, is always an honor and something we very much enjoy in Roosevelt," Chadwick said. "The USS Hunt Reunion group could not have been more enthusiastic and patriotic. The visit drove home for all of us that we have inherited an impressive legacy from our proud veterans."



-Photo courtesy of USS Roosevelt
USS Hunt Veterans and their Families stand on the Forecastle of Roosevelt before touring the ship.

Get Help To 'Face The Tiger In Your Basement'

By Beth Wilson
Military Spouse Contributor

Do you have a 'Tiger in your Basement?' Some of us live with issues impacting our lives, our marriages, and our families that we all know are there but seem too difficult or fearful to address. It's the 'tiger in the basement.' Everyone knows the tiger is down there but we keep the door closed. Everyone hears the tiger's roar, but we act as if we hear nothing. Often we resort to throwing the tiger 'food' in hopes to keep it 'under control.'

Tigers residing in the basement can be demanding, and deceitful. We sometimes believe we have learned how to keep them placated only to have them roar or break free of the basement at the most inopportune time. As long as these tigers live in the basement no one is secure. Perhaps the worst thing about tigers resid-



ing in the basement is the fear that we are the only one with an unwanted inhabitant in our basement, our lives. What do these tigers look like? Re-entry issues may be the tiger in your basement; the real challenges of re-connecting as a couple, a family. PTSD is a very real tiger lurking in many basements. Perhaps your tiger is financial pressures. Or could your tiger be one of the more difficult tigers to discuss such as spouse abuse, infidelity or addiction to pornography? Some topics are so difficult, so painful, even embarrassing, to discuss. But every recovering alcoholic will tell you the first step to recovery is acknowl-

edging the problem. It is the same with tigers. You may have acknowledged fully the tiger in your basement but do not know where to go from this point. I hope over the next few weeks you will discover at least three important facts. You are not alone, there are resources and support and, there is hope! Over the next few months I

am going to dedicate one column per month bringing these tigers out of the basement to face them head on. I wish I could say there is a 5-step, easy fix. If that existed we wouldn't have these issues in our lives. But we will face these issues and identify resources and support available to us. Next week we will tackle the topic of re-entry after deployment. During my first deployment I attended a luncheon where a well-meaning spouse of a retired veteran spoke about return and reunion. She said,

"Each homecoming was like a 'second honeymoon.'" I was starry-eyed dreaming of that reunion on the pier and the anticipated bliss to follow. We had our first disagreement within three hours of his return. I was stunned. The weeks, okay months, that followed were not exactly a honeymoon. I was blind-sided by the challenges we faced. We had lived apart for many, many months. We both grew and changed as a result of our shared but very different experience. Reconnecting with the man I

so dearly love was not the walk in the park I expected. We both felt ill-prepared to navigate these waters. Join us next week as we look at the challenges and opportunities presented during 'Return and Reunion.' Connect with Beth on twitter (@Beth_Wilson), Facebook (www.facebook.com/EnlistedSpouseCommunity), or email her at beth@homefrontinfocus.com. Don't miss this week's shows on Enlisted Spouse Radio (www.blogtalkradio.com/nht).

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NS Mayport's Beach Gets Clean Up

By Scott Dombrosky

NS Mayport Environmental

Military and civilian personnel from Naval Station Mayport joined with the Ocean Conservancy and hundreds of thousands of volunteers around the world when they hit the beach and the Jetties for the 2010 International Coastal Cleanup on Sept. 25.

Volunteers spent two hours picking up trash and debris from these areas resulting in the collection of many large bags of trash in addition to a multitude of other odds and ends that had washed ashore. The largest group to turn out for this event was the approximately 30 cadets and adult volunteers from the Navy JROTC at Terry Parker High School. This group cleared the beach from the Jetties south to Hannah Park. Other organizations represented by volunteers were the Environmental Division, Harbor Operations, and USS Samuel B. Roberts worked the Jetties.

As a preliminary event leading up to the International Coastal Cleanup, on Sept. 24, Harbor Operations and



Volunteers from Harbor Operations have bags of debris found at the NS Mayport beach during the International Coastal Cleanup on Sept. 25. Pictured from left, Boatswain's Mate 2nd Class Robert Newland, Boatswain's Mate 2nd Class David Bishop, Damage Controlman 2nd Class Jeremy Elledge, Boatswain's Mate 3rd Class Isiah Price, Boatswain's Mate 3rd Class Jeffery Martin and Boatswain's Mate Seaman Brent Pelletier.

-Photo courtesy of Mayport Environmental

Misener Marine Construction provided volunteers and boats to remove floatable trash from around the Turning Basin. Additionally, personnel from the Environmental Division and SERMC spent time removing trash and debris from the perimeter of the stormwater ponds at Echo and Foxtrot Wharfs.

Every year, countless marine mammals, sea turtles, seabirds, and other animals are sickened, injured, or killed because of dangerous items that are carried by rainwater and wind into rivers and ultimately the ocean. These animals are poisoned, choked, or entangled by carelessly discarded trash such as fishing line, Styrofoam, plastic bags and bottles, and cigarette butts. The work of volunteers to remove these items is important and greatly appreciated. A greater impact would be to help people to understand that when they don't properly dispose of their trash and debris it poses a hazard to wildlife, people, and the environment.



Cadets from Terry Parker NJROTC following Coastal Cleanup.



David Pipkin and Julie Kaiser from Environmental Division picking up trash from retention pond on Echo Wharf.

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FFSC Services For Single Sailors, Families

From FFSC

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Oct. 14, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC, Room 702

Sponsors play a critical role in retaining newcomers and increasing overall productivity and morale by making a newcomer's arrival at the command easier. The Sponsor Program is designed to help facilitate the relocation of Navy service members and their families creating a link between the service member and their new command. The primary goal is to ease difficulty and reduce the apprehensions normally associated with a Permanent Change of Station (PCS) move.

Oct. 14, 9-11 a.m., **Resume Walk-in Review**, FFSC, Room 701

Oct. 15, 9-11 a.m., **CO/XO Spouse Information Session**, FFSC

Oct. 18-19, 8 a.m.-4:30 p.m., **Ombudsman Basic Training**, Building 1

Oct. 18-21, 8 a.m.-4 p.m., **CONSEP**, Building 1, Room 1616

Career Options & Navy Skills Evaluation Program (CONSEP) - This 4-day workshop introduce participants to the techniques of parallel career development modeled from commercial business plans.

They create their own company and use sound business principals to formulate a personal mission statement, vision, product improvement resources, and marketing techniques to advance their product on the global economy.

Oct. 18, 8:30 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC, Room 702

Oct. 18, 1-3 p.m., **FERP-Federal Employment Class**, FFSC, Room 702

Oct. 19, 9-11 a.m., **Resume Walk-in Review**, FFSC, Room 701

Oct. 19, 9-11 a.m., **Parenting Class**, FFSC Room 702

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 6 sessions is required.

Oct. 20, 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.

Oct. 20, 8 a.m.-4 p.m., **PFM Forum**, FFSC, Room 719

Oct. 21, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC, Room 702

Oct. 21, 9-10:30 a.m., **Sponsor Training**, FFSC, Room 719

Oct. 21, 9-11 a.m., **Resume Walk-in Review**, FFSC, Room 701

Oct. 25-28, 8 a.m.-4 p.m.,

TAP Separatee Workshop, Building 1, Room 1616

Oct. 26, 9 a.m.-noon, **Couples Communication**, FFSC, Room 719

Whether you've been dating for 6 months or married for 20 years, effective communication is critical to keeping your relationship happy, healthy and strong. Come learn new techniques which will help you build on the strengths of your relationship and learn to identify barriers to effective communication.

Class is a one-time three-hour class. Couples are encouraged but not required to attend class together.

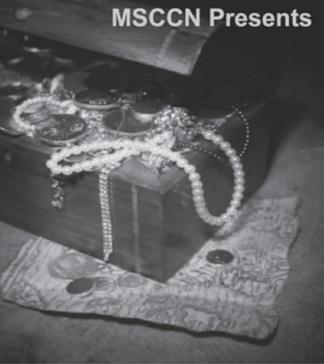
Oct. 26, 9-11 a.m., **Resume Walk-in Review**, FFSC, Room

701 Oct. 27, 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.

Oct. 27, 8-11 a.m., **Anger Management**, Building 1, Room 1615

MSCCN Presents



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Discover nuggets of wisdom at our interactive and informative workshop, **Employment Treasure Chest**, sponsored by the MSCCN and the Fleet and Family Support Center. Spend a fun day following clues to assist you in finding treasure at the end of your job search.

Employment Treasure Chest

Follow these clues and find your ideal job:

Clue 1: The Map
Organizing Your Job Search

Clue 2: The Key
Keynote Speech and Lunch

Clue 3: The Treasure
Networking for Gold

Tuesday, October 26th
9:00 AM - 3:00 PM
Lunch Included

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RSVP by October 19 at:
www.msccn.eventbrite.com

For questions contact:
Lisa Blevins
904-619-2927
l_blevins@msccn.org

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Navy Appoints New Ombudsman-at-Large

By Bruce Moody
Navy Family Readiness Program, Commander, Navy Installations Command

Brandy Clingan is serving as Ombudsman-at-Large after being appointed by Chief of Naval Operations Adm. Gary Roughead. Clingan accepted the appointment as Debby Greene stepped down from the position after 15 months of service.

Clingan and Bobbi West, spouse of the Master Chief Petty Officer of the Navy, are now the Navy's two Ombudsmen-at-Large.

As Ombudsman-at-Large, Clingan and West are responsible for advising the Chief of Naval Operations and Master Chief Petty Officer of the Navy on matters affecting Sailors and their families. They report directly to Chief of Naval Operations.

They act as a focal point for the important flow of information from Navy Ombudsmen, Sailors, and their families to the CNO. They serve as an

advocate for the Navy Family Ombudsman Program.

Ombudsmen-at-Large may travel to Navy sites with the Navy Inspector General and Master Chief Petty Officer of the Navy. They may also visit commands, meet with command Ombudsmen and family members, and attend meetings and conferences. From these visits, information important to the successful operation and improvement of the Ombudsman Program may be shared with the Commander, Navy Installations Command's Ombudsman Program Manager.

Clingan is also chairman of Naval Services FamilyLine, an organization of Navy Family volunteers which equips our Sea Service family members to succeed through various educational platforms.

"I am deeply honored and humbled by this appointment," Clingan said. "Ombudsmen play an important role in the success of a command's mission, because family readiness

is key to mission readiness." This month marks the 40th anniversary of the Navy Family Ombudsman Program. Ombudsmen serve as a vital two-way communication link between the command and the Navy Family.

"As a Navy spouse, I have watched the Navy's Ombudsman program grow," Clingan said. "The program is stronger than ever, thanks to the program managers and an amazing, global network of volunteers. They are doing extraordinary work in extraordinary times."

Clingan said she is impressed with the support ombudsmen provide family members of Active Duty, Reserve and Individual Augmentee Sailors. They provide support to families serving in locations which are remote, isolated or outside the close proximity of a Navy installation.



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COMMUNITY CALENDAR

Thursday, Oct. 7

Fleet Reserve Association, Branch 290, will host Dinner from 5-8 p.m. The menu this week will be Baked Fish with butter rice, steamed veggies and dessert. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

Fleet Reserve Association, Branch 290, will hold its monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach, FL. Menu includes eggs, bacon or sausage, grits or hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5.00 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

Saturday, Oct. 9

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a morning of fun for children ages 3 to 5 and their favorite adult from 10:30 a.m. to Noon. Participants of Art for Two: Eat Your Vegetables! will tour the colorful posters in The Art of War exhibition, talk about food in the 1940s and create a poster with collage, urging others to Eat Your Vegetables. Members cost \$10 per pair, per class. Non-members costs \$15 per pair, per class. Pre-registration is required. For more information or to register, please call Art Connections at (904) 355-0630.

Pumpkins arrive at Christ United Methodist Church Neptune Beach, 400 Penman Road at 9 a.m. Over 3,000

pumpkins will be coming to our pumpkin patch as the Beaches communities celebrate this annual tradition. For more information, contact the Church Office at 249-5370.

Oct. 10

The Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Road, Atlantic Beach, FL. Menu includes eggs, bacon or sausage, grits or hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5.00 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

Monday, Oct. 11

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.

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.

Tuesday, Oct. 12

Fleet Reserve Association, Branch 290, will host dinner from 5-8 pm. The menu this week will be Pot Roast with veggies and bread. A donation of \$6 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

Wednesday, Oct. 13

Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-

Things" from 5 to 8 p.m. at the Branch Home, 390 Mayport 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, Oct. 14

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Spaghetti and Meatballs with Garlic Bread and Caesar Salad. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

The U.S. Coast Guard Auxiliary 14-4 as a public service is offering an About Boating Safely program today and Nov. 13 at the Captain's Club located at 13363 Beach Blvd. between Hodges and Kernan Blvd. These are the final two classes until next April. The program will start at 7:30 a.m. and end at 5:00 p.m. Program meets the Florida State requirement for a Boater's Safety Card and costs \$25 including materials. Contact Mike at 904-502-9154 for more information or to register. Log onto our website at www.uscgajaxbeach.com

Friday, Oct. 15

Fleet Reserve Association, Branch 290 is hosting a Shrimp 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 9:00 pm, the music of DOUG BRACEY will entertain until 1:00 am. Happy hour precedes the dinner from 4 to 6:00 P.M., all drinks are 50¢ off. Please call 246-6855 for more information or to place an order.

Saturday, Oct. 16

Fall Festival & Craft Fair: Christ United Methodist Church, 400 Penman Road, Neptune Beach. Come join us at the Pumpkin Patch from 10 a.m.-2 p.m. for this annual event for family fun, food, games, and those very special hand-made gifts and homemade goodies for the holidays. For information, please contact the Church Office at 249-5370.

The Jacksonville Genealogical Society will hold their monthly meeting at 1:30 p.m. at the Webb-Wesconnett Branch Library, 6887 103rd,

Jacksonville, FL. Our speaker will once again be Ann Staley, CG., CGL., with her topic: Genealogical Research and the Internet. The Internet is just another tool that is there for the researcher to use; it is not the only thing that is used. It is not the beginning of our research nor is it the end. In this presentation we will be discussing just what the Internet is, and is not, and then show how to find and use a few of the many genealogy links that are available on the World Wide Web. We will discuss Search Engines, Primary Search Sites for Genealogists, Mail Lists and Newsletters, On-line Libraries and some other interesting sites.

The U.S. Coast Guard Auxiliary 14-4 as a public service is offering an About Boating Safely program today and Nov. 13 at the Captain's Club located at 13363 Beach Blvd. between Hodges and Kernan Blvd. These are the final two classes until next April. The program will start at 7:30 a.m. and end at 5:00 p.m. Program meets the Florida State requirement for a Boater's Safety Card and costs \$25 including materials. Contact Mike at 904-502-9154 for more information or to register. Log onto our website at www.uscgajaxbeach.com

Fleet Reserve Association, Branch 290 is hosting a Steak & Chicken Kabob Dinner from 5 - 8 pm, 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. The bar will be open for all drinks. Starting at 9 p.m., the music of DOUG BRACEY will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

Sunday, Oct. 17

Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Rd. Menu includes eggs, bacon or sausage, grits or hash-browns,

biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

Monday, Oct. 18

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.

Tuesday, Oct. 19

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Beef Stroganoff with salad and bread, and dessert. A donation of \$6 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

Thursday, Oct. 21

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Mixed Seafood over Pasta, with salad and bread, and dessert. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

Friday, Oct. 22

American Legion Post 129 will hold its 27th annual Croaker Fishing Tournament. The entrance fee is \$60 with up to four persons per boat. Guaranteed about \$160 in free benefits, plus \$1,000 in prizes. Call 242-0544 for more details.

The City of Jacksonville presents the campy cult classic, *Rocky Horror Picture Show*, at the Times-Union Center for the Performing Arts at midnight. Rocky Horror enthusiasts will come alive when the street festival kicks off at 8 p.m. on the Northbank Riverwalk directly

behind the Times-Union Center for the Performing Arts. The Rocky Horror Tribute Band, a costume contest, food, beverages, activities and fun will all be part of this "strange journey." Theater doors open at 11 p.m. Tickets and prop packages are on sale now and can be purchased online at www.MakeASceneDowntown.com or at the City of Jacksonville Office of Special Events, 117 W. Duval Street Suite 280, Monday through Friday 8:30 a.m.-5 p.m. Tickets will also be on sale the day of the show at the Times-Union Center for the Performing Arts beginning at 7 p.m. Space is limited and is first come, first seated. All patrons 16 years and under must be accompanied by an adult. The City of Jacksonville encourages all enthusiasts to "Say it!" with props. Movie fans can purchase or bring their own props to participate. Accepted props include rice, newspapers, water pistols, flashlights, glow sticks, rubber gloves, noisemakers, confetti, toilet paper, toast, party hats, bells and/or keys and cards. Prohibited items include candles, lighters and other open flames.

Experience true Italian hospitality and cuisine at FESTA ITALIANA with Italian American Club of Jacksonville at its clubhouse, 2838 Westberry Road in the Mandarin area of Jacksonville Oct. 22-24. Times are Oct. 22, 6-9 p.m.; Oct. 23, 10 a.m.-9 p.m.; Oct. 24, noon-6 p.m. This fun-filled family event is IAC's gift to the community - no admission fee. Activities include interactive Karaoke, Italian trivia fun, kids bounce houses, souvenirs and the very best Italiano food. Savor all your favorite taste treats: pizza, pasta, hoagies, Italian ices, zepoli and yummy homemade desserts. For more information, call (904) 268-2882 or visit www.iacofjacksonville.com.

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'06 Hyundai Sonata GL	\$11,995	'08 Chevrolet Malibu LT	\$17,995
'02 Lexus GS 300	\$12,995	'06 Toyota Highlander	\$17,995
'09 Hyundai Accent SE	\$12,995	'07 Hyundai Santa Fe GLS	\$18,995
'05 Hyundai Santa Fe GLS	\$12,995	'07 Buick Rainier CXL	\$19,995
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'08 Hyundai Elantra GLS PZEV	\$13,995	'10 Hyundai Genesis Coupe 2.0T	\$21,995
'07 Hyundai Sonata GLS	\$13,995	'09 Hyundai Santa Fe GLS	\$21,995
'09 Hyundai Sonata GLS	\$13,995	'09 Hyundai Genesis 3.8L V6	\$25,990
'10 Hyundai Sonata GLS	\$14,995	'06 Lexus RX 400H	\$25,995
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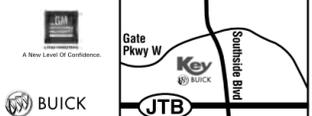
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In support of National Make a Difference Day, October 23, Balfour Beatty Communities and Naval Station Mayport Chapel are partnering to make a difference and we invite you to join us! We are taking on the fight against hunger by collecting canned and packaged foods for the Second Harvest Food Bank.

Statistics regarding poverty in the Second Harvest Food Bank's 18-county service area:

- More than 250,000 people live in poverty
- More than 80,000 of those living in poverty are children
- More than 100,000 people live in poverty in Duval County

Hunger is not isolated to one event, one day or one season. Hunger does not discriminate by race, faith, ethnicity age or sex; it exists throughout our community and can affect anyone. In America today, one in eight people is "food insecure" - defined as someone who is hungry or is living in fear of hunger.

Let's **MAKE A DIFFERENCE** and give back to those in need!

HOW CAN YOU HELP?

The Second Harvest Food Bank needs non-perishable grocery items. The following is a list of our most frequently requested items by our member agencies and clients:

Meals in a Can	Boxes of Pasta/Macaroni	Peanut Butter
Canned Meat/Poultry	Rice	Canned Veggies
Canned Tuna	Nonfat Dry Milk	Canned Fruit
Dry Beans	Macaroni and Cheese	Diapers
Oatmeal	Canned Soup	
Baby Food	Evaporated Milk	

* Please note that Second Harvest Food can only accept unopened, unexpired items. We also cannot accept "homemade" canned jellies, jams or vegetables.

WHERE ARE DROP OFF DONATIONS?

Please bring all donations to a Balfour Beatty Communities office or Naval Station Mayport Chapel. There will be a barrel provided for you to drop off your donation.

- Office Location: Bldg 289 Moale Ave or Bldg 350 Massey Ave; you may also drop off at 1201 Assisi Lane (Off Base Community Center).
- Office Hours: Monday - Friday, 0800 - 1700

WHEN DO COLLECTIONS START?

The food drive will begin on 13 September 10 and run until 22 October 10.

Balfour Beatty Communities and Naval Station Mayport Chapel appreciate your contributions!

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Balfour Beatty Communities welcomes you to family housing at Naval Station Mayport where improvements are being made daily to create a community that you are sure to be proud to call home.

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AMENITIES

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Navy, Duval Physicians Gather At NAS Jax



-Photo by HM1 (SW) Michael Morgan

The annual Navy/Duval County Medical Society (DCMS) Dinner Meeting took place aboard NAS Jacksonville Sept. 23 at the Officer Enlisted Mess. The event reflects the robust partnership between Northeast Florida physicians, Navy Medicine and Naval Hospital Jacksonville in delivering the finest healthcare to the community. Featured speaker was Rear Adm. Eleanor Valentin, Navy Medicine Support Command Southeast. Also on hand was Naval Hospital Jacksonville's Commanding Officer Capt. Lynn Welling. Several awards were presented to individuals who have made significant contributions to the medical community. Cmdr. Robert Jackson and Retired Admiral Paul Kaufman present Duval County Medical Society Executive Vice President Jay Millson the Rear Adm. Paul Kaufman Award for outstanding service to Naval Hospital Jacksonville's medical staff in 2010. Millson has been an invaluable bridge linking NH Jax and local provider leadership in support of collaborative healthcare programs and events.



-Photo courtesy of NH Jax

Naval Hospital Jacksonville held a breast cancer symposium in honor of Breast Cancer Awareness Month in October.

'Think Pink' For Breast Cancer

From NH Jax Public Affairs

There are a lot of events that Naval Hospital Jacksonville's (NH Jax) Ribbons & Roses Breast Cancer Support Group is working on in October to support Breast Cancer Awareness Month, both in the Jacksonville community and in the hospital itself.

The hospital's Ribbons & Roses Breast Cancer Support Group and NH Jax Breast Cancer Coordinator Nikki Levinson-Lustgarten, RN BSN OCN worked with the third annual Pink Ribbon Symposium sponsored by Orange Park Cancer Center Oct. 2. The event took place at the Thrasher-Horne Conference Center, St. John's River Community Center in Orange Park, Fla. Volunteering as one of the event's coordinators was NH Jax Breast Cancer Coordinator Nikki

Levinson-Lustgarten along with several members from the NH Jax Ribbons & Roses Breast Cancer Support Group.

NH Jax Family Medicine Physician Cmdr. Richard Sams also volunteered his expertise on caring for the caregiver.

Upcoming events:

Oct. 16 - Ribbons & Roses plans to participate in Making Strides Against Breast Cancer.

Oct. 20 - Ribbons & Roses Support Group will offer their annual Breast Fest in the NH Jax Pharmacy passageway.

Oct. 23 - Ribbons & Roses will have a team in The Komen Race for the Cure. For information on this event go to www.komennorthflorida.org.

For more information, contact Nikki Levinson-Lustgarten at (904) 542-7857.

Healthy Lifestyle Helps Reduce Risk Of Breast Cancer

By Karen Hawkins

DeCA dietitian

Making healthy choices in your diet, exercising regularly and maintaining a healthy weight can be helpful in preventing breast cancer. October is Breast Cancer Prevention Month so when shopping at your commissary, look for foods that promote breast health awareness and cancer research. Many food manufacturers are partnering with organizations dedicated to raising awareness for research funding to find a cure. Look for the pink logo to help support the fight against breast cancer.

Maintain a healthy weight

There are plenty of reasons to lose the pounds and maintain a healthy weight. Here's one more: Research has proven there is a link between obesity and breast cancer. If you gain more weight later in life, especially after menopause, you may be at higher risk of developing breast cancer. Fat cells provide estrogen, and breast cancer is linked to how much estrogen you are exposed to during your lifetime.

Stay physically active

Research has shown that women who participated in more than five hours per week of strenuous activi-

ty had a lower risk of invasive breast cancer compared with least-active women. Try to get at least 30 minutes of exercise on most days of the week, according to the U.S. Dietary Guidelines. Start slowly and build up to your targeted goal, if you haven't been exercising regularly. Also, don't forget weight-bearing exercise such as walking or weight lifting keeps your bones strong.

Eat healthy

This includes limiting fat in your diet and choosing fruits and vegetables high in antioxidants, such as spinach and other dark, leafy greens. Be sure to

check out Kay's Kitchen for some delicious ways to "Eat Your Spinach." The average person needs no more than 60 to 70 grams of fat each day. Also, to help protect against breast cancer, limit alcohol consumption to less than one drink a day, as there is a strong link between the two.

Recently, research has shown that doing monthly breast self-exams may have a limited effect on finding breast cancer, so talk with your health care provider about when and how to do them. It is also recommended that you talk with your health care provider about when to start having mammo-

grams. And, remember that a healthy lifestyle may be the best protection against breast cancer.

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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anyone else's deal
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<p>0% FINANCING Available on Every New Vehicle in stock for up to 72 months.</p> <p>2010 Dodge Avenger zero down \$269/month*</p>	<p>Up To \$10,588 OFF</p> <p>Quad Cab, Power Windows, Power Locks, Cruise, Tilt, CD Player and More. Starting At Only \$19,988</p> <p>Every BRAND NEW 2010 Dodge Ram in stock.</p>
<p>Up To \$6,500 OFF</p> <p>Auto, V6, Stow & Go Seating, Rear A/C, Power Windows, Power Locks and More. Starting At Only \$20,988</p> <p>Every BRAND NEW 2010 Chrysler Town and Country or Dodge Caravan</p>	<p>Up To \$6,000 OFF</p> <p>Auto, V6 Engine, Power Windows, Power Locks, Cruise and More. Starting At Only \$19,988</p> <p>Every BRAND NEW 2010 Jeep Liberty in stock.</p>

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OIL CHANGE \$45.00
Includes 4 Oil and Filter changes and can be used over the next 24 months.
Does not apply to diesel or synthetic oil changes. Not in conjunction with any other offer or previous purchases. Does not include taxes & shop supplies.

Oil Change Tire Rotation and Brake Inspection \$28.88
Synthetics and diesels extra. Oversized and Specialty Wheels extra. Not in conjunction with any other offer or previous purchases. Does not include taxes & shop supplies.

3 Year Road Hazard Protection Free!
with the purchase of 4 tires
Not in conjunction with any other offer or previous purchases. Does not include taxes & shop supplies.

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15% Military Discount off All Parts and Service

Have your car repaired at our body shop & receive a \$50 Visa Card
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OPEN MON-FRI 7:30 AM - 5:30 PM

*2010 Dodge avenger zero downpayment 72 month financing at 0% w.A.C. \$269/Mo plus tax tag and fees. Offers may require financing with gm/ally bank or customer's own credit union. See dealer for complete details. All pictures are for illustration purposes only. 0% Financing available on select models for up to 72 months, w.A.C. +Dealer will pay customer \$1000.00 if they beat our price on any new chrysler jeep or dodge model. Vehicle must be same msrp with identical equipment. Dealer reserves the right to purchase vehicle from competing dealer offering lower price. See dealer for complete details. Incentivized interest rates may require customer to forfeit some/all rebates on particular vehicle. All offers valid on in stock units only, while supplies last. Offers are not in conjunction and cannot be combined with any other advertised offers. All rebates and discounts assigned to dealer. See dealer for details. All offers are plus tax tag and fees.

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Fri. 7:30a.m.-5:30p.m.

Toll Free 800-258-4637
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Many people prefer to place classifieds in person and some classified categories require prepayment. For your convenience, we welcome you to place your classified ad at The Florida Times-Union from 7:30 a.m. - 5:00 p.m., Monday-Friday at One Riverside Avenue (at the foot of the Acosta Bridge).

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

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

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.

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Divorce \$75 - \$125
424-6066 Eric
18 years EXPERIENCE

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531 Acres, Bank Owned
Ogeechee River Tract in Jenkins County, GA. Over 1 mile of river frontage. \$975/acre. Call 478-737-1136

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901175

HOME FINDER REALTY
241-5501
SALES
HARBOR WINDS- 3/2 with formal living, formal dining, huge kitchen, great room with fireplace and much more! NOT A SHORT SALE..QUICK CLOSE AVAILABLE. \$194,900
WALKERS GLEN- 5/3 with inground heated pool, 4+ car garages, 2880 sq. ft. NOT A SHORT SALE. \$289,900
RENTALS
RIVERBROOK AT GLEN KERNAN- 4/2, all brick, fenced yard, avail. 12/10-\$1495.00
MERRILL HILLS- 3/2 beauty, inground pool and pool service included \$1450
NEPTUNE BEACH- 2/2, large townhome in Summer Sands. Close to beach and the base. \$1200.00
OCEANWAY AREA- Northwinds subdiv. 4/2, approx. 2,000 sq. ft. avail. 10/20. \$1250.00
STERLING RIDGE- Just minutes from base, shopping and schools. 4/2, fenced yard, pets ok \$1150.00
MANY MORE HOMES AVAILABLE
JUST CALL US AT 241-5501

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River lot - Private and Secluded. Some owner finance avail. 912-367-4849

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Approx. 235,000 SqFt, 43 Acres, Self Contained, \$1.2 Mill Inventory, Ind Park, Alma, GA. \$2.5 Mil. Financing Avail 912-375-6016 828-898-7296 or Email ow@owacc.com

Intracoastal West
Intracoastal West- Model-like home in Pablo Bay. 4/2/3 2720 sq ft, outdoor screened living room, on over .5 acres. Call Brittany Stewart for your private showing at Elite Realty Group of Jax (904)374-3235

Arlington
Ft. Caroline-- Open House 10/17 2-4pm
Spacious pool home that has it all! 4/2/2 just reduced \$20k. 5 mins to Mayport. Call Brittany Stewart for your private showing at Elite Realty Group of Jax (904) 374-3235

Beaches
BEACH BARGAIN!
Ocean View Lot Beach Access Twentieth St. & A1A, North Beach Sub division/Vilano Beach area. \$139K 561-281-3080

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1,281/ac @ \$2,250/ac Big deer, quail, duck ponds Nice deer stand & food plots. Mature long leaf pines & hardwoods Irrigated farmland Other Properties Available Call 850-509-8817

Farms/ Acreage
HUNTING TRACT 96 acres, Wayne County, Ga, Near Hortense / US301. Call 912-281-4500
MIDDLEBURG- 10 acres, owner financing, low down, low mthly pymt, easy qual. 512-663-0065

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Riverside & Westside 1 Br Starting at \$450 2 & 3 BR's also avail \$35 App. Fee! 771-1243 \$200 Off 1st Month Rent
STNICKRENTALS.COM
2BR from \$495 355-9700

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Northside 2/1 Cov'd prks, appls. HUD ok 1/2 off 1st month W/1 year leasing \$725mo+dep 904-613-6109
PCS-RENT KINGLAND 3/2 Home, wood flrs, quiet neighborhood close to park. \$925m Call Linda Grooms at (912)729-6446
PCS-8606 Derry Dr. R \$1350/D \$1350 (2100sf) HUGE 4/2 home in desirable Argyle/Oakleaf area fea's a formal LR & DR, LARG family rm, ch/a, large rm with w/d conn, ceiling fans, carpet & cer. tiles, walk in closets in each rm, fncd bkvd, irrig. sys., cov'd bk porch, hall bath has double vanity & 2car gar. The kit. incl's 42" ca's & all appl's stov. Retreat in a lrg master bdrm w/lrg mstr bath, sep. shower, garden tub & able vanity. Don't miss out on this great home. Community amenities incl. clubhouse, tennis courts, basketball crts w/lrg pool & water slides. Great for families. 904-504-9294

Mobile Home Lot Rentals
DUVAL 3 br, 2 ba CHA. 2 ac, lg fr porch \$795 m 912-278-7040/904-864-79
Rooms for Rent
ARLINGTON W/s N'side - Furn, ph, TV ch&a \$100-\$130wk 838-
ATLANTIC & KERN 1BR, furnished, utilities included \$450mo 376-
ROOM FOR RENT November 1st, 3 bedroom house with p We have 2 dogs and my husband, my daughter, and myself residing in the house. Rent be \$650 and you have your own room bathroom and no rent just respect my home 904-536-8517

NEW HOMES FOR SALE
WYNNFIELD LAKES
Kernan Blvd.
Home Site 349 - The Augustine
4 Bed, 2 1/2 Bath
Was: \$297,490 NOW: \$279,900*

YELLOW BLUFF LANDING
SR-17, N of River City Marketplace
Home Site 246 - The Charlie
2,046 Sq. Ft. - 4 Bed, 2 Bath
ONLY: \$186,545

Home Site 288 - The Charlie
2,046 Sq. Ft. - 4 Bed, 2 Bath
Was: \$179,045 NOW: \$174,900*

LEXINGTON PARK
Pecan Park Road, West of I95
Home Site 176 - The Cordova w/ Bonus
2,452 Sq. Ft. - 3 Bed, 3 Bath, Retreat, Bonus Room
ONLY: \$221,490

Home Site 177 - The Flagler
2,482 Sq. Ft. - 4 Bed, 2 1/2 Bath
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Orange Park/ Clay County
OAKLEAF - REDUCED for Quick Sale \$219,000
4br/4ba w/huge bonus rm. 3,178 sq. ft. Too many options to list. PCS. Call for details and appointment. Liz 904-511-5315

Waterfront
Navigable Westside 3/1, 1555sf, all brick, 1 car gar, kit, eqpt, fncd, \$150K. 904-781-1339

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

Manufactured Homes
Double & Single Wide 3br/2ba Mobile Homes, completely refurbished & move in ready, financing avail, 5min from Mayport Navy Base and the beach. Ask about our active military disc. Admirals Walk 904-242-9404

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Frontage New Price \$129K; 125ft Frontage rental income \$159K; Call Jo 904-814-6915

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Apartment Unfurnished
Arlington Adobe Apts. Spacious, affordable 1-2BRs \$400-\$650. 904-745-0450 Near Town & Country Shop Cntr

ARLINGTON 3/2, wd flrs, ch&a, 1200sf, W/D, pool, 7201 Arlington Expv. #40. \$650mo. 786-282-0242

ARLINGTON-2br/1ba Apt extra clean, extra nice, near Merrill & Townsend intersection \$550mo Call 537-6290

Downtown-Furnished 1BR, newly remodeled and painted, ceiling fans, back patio, carpet, ac & heat, on bus line. \$160wk all utilities included Call 757-4361/ 413-2213

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

PVB Beach-Studio deck Apt. \$580m+util, 2bd/1ba clin, safe, garden, patio furn'd \$1100 904-377-3007

Condos for Rent
Oakleaf Condo, spacious 2/2, ground flr, new carpet, washer/dryer, screened front backs to pond/wildlife preserve, walking distance to amenities & minutes to town center, golf, and schools, \$1,000 mth. 904-406-4779.

Houses Unfurnished
4 br/2 bath Cypress Cove sub. Large screen patio & big fncd yd. \$149,900. AL56537492. Call Mary Beth at Watson Realty Corp. 655-5587.

ARLINGTON 3BR/2BA, Den, hw/floors, ch&a, No pets \$875mo. 904-646-4757/ 904-745-6355

ARLINGTON - 3/2.5 Twnhse 6154 Tuscony Cir. Remodeled 1400 sf \$795 Rent +dep (904) 636-0269

ATLANTIC BEACH Townhome, 2 br, 1 1/2 bath, \$800 per month. \$200 security deposit. 804 Cavalla Rd. Avail. October. Call 655-5587.

KERNAN & ATLANTIC Mt. Pleasant Subd. Nice home & neighborhood. 4/2, 1 am. rm w/fpl, eat-n-kit., garden tub in master, new french drs in fam. rm, 2car, fncd bkvd, \$1250m+dp. Pets nego. 904-616-2429

Manufactured Homes
NORTHSIDE 0 DEPOSIT FROM \$395 1 & 2 BR monthly 904-766-6986

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ADT Dealer Alert Security Service 20 positions to fill No exp. needed, willing to train. \$500-\$700 to St Boy Meadows 674-2424 JT Butler 904-253-7828

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MARKETING RESOURCES & SYSTEMS

Mystery Shopper Position

Hospitality Softnet seeks retired military to serve as an independent contractor part-time for hotel and food and beverage facility Service Standards Assessment projects. Potential candidates must be retired with base privileges with an E-6 or higher ranking with the ability to travel overseas.

In 1990, Hospitality Softnet started as a firm that assisted hotel companies and ownership groups with marketing support services that increased revenues and profits. Today, we offer both operational and marketing support to independent owners as well as large corporations within the hospitality industry. Our business philosophy remains the same as when we started our company — To deliver outstanding services with speed, accuracy, and integrity that will aid ownership with critical decisions made within their marketplace.

REQUIREMENTS:

- Laptop with MS Word 2000 or higher, Excel and Outlook
- Ability to email compressed files internationally (international modem)
- Digital camera
- Valid passport
- Strong computer skills with Microsoft Word and Outlook
- Detail oriented with strong communication and writing skills
- Able to represent self as real business or leisure travelers
- Must be available to accept assignments with reasonable notice
- Must be able to respond in a timely manner (no later than 24 hours) to emails from Hospitality Softnet and be able to meet deadlines without fail

EXPENSES PAID FOR BY HOSPITALITY SOFTNET:

- Air fare to and from the location
- Car rental
- Lodging when required
- Food per diem
- Parking
- Reasonable preapproved travel expenses

Please send resumes to:
Karen Kjergaard, Director of Training and Recruitment
KKjergaard@HospitalitySoftnet.com
www.HospitalitySoftnet.com

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HEAVY EQUIPMENT OPERATOR
City of Atlantic Beach. \$13.80/hr; \$522/wk; \$28,704/yr. Min. 2 years exp in operating heavy duty equipment. Must have valid FL drivers license & be able to obtain FL Class "B" CDL with Air Brake Endorsement within 6 mos. of hire. Applications accepted until 10/20/10, 800 Seminole Rd., Atlantic Beach, FL 32233. For more info call (904) 247-5820 or visit www.coab.us. No smokers/tobacco users. Drug testing conducted. EOE

Law Enforcement/Security/Safety

POLICE PATROL OFFICER
City of Atlantic Beach. Must have current law enforcement certification acceptable to the State of FL and be eligible to complete Florida training and certification within 6 months of hire. 12 hr shifts, 84 hrs every 2 wks; \$17.89/hr; \$751/wk; \$39,071/yr. + benefits. Applications must be received by 10/20/10. Physical Agility and Written test on 10/30/10. More info, and application packet can be obtained at www.coab.us. Submit application to 800 Seminole Rd., Atlantic Beach, FL 32233, (904) 247-5820. No smokers/tobacco users. Drug testing conducted. EOE.

Child Care

Two immediate openings for infant or toddler M-F 6:30am to 6pm for more info call Kathy 777-5046

Government Account Manager

TOS-GSA Inc., a premier supplier to the federal government for office furniture, is currently seeking a Government Account Manager for the Jacksonville Florida Area.

Knowledge of Federal contracting and contract furniture industry and related products, applications, and design concepts preferred.

Please email your resume to <mailto:jprather@tosgsa.com>

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www.blangston.com

Furniture/Household

Bed A ABSOLUTE BARGAIN New Queen Sets \$110 365-0957

Bed A Banner Bargain New Queen Pillowtop \$120. 904-644-0499

BEDROOM SET Beautiful Cherry \$300 904-644-0499

Garage Sale

Baymeadows Yard Sale - Sat 10/16, 8a-2p, household & holiday items, in Laurel Oaks, 9572 Glenn Abbey Way, 32256

Julington Creek Plantation Semi-Annual Garage Sale, October 23, 2010. 8:00a.m.-12:00 noon

Mandarin - Leukemia/Lymphoma Society Fund Raiser! 8a-12n Sat. 10/16, 12045 Massive Oaks Ct. 32223. FREE Coffee.

Northside St. Elizabeth Episcopal Church Fall Festival Sat. 10/16, 9-4. Food, games, inflatables, trainride. Silent auction featuring FL/GA tickets! 1725 Leonid Rd. 751-2626

Garden/Lawn

FILL DIRT CHEAP!!! Call David at: 382-2658

Miscellaneous Merchandise

10x20 New Canopy \$75. Ladder Jacks \$100. 14x40 Wood Deck \$180. Wood Bookcase \$95. Commercial Juicer \$70. 904-476-7544

Aviation

Craig Airport Hanger 40' bifold door, \$400mo 904-612-2418

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2003 HARLEY V-ROD 1000i Anniversary. Orig. cond., 3000mi's, extras \$9Kobo. Orange Park 904-264-2001/904-349-5573

H.D. 2007 FLHTC4 3yr warr. New tires, brakes, Gar. kept. 1 kit, 1 owner, \$16,500. 904-215-7781

Automobiles

'86 FORD T-Bird 93Kmi's, 302/5.0 eng., good inter., \$3000obo. 904-388-3142

BMW 335i '09 Turbo loaded whitened int. Take over lease \$500mo w/\$8000 dwn or trade call 904-886-0381

HONDA ACCORD LX '03 1 owner, 4cyl. AT, all pwr grt o/cr, cruise, 25+mpg, \$7300 firm 904-731-8610

HONDA CIVIC COUP LX '04 Sporty! Low Rider. One Owner, Non Smoker, No Kids, Runs Great. \$8500. 904-566-2647

2003 FORD FOCUS SE, 75Kmi's, ele windows, locks, 4cyl. AT, A/C, \$6200. 912-882-2175

Toyota Prius Hybrid 2009 50mpg fully loaded, take over payment w/trade or \$9900 down 904-886-0381

Ford Explorer 1999 Eddie Bauer \$2800 OBO \$2000 under KBB Runs Great (904) 307-3657

LEER Truck Cap red for a 2005 Dodge 8ft bed. \$750. Rich 912-843-8281

'08 DODGE RAM Hemi, Quad cab, long bed, exc. cond. 40kmi's. \$17,500 negot. 219-928-0678

Trucks/Trailers/SUVS

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FORD RANGER '03 FX4 Supercab Like New No Flaws!! \$8500 obo 904-382-2703

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\$2000 or less

Mercury Grand Marquis '97 - \$1200. Call 904-398-6893 lv msg.

TT 31ft Holiday Rambler, Live-in or travel, incl. membership, RV Park near Orlando. \$3995. 904-388-3145

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Craig Airport Hanger 40' bifold door, \$400mo 904-612-2418

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