



2008 CHINFO Award Winner

Mayport Thanks Vets



-Photos by MC2 Gary Granger Jr.

During the benediction portion of a ceremony honoring veterans, Robert Bailey, also a veteran, removes his cover in prayer honoring those who have fought for the U.S.. The Jacksonville USO and Naval Station Mayport are holding a ceremony honoring the veterans of Florida's 4th Congressional District and celebrating their service to the U.S.

By MC1 Daniel Gay
Navy Public Affairs Support Element
East Detachment Southeast

Veterans from across Florida's Fourth Congressional District gathered at Naval Station Mayport on Nov. 5 to participate in an annual Veterans Special Recognition Ceremony sponsored by Congressman Ander Crenshaw.

At the ceremony, 140 veterans who served between 1941 and 1970 were honored by Crenshaw.

"Our nation's veterans are owed a great debt of gratitude for their service to our country, and my annual Veterans Special Recognition Ceremony shines the light on that commitment," said Crenshaw.

This event was the eighth annual ceremony held for Northeast Florida and CMDCM Dave Anderson, NS Mayport's command master chief, said that it is only right that the veterans were honored at this base.

"We wouldn't have what



William Surcey from the original Tuskegee Airman who fought in World War II receives the flag from U.S. Congressman Ander Crenshaw on behalf of all the veterans in attendance during a ceremony honoring veterans from the local area.

we have today without our veterans, and their great legacy is what they are passing onto us," said Anderson. "Hopefully, we will be able

to take that legacy and pass it onto our next generation."

During this year's ceremony, the guests were treated to a special passing of the flag

ceremony.

"I have been collecting vintage military uniforms for a while," said Anderson. "I felt

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-Photo by Paige Gnann

Cmdr. Darryl Brown salutes Capt. Gary Haben, COMDESRON 14, after accepting command of USS Robert G. Bradley from Cmdr. Timothy Sparks, middle, during a Nov. 5 change of command ceremony.

Brown Takes Helm Of RGB

From Staff

Cmdr. Timothy Sparks was relieved by Cmdr. Darryl Brown as commanding officer of USS Robert G. Bradley during a change of command ceremony on Nov. 4 on board the ship. Capt. Gary Haben, COMDESRON 14, was guest speaker.

Sparks, a Texas native, enlisted in the Navy in 1986. He attended the U.S. Naval Academy Preparatory School in 1987 and graduated from the United States Naval Academy in 1991 with a Bachelor of Science degree in Oceanography. In 1997 he earned a Master of Arts degree in National Security Affairs (Strategic Planning) from the Naval Postgraduate School.

Sparks has served Division Officer assignments as Administrative Officer and Strike Warfare Officer in USS O'Brien (DD 975) and as Electrical Officer in USS Nimitz (CVN 68). He served as a Department Head as Operations Officer in both USS Taylor (FFG 50) and USS Chosin (CG 65), and he has served on the afloat staff of Commander, Cruiser-Destroyer Group One (Constellation Battle Group) as Flag Secretary and Assistant Chief of Staff for Administration. Commander Sparks served as Commanding Officer of USS Kingfisher

(MHC 56).

Sparks has made numerous deployments to the Western Pacific, Arabian Gulf, the coast of Africa, and the Mediterranean. Prior to reporting to USS Robert G. Bradley (FFG 49), Commander Sparks served in the Pentagon on the staff of the Chief of Naval Operations (Strategy and Policy Division). During his shore tour, he also served on the staff of Commander, United States Central Command (USCENTCOM) and deployed to Doha, Qatar in support of Operation Enduring Freedom. Most recently, Commander Sparks served as Robert G. Bradley's executive officer prior to taking command.

Brown is a native South Carolinian. After high school, he enlisted in the U.S. Navy for four years. Following his enlistment he attended the University of South Carolina, where he received a Bachelor of Science in Mechanical Engineering in 1995. In 2006, Brown earned a Masters of Art degree in National Security & Strategic Studies from the Naval War College. Additionally, Brown is a graduate of the Joint Forces Staff College and is Joint Specialty Officer (JSO) qualified.

Brown's sea duty assignments include serving aboard:

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SERMC Earns VPP Star

From SERMC Mayport

Southeast Regional Maintenance Center (SERMC) was honored Oct. 13 as the first Regional Maintenance Center under the Naval Sea Systems Command to earn the Voluntary Protection Program (VPP) Star recognition.

Occupational Safety and Health Administration (OSHA) Area Assistant Director Jeff Romeo presented SERMC Commanding Officer Capt. Ron Cook with a VPP Award Plaque and Star Site flag in front of an "All Hands" audience of command personnel.

