



2008 CHINFO Award Winner

Carney Wins Scion Battle



-Photos by Paige Gnann

Members of USS Carney's Team Salty Dogs celebrate after learning they are the winners of the first Scion "Battle of the Builds" customization competition for U.S. servicemembers. The team will follow their customized 2011 Scion xB to the SEMA car show in Las Vegas in November as part of the grand prize.

By Paige Gnann
Editor

Hard work, artistic talent and a concept created on deployment paid off big for the six member "Salty Dogs" team from USS Carney.

Salty Dogs is the winner of the first Scion "Battle of the Builds" customization competition for U.S. servicemembers. The team was notified of their selection on Monday during a conference call with Scion at Ocean Breeze Conference Center at Naval Station Mayport.

The team originally was chosen from more than two dozen designs submitted from commands throughout the Department of Defense. Those teams were narrowed down to just three finalists with the only Navy team, Salty Dogs, pitting customization skills up against teams Kai Hei Tai from the Marine Corps and Sapper

from the Army. All three teams received a new 2011 xB Scion and \$15,000 to bring their concepts to life.

"I'm still kind of in shock we won," said Hull Maintenance Technician 1st Class Robert Hoffman after the conference call ended. "I've never been a part of something this big - except the Navy. I'm excited. Real excited."

It was definitely a labor of love for the team. Coming off the end of July, the Salty Dogs started off from behind the rest of their competition. Scion distributed the xBs to Kai Hei Tai and Sapper on



July 14 and the Salty Dogs would not be able to get their car until a couple of weeks later. Add to that the heavy maintenance schedule of USS Carney (it's going through a selected restrictive availability), the Salty Dogs had to do all of their customization after hours, weekends - any free time they could find, said Senior Chief Gas Turbine System Technician

Louis Perez. "It was a lot of long hours that paid off," Perez said. "Lot of hard work, guys coming together." "I'm still shaking," said Engineman 3rd Class Mario Monteiro. "It's been the most amazing experience - and the best outcome - ever. I'm ded-

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CNO Releases 2011 Guidance

By MC2(SW) Kyle P. Malloy
Chief of Naval Operations Public Affairs

The Chief of Naval Operations (CNO) released his Guidance for 2011 to the fleet Oct. 18. Adm. Gary Roughead's CNO Guidance (CNOG) emphasizes the important issues regarding the future of naval operations.

CNOG reaffirms Roughead's three focus areas: to build the future force, maintain the Navy's warfighting readiness, and develop and support Sailors, Navy civilians, and their families.

In the Guidance, Roughead addresses a multitude of issues including maritime strategy, operational tempo, building and sustaining strong international relationships, maintaining a competency-based and mission-focused force and the importance of science and technology initiatives.

The current CNOG continues to emphasize CNO's 18 intentions with a focus on five specific areas: continue to be the dominant, ready naval force across all maritime missions; build a Navy with appropriate force structure and strategic laydown; maintain decision superiority; align the requirements, resources and acquisition processes; and evolve and establish international relationships.

Roughead also addresses the current challenges the Navy faces due to the resource constrained environment.

"We must look at this time as one of opportunity where boldness and innovation are the path to the future," writes Roughead. "It is up to each of us to do so."

To view CNO's 2011 Guidance, visit <http://www.navy.mil/features/CNOG%202011.pdf>.

Evals Rejected For Improper PFA Codes

From Navy Personnel Command Public Affairs

Navy Personnel Command (NPC) is reporting a jump in rejected evaluations and fitness reports since the Aug. 1 implementation of documentation changes outlined in NAVADMIN 193/10.

According to the NPC Performance Evaluation Division, more than 6,200 reports submitted during August and September were rejected. A large majority of the rejected reports were caused by commands using old Physical Fitness Assessment (PFA) codes.

The document changes and new PRT codes were made to

reinforce the requirement for commands to maintain data in the Physical Readiness Information Maintenance Systems (PRIMS) and to provide selection boards with accurate information regarding a member's PFA performance.

For performance reports with an end date of Aug. 1 or later, commands will enter a one-letter PFA code in Block 20 for each cycle completed.

The following are the PFA codes:

- P - Passed both the physical readiness test (PRT) and body composition assessment (BCA).
- F - Overall PFA failure.
- M - Medically waived from

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Mayport Breaks Ground On New Gym

By Paige Gnann
The Mirror editor

Congressman Ander Crenshaw joined Naval Station Mayport Commanding Officer, Capt. Aaron Bowman and representatives from Public Works and MWR to break ground on a multi-million dollar addition and renovation project for the base gym on Oct. 14.

"You are sitting where the new [indoor] pool is going to be," Capt. William Vaughn, NS Mayport Public Works officer, told guests attending the ceremony.

The project, planned to cost approximately \$27 million, will include the pool and replace the outdated gym. Vaughn said that requests for proposals will go out to potential construction companies and work could begin as early as June with an 18-month completion.

"This has been a number one priority since I got here,"

Bowman said at the groundbreaking. "This gym was built in the 70s before they came out with the regs we have to meet."

New standards, along with a large retiree population and the inclusion of a DoD civilian workout program has increased the demand on the gym and its equipment.

To accommodate the changes, Bowman said MWR has had to "close raquetball courts to put in stationary bikes" and cram people and equipment into inadequate spaces.

"We have around 100 black flag days here in Florida each year," he said. "We tell our Sailors they have to be fit, but then tell them they can't work out in the heat."

Bowman also said that search and rescue swimmers (SAR) can't stay on base to keep up their training since Mayport does not have a covered pool. The new pool will allow those

SAR swimmers to train locally.

Crenshaw, a member of the House Appropriations Subcommittee on Military Construction and Veterans Affairs, helped secure the funding for the new gym and said he was proud to be a part of such an important quality of life issue for Sailors.

"Without your support, I know this would never happen," Bowman said as he introduced the congressman.

"The reason we have this right now is because of Capt. Bowman," Crenshaw countered. "He has been a tireless, tireless advocate for quality of life for men and women who represent our country."

"The money is in the bank. Today we're going to break ground. I'm just proud to be a part of it," Crenshaw added. "Quality of life is so important. Training is so important."



-Photo by MC1 Daniel Gay

MWR Mayport Director Lonnie Keney, Congressman Ander Crenshaw, NS Mayport Commanding Officer, Capt. Aaron Bowman and NS Mayport Public Works Officer, Capt. William Vaughn break ground at the base gym on Oct. 14 as the kickoff of a \$27 million renovation and expansion project for the facility.

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Mayport CO Bowman

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MWR Fall Festival

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New Comfort Facility
Opens at Osprey Cove

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'Stop, Look, Listen' Can Help Control Anger



Chaplain Ray Stewart
Surface Force Ministry Center

CHAPLAIN'S CORNER

"A fool gives vent to his anger but a wise man keeps himself under control."
Proverbs 29:11

Anger, like every other emotion, is caused by the way you see a situation. If you want to control your anger, one way to do it is to change your point-of-view.

Why is it so important to keep our anger under control? Because uncontrolled anger

can become a habitual way of responding to life. Pretty soon, your anger controls you instead of you controlling your anger.

The Book of Proverbs is filled with practical steps on how to control your anger. Let me share three. The easiest way to remember them is to remember a little phrase that you may have learned as a child when you were taught to cross the street: Stop, Look, Listen.

1. **Stop.** Stop and think before you speak. I don't know why it is but angry words always seem to come easily. I know some people who, when they get angry, are witty, sarcastic, quick! But a sharp tongue is the quickest way to cut your throat!

Proverbs 15:1 says, "A gentle answer turns away wrath but harsh words stir up anger."

The starting point in dealing with anger is to stop and watch what you say.

2. **Look.** Look at the situation from God's point of view, not your point-of-view. That

means be mature enough to overlook minor hurts, frustrations and insecurities. If somebody insults you, criticizes you, or puts you down, be mature enough to say, "It's not going to bother me."

Proverbs 12:16 says, "A man's wisdom gives him patience. It is his glory to overlook an offense."

Anger, like every other emotion, is caused by the way you see a situation. If you want to control your anger, one way to do it is to change your point-of-view.

3. **Listen.** Listen to the needs

and hurts of those people that you're tempted to be angry against. Any angry person is just a hurting person. They're hurting inside, they're frustrated. When you listen to their needs, it's easier to respond and not get angry.

"Everyone should be quick to listen, slow to speak and slow to become angry." - James 1:19

If you do the first two, the third will come automatically. If you are quick to listen and slow to speak, it is going to be automatic that you are slow to become angry.

Oct. 28 Parent Program Solves Riddle Of 'Why Schools Will Not Test My Special Needs Child'



Judy Cromartie
School Liaison Officer

KNOW THE ROPES

RtI is designed to help schools identify academically at-risk students and then to design interventions to be employed by the regular classroom teacher. Once the interventions are in place, the classroom teacher meets with the RtI team to review the effectiveness of the plan. RtI's main purpose is to resolve academic or behavioral challenges through these interventions. With successful interventions in place, the student can experience success and achieve developmental and grade-level goals.

But sometimes RtI is viewed as a barrier to having a child's special needs being met in

a timely manner. In the past when a child was identified as needing additional academic or behavioral assistance to be successful, the first and only intervention was staffing him/her in special education. This has resulted in the over-identification of some minorities and genders into that program. RtI encourages a team approach to determining the best approaches to support the student, whether these are working, and what should be done next - if anything. But this method, while successful, takes time to use the interventions, collect data, and then review the data to assess the plan.

Realizing that many parents are not familiar with this process, I have asked Duval County Public Schools to assist me in putting together a parent program for October which will explain this process. If a parent is informed about this process, he/she can better advocate for the child. The parent will understand the vocabulary being used, what is meant by an intervention, why it is important to base the intervention on action research, and what the recourse will be if it is not working.

As part of the program, I want parents to understand that a parent-school collaboration takes time and effort. This collaboration requires tenacity because things don't always go perfectly at first. But when parents work with schools, communication becomes more

effective over time. This improved communication is just what is needed to make the RtI process more effective as well. With the school and the parent collaborating to ensure student academic or behavioral success, the winner will be the student.

The presenters will explain in parent-friendly language why we now use the RtI program to assist struggling students, how the process works, and what your child can achieve. So join me, other parents, and school staffs for this informative program "What is RtI? And Why Won't the School Test My Child" on Thursday, October 28th at N.S. Mayport in the training room for Building One. Building One is on Massey Avenue directly across from the Navy Federal Credit Unit. The program is from 6:30 - 7:30 and will include time for ques-

tions from the audience.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at Judith.cromartie@navy.mil or by phone at (904) 270-6289 ext. 1305.

For More Information

RtI Resource Links from the Florida School Counselor Association

www.fl-schoollcounselor.org/counselors/RtI.htm

RtI: A Primer for Parents

www.nasonline.org/resources/handouts/RtIprimer.pdf

Intervention Central

www.interventioncentral.org

Return & Reunion: Growing Together . . . Apart?

By Beth Wilson

Military Spouse Contributor

Marriage was life changing for me. I was over 40 when I first married my Sailor. While very independent, ok, and bull-headed, I took to marriage like a fish to water. I loved sharing my life with Scott. I loved partnering with him on everything, meal planning, budget, home dec, travel, recreation, you name it. I discovered new aspects of 'me' and found life committed to another brought out a part of me that was missing. I was fulfilled. Obviously I met, dated and married my husband on shore duty.

Three months into our marriage we moved from Norfolk to San Diego and Scott reported

HOMEFRONT IN FOCUS

to a ship; Sea Duty. Less than two weeks later Scott was gone; on his first 30-day underway. Oh, and I should mention as I drove home from dropping him off at the ship there was black smoke and ash billowing over the mountains of San Diego - yup, the county was on fire. That was the beginning of learning to be the mythical 'Strong Navy Wife.'

During the first 18 months of our marriage Scott was gone a total of 14 months. I experienced the San Diego Fires of

2003, was robbed three times in nine months (finally necessitating relocation). I moved three times; after the robbery into temporary housing, then to a slightly more permanent situation, finally 1,300 miles away in anticipation of the ship's return from deployment and homeport change. I made new friends, developed my 'own' relationship with his family.

Through those 18 months and the challenges they presented I changed. I found my 'sea legs,' I discovered resources, I gained confidence and strength. All good things, right? I was growing as a person. One problem, this growth took place in the absence of my husband. He wasn't there to see it, experience it, contribute to it or share in it.

The woman Scott kissed goodbye that first underway is NOT the woman he kissed at homecoming. I didn't realize it. Nor did I realize how much Scott had changed.

Scott is just like your service member. He has a job to do. He is proud of his service to our country and throws himself into his job. My husband grew and changed during those 18 months as well.

He was challenged by a new ship, new crew, new mission, new position. His skills were challenged and honed; his leadership skills were developed, challenged then developed more. He learned to live on four to six hours of sleep.

I will never be able to fully appreciate or relate to you the experience of our Sailors dur-

ing work-ups, underways and deployments. The reality is their lives are as different from ours as we can possibly imagine. That changes them as well. And that doesn't begin to touch the stress and impact of battle on our service members.

The man I kissed on the pier before that first underway is NOT the man I kissed at homecoming.

It's important to lay this basic foundation of understanding before we can talk about Return & Reunion and learn tools to successfully navigate the often choppy seas of reintegration. Next week we'll look more at the process and hurdles of reintegration and the new marriage that can emerge.

Connect with Beth on twitter (@BethWilson), Facebook (www.facebook.com/EnlistedSpouseCommunity), email (beth@enlistedspousecommunity.com). Check out her new site - www.enlistedspousecommunity.com.

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.

MISSION: healthy baby
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marchofdimes.com/vfw
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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
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Joint Warrior Ends; Sailors Prep For Coalition Ops

By MCSN Anna Wade
Destroyer Squadron 24 Public Affairs

U.S. ships attached to Destroyer Squadron 24 successfully completed Joint Warrior 10-2 Oct. 14 in the north-eastern Atlantic Ocean.

Joint Warrior is a two-week, multinational training exercise that takes place off the coast of Scotland. Led by the Joint Tactical Exercise Planning Staff (JTEPS) in the U.K., it is designed to improve interoperability between allied navies and prepare participating crews to conduct combined operations during deployment.

"Joint Warrior gives us a chance to practice and hone our skills while working with our NATO allies," said Cmdr. Nathan Borchers, USS Stout (DDG 55) executive officer.

Joint Warrior creates a notional geopolitical scenario where conflict over human rights violations and piracy attacks lead to full-scale hostilities including simulated attacks from submarines, air craft and small boats.

The exercise promotes Commander, U.S. 2nd Fleet's three focus areas: conducting safe and effective fleet operations to achieve mission, provid-

ing ready maritime forces for global assignment, and teaming with allies and partners in execution of the maritime strategy.

"When you bring all the warfare areas together, you really see how you can handle all the different things a ship might have to attest to," said Borchers.

Throughout the exercise, Sailors honed skills in anti-submarine warfare, mine warfare, air defense, defending small boat attacks and anti-piracy tactics.

"Stout has achieved a lot in Joint

Warrior," said Chief Intelligence Specialist Jaymore Ingram, USS Stout intelligence officer. "It has really brought our unit closer together, which reflects our training."

With Joint Warrior 10-2 complete, the fictional adversaries defeated and all essential training accomplished, the U.S. ships are now certified to deploy. Sailors will also get the chance to enjoy some exclusive port visits before the return voyage across the Atlantic Ocean.

Guided-missile destroyers USS Bainbridge (DDG 96) and USS Nitze

(DDG 49) will experience a port visit in Faslane, Scotland, while Stout heads for Den Helder, Netherlands.

The U.S. ships participating in Joint Warrior 10-2 included USS Bainbridge (DDG 96), USS Nitze (DDG 94), Stout and fleet replenishment oiler USNS Leroy Grumman (T-AO-195), led by Destroyer Squadron 24, commanded by Capt. Aaron C. Jacobs. The coalition forces included sea, land and air assets from Belgium, Estonia, Germany, Greece, Italy, the Netherlands, Norway, Poland, Spain, Sweden, Turkey, the U.K. and NATO.

NS Mayport Names EOQ 3rd Quarter



-Photo by MC1 Heather Ewton

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, stands with the nominees for Employee of the Quarter Third Quarter during the luncheon on Oct. 14 at Ocean Breeze Conference Center. Derek Pollock of Security is this quarter's winner. Pictured from left, Tawana Davis of MWR, Anna Young of PWD/NAVFACSE, Bowman, Pollock and Alan Sarge of Fire Department.

Jax Council Thanks Bowman



-Photo by Paige Gnann

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, and his family receive a proclamation of thanks and a standing ovation from Jacksonville City Council Chairman Don Redman on behalf of the city of Jacksonville for his work at the base during the regular City Council meeting downtown on Oct. 12.

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Families Enjoy Fall Fun With MWR



From Staff

Hundreds of families gathered on a beautiful fall day at the Sea Otter Pavilion and adjacent field for the annual MWR Fall Festival on Oct. 16.

This year's all hands event featured 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 were available for purchase and vendors sold 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.



A young child checks out his new skeleton face in a mirror held by Toe-Knee the Clown during the annual MWR Fall Festival on Oct. 16 at the Sea Otter Pavilion. -Photo by ET1 (SW/AW) Marty Parsons



The children of CMDCM Charles Slaton of USS Boone wait for a cane of cotton candy. -Photo by OS2 Shantae Salmon



A young girl holds on tight to a mechanical bull, one of many family friendly activities available at the Fall Fest. -Photo by ET1 (SW/AW) Marty Parsons



Kids take turns playing in the Moonwalk. -Photo by OS2 Shantae Salmon

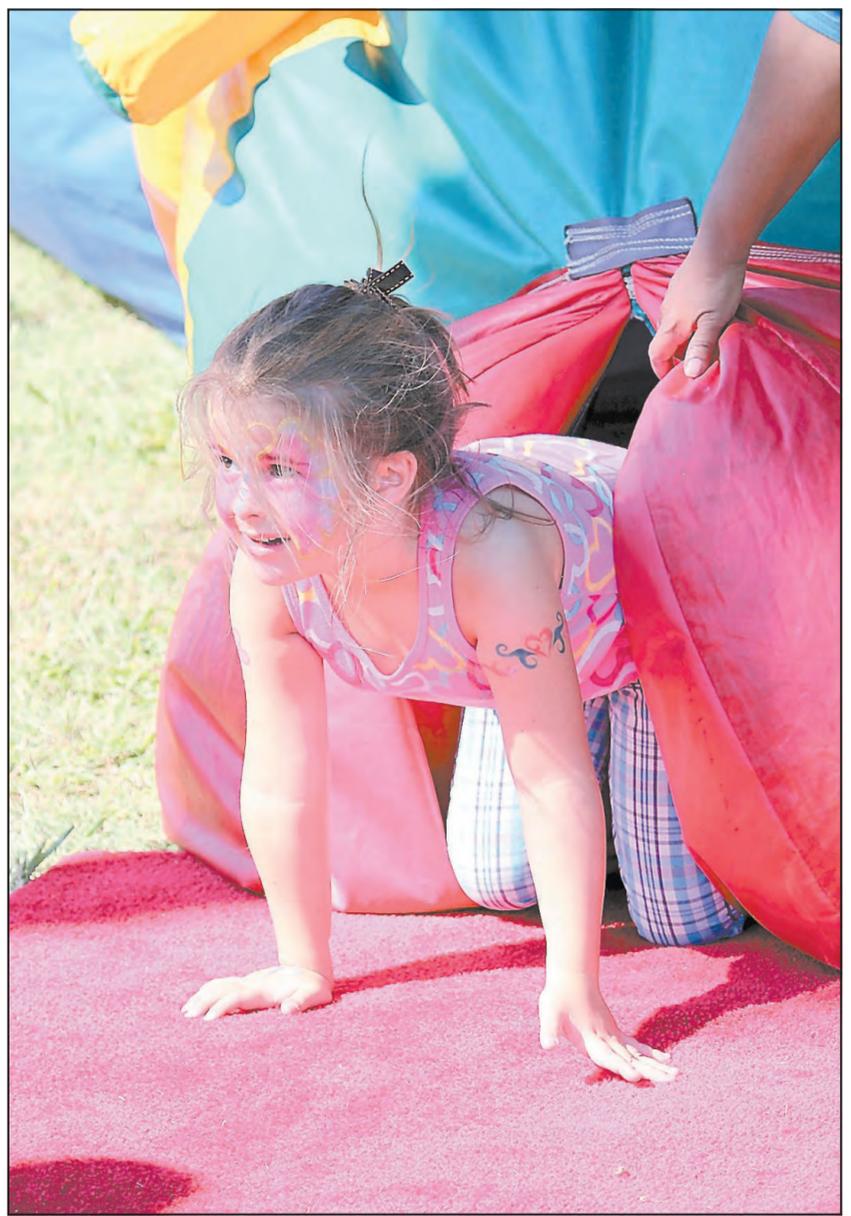


A young woman waits to see her completed caricature. The tent was one of the most popular activities at the Fall Fest. -Photo by OS2 Shantae Salmon



-Photo by ET1 (SW/AW) Marty Parsons

Sisters enjoy the fall day with their family at the annual MWR Fall Festival.



-Photo by ET1 (SW/AW) Marty Parsons

A young girl climbs out of a worm inflatable, one of many inflatables at the Fall Festival.



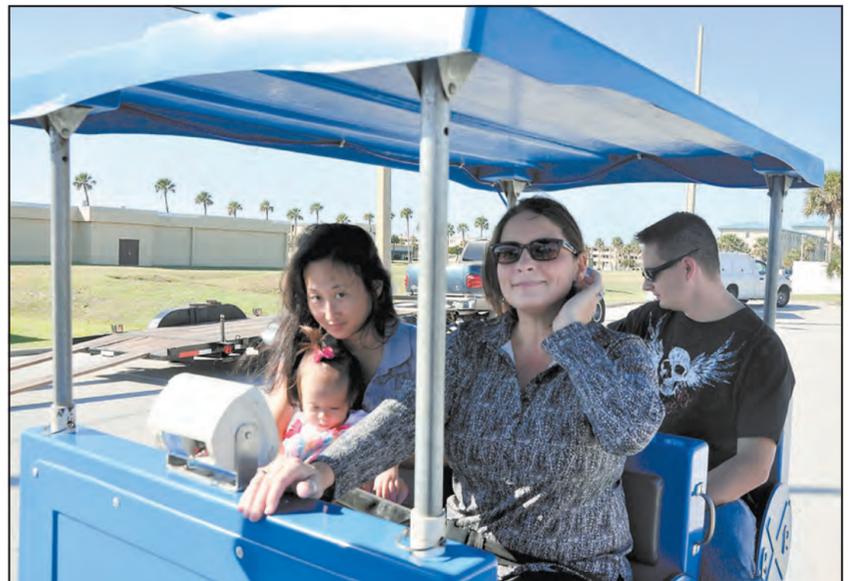
-Photo by ET1 (SW/AW) Marty Parsons

The Sea Otter Pavilion and adjacent field are filled with food and activities for all ages.



-Photo by OS2 Shantae Salmon

A young woman talks to a representative from New Horizons about potential career training and opportunities.



-Photo by OS2 Shantae Salmon

Festive-goers enjoy a short train ride around the parking lot.

FFSC Holds Workshops For Sailors, Families

From FFSC

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and childcare is not available. For more information about the classes or to register call 270-6600, ext. 1701. FFSC is located in Building One on Massey

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

What does *anger* do for you? Communicate for you? Keep people at a safe distance from you? Keep *you* in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

Oct. 28, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC, Room 702

Oct. 28, 9-11 a.m., **Resume Walk-in Review**, FFSC, Room 701

Oct. 28, 8 a.m.-noon, **FAP Key Personnel Training**, Building 1, Room 1615

Mayport Speaks Against Domestic Violence



Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, signs a proclamation declaring October as Domestic Violence Awareness Month on base with help from Fleet and Family Support Center.

FFSC Joins MSCCN Hosts Job Workshop

From FFSC

The MSCCN and Mayport Fleet and Family Support Center will be holding an employment workshop on Oct. 26 at NS Mayport.

The event will be offered at no cost to military spouses, transitioning military members, and veterans. Many job seekers are becoming increasingly frustrated with their job search. After weeks and months of effort there is often very little payoff; they are still looking for work, and feel like they are just spinning their wheels.

If this sounds familiar we can help - we will focus on developing an effective job search plan and improving and practicing networking skills.

Lunch will be provided and Leona Sheddin, the Executive Director of the Jacksonville Human Society, will offer a keynote address on "Having the Right Mindset to Sell Yourself!"

Please join us to learn some new skills and improve your job search. The event will be held at the Ocean Breeze Conference Center from 9 a.m. to 3 p.m.

RSVP to www.msccn.eventbrite.com <<http://www.msccn.eventbrite.com>> or contact Lisa Blevins (l_blevins@msccn.org, 904-619-2927) for more information.



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 away from a Navy installation.

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USS Farragut Raises Physical Readiness Bar

By LSSN Brandon Highwood
USS Farragut Public Affairs

Before the sun rises in the early mornings, Farragut's crew hits the pier hard for their weekly PT. Every Tuesday and Thursday morning the crew is out taking part in various physical activities.

Led by a group of Command Fitness Leaders (CFLs) who ensure their respective departments get a solid 45-minutes to one-hour of calisthenics and aerobics exercise. At the front of the pack, calling the shots is the highly motivated Head CFL in Chief Cryptological Technician Mark Receveur, who is in charge of Farragut's overall command fitness.

Although Farragut is prepping for an upcoming ULTRA/S assessment in November and an INSURV in early January, the crew still finds time every week to make physical wellness of the ship and its crew, a priority.

An exercise filled morning for Farragut usually starts out with various stretches, and then continues the work-out with some of the more common exercises, such as push-ups and sit-ups. All preliminary warm ups are followed by a run along the pier, which stresses the will and endurance of the crew. The crew finds they get



Farragut shipmates finish strong and together doing a 2-mile run along the pier.

pushed harder and harder as the weeks go by. And even though the sweaty PT gear and exhausted faces may not agree with all of the physical activity in the moment, their hard work will pay off soon enough.

The weekly PT is a vital tool in preparation for the upcoming Physical Readiness Assessment (PRA). The stringent assessment includes physical readiness testing and body composition assessment, with Sailors

having the option of completing a 1.5-mile run, a 500-yard swim, or a 12-minute fixed-time test on the elliptical trainer or stationary bike, burning as many calories as possible on either machine. Sailors must also do a set number of push-ups and sit-ups, depending on their age and gender.

The morning physical training sessions give a jump-start to the crew's metabolism, which facilitates not only

weight loss, but also makes for a more alert, productive and safer crew.

This is important as Farragut continues with an aggressive Continuous Maintenance Availability (CMAV). Farragut Sailors are able to surpass expectations due to strong leadership and well-rounded programs, such as physical fitness – setting the Sailor up for success for every endeavor.



-Photos by CTM1 Keith Hanks
Core exercises and calisthenics are essential to optimum physical readiness.

Navy Honors Killed, Injured In 2000 USS Cole Attack

By Donna Miles
American Forces Press Service

Navy officials, current and former crew members and families of the fallen gathered today at Norfolk Naval Station, Va., to remember the 17 sailors killed and 39 others wounded in the al-Qaida attack on the USS Cole 10 years ago today.

Suicide bombers launched the surprise Oct. 12, 2000, attack on the Arleigh Burke-class, Aegis-equipped guided missile destroyer as it was anchored in Aden, Yemen, for a routine refueling stop. The attackers detonated an explosive-laden boat against the ship's port side, tearing a 40-by-40-foot hole in the hull and sending seawater gushing into the engineering compartment.

The attack was the deadliest assault against a U.S. naval vessel since the Iraqis attacked the USS Stark on May 17, 1987.

Retired Navy Cmdr. Kirk Lippold, the Cole's commander during the attack, recalled the impact of the blast.

"There was a thunderous explosion. You could feel all 505 feet and 8,400 tons of guided missile destroyer violently thrust up and to the right," Lippold said during a recent radio interview. "Lights went out, and within a matter of seconds, I knew we'd been attacked."

During today's ceremonies, Navy Adm. J.C. Harvey Jr., commander of USS Fleet Command, saluted the Cole crewmembers' quick response and valor as they fought to keep the ship afloat and tended to the wounded while defending against a feared follow-on attack.

Harvey said the attack underscores the importance of always being trained and prepared, and he praised the sense of vigilance that has been passed down to subsequent USS Cole crews.

After 14 months of upgrades and repairs following the attack, the USS Cole made an overseas deployment in November 2003. The ship later deployed to the Middle East in June 2006.

The USS Cole, which recently returned to its Norfolk homeport after a deployment that took it through the Gulf of Aden, shows no visible evidence of the deadly attack that occurred a decade ago. But below its decks are regular reminders, including a blackened U.S. flag that survived the attack and 17 gold stars that line



-Photo by Petty Officer 2nd Class William Pittman
The guided-missile destroyer USS Cole arrives in Naples, Italy, for a scheduled port call while deployed to the U.S. 6th Fleet area of responsibility, Feb. 23, 2010.

the ship's "Hall of Heroes" passageway.

As a ship's bells rang 17 times during today's ceremonies, the names of the fallen 17 sailors were read aloud:

* Petty Officer 2nd Class Kenneth Eugene Clodfelter, 21, a hull maintenance technician from Mechanicsville, Va.;

* Chief Petty Officer Richard Costelow, 35, an electronics technician from Morrisville, Pa.;

* Seaman Lakeina Monique Francis, 19, a mess management specialist from Woodleaf, N.C.;

* Seaman Timothy Lee Gauna, 21, an information systems technician from Rice, Texas;

* Seaman Cherone Louis Gunn, 22, a signalman from Rex, Ga.;

* Seaman James Rodrick McDaniels, 19, of Norfolk, Va.;

* Petty Officer 2nd Class Marc Ian Nieto, 24, an engineer from Fond du Lac, Wis.;

* Petty Officer 2nd Class Ronald Scott Owens, 24, an electronics warfare technician from Vero Beach, Fla.;

* Seaman Lakiba Nicole Palmer, 22, of San Diego, Calif.;

* Seaman Joshua Langdon Parlett, 19, an engine room fireman from Churchville, Md.;

* Seaman Patrick Howard Roy, 19, a fireman from Cornwall on Hudson, N.Y.;

* Petty Officer 1st Class Kevin Shawn Rux, 30, an electronic warfare technician from Portland, N.D.;

* Petty Officer 3rd Class Ronchester Manangan Santiago, 22, a mess management specialist from Kingsville, Texas.;

* Petty Officer 2nd Class Timothy Lamont Saunders, 32,

an operations specialist from Ringgold, Va.;

* Seaman Gary Graham Swenichonis Jr., 26, a fireman from Rockport, Texas.;

* Ensign Andrew Triplett, 31, of Macon, Miss.;

* Seaman Craig Bryan Wibberley, 19, of Williamsport, Md.

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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

MWR HAPPENINGS

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 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

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. 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

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. 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

LIBERTY CALL

Jax. (Free)

Oct. 25: Starlight Horror Cinema. 7 p.m. at Planet Mayport. (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)

Oct. 29: Fright Night. 8

p.m.-12 a.m. at Planet Mayport. Food, games, costume contests, carved pumpkin judging, and prizes. (Free)

Oct. 30-31: Scary Movie Marathon. All day and night at Planet Mayport. (Free)

Nov. 1: Space Shuttle Discovery Trip. Van departs Planet Mayport at 10 a.m. Cost is \$15. View the shuttle launch from the Astronaut Hall of Fame. Pre-registration is required.

KID ZONE

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

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

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RV Comfort Facility



-Photo by Paige Gnann
RV Park Manager Bob Baylis and Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, shake hands after cutting the ribbon on a new comfort facility located in the Osprey Cove RV Park. The new facility includes a screened porch, laundry area, bathrooms and a conference area.



-Photo by Paige Gnann
RV residents enjoy socializing with each other on the screened porch of the comfort facility.

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Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, middle, signs a proclamation declaring the week of Oct. 3-9 as Fire Prevention week with members of Naval Station Mayport Fire Department, acting command master chief BCMC Ed Morrero, left, and NS Mayport Executive Officer, Cmdr. Patrick Pickard.

Mayport Promotes Safety For Fire Prevention Week

From Staff

Naval Station Mayport Fire Department was out in full force the week of Oct. 3-9 to promote Fire Prevention Week to Mayport servicemembers and their families.

The week kicked off with NS Mayport Commanding Officer, Capt. Aaron Bowman signing a proclamation in honor of the week and this year's theme of "Smoke Alarms: A Sound You Can Live With!"

The fire department held open house tours, along with visiting the on- and off-base Child Development Centers with Sparky the Fire Dog and an Engine.

The fire department also put up a static display at the off-base Navy Exchange/Commissary.

They held unannounced fire drills base-wide and practiced home evacuation drills with the Family Home Care providers.

Tips for making sure smoke alarms are maintained and working properly:

- Test smoke alarms at least once a month using the test button, and make sure everyone in your home knows their sound.
- If an alarm "chirps," warning the battery is low, replace the battery right away.
- Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they're 10 years old (or sooner) if they do not respond properly when tested.
- Never remove or disable a smoke alarm.



A firefighter from Naval Station Mayport talks with children from the off-base Child Development Center about fire prevention and safety while fully dressed in firefighting gear during the kick off of Fire Prevention Week.



Sparky the Fire Dog makes a special appearance at the off-base Child Development Center during Fire Prevention Week.

-Photos by ET1 Marty Parsons

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USS Taylor Celebrates Navy's 235th Birthday



—Photos by Sonar Technician (Surface) 2nd Class Thomas Sholar
Boatswain's Mate Seaman Luis Maleta, a native of Miami, Florida enjoys ice cream with other members of the crew onboard Oliver Hazard Perry-class frigate USS Taylor (FFG 50) during the ice cream social in celebration of the United States Navy's 235th birthday. Taylor is on a scheduled deployment in the U.S. 6th Fleet's area of responsibility.

By Ensign Michael Leggett
USS Taylor Public Affairs Officer

USS Taylor (FFG 50) celebrated the United States Navy's 235th birthday on Wednesday, Oct. 13.

Sailors on board USS Taylor (FFG 50), much like their fellow Sailors around the world, celebrated their 235th birthday Oct. 13, 2010, with a ceremony, cake and a host of companionship. Many Taylor Sailors filled the mess decks as the ceremony kicked off.

The celebration started with the reading of the Secretary of the Navy's Birthday message by the oldest crewmember, SH1 (SW) Christopher Wint, and the reading of the Chief of Naval Operations Birthday message by the youngest crewmember, OSSN Timothy Gonzalez.

The event continued with both Sailors participating in the cake cutting ceremony. The rest of the crew was then able



Ship's Serviceman 1st Class Christopher Wint, a native of Tampa, Florida, and Operations Specialist Seaman Timothy Gonzales, a native of Yonkers, New York stand by as the oldest and youngest Sailors on board USS Taylor (FFG 50) cut a cake in celebration of the United States Navy's 235th birthday.

to enjoy the cake and a follow on ice cream social, a real treat while out to sea.

"I think it was a good experience to celebrate the Navy's Birthday while still doing what the Navy has been doing for

the last 235 years, being out to sea," remarked Information Systems Technician Seaman Anthony Mueller.

Taylor, an Oliver Hazard Perry class frigate, is deployed to the 6th Fleet AOR.



—Photo by Information Systems Technician 2nd Class Jaquan Boyd
Crewmembers of Oliver Hazard Perry-class frigate USS Taylor (FFG 50) participate in a community relations project with the Padre Rubinos Organization in La Coruna, Spain. Taylor is on a scheduled deployment in the U.S. 6th Fleet area of responsibility.

USS Taylor Participates In ComRel Project

By Ensign Michael Leggett
USS Taylor Public Affairs Officer

USS Taylor (FFG 50) participated in a Community Relations Project in A Coruna, Spain on Oct. 6.

Despite demanding preparations for an upcoming reception hosting foreign dignitaries, 17 Taylor Sailors were able to volunteer at the Padre Rubinos Organization, a full support community center for homeless. Sitting directly on the shores of the North Spanish Sea, it offers a relaxing and safe environment for the locals who have fallen on hard times.

The group spent an entire day trimming and clearing overgrown trees and shrubbery throughout the compound, as well as scraping, spackling, and painting the building's exterior. Several members were also able to clear vines, trim bushes, and clear weeds in the organization's famed "Seaside Relaxation Garden."

In addition to the manual labor, Taylor's volunteers spent time interacting with the patrons and helped serve meals to nearly 200 homeless people. They also participated in the organization's Kindergarten Program; bringing smiles and jubilation to the children they met.

"It is always an honor and privilege to help those in need," remarked Petty Officer 2nd Class Jaquan Boyd. "It was truly a rewarding experience for everyone involved."

This community relations project marks the seventh and final for Taylor as she makes preparations to come home after a highly successful 6-month independent Surface Strike Group deployment. "The level of compassion shown by these Sailors is absolutely remarkable," commented Ensign Kelly McWhorter, Community Relations Officer. "I couldn't be more proud of everything we have accomplished and the people's lives we have touched."

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Mayport USO Center, on Mayport Road, will host a No Dough Dinner on Oct. 25 from 5-7 p.m. The staff and volunteers will serve Build your own Nachos, salad, and a dessert. This program is for Active Duty members and families that are looking to save money between paydays or take a break from the kitchen. Come out and join us for fun and good food. Thank you to Jim Gaff for your support of this dinner.

The 2010 Rugby League Atlantic Cup will see the National Teams from the USA, Canada and Jamaica compete in a three, fully sanctioned international games on Nov. 16, 18 and 20 at UNF's Hodges Stadium. IIA members of the military are able to pre-purchase a "3 game pass" for just \$15 (that's half price based on the \$10 walk up game-day price) Kids 12 and under are free as always. To purchase tickets and get full info on the Atlantic Cup please visit www.jaxaxe.com

This is a special offer for discounted tickets for the 2011 AT&T American Cup Gymnastics where the best of the best in men's and women's gymnastics will compete. This event will be held Saturday, March 5, 2011; Opening Ceremony will be at 11:15am. Doors will open at 10:00am. For only the second time in the event's history, the AT&T American Cup will be part of the FIG's World Cup series and is one of four all-around World Cup events in 2011. Michael Bouda, City of Jacksonville's Sports & Entertainment director, said, "The 2011 AT&T American Cup will give fans an advance look at some Olympic contenders as they prepare for 2012. We are excited about hosting this great event again, and we look forward to having some of the world's best gymnasts in Jacksonville." For more information please visit: <http://www.ticketmaster.com/promo/yhlljx> and use password Arena when purchasing tickets. This

USO NEWS

offer is valid through November 10th, 2010. Regular ticket prices \$49 to \$74 - Military prices \$25.50 to \$37. You can also go to the box office with your military ID to purchase them directly.

Jacksonville's Kids Day will be held Nov. 6 at Hemming Plaza and the Main Library. All activities are Free including sports themed activities, face painting, reading corner, music and food. For more information please visit www.jaxkids.net

The 8th Annual Greater Jacksonville Veterans Ball will be held Saturday, Nov. 13 at the Hyatt Regency Jacksonville Riverfront from 6 p.m. to Midnight. Attire: Semi Formal or Military Dress Uniform for Active, Reserve and Retired. Tickets are \$40 per person prepaid (no tickets will be sold at the door) for more information please visit <http://filamvetsociety.com/>.

Dec. 4 marks the 53rd anniversary of USO Pal Day in St. Augustine, Florida. Since 1957, the attractions in St. Augustine have shown their support and appreciation to members of the U.S. Armed Forces and their families by opening their doors free of charge. In addition, the members of Elks Lodge #829 (1420 A1A South) prepare and serve a FREE lunch sponsored by the Greater Jacksonville Area USO. Greater Jax Area USO is greatly appreciative of our partnership with the City of St. Augustine, Elks Lodge #829 and the United Way of St. John's County.

Greater Jacksonville USO has partnered with Coastal Cab to get you great rates on rides to and from the Airport, Mayport, Cecil Field and areas in between. Coastal Cab is happy to give a 15 percent discount from the meter to all addresses and locations not listed for all passengers that show their

Military ID cards. To set up a ride or for more information please call 904-779-9999 (NAS Jax & JIA) or 904-246-9999 (Mayport).

The Combined Federal Campaign is just around the corner and we would appreciate you considering your Greater Jacksonville Area USO for your donation. Our CFC number is 97347 and your generosity helps us keep the doors open and continue to provide outstanding programs and services for all branches of the military and their families.

Your Greater Jacksonville Area USO is now on Facebook. The 2010 Southern Women's Show tickets are on sale at the Mayport and NAS Jax USO centers.

The 23rd Annual Southern Women's Show in Jacksonville will take place Oct. 21-24 at the Prime Osborn Convention Center. Tickets are \$5 from the USO. There will be three special guests for this year's show: -Sandra Lee, the Semi-Homemade cooking and entertaining star, will be appearing at 10:30 a.m. and 2 p.m. on Oct. 22, to show you simple solutions for dramatic results for home entertaining.

-Point of Grace, the Grammy nominated and ten time Dove Award winning trio, will give an acoustic performance on the Fashion & Entertainment Stage on Oct. 22, and will be cooking a recipe from their new cookbook on the Cooking Stage on Oct. 23.

-Tanya Sensney, "The Coupon Queen" will be presenting her top 3 tips to start saving and much more during her daily presentations on the Mint Magazine Save & Learn Stage.

For more information please visit: <http://www.southernshows.com/wja/>.

The First Tee is pleased to

provide no cost services to children of active duty National Guardsmen and Reservists. Children between the ages of 5-17 are invited to participate in a free golf and life skills instruction program. To locate the nearest chapter of The First Tee go to www.thefirsttee.org and download the coupon at www.thefirsttee.org/military. Bring the coupon to the chapter and your child could be enjoying a new experience of learning the game of golf.

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

Honorably discharged veterans, active-duty service and reserve members will receive a 25 percent discount on the purchase of a Florida State Park annual pass. The discount provides a savings of \$15 on an individual annual pass and \$30 on a family annual pass, which allows up to eight people in a group to access most of Florida's 160 state parks. In addition, honorably discharged veterans who have service connected disabilities, and surviving spouses of military veterans who have fallen in combat, will receive a lifetime family annual entrance pass at no charge. For information on qualifications and necessary forms to receive these discounts, visit www.FloridaStateParks.org/thingstoknow/annualpass.cfm#discountsveterans.

The USO and RocketLife, have partnered to deliver a heart-warming opportunity for the men and women of the armed forces and their families. The Personal Photo Book program enables troops serving abroad and their families to create 20-page personal photo books and ship them to any APO/FPO address for free. These full-color, custom-

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

The U.S. Department of Veterans Affairs has announced the launch of its new and improved online form, "Application for Health Benefits," which will make it easier and faster for veterans to apply for their health care benefits. This revised online application form (10-10EZ) provides enhanced navigation features that make it easier and faster for veterans to use. The new version also allows veterans to save a copy of the completed form for their personal records. The most significant enhancement allows veterans to save their application to their local desktop and return to the application at any time without having to start over. Previously, veterans had to complete the form in a single session. This updated online form, along with the revised VA Form 10-10EZ, reduces the collection of information from veterans by eliminating some questions. In addition, there are minor changes to simplify the wording of questions and provide clarity in the instructions. Further enhancements to the online application are expected to be delivered in increments throughout 2010. Veterans may complete or download the 10-10EZ form at the VA health eligibility website at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>.

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

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

try by conducting interviews. These stories are placed on our website for others to listen and learn: www.vhpfirstcoast.org. We are a partner with the Library of Congress in Washington, D.C. where the memories of those we interview are archived for future generations: <http://www.loc.gov/vets/>.

Our goal at VHPFC is to reach the more than 200,000 veterans in our area. If you are interested in volunteering to help us achieve this goal, please visit our website for more information on how you can enrich your life and honor a veteran.

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you reading a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them. Please contact your local USO center for more information.

There is a computer resource center available to all service members with email, Internet and word processing. Fax, copy and free notary service is also available.

Watch TV or a movie from the video library. Service members can also enjoy video games or use the sports equipment.

There is a full kitchen, showers, a quiet reading room and a meeting room available at the USO. The USO is available for meetings, support groups, receptions, parties and pre-deployment briefs. A TV, VCR and overhead projector are available for use.

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



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IA Business Rules Released: OSA Replacing GSA For Enlisted Sailors

From Navy Personnel Command Public Affairs

NAVADMINs 332/10, 333/10 and 334/10 establish the new business rules for Individual Augmentation Manpower Management (IAMM), Global War on Terrorism Support Assignments (GSA), and Overseas Contingency Operation Support Assignments (OSA) respectively.

U.S. Fleet Forces (USFF) and Navy Personnel Command (NPC) conducted a review of the GSA program to find a solution that addresses fleet concerns and feedback from Individual Augmentee (IA) Sailors and their families.

Based on this review, the Navy is implementing a new program, OSA, which was announced in NAVADMIN 171/10. This program preserves the best elements of GSA,



addresses fleet and command concerns and provides a clearly defined support structure for IA Sailors and their families.

The OSA process replaces GSA detailing for enlisted Sailors and becomes effective Nov. 1. GSA detailing continues for officers. The new OSA process preserves career choices, volunteerism, and predictability that GSA now provides. It also eliminates entitlement inequities, improves fleet readiness, and solidifies IA Sailor and family support.

OSA business rules highlights include:

- Enlisted Sailors can apply for an IA assignment through

the Career Management System/Interactive Detailing by selecting "OSA PREFERENCE" 12-to-nine months prior to their projected rotation date (PRD) and prior to negotiating permanent change of station (PCS) orders.

- Sailors will be able to communicate directly with a dedicated OSA detailing team to discuss OSA opportunities and details regarding specific assignments.
- OSA orders are executed at the end of the Sailor's normal PCS tour. However, Sailors on OSA assignments will be on temporary additional duty (TEMADD) from the existing

parent command, which will maintain the traditional command relationship for Sailor and family support.

- If a Sailor elects and is accepted for OSA, they will be administratively extended at their present duty station for the period of the IA assignment plus an additional 60 days for rest, relaxation and to prepare for their next PCS move.
- Standard relief requisition procedures remain in effect to generate a requisition for the OSA Sailor at their original PRD.
- Although the Sailor remains assigned to the parent command, procedures are in place to adjust personnel accounting to count the Sailor as deployed on OSA orders, vice as on board and filling a billet.
- Sailors who volunteer for an OSA assignment will have

choice of coast detailing for their follow-on PCS orders negotiation.

- Sailors may request intermediate temporary duty (ITDY) orders to facilitate relocation of their family while serving on the OSA tour.

The new business rules for IAMM, per NAVADMIN 332/10, include:

- Sailors will be exempt from a second IA tour for a three year period upon successful completion of any IA tour.
- Sailors must have an end of active obligated service (EAOS) at least 90 days beyond the estimated return from the IA.
- Sailors determined to be high year tenure may volunteer for IA orders provided that a minimum of four months transition exists between return and mandatory separation date.

• Sailors who have submitted and been approved for retirement may volunteer for IA orders provided that a minimum of five months transition exists between return and retirement date.

- Sailors must be E-3 or above at the time of administrative screening.

The changes to the updated GSA business rules are minor with the highlight that officers who complete a GSA tour will be exempt from a second IA tour for a three year period.

To read the messages or for more information, visit Navy Personnel Command's website at www.npc.navy.mil or U.S. Fleet Forces Command's Navy Individual Augmentee website at www.ia.navy.mil.

Department Launches Online Sponsor Program

By Elaine Wilson
American Forces Press Service

The Defense Department has launched an online sponsor training and resource tool intended to boost the quality of the decades-old sponsor program and better assist relocating servicemembers and their families, a defense official said.

The sponsor program connects incoming servicemembers with a trained sponsor, typically a servicemember of similar rank and job position, at the gaining installation. Sponsors operate as the unit's "welcome wagon," assisting families with everything from lodging and schools to spouse employment opportunities and housing, explained Barbara Thompson, director of the Pentagon's office of family policy/children and youth.

Previously, the sponsor pro-

gram was "hit or miss" across the services, Thompson noted. The mandatory program is run, not at the service or base level, but the unit level, she said, and as a result, the quality of training and program management varied significantly.

Now, through the e-Sponsorship Application and Training site, or e-SAT, leaders can ensure all sponsors are uniformly trained and equipped to provide top-notch assistance to families, she said.

The site offers sponsors a one-stop-shop resource for information, including training, links to relocation resources and an e-mail function designed to facilitate communication between sponsors and incoming families.

"It's a fact of life that over a military lifecycle, a family will

move every two to three years," Thompson said. "That's a lot of upheaval. Our families need support to make sure each move goes smoothly."

A spouse, for instance, who is looking for an area dry cleaner or handyman, can go online and ask the sponsor for recommendations.

"It's always helpful to be connected to someone who knows the area," Thompson said.

The sponsor, she said, also can create a quick connection between the family and their relocation manager, who supports the relocation process and adds another layer of support.

To ensure the program runs smoothly, the application allows unit leaders to review the information flow between sponsor and newcomer, and to intervene

if necessary, Thompson said.

"We tried to produce something that will be very helpful to our families and sponsors," she said. "Before, there may have been training, but we didn't know what that training included or whether it was effective. Now, there's a learning objective and the information that sponsors need to better support the individual needs of families."

Officials "soft launched" the program in March, and since then more than 10,600 sponsors have taken the online training. "And that's without advertising," Thompson said, noting that the success points to a clear need.

"We are learning how to leverage technology better than ever before," she said, while

boosting efficiency in the process.

"It avoids each service having to go out and create its own program," Thompson said. "Whether you're at a joint base or dealing with a different service, you're getting the same information."

Families who haven't been assigned a sponsor can request one online by visiting Military Installations at <http://www.militaryinstallations.dod.mil> or Plan My Move at <http://www.militaryhomefront.dod.mil/moving>.

The application is part of a series of new online resources the department has created to improve the relocation experiences of servicemembers and their families, Thompson said.

Next up, department officials are looking at launching a similar application for military children on the move, she added.

Active-Duty Officer Promo Supplemental Message Released

From Navy Personnel Command Public Affairs

A supplemental promotion message was released Oct. 7 to include the active duty O-4s and O-3s who were certified for promotion Oct. 1.

According to NAVADMIN 330/10, the officers scheduled for promotion Oct. 1, but not included on the monthly promotion message (NAVADMIN 325/10), have been certified and are listed on the supplemental.

These officers will have their promotion history corrected to reflect the appropriate date for date-of-rank and pay purposes.

The active duty O-4 promotion list was not included in the previous monthly promotion message while awaiting Senate confirmation and the O-3 list

was held pending release of the results. The active O-4 list was confirmed by the Senate Sept. 29 and the active O-3 results were approved Sept. 30.

NAVADMIN 331/10 announcing Reserve promotions to lieutenant in the line and staff

corps, as well as Reserve chief warrant officer has also been released.

For more information and to read the message, visit Navy Personnel Command's website at www.npc.navy.mil.



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MyCAA Re-Launches With New Guidelines

By Cat DeBinder

National Naval Medical Center Public Affairs

The Military Spouse Career Advancement Accounts Program (MyCAA) will launch a restructured version of its program Oct. 25.

The program, run by Military OneSource, was created in November 2007 to provide financial assistance to junior service members' spouses to help them train for jobs in high demand — jobs that would be most portable — as they are frequently on the move with their

military spouse, said Air Force Lt. Col. April Cunningham, Pentagon spokesperson.

The Military Spouse Career Advancement Accounts Program (MyCAA) will launch a restructured version of its program Oct. 25. The program, run by Military OneSource, was created in November 2007 to provide financial assistance to junior service members' spouses to help them train for jobs in high demand — jobs that would be most portable — as they are frequently on the move with their military spouse,

said Air Force Lt. Col. April Cunningham, Pentagon spokesperson.

"It is [designed to help] people who transition a lot because spouses have to start all over [with new employers] every time their spouse moves to another duty station," said Elizabeth Baker, Bethesda Navy College director.

When MyCAA opened to all pay grades and all programs of study in March 2009, there was an "unprecedented spike in enrollments [that] overwhelmed the infrastructure and nearly

reached the budget threshold," said Cunningham.

To help redefine the program to better serve the needs of military spouses, the program will be offered to spouses of active duty in pay grades E1-E5, W1-W2, and O1-O2 after it re-opens, said Anne Bloesl, Bethesda Fleet and Family Support Office program services manager.

"Military OneSource will once again begin to assist [spouses] using new financial guidelines while continuing to provide additional educational

resources, career counseling and support," said Bloesl.

Bloesl said MyCAA will also implement the following new parameters: spouses will receive a maximum financial assistance amount of \$4,000 with a fiscal year cap of \$2,000; spouses will be required to complete their program of study within three years from the start date of their first course; spouses will be limited to associate degrees, certifications and licensures; and National Guard and reserve members must be on active duty and not in an

alert or demobilization period for the spouses to receive MyCAA benefits.

Spouses of service members who are interested in the program should check the MyCAA Web site, said Baker, to see if they meet the criterion and could benefit from the program.

For more information, call the Fleet and Family Support Office at 301-319-4087 or visit <https://aiportal.acc.af.mil/mycaa>.

Military OneSource career/education consultants are also available at 1-800-342-9647.

Huffing, Using 'Spice' is Dangerous, Officials Say

By Lisa Daniel

American Forces Press Service

The practice seems harmless enough. Servicemembers, looking to dull the edge of a stressful day, walk into a head shop after work and buy a small package of K2, the brand name of a smokeable concoction that is perfectly legal in the state in which they are residing. It is not, however, legal in the military.

Such "designer drugs," often marketed as herbal remedies, are banned under military law and policies by the Defense Department and all of the services. As one example, DOD Directive 1010-3.4 precludes wrongful use of "any intoxicating substance not intended for human ingestion," and the use of substances "contrary to the directions of the manufacturer or prescribing health-care provider."

Military officials, having seen a spike in servicemembers' use of otherwise legal substances,

including prescription drugs, are trying to get the word out that the practice has serious ramifications. Besides leading to a court-martial and a less-than-honorable discharge, such practices also can be dangerous.

That is especially true of the practice of sniffing, or "huffing," products such as glue, paint thinner, and gases such as Freon, butane, propane and helium, all of which are known to cause disorientation, euphoria and other symptoms, Navy Lt. Cdr. Sean Swiackowski, deputy medical examiner for the Armed Forces Medical Examiner's Office, said in a recent interview with The Pentagon Channel.

Several servicemembers have died recently from huffing, and the use, while mostly associated with young, unmarried people, appears to cut across age and socioeconomic backgrounds, Swiackowski said.

"We've found it's actually a broad range of people" using,

Swiackowski said. A 40-year-old Army colonel -- who otherwise appeared to be healthy and fit -- died from huffing, he said.

Swiackowski believes the deaths, and occasions when other users were left brain-damaged, were accidents caused by people who didn't realize how harmful misusing such products can be.

"People think it's not harmful because they use it to clean their homes and desktops," he said. "To them, there's no potential injuries to themselves because these are things you get around the house, or buy in the store."

Many products used in huffing contain 1,1 dichloroethane, a chemical highly toxic to the heart that is produced to remove grease, paint and varnish, and to make other chemicals, according to the U.S. Centers for Disease Control.

The problem, Swiackowski said, is that the chemical's reaction in the body is volatile, and

people can get a false sense of security from using it without experiencing a toxic reaction. "You could use it one time and it causes a toxic event, or you can use it a hundred times, and on the 101st, it kills you," he said.

Swiackowski has made it his mission to educate servicemembers about the dangers of inhalants.

"The biggest part of my job is in preventing me from having to see anyone else" in the morgue due to substance abuse, he said. "The biggest part of my job to the community is education."

"People don't realize this is drug abuse," he added. "You may say you're just going to do it one more time, but that time could be your last."

Army Col. Timothy Lyons, chief of toxicology in the medical examiner's office, said even so-called designer drugs such as

synthetic marijuana, marketed as "Spice," or "K-2," and salvia divinorum, a variation of the sage plant known as "salvia," are dangerous.

"A lot of these products are made in garages and homes, so you don't have quality control," Lyons told The Pentagon Channel. "Each package, even under the same name, has different levels of compounds. So you really just don't know what you're getting."

Unlike marijuana and other drugs illegal under civilian law, designer drugs are not regulated or properly tested, and sellers often don't reveal their full ingredients, Lyons said. Toxicologists know, however, that the compounds bind in the central nervous system, "and some of these synthetics bind even greater than marijuana," he said.

Servicemembers who think they know someone with a sub-

stance abuse problem should reach out to them and ask if they can help, Swiackowski said. If they refuse or deny the problem, consider telling their commanding officer you think they have a problem, he said.

"Confront it like you would in any system where you want to get help," Swiackowski said. "The nice thing about the military is you can always ask to see someone and get help and have it not be in your record."

"The problem is, you have to admit you need help," he added. "Lots of times, they don't think they need help because they don't know what a big issue it is. They don't realize it's so dangerous to do these drugs."

Servicemembers struggling with substance abuse, or who are self-medicating for problems like depression and anxiety, should see a doctor, military officials say, adding that treatment is confidential.

Scion

icating it to my grandma who just passed away two weeks ago."

The cars were judged on 13 criteria, according to Scion, including paint, build quality, bodywork, interior and audio/visual entertainment.

"We are fortunate enough to travel around the country and see all different types of cars," said Nathan Leon of Global Judging Automotive. "We have seen it all, but none of those

competitions have been as rewarding or as unique as the Scion 'Battle of the Builds.' Each of the vehicles presented had incredible inspiration, making it very difficult to pick a winner."

The Salty Dogs concept included a high-detail squid painted around the body of a Navy ship. Port holes were put in place of glass and anchors detailed the rims of the car. The interior was as thoughtful-

From Page 1

ly detailed - even down to the color of the seatbelt casing.

As grand prize winners, the team will receive \$14,000 in cash to share and will travel to Las Vegas for the Specialty Equipment Market Association (SEMA) Show where their winning Scion xB will be on display.

From Page 1

tial the changes.

- White-out or tape over the error and initial the changes.

Once corrected, the report must be forwarded to the Performance Evaluation Division.

"If the correction changes the competitive grouping, corrections must be made to all the reports in the summary group," said Jim Price, director, Performance Evaluation Division.

Reporting seniors must ensure a copy of the corrected report is provided to the Sailor or forwarded to their new command. If a report was rejected

due to a missing member signature, and the report is not adverse, the reporting senior can write "Certified copy provided" in the member signature block.

In addition to the PFA reporting changes, regular reporting seniors are reminded that a new billet code subcategory (Block 21) code "INDIV AUG" was added to break out Sailors serving an IA assignment (NAVADMIN 215/10).

For more information visit the NPC website at www.npc.navy.mil.

Codes

entire PFA.

W - Passed BCA but medically waived from one or more PRT events.

B - Passed BCA but was authorized non-participation in the PRT for other than medical reasons.

N - No PFA conducted during reporting period. There are qualifiers for some codes which can be referenced in the NAVADMIN for a detailed explanation.

To fix the reports, the original reporting senior can:

- Retype the original report.
- Make pen and ink changes on a copy of the report and ini-

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REACHING OUT

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

Meals On Wheels For Pets

The Council on Aging of Nassau continues its partnership with *Meals On Wheels for Pets*, in promoting their second annual *Rollin' on the River Cruise* on Sept. 12. Proceeds from their event will help fund our one year old partnership with them, which currently serves 49 eligible Council on Aging Meals On Wheels clients. Our Council on Aging clients own 55 cats, 66 dogs, and one cockatiel, and have been the recipient of over 9,000 lbs. of donated pet food that have been delivered through our volunteers as they conduct their regular "people food" meals deliveries. These pet meals contribute to our Council on Aging of Nassau clients' wellbeing and prevents the need of the client to feel obligated to share the meal intended for them with their pet, insuring better nutrition for both people and pets. The Council on Aging of Nassau has pet food collection boxes in the lobby of both facilities: 1367 South 18th Street, Fernandina Beach, FL 32034; 37002 Ingham Road, Hilliard, FL 32046 We welcome the public to drop off of sealed containers of pet food during business hours. Plans are currently in development for Nassau County Animal Services to bring adoptable cats and dogs on the 2nd Friday of every month to our Fernandina location and the 3rd Friday to our Hilliard location for "pet therapy" benefiting both pets and people. This pet interaction enhancement to our existing program will kick off on Sept. 10. The Council on Aging of Nassau is a 501c3 non-profit agency that delivers critical services to Nassau County seniors in five categories including Meals on Wheels, COA Transportation, In-Home Care, and Adult Day Health Care, while operating two senior recreation centers. More information about our services is available on our website www.coanassau.com.

National Multiple Sclerosis Society of North Florida

The National Multiple Sclerosis Society of North Florida needs volunteers for the "Bike MS PGA Tour Cycle to the Shore 2010" on Oct. 2-3. This is a great opportunity to get community service hours and help out for a great cause. The society is looking for individuals, groups and organizations to help with pre-event

preparations/set up; general help; registration; customer service; clean up crew; food preparation/service; medical; safety; luggage handling/transportation; and bike handling. If you are interested, contact Jason Henika at Jason.henika@fln.nmss.org

Guardian ad Litem

Be the voice for children abused, neglected, or abandoned. These children have no ability to participate in decisions affecting their lives. When children are removed from their homes, the courts can appoint a special advocate to make sure that the best interests of the child is given appropriate consideration. This advocate is known as a Guardian ad Litem. In the 4th Judicial Circuit, which includes Clay, Duval and Nassau Counties, there are more than 2,000 children who need an advocate to help them navigate the Dependency system. As we build our volunteer base we are asking members of our community to consider being a Guardian ad Litem. These guardians do not provide direct care for the children; the guardians ad litem visit the child at least once per month, interview family members, gather information from medical, mental health, and education professionals, and attend court hearings to ensure the best interests of the children are maintained. The work is compelling. To become a Guardian ad Litem, candidates need a compassionate heart, be at least 19 years old, complete 30 hours of initial training and undergo a background check. The process begins with a screening interview so you can learn more about this opportunity to make a difference in the life of a child. If this kind of volunteer opportunity sounds like something you would like to participate in, please visit the Guardian ad Litem website, www.guardianadlitem.org, or call 904-630-1200 to schedule a screening interview.

First Coast "No More Homeless Pets"

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

Mayport Lions Club Volunteers

The Mayport Lions Club is

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

Jacksonville International Airport Volunteer Ambassador Program

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

Jacksonville Zoo

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please CS1

Hopkins or call 270-5373 for more information.

YMCA of Jacksonville

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

Children's Home Society of Florida

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

Homeless Pet Shelter

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

St Augustine Amphitheatre Seeks Volunteers

St. Augustine Amphitheatre seeks volunteers to be used as ushers, checking tickets, and pointing out seats. As a volunteer, you get to see the entire show. For more information, contact Lisa Tomkins at 209-3750.

Big Brothers Big Sisters Mentoring

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

Navy-Marine Corp Relief Society Needs You

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

believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

St. Johns County Habitat For Humanity Needs Volunteers!

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

Lea's Place

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

NS Mayport Retired Activities Office

Naval Station Mayport is currently searching for committed volunteers to serve the local retiree community in the Retired Activities Office (RAO) located in the Fleet and Family Support Center (FFSC). RAO volunteers maintain the vital link between the retiree, local military communities and other government and non-government agencies. Anyone interested should contact the FFSC for an application or to get more information about the duties and responsibilities of the RAO volunteers. Call the FFSC at (904) 270-6600 Ext. 110

I.M. Sulzbacher Center for

the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomeless-center.org/volunteers.html

Dignity U Wear

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

Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. For anyone interested in information or becoming a mentor, please contact Christine Small at 904-493-7747.



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

Updated: FEBRUARY 1, 2007

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Oral Health Tips for Halloween, Year-round

By Sharon Foster

TRICARE Management Activity

Trick or Treat! It's that time of year again, when kids look forward to Halloween sweets and parents worry about the damage sugar does to their kids' teeth. TRICARE officials remind beneficiaries that brushing and flossing after eating sugary treats is the best way to keep cavities away and maintain their child's oral health, Halloween and year-round.

"Ideally, we recommend limiting sugary snacks for oral health and overall health, but that may not be practical during Halloween," said Col. Jeffrey

Chaffin, Army dentist and chief of the TMA Dental Care Branch. "When possible, try to encourage healthy snacks. The best advice to parents is to ensure that children brush and floss properly after eating Halloween treats."

Even though the oral health of children has improved significantly over the past few decades, tooth decay still affects children in the United States more than any other chronic infectious disease, according to the Centers for Disease Control and Prevention (CDC). Untreated, tooth decay causes pain and infections that may lead to

problems eating and speaking.

The good news is that tooth decay is preventable. According to the CDC, the combination of dental sealants and fluoride has the potential to nearly eliminate tooth decay in school-age children. Dental sealants are thin coatings that are applied to the grooves on the chewing surfaces of the back teeth to protect them from tooth decay. Most tooth decay in children and teens occurs on these surfaces. Sealants protect the chewing surfaces from tooth decay by keeping germs and food particles out of these grooves. Fluoride helps strengthen teeth, which in turn

helps keep them free of cavities and decay. It is a natural substance contained in toothpaste, mouthwash, and in some cities, water.

TRICARE officials understand the importance of good oral health year-round and think Halloween is a good time for parents to reevaluate best practices. Below are several tips to help parents and their kids maintain a healthy smile:

- Brushing teeth twice a day
- Avoiding excessive snacking on sweets and carbohydrate rich foods
- Rinsing with water after meals
- Cleaning between teeth with floss

and/or interdental brushes

• Getting regular dental checkups
For more dental hygiene tips and coverage information, visit the TRICARE Dental Program (TDP) website at www.TRICAREdentalprogram.com. The website offers several tools, such as the children's cavity risk assessment, which focus on preventing cavities and the importance of good oral health. The TDP newsletter, published three times a year, also offers great information. It is available for download on the public portal of TRICARE's Smart Site at www.tricare.mil/tricaremart.

Learning Good Eating Habits Is Elementary

By Alexis D. Washington

TRICARE Management Activity

For preschoolers, the food choices made during the ages of three to five are not only important in the fight against obesity, but they are critical for healthy brain development. Along with continued physical growth, the National Institute of Health (NIH) reports that it is during these years children demonstrate curiosity and learn to socialize, adapt to different places and speak properly. It's also when parents can set rules for good behaviors, preferences toward learning, and teach healthy eating habits. Poor nutrition at this stage can lead to long-term cognitive or behavioral disabilities.

After the age of two, the NIH recommends that a child's diet be moderately low in fat, as diets high in fat may contribute to heart disease, obesity and other health problems later in life. "The Pediatric Nutrition Surveillance System" reports that, the prevalence of obesity among children ages two up to five years was 14.7 percent in 2009.

At birth, a child's brain is unfinished. There are 100 billion cells unconnected to each other. When cells communicate with each other, the brain makes connections and develops. In the first decade of life, a child's brain forms trillions of synapses (connections). The more a child experiences, the

more connections are formed. It is at the preschool stage that a child's ability to think and reason develops tremendously. In these years, children learn their letters, counting, and colors, as well as how to better interact with the world around them.

Learning abilities and concentration spans of malnourished children are significantly lower than properly nourished children. Cognitive development is delayed in children who have suffered a serious lack of nutrition. Undernourished children have more problems fighting infections. Therefore, they may be sick more often, miss more school and fail to keep up academically.

A well-balanced diet that includes all essential vitamins, minerals and protein foods is instrumental in a child's proper brain development. Children should consume a variety of foods from the five major food groups that make up the Food Pyramid. Each food group supplies essential nutrients, including vitamins and minerals.

Each child's needs may differ

from the average, and appetites can vary from day to day. The best option to find out what and how much a child should eat to meet his or her needs is to get a customized MyPyramid Plan at www.mypyramid.gov/preschoolers/index.html. It will also provide ideas to help plan meals for preschool aged children. These five food groups and the recommended daily servings are:

Vegetables: 1 - 1 1/2 cups (fresh, frozen, canned and dried vegetables)

Fruits: 1 - 1 1/2 cups (fresh, frozen, canned or dried fruit)

Grains: 3-5 oz (bread, cereal or pasta)

Protein foods: 2-4 oz (lean meats, beans or eggs)

Dairy products: 2 cups (milk and products made from milk)

According to the NIH, nutrients that are most likely to be deficient in a child's diet are calcium, iron, vitamin C, vitamin A, folic acid and vitamin B6. In children who don't eat enough from the meat group on a consistent basis, it's often found that they don't get enough iron and zinc. Also, if a child consistently misses out on servings of fruits, vegetables and whole grains; they The Food and Nutrition Board at the Institute of Medicine provides daily recommendations to avoid these common deficiencies:

Calcium: 500 to 800 mg
Calcium is a mineral that makes bones strong and a deficiency

can interfere with bone growth and development. Calcium is also needed for muscles to move and for nerves to carry messages between the brain and the other parts of the body. A deficiency of calcium can lead to a diet with foods that are high in calcium to meet daily requirements is necessary for the development of strong bones.

Iron: 7 to 10 mg Iron is a mineral that is important for is necessary for the development of strong muscles and for the transport of oxygen by the blood. An iron deficiency can lead to fatigue, poor performance of activities, and lowered immunity.

Vitamin C: 15 to 25 mg Vitamin C is necessary in the body to form collagen in bones, cartilage, muscle and blood vessels and aids in the absorption of iron. Severe deficiency of vitamin C causes scurvy, a disease that causes spongy gums, loosening of the teeth, joint pain, and bleeding into the skin and mucous membranes, as well as anemia.

Vitamin A: 300 to 400 mcg Vitamin A is actually a group of compounds that play an important role in vision, bone growth, reproduction, and cell formation. It also promotes healthy surface linings of the respiratory, urinary, and intestinal tracts,

as well as the eyes. Vitamin A deficiency is a preventable cause of blindness.

Folate: 150 to 200 mcg Not only does Folic acid help tissue grow and cells work properly, it helps form red blood cells and produces DNA. A deficiency may cause poor growth, gray hair, sore tongue, weakness, headaches, heart palpitations, and diarrhea. Long-term deficiency can also lead to anemia.

Vitamin B6: 0.5 to 0.6 mg Vitamin B6 helps the immune system produce antibodies.

Antibodies are needed to fight many diseases. Vitamin B6 also helps maintain blood sugar levels and form red blood cells. Not getting enough Vitamin B6 can decrease your immune response and also lead to anemia.

Good nutrition from birth is critical in raising mentally and physically healthy children. For more information visit www.mypyramid.gov/. Visit www.tricare.mil/getitf for additional information about nutrition and obesity.

TRICARE Overseas Contract Begins

From TRICARE

Beginning Sept. 1, 2010, the new TRICARE Overseas Program contract goes into effect, giving beneficiaries easier and greater access to health care outside the United States.

International SOS Assistance, TRICARE's overseas contractor, is partnering with military treatment facilities (MTFs) to give Department of Defense beneficiaries comprehensive health care services. International SOS operates provider networks around overseas MTFs, and in remote locations to better serve TRICARE beneficiaries.

Beneficiaries stationed overseas who want to keep up with the latest information about their health care benefits need to update their family's Defense Enrollment Eligibility Reporting System (DEERS) records as soon as possible.

To make sure this information finds its way into the right mailboxes - both real and virtual - beneficiaries can update their DEERS records in several ways. The options include doing it in person at a military ID card issuing facility, online and by phone, fax or mail. To verify or update an address:

• In person, find the nearest

ID card office at www.dmdc.osd.mil/rsl

• Online, go to www.dmdc.osd.mil/appj/address/

• By phone call 1-800-538-9552 (1-866-363-2883 TTY/TDD)

• By faxing dial 1-831-655-8317;

• Mail address changes to: DMDC Support Office 400 Gigling Road Seaside, CA 93955-6771
For more information about DEERS, go to www.tricare.mil/DEERS. Learn more about the TRICARE Overseas Program go to www.tricare.mil/overseas.



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

Celebration of American Veterans

Recognition of the Sacrifices of our Veterans of Bygone Eras

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Confederate Park - Jacksonville Florida

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

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

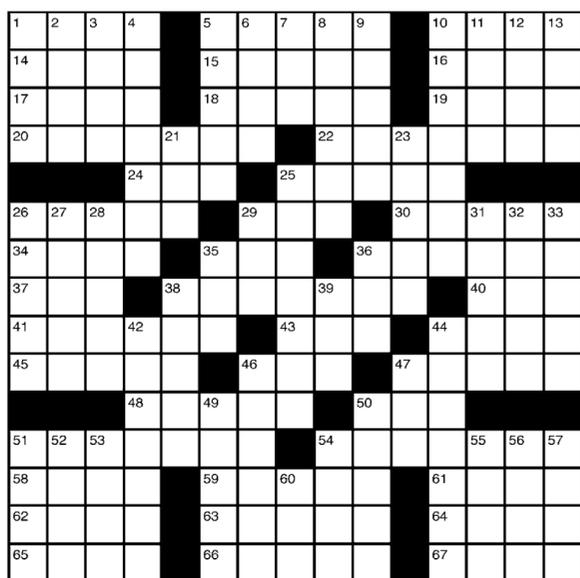
Location: 956 Hubbard St. Jax, FL 32206
Times: Saturday 8 AM - 5 PM Sunday 8 AM - 3 PM

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THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS

- Competent
- Separated
- Tattered attire
- Person, place or thing
- Recluse
- Franc replacer
- Little children
- BPOE building
- Cut the edges of
- Outstanding
- Shine
- Ooh and __; express delight
- Unit of length
- Meat sauce
- "__ got your tongue?"
- Approaches
- Seldom seen
- Saloon
- Truck fuel
- "__ to Billy Joe"
- Inner __; sacred refuge
- Mediterranean

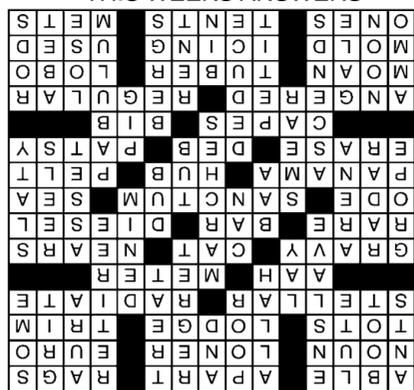


- Straw hat
- Wheel center
- Shower with stones
- Wipe away
- Young socialite, for short
- Pushover
- Ponchos
- Part of a pair of overalls
- Infuriated
- Ordinary
- Complain
- Yam or potato
- Gray wolf
- Shape
- Cake coating
- Secondhand
- Individuals
- Camp shelters
- New York baseball team

DOWN

- Picnic spoilers
- Cowboy's shoe
- Old stringed instrument
- Subjugate
- One venerated in a mosque
- Penniless
- In addition to
- Rue
- "Trick or __!"
- Pensioner
- Invisible emanation
- Unyielding courage
- Partial amount
- Put down
- Jeans material
- Drills, as a military group
- Search about in the dark
- Speeder's nemesis
- Amphitheater
- Trash barrel
- Valuable item
- Becomes dizzy
- Gray, like fine-grained rock
- Lamb's lament
- Give a name to
- Tarnish a reputation

THIS WEEK'S ANSWERS



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- Middyay
- Strong wind
- Pay a landlord
- Suffer defeat
- Aid in crime
- Slender sticks
- Flour container

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Out in Town

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.

Wednesday, Oct. 20

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

Friday, 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, zeppoli and yummy homemade desserts. Be Italian for a day at 21st ANNUAL FESTA ITALIANA, Jacksonville's only authentic Italian festival. For more information, call (904) 268-2882 or visit www.iacof-jacksonville.com.

Fleet Reserve Association Branch 290 is hosting a Meatloaf 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. Starting at 9 p.m., the music of SOUTHERN MAGIC will entertain until 1:00 am. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. Please call 246-6855 for more information or to place an order.

Saturday, Oct. 23

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting An Artful Tribute

COMMUNITY CALENDAR

Workshop for adults with local artist Stephanie Sipp from 10 a.m. to 12:30 p.m. During the workshop, participants will create a collage telling the story of their family wartime memories using pictures, paper and words. Participants are encouraged to bring family photographs or copies, and specialty papers they would like to include in their collage. Collage-making supplies will be provided. The workshop is in correlation with The Art of War exhibition that is on view through November 14, 2010. The exhibition features 26 World War II posters from the collection of Jacksonville resident Major General Gerry Maloney USAF (Ret.). During World War II, a number of government agencies issued posters for display in public places, including schools, libraries, post offices and factories. These posters used art and graphic design to inspire the American war effort. These images helped unite the American people during a critical time in our nation's history. Cost for members is \$15, non-members is \$20. Pre-registration is required. For more information or to register, please call Art Connections at (904) 355-0630.

The Fourth Annual St. Johns County /St. Augustine Datil Pepper Festival comes to the St. Johns County Fair from 11 a.m. until 3 p.m., at the St. Johns County Fairgrounds on SR 207 in Elkton, just south of St. Augustine. We invite everyone to come and enjoy the Datil Pepper Festival and taste St. Augustine's best dishes from some of St. Augustine's top local chefs. There will be Datil Pepper products, Datil pepper plants, a Professional Cook-Off & public tasting, and a People's Choice Award. A portion of the proceeds will go to assist the Slow Food First Coast School

Garden Grants program, with a goal of funding a school garden in every elementary school in St. Johns County. The People's Choice Award will be judged by the participating public at the festival. The Datil Cook-Off is from 11 a.m. till 2 p.m.

Registration Opens for AB Campout Under the Stars

The City of Atlantic Beach Family Fun Day and Campout under the Stars returns to Jack Russell Park from 2-10 p.m. This event is one of the City of Atlantic Beach's most popular events so reserve your campsite early! Campers can reserve a 12 x 12 campsite for a \$10 fee with fire ring and wood. Russell Park field is located on Plaza St., north of Atlantic Beach City Hall on Seminole Rd. This year features fun activities for all ages - Kid Zone with bounce houses, obstacle course, train ride, and ferris wheel. The afternoon includes a magic show, Working Warrior demonstration, and Prince Pele Polynesian show. The day concludes at twilight with a movie, "How to Train your Dragon." All afternoon and evening events are free and open to the public. Bring your blankets, chairs, picnic basket, suntan lotion, bug spray, and spend the afternoon and camp overnight! Registration forms are on the City website. Campers can register by mail or come by the AB Recreation Office at 716 Ocean Blvd. and choose your site. Call 247-5828 for more information or visit www.coab.us/events for a schedule of events throughout the afternoon.

Sunday, Oct. 24

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 avail-

able. 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. 25

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. 26

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Polish Sausage Caserole and potatoes, sauerkraut 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.

Wednesday, Oct. 27

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

Thursday, Oct. 28

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Fried Shrimp and French Fries, Cole Slaw, Hush Puppies and Dessert. A dona-

tion of \$8.00 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. 29

A Classic Theatre presents a staged reading of "What Would Einstein Say," an exciting new play by Bob Feldheim. The play will be presented at 7:30 p.m. at the St. Johns Cultural Council building at 370 A1A Beach Blvd, St. Augustine Beach (the home of The Dance Company). There is a \$10 donation at the door, cash or check only. For more information contact jtrahner@gmail.com.

Saturday, Oct. 30

A Classic Theatre presents a staged reading of "What Would Einstein Say," an exciting new play by Bob Feldheim. The play will be presented at 7:30 p.m. at the St. Johns Cultural Council building at 370 A1A Beach Blvd, St. Augustine Beach (the

home of The Dance Company). There is a \$10 donation at the door, cash or check only. For more information contact jtrahner@gmail.com.

Sunday, Oct. 31

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, Nov. 1

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

Saturday, Nov. 6

Join a park ranger at 2 p.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many roles the salt marsh plays, the plant and animal life found in this natural community. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

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COBBLESTONE - 3/2, 2 car garage, 1,636 sq. ft. Available now - \$1195.00
BENTWATER PLACE - 3/2, 2 car garage, 1,722 sq. ft. Available 11/10 - \$1195.00
OCEANWAY AREA - Northwoods subdiv. 4/2, approx. 2,000 sq. ft. avail. 10/20 - \$1250.00
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**Behind maned gate in
OP Country Club 3/2**
\$179,000 move in ready
Nice deer stand & food
10k updated kitchen and
appl, wd burn tp, fenced
yrd w/preserve view
ML5454386 904-651-5422

Waterfront

NAVIGABLE Westside 3/1,
\$155K, 2 br, 1 car
gar, kit, eqpt, fncd,
\$150K. 904-781-1339

Condominiums

CONDO 2/2 Like
new, pond view,
1118sq, apps stay,
downstairs unit, furn,
included w/acceptable
offer. \$74,900.
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Out of Area/Town/State

*** Southwest GA ***
1,281/ac @ \$2,250/ac
Big deer, quail, duck ponds
Nice deer stand & food
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pines & hardwoods
Irrigated farmland
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Admirals Walk 904-242-9404

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Oakleaf Condo,
3br/2ba, granite
cabinets, new carpet,
wash/dryer,
screened lanai backs to
pond/wildlife preserve,
walking distance to
amenities & minutes to
town center, schools, 1,000 mth.
904-406-4779.

SAN JOSE - Great loca-
tion, quiet, safe, fully
eqpt., pool, 2br/1.5ba no
pets. \$675mo+dep 545-6320

SOUTHSIDE 3/2,
gorgeous wood & tile, gated,
fitness rm, \$990mo+ sec
dep. Agent 904-622-8602

Houses Unfurnished

4/2 Home, Westside loc.,
close to schools, churches
& shopping. \$750mo+dep
1 year Lease req. Call
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6541 Greenfern Lane
4/2 newly remodeled Single
Family home, 1200SF,
Den, Fireplace, Screened
Porch, \$985 +1 month dep
Credit history and ref.
read d Pets + \$250
non-refundable. Avail 10/29
Go to Zillow.com for ini-
tial view Call 904-707-0664

ARLINGTON 3br/1ba, ch&ca,
kitchen equip, fenced
yard \$650mo 904-744-8387

ATLANTIC BEACH
Townhome, 2 br, 1.5
bath, \$800 per month,
\$700 security deposit. 824
Cavallita Blvd. #111,
October. Call 655-5587.

INTRACOASTAL WEST
ISLE OF PALMS
Beautiful Renovated
3br/2ba + bonus room,
fireplace, hardwood
floors, 2 car garage,
CR fenced yard
\$1200mo + dep
Call 904-318-2592, 509-1176

JAX - 3/2.5, w/ 2 car gar,
fireplace, wood flrs,
fenced backyard, work-
shop, 1st b'd. Call
352-473-3147

KERNAN & ATLANTIC
Mtl. Pleasant Subd. Nice
home & neighborhood.
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in fam. rm, 2car, fncd
bkvd, \$1250m+dp. Pets
nego. 904-616-2429

MANDARIN - Beautiful 4/2,
2 car gar, scrnd patio,
FP, fam rm, cul-de-sac
\$1300mo 904-307-5834

MANDARIN - 3/2.5, 2 car
gar, FR, DR, kit w/
brkfst nook, \$1100mo
+dep. 904-813-8961

Middleburg - 4/2, 2 car gar,
2200sf, fncd bkvd, glass
scrnd patio, 1yr lease
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Neptune Beach 1 block to
the ocean, 2/1, upstairs
unit of duplex, washer/
dryer included, \$1200mo
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& cable. Call 904-435-4730

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2br/2ba, 1 car gar,
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1000 sq ft Cottage. 2bd/
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wood flrs inside w/shr/
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provided. Scnd front
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PCS-8606 Derry Dr.
R1350/D51350
(1200sf) HUGE 4/2
home in desirable
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feats a formal LR &
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ch&ca, indry rm with wd
carr, ceiling fans, car-
pet & 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"
cabs & all appl's stay.
Retreat in a lrg master
bdrm w/lrg mstr bath,
sep. shower, garden tub
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miss out on this great
home. Community
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Great for families.
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2 & 3 Br's also avail
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\$300 dep. 924 Arco
Drive. 904-705-7861

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1BR, newly remode-
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PCS-8606 Derry Dr.
R1350/D51350
(1200sf) HUGE 4/2
home in desirable
Argyle/Oakleaf area
feats a formal LR &
CR LARGE fam rm,
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pet & 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"
cabs & all appl's stay.
Retreat in a lrg master
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93K MI, red, sunroof, new tires, clean \$11,950. 904-273-4433

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