"It's great to be here to recognize all of you for your hard work and your accomplishment in obtaining VPP Star status," Romeo said. "This is a program that truly takes the involvement of everyone: active duty Navy, civilian, and contractors."

The VPP Star program recognizes organiza-

tions that have comprehensive safety and health management systems and a robust commitment for labor, management, and employees to continuous, cooperative safety relationships in the workplace. "Star" status indicates a facility has operated at a safety rate superior to the national average, and recognizes continued excellence in workforce health and safety matters.

"This is an outstanding day," Cook said. "Each and every one of you was important in earning this prestigious recognition. We are now at the base of the VPP Star pyramid. Safety is an everyday concept that we must focus on."

The morning festivities continued after the award ceremony and flag raising with the participation of a command wide potluck lunch and the cutting of a VPP celebratory cake.



-Photo courtesy of SERMC

Joey Cartwright, SERMC Safety Director (fourth from left) stands with some of the members of the VPP Support team who were instrumental in implementing the precepts of the VPP throughout the command.

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Academic Success Tips

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Business Is 'Booming'

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Tools To Combat Impact Of Deployment On Students' Academic Success



Judy Cromartie
School Liaison Officer

While being the child of a military service member can have a positive impact on the child, it can negatively impact his academic success.

A recent article by Elaine Wilson in the American Forces Press Service reports that an Army study found "that children whose parents have deployed for a cumulative 19 months or more had lower school achievement test scores than children whose parents had deployed for a lesser time or not at all."

Reporting on a speech by Amy Richardson, poli-

KNOW THE ROPES

cy researcher for the Rand Corporation, at the 2010 Association of the U.S. Army Annual Meeting and Exposition in Washington, DC, Wilson provides a sneak peek at the findings of a two-year study on the effects of deployments on military children's academic success and emotional health. Richardson was one of several military and civilian experts to speak on the challenges facing military children and the efforts underway to help them.

Richardson indicated that study results place the impact for children beginning at the 19-month mark of the parents' cumulative deployment time. Richardson emphasized that the cumulative amount of time turned out to be more significant than the number of deployments.

Researchers explored the findings to determine if they

revealed differences such as location of deployment or age, gender, and rank of parent. But similar results were found in all the differences. What they did find was something people have known intuitively for some time: while many military families are coping well with deployments, others are struggling.

"We also found that children are facing some behavioral health challenges which can impact their academic success, and for many of the children [resilience] seemed to be waning," Richardson said. She also notes that children who are struggling with deployments have parents who also are struggling, underscoring the importance of parental influence.

Wilson in her article provided a number of recommendations outlined by Richardson on how to assist children struggling

with deployment:

- * Students need additional support with their homework and school work either online or in person,

- * Installation leaders need to create a process to inform schools about which children are military and the status of parental deployment,

- * School counselors need better access to information on resources which can help military families, and

- * Installations need to widely advertise the presence of school liaison officers and encourage them to foster a more collaborative effort with school administrators.

The U.S. Navy has certainly recognized the importance of these recommendations even though these recommendations came out only in the last few weeks. School Liaison Officers (SLO) have now been posted at every major Naval installation. In the first year in the new job, SLO's throughout the U.S. Navy have provided parents with information on the myriad of resources available to mili-

tary-connected families through newspaper articles, parent programs, and their web sites. My SLO flyers include web links to a variety of resources including online tutoring at www.TUTOR.com and SOAR (www.militarystudent.org), free test prep, and help for special needs children. I also work with the command to provide school staff and, especially, the counselors with information and training to better inform them of resources available to them from a variety of military and civilian organizations. In the past year I have offered to school staff these trainings: "Living in the New Normal," "Supporting Children of the National Guard and Reserve Institute," and "Transition Counselor Institute I" (TCI I) with TCI II scheduled for this January.

To ease deployment strain on a family, parents can help by being in contact with the school. Early in the deployment or during pre-deployment, the parent should inform the child's teacher(s) and counsel-

or of the location, length, and time of deployment for the service member. With the teacher and counselor on board with this information, they can all be alert for behavioral or academic changes which may be a result of the deployment. In the initial contact with the school, the parent, teacher, and/or school counselor should determine how the information will be shared between home and school and how these special concerns and problems will be handled. Whether through phone calls or notes, it is important for families and educators to know what is happening in order to diagnose the cause and offer solutions to the problem.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at Judith.cromartie@navy.mil or by phone at (904) 270-6289 X1305 [office] or (904) 219-3894 [cell]. Or schedule a meeting in her office in Building One.

God Can Be Found Anywhere When You Look



Chaplain Phil Bagrow
Surface Force Ministry Center

The good thing about God is that He can be worshipped and praised anywhere you can think

CHAPLAIN'S CORNER

to be. Sometimes we are made aware of this when we are on leave visiting our family or visiting a new place for the first time. We either rediscover the presence of God where we once worshipped Him all the time, or we discover that God is exactly the same in a new place as well. Being in the Navy allows for extraordinary opportunities to worship Him.

For me, these special opportunities fall into two categories.

First are the places of worship we can visit when we are on a deployment and are in port in a foreign country. On my last cruise, in USS JOHN L HALL (FFG 32), we had the chance to worship in a Ukrainian Orthodox Church, a Bulgarian Orthodox Church, a Catholic Church in Turkey and a Greek Orthodox Church. When in Cape Verde we worshipped in a Nazarene Church, half in English and half in Portuguese.

We worshipped with our fellow military "family" when we worshipped at base chapels in Rota, Spain and Souda Bay, Crete. Each of these was different, unique and in some cases almost impossible to understand!! And yet without exception, the presence of God was in our midst and we were changed because of being in this Presence.

The other category is my favorite; to worship with shipmates somewhere on the ship, somewhere on some body of water hundreds, if not thousands, of miles away from shore. We come from different backgrounds, knowing different

songs or hymns, in all different styles. We all bring something from our homes and our hearts and we experience a worship service that is like no other. It is amazing how much we all have in common and how easily we can encourage and lift up one another when each other is all we have. As a Chaplain, it is always bittersweet for me when we return to homeport because I know that all my shipmates will disperse to their own places of worship and our unique dynamic will never be replicated quite the same way again.

What can we learn from this? I think two things: one, worshipping God can be done any-

where, anytime, and in almost any way possible. You only have to be willing to try something new, try something different and be willing to step out from what is most familiar to you. And two, when we allow ourselves to take advantage of what is available to us at the time, we find that while it may be different to what we are used to, we can nevertheless encounter God just as powerfully and in life-changing ways as we can be in our "home" church.

So, whether civilian or military, whether home or deployed, step out and discover God wherever He may be found - which is everywhere!

National Native American Heritage Recognized In November

By MC1 Heather W. Hines
Navy Region Southwest Public Affairs

Throughout the history of the United States, Native Americans have played a significant role in the development of America's culture. To honor the special place they hold in the history of this country, November has been designated as National American Indian and Alaskan Native Heritage Month.

The purpose of the observance is to increase awareness and understanding of the diversity that lies within the Native American heritage and culture.

The term "Native American," as described in guidance released by the Office of the Chief of Naval Operations (CNO), refers to indigenous people of North America, includ-

ing parts of Alaska and the island state of Hawaii. Native Americans comprise numerous distinct tribes, states, and ethnic groups, many of which survive today as intact communities. "American Indians and Alaskan natives have made profound contributions to our national identity, and their traditions and values are woven into the American experience."

President Barack Obama signed a proclamation Oct. 29 that noting that there have been great strides made over the past two years. "We have made important steps towards working as partners with Native Americans to build sustainable and healthy native communities" President Obama said.

"At last year's White House Tribal

Nations Conference, I also announced a new consultation process to improve communication and coordination between the Federal Government and tribal governments," President Obama said. "This year, I was proud to sign the landmark Affordable Care Act, which permanently re-authorized the Indian Health Care Improvement Act, a cornerstone of health care for American Indians and Alaska Natives."

According to the U.S. Census Bureau, 4.5 million American Indians and Alaskan Natives comprise 1.5 percent of the total U.S. population.

Navy Region Southwest Command Management Equal Opportunity Advisor and Command Diversity Leader, Chief Ship Serviceman (SW/

AW) Jimmy Palis strives on a daily basis to ensure his command is doing its part with diversity and cultural awareness by not only publicizing, but embracing.

"Cultural awareness gives each of us the grace and good manners to [acknowledge] and indicate 'I see you, honor you and appreciate you and I celebrate what makes you unique,'" said Palis. "Cultural diversity gives us the insight we need to honor those differences and interact in ways that facilitate understanding and cooperation."

The CNO strongly encourages all commands to increase their knowledge and awareness of National American Indian and Alaskan Native cultures and contributions through programs, exhib-

its, publications, and participation in military and community events.

"I would suggest that [commands] get a motivated person that will be in charge of the program and that will glamorize the importance of diversity program and demand the command to support," said Palis.

"Without the command's support the program will not be successful. Leadership at all levels should also help glamorize the program and [open up] participation to all the employees who would like to be members of the diversity committee because doing this will bring about various perspectives and views not often seen by one person," he added.

NEX A-OK Program Rewards Student's Good Grades

From NEXCOM

The Navy Exchange wants to help its customers pay for their children's college education through its A-OK Student Reward Program. Four times per school year, four students will be the recipients of a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of November 2010.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to win a savings bond through its A-OK Student Reward Program since 1997. Since the program began, NEXCOM has awarded \$504,000 in savings bonds with the help of its generous vendor partners.

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Law Students Tour Mayport Before Court

By MC2 Sunday Williams
Navy Public Affairs Support Element
East Detachment Southeast

The Navy Judge Advocate General's (JAG) Corps sponsored the 2nd Annual National Moot Court Competition Oct. 28-30 aboard Naval Air Station (NAS) Jacksonville.

Rear Adm. Nanette DeRenzi, deputy Judge Advocate General of the Navy and commander, Navy Legal Service Command, announced that the students representing the University of Michigan Law School were selected as the best overall team this year.

Team members Stephen Gilson, Samuel Rudman and team coach Carlos Torres competed against students from 21 other law schools across the country. The team from Florida Levin College of Law finished a close second.

"The competition occurred at a really high level," said Gilson. "The judges were great and willing to provide really helpful feedback and take any questions. It was a pretty cool and unique opportunity for us all."

Torres said that his team prepared well for the competition.

"It was interesting to watch how their argument evolved as the level of questioning from judges became more challenging," said Torres. "Everybody learned a lot from these judges, and the experience was a privilege that not many get."

Stetson University was recognized as the team with the best brief while David Evans of the University of Florida was honored for the best oral argument.

The competition was hosted by Region Legal Service Office (RLSO) Southeast and is open to law school moot court teams with an interest in learning more about military justice and constitutional law. The 22 law schools represented the highest caliber and most diverse law schools in the nation.

"These students return to their schools with greater knowledge of the Navy and of the JAG Corps as a career option. When they talk with their friends about their moot court experience, it creates an added recruiting opportunity at the law school," said Capt. David Grogan, commanding officer, RLSO Southeast.

The teams participated in appellate oral arguments in front of a prestigious panel of judges from the U.S. Court of Appeals for the Armed Forces, U.S. Navy-Marine Corps Court of Criminal Appeals and the Chief Judge of the Department of the Navy.

DeRenzi said the competition is the only one of its kind.

"There is not another competition like this where teams get to argue before sitting judges," said DeRenzi. "The opportunity for competitors to step outside



Katy Jo Muncie, a law student, holds the ship's wheel at the helm aboard the guided-missile destroyer USS The Sullivans' (DDG 68). Muncie is participating in the Judge Advocate General's Corps National Moot Court Competition event taking place at NAS Jacksonville Oct. 29-30.



-Photos by MC2 Gary Granger Jr.

Cmdr. Mark Olsen, commanding officer of the guided-missile destroyer USS The Sullivans' (DDG 68), welcomes aboard the law students.

their comfort zones and argue before such a distinguished panel of judges is invaluable. Participating in this event requires a lot of rigor and discipline, but pays off in the courtroom skills they are honing."

DeRenzi hopes the competition will also have an effect on the reputation of the Navy JAG Corps. She wants people to leave the competition with a better understanding of what the JAG Corps is about and what they have to offer.

Andrew Blancato, a student from New York Law School, said he has gained a lot from the experience.

"I had a chance to really see what the JAG has to offer, and I actually had a JAG interview," said Blancato. "I would be truly honored to be part of this great organization."

Participation in the competition gave the students a chance to demonstrate their dedication to their studies and a chance to be critiqued on their litigation skills. They also gained some insight into military law and some of the challenges that a Navy JAG could face.

The Navy Judge Advocate General's Corps provides solutions, from a military perspective, to legal issues involving military operations, organization, and personnel, wherever and whenever such solutions are required with a primary focus on operations, accountability, Sailor's legal readiness, and Navy legal readiness.

"It was our privilege to host the moot court competition for the second consecutive year," said NAS Jacksonville Commanding Officer Capt. Jeffrey Maclay. "I spoke with Navy JAG Vice Adm. Houck and Rear Adm. DeRenzi, and they shared what a great experience the moot court is for the staff and law students participating. We hope the camaraderie and the time the students spent here at NAS Jax was rewarding and will entice them to consider one day joining the Navy JAG Corps."



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Business Is 'BOOMing' For EOD Det Mayport

The official command policy for Explosive Ordnance Disposal Detachment Mayport is pretty simple - "Do the right thing for the right reasons. Try to have fun doing it." And it is a policy that the team at EOD Detachment Mayport strives to achieve.

EOD Detachment Mayport is made up of a five-person team whose mission is to "render safe all types of ordnance, both conventional and unconventional, improvised, chemical, biological, and nuclear to include Improvised Explosive Devices (IEDs) and Weapons of Mass Destruction (WMD)."

If it can go BOOM - Navy EOD techs can handle it. They are on call for ordnance response issues from Lake City eastward and down to the Bahamas and Puerto Rico.

"It's the challenge," said Chief Explosive Ordnance Disposal Rick McAbee. "A challenge presents itself on a daily basis. It's balancing admin work with responses. There's always something new every day." McAbee has been an EOD for six years. He was a prior Hospital Corpsman before cross rating into the community.

"It was my dream," he said.

It takes a lot to become an EOD technician and just making it through the front door takes an effort.

To pass the physical screening test for EOD school, the candidate must swim 500 yards in 14 minutes or less, perform 42 push ups in 2 minutes, 50 sit-ups, six dead hang pull-ups and run 1.5 miles in 12:45 minutes or faster - consecutively with little rest periods in between the events.

And if they can pass that then they are in for months of schools in tactical training, parachuting, diver training and 42 weeks of basic EOD school at Eglin Air Force Base in Fort Walton Beach.

"That's what makes the Navy different than the other services," said Explosive Ordnance Disposal 1st Class Tim "Freddy" Fredericksen. "We are trained as parachutists and divers."

At Eglin, candidates learn about air ordnance, improvised explosives, nuclear ordnance and underwater ordnance.

So far this year, the team has had 27 calls including the May sonobuoy incident that left a piece of P-3 Orion training equipment inside a Mandarin home. They also made a trip down to Palm Beach recently to retrieve an old military training droid that washed up on the beach in front of the house of internationally known recording artist Yanni.

"That was pretty cool," Fredericksen said.

That droid turned out to be harmless, but the EOD team trains constantly to maintain readiness for situations that are more delicate.

The team just finished up a week-long training session dealing with response techniques to chemical explosive devices. The training culminated with a mock chemical response evolution with the base fire department.

"EOD DET MAYPORT responds to conventional and improvised explosives on land or in the sea," said Lt. Mike Simmons, OIC of the Mayport detachment. "We also maintain the capability to protect ourselves in a chemical or biological threat environment in order to render safe explosive devices. The experience and equipment NS Mayport Fire

Department brings to the scene of a chemical incident is invaluable to our safe return from working downrange. Today's drill allowed us to better understand the FD's capabilities."



-Photo Submitted
Chief Explosive Ordnance Disposal Technician Rick McAbee gets a block of C4 from Explosive Ordnance Disposal Technician 1st Class Jack Hanson while building a shot at the EOD Demolition range at GITMO.



-Photo by Paige Gnann

Senior Chief Explosive Ordnance Disposal Technician Joe Toy helps Explosive Ordnance Disposal Technician 1st Class Jack Hanson put on a cooling vest and radio harness used with a chemical encapsulating suit.



-Photo by Paige Gnann

Chief Explosive Ordnance Disposal Technician Rick McAbee remotely controls EOD's response robot Talon as Detachment OIC Lt. Mike Simmons watches the robot's progress. EOD Detachment Mayport participated in a chemical ordnance response training exercise with Mayport's fire department.



-Photo by Paige Gnann

Talon monitors as the first response team from EOD Detachment Mayport prevents chemical contamination spread while engaged in a training scenario with Mayport's fire department.



-Photo by Paige Gnann

Fire personnel check McAbee for contamination.



-Photo by Paige Gnann

Fire personnel watch as Fredericksen completes the decon station.



-Photo by Paige Gnann

Toy helps Explosive Ordnance Disposal Technician 1st Class (EWS/AW/SW) Tim Fredericksen adjust his vest as a firefighter briefs the EOD tech.



-Photo by Paige Gnann

Fredericksen is brushed down during a mobile decontamination station set up by the fire department.



-Photo by Paige Gnann

Fredericksen has his SCBA tank changed out for a filled tank during the exercise.



-Photo by Paige Gnann
Explosive Ordnance Disposal Detachment Mayport Officer in Charge Lt. Mike Simmons sets up Talon for chemical monitoring.



-Photo Submitted
Explosive Ordnance Disposal Technician 1st Class Jack Hanson prepares 80mm illumination rounds during a training exercise at the GITMO EOD demolition range. Members of Detachment Mayport was in Gitmo in September.



-Photo Submitted
Illumination rounds are primed in as a detonator is inserted into the CA charge.



Fredericksen sits in the hole created during the GITMO trip.

-Photo Submitted



Fredericksen performs an electric cap build up.

-Photo Submitted



-Photo by Paige Gnann
Hanson talks with Operations Specialist 3rd Class Joshua Beekman of USS Roosevelt about search techniques for vehicles as members of Roosevelt's security team listen to the training.



-Photo by Paige Gnann
Beekman searches the back of a vehicle for obvious devices. Hanson talks to him about the right ways to approach suspicious containers.

-Photo by Paige Gnann



-Photo by Kaylee LaRocque
Explosive Ordnance Disposal Technician 1st Class (EWS/AW/SW) Tim Fredericksen of Navy Bomb Squad Det Mayport demonstrates some of the cool equipment the team uses in the field during the air show.



-Photo by Kaylee LaRocque
Senior Chief Explosive Ordnance Disposal Technician (EXW/EWS/AW) Joe Toy of Navy Bomb Squad Det Mayport helps 3-year-old Zach Lester try on a protective suit at the air show.

-Photo by Kaylee LaRocque

Nov. 11: Veteran's Day Bowling Special. All-day bowling pass and shoe rental for \$8 per person. 10:30 a.m. to 10 p.m. 270-5377

Nov. 13: UFC 122 PPV Live. Marquardt vs. Okami. 10 p.m. Watch it FREE at Castaways. 270-7205

Nov. 15: Monday Night Football- at Foc'sle CPO Club. 6 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

Nov. 17: Racquetball Turkey Shoot. 5 p.m. at Gym. Pre-registration required. (Free) 270-5452.

Nov. 17: All-Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person.

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.

Nov. 12: Life Size Jenga. 6 p.m. Don't let the tower fall! Planet Mayport. (Free)

Nov. 13: Kaja Anime Con. Van departs from Planet Mayport at 8 a.m. (Free)

Nov. 14: NFL Football-Jacksonville Jaguars vs. Houston Texans. Van departs planet Mayport at 11:30 a.m. Cost is only \$5.

Nov. 12: Fall Night Under the Stars. Outdoor movie and BBQ. 7 p.m. at the Teen Center. 270-5680 or 246-0347

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

Nov. 17: All-Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance;

MWR HAPPENINGS

Purchase tickets in advance; limited tickets available at the door. 270-5228

Nov. 18: All Khaki Gaming Night. 3-7 p.m. at Foc'sle CPO Club with 40-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Games begin at 6 p.m. All Khakis welcome (CPOs, Officers and guests). 270-5431.

Nov. 21: Bowling Family Fun Night. 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$10 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. 22: Monday Night Football- at Foc'sle CPO Club. 6 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

Nov. 23: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 40-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome 270-5431.

LIBERTY CALL

Nov. 15 - Nov. 17: Quit Tobacco Carnival. Come in for great carnival games and drawings for great prizes.

Nov. 19: Harry Potter and the Deathly Hallows: Part 1 Trip. Van departs Planet Mayport at 6 p.m. Cost is only \$5.

Nov. 20: Professional Rugby League. U.S. vs. Canada. Van departs Planet Mayport at 1:30 p.m. Cost is only \$5.

Nov. 21: NFL Football-Jacksonville Jaguars vs.

Cleveland Browns. Van departs planet Mayport at 11:30 a.m. Cost is only \$5.

Nov. 23: WWE Smackdown LIVE! Van Departs Planet Mayport at 5:30 p.m. Must attend in uniform. (Free)

Nov. 24: Pool Tournament Finals. Planet Mayport at 5:30 p.m.

Nov. 25: Happy Thanksgiving! Planet Mayport open 9 a.m. - 11 p.m. Come by and grab a turkey sub. (Free while supplies lasts)

KID ZONE

limited tickets available at the door. 270-5228

Nov. 19: Teen Thanksgiving Potluck. 5:30 p.m. Holiday movie 7 p.m. 270-5680 or 246-0347

Nov. 20: Karaoke Night at the Teen Center. 5-9 p.m. 270-5680 or 246-0347

Nov. 21: 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. 23: Turkey Shoot 8-ball Tournament. 5 p.m. at the Teen Center. Win a turkey! 270-5680 or 246-0347

Fitness

Surfside Fitness schedule is as follows:

Monday
7 a.m., **TRX**

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

9:30 a.m., **Intro TRX**
10 a.m., **Broken Hearts**
11:30 a.m., **Kickboxing**
1 p.m., **Moms in Motion**

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

6:45 p.m., **Yoga**
Tuesday
7:30 a.m., **20/20/20**

A fusion of our Low Impact, Resistance and Intro Mind Body classes. Twenty minutes will be devoted to cardio training, twenty minutes to strength training and twenty minutes to flexibility training.

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

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

1 p.m., **Strength Solutions & Flexibility Fix-Ups**

MWR SPORTS/FITNESS

2 p.m., **NOFFS Nutrition & Fitness Series**
2:30 p.m. **FEP Bootcamp Basics**

5:30 p.m., **Kids' Clinic**
5:30 p.m., **Zumba Basics**
Wednesday

7 a.m., **Spartan**
10 a.m., **Broken Hearts**
11:30 a.m., **Step**
1 p.m., **Moms in Motion**
5 p.m., **TRX**

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

5:30 a.m., **Zumba**
Thursday
6 a.m., **Functional Flexibility**
7 a.m., **NOFFS Nutrition & Fitness Series**

9:30 a.m., **20/20/20**
11:30 a.m., **Zumba Basics & Toning**
11:30 a.m., **TRX**

1 p.m., **Strength Solutions & Flexibility Fix-Ups**

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

Friday
7 a.m., **Beach Bootcamp**

(weather permitting) This Commando PT utilizes various training techniques to achieve the highest fitness levels possible. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.

7:30 a.m., **Zumba**
A fusion of hot, sexy and explosive Latin American

and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

The Gym Schedule is as follows:

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

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

11:30 a.m., **Weight Training for War Fighters**
2:30 p.m., **FEP Spin & Row**

5:30 p.m., **Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

Tuesday
7 a.m., **Cardio, Combat & Core**

11:30 a.m., **Spinning**
Wednesday
7 a.m., **Command Cardio Pump**

11:30 a.m., **Weight Training for War Fighters**

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

Friday
6:30 a.m., **Spinning**
9:30 a.m., **Intro to Spinning**

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



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Summer Softball Ends



-Photo courtesy of MWR
FRCSE Mayport and U.S. Coast Guard close out the 2010 Summer softball season. Battling head to head in the finals FRCSE wins the Playoffs and USCG wins the league.

Sign Up For Women's Basketball



-Photo courtesy of MWR
Airman Kendall Rose sets up the play during the Mayport's Women's Basketball team practice as they prepare for their big game against Keesler AFB; coming in December to Mayport. If you are interested in playing women's basketball, contact Rita Hammerstad at 904-270-5451.

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Stephen W. Groves Excels During COMPTUEX

By Ensign Daniel F. Stayton

From USS Stephen W. Groves Public Affairs Office

USS Stephen W. Groves participated in a Comprehensive Training Exercise (COMPTUEX) from Oct. 5-27 with the USS Enterprise Strike Group.

The Carrier Strike Group and opposition force (OPFOR) consisted of more than 25 U.S. surface combatants, submarines, and air units. Throughout the exercise, Stephen W. Groves conducted undersea warfare exercises, maritime interdiction operations, assist and visit operations, and helicopter operations. Each of these evolutions was designed to test the ship's proficiency and stretch the crew's endurance to the limits in an effort to increase overall readiness for deployment and sustainment phase operations. Completing multiple evolutions throughout the days and nights, the crew maintained a high operational tempo designed to simulate combat operations.

Stephen W. Groves conducted three replenishment-at-sea (RAS) evolutions, including a highly technical nighttime RAS.

Also, the ship's Visit, Board, Search, and Salvage (VBSS) team conducted five maritime interdiction boardings and several approach and visit operations. One scenario turned into a challenging, non-compliant boarding that



USS Stephen W. Groves' VBSS team prepares to conduct maritime security operations.

required the entire crew's backup and support, including the manning of a prize crew that took command of the non-compliant vessel. On several occasions Stephen W. Groves embarked

and processed high-interest detainees from the suspect vessels. The ship was recognized as the only participating unit to successfully complete all boarding scenarios on its first attempt.

Stephen W. Groves was also noted as a top performer as an OPFOR Participant in the final week of the exercise. Executing recognized strategies and tactics the Strike Group may

encounter, the ship provided an unparalleled training opportunity for the Strike Group while enhancing their own ship handling skills and flexibility. Later, Stephen W. Groves received a Bravo Zulu message for her successful efforts in defending USS Enterprise from OPFOR hostilities, and the challenges she posed as an OPFOR unit.

During the exercise, Commander Strike Force Training, Atlantic, Rear Adm. Dennis E. FitzPatrick, visited USS Stephen W. Groves. Greeted by a very excited crew, FitzPatrick had the opportunity to be taken on a tour by Stephen W. Groves' Commanding Officer, Cmdr. Matt Rick, as well as speak to the ship's company via the IMC. FitzPatrick emphasized the importance of taking a heavy strain and staying flexible during training exercises in order to prepare for real world security and ever-changing combat operations.

Having completed the integrated training phase as a prerequisite toward deployment certification, USS Stephen W. Groves now enters the final two months of preparation before deploying. The exercise was a great opportunity to prepare and train the crew in multi-ship operations and advanced maritime security operations. The entire crew performed superbly and is eagerly awaiting its upcoming deployment as part of AFRICOM.

Det 3 Screamin' Seagulls Reach Halfway Point

By Lt. Matt Headley

HSL-46

The "Screamin' Seagulls" of HSL-46 Detachment are currently on a seven-month deployment aboard the USS Normandy (CG 60) as part of the USS Harry S. Truman (CVN 75) Carrier Strike Group in the 5th Fleet operating area.

Recently, USS Normandy, with the help of the Seagulls, took part in an exercise with the British and accompanied a partially disabled British ship through the Strait of Hormuz so it could return home for repairs.

During the deployment,

the Seagulls were able to get a firsthand look at life in the Middle East as they conducted a port visit to Bahrain. During the port visit, AT2 Shoua Thao was named USS Normandy's "Sailor of the Week" for the week leading up to the port visit. Also, the Seagulls were able to take part in community relations projects, but also found time to relax and have fun by going to waterparks and riding go-karts. After the port visit to Bahrain, they headed back out to sea to continue operations. Just days after returning to sea, Lt. David

Hoopengardner, the detachment's Operations Officer, hit a career milestone by reaching 1,000 flight hours in the SH-60B aircraft. Operations in the month of August also brought a distress call from a British ship from which the Seagulls were able to conduct a life-saving evacuation of a heart attack patient to Bahrain for further treatment.

During a late August underway period, USS Normandy conducted a "strong man" competition. AWR3 Derek Weikart took part in the light-weight class and won an iPod

Touch as a result of his efforts. He topped the competition by doing 27 pull-ups, 100 push-ups, 65 reps of 35-pound curls, bench-pressing 325 pounds, and squatting 365 pounds. The end of August also brought another port visit for Det 3, this time in Jebel Ali, near Dubai in the United Arab Emirates. During this port visit, the Seagulls were able to see what life is like in the Middle East during the Muslim holiday of Ramadan. They were able to take MWR-sponsored tours and enjoy much needed rest and relaxation before going back to sea.

The Seagulls flew 155.3 hours and conducted "D" phase maintenance on one of their aircraft. Instrumental in this successful maintenance was AD2 Scott Dumlaio, who also re-enlisted while at sea before returning home at the end of August. In the first days at sea in the beginning of September, Det 3 completed the FCF required as a result of the "D" phase maintenance and are now continuing operations in the Arabian Gulf. Many of the detachments' personnel were also able to take the September rating exam while underway.

On Sept. 10, the detachment's Officer-In-Charge, Lt. Cmdr. Mike Hansen, reached an important career milestone by flying his 2,000th-hour in Sikorsky aircraft. As they continue through the month, they expect to continue flying a substantial amount and are looking forward to conducting at least two more re-enlistments at sea. Detachment 3 continues to make preparations for a large exercise planned in the coming months.

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HSL-46 Detachment 6 Hits Halfway Mark

From HSL-46.6 PAO

The Machines of HSL-46 Detachment Six are halfway through a six-month deployment aboard USS Vella Gulf (CG 72). The Machines have performed impeccably throughout the deployment, flying more than 220 mishap-free flight hours. After conducting workups, including Exercise Joint Warrior off the coast of Scotland, the detachment quickly settled into their mission of supporting 6th Fleet's Ballistic Missile Defense (BMD) operations in the Eastern Mediterranean Sea.

The detachment provides Surface Surveillance and Control (SSC) and logistical support for USS Vella Gulf operations. In addition, they stand ready for any Anti-Surface or Anti-Submarine missions that may be needed. The Machines have supported operations for the Vella Gulf including passenger transfers, part transfers, and vertical replenishment. During their time work-

ing together the Machines and the Israelis have built camaraderie while simultaneously building operational proficiency between the two countries.

Detachment Six has conducted numerous training exercises including Exercise Reliant Mermaid and Exercise Relentless Shield. Reliant Mermaid was a joint Search and Rescue (SAR) exercise including Vella Gulf, the Israeli Air Force, and the Israeli Navy. Relentless Shield focused on Surface Warfare and BMD integration with Vella Gulf and Israel. The Machines also conducted a PHOTOEX with USS Vella Gulf and several Israeli Navy ships. The Machines provided real-time intelligence on a critical contact of interest for

analysis by the Office of Naval Intelligence.

The Machines have been fortunate enough to conduct numerous port visits during their stay in the Mediterranean, affording them the opportunity to interact with local cultures, learn their ways and customs, and participate in tours in many locations. Visits include Rota, Spain, Augusta Bay, Sicily, Haifa, Israel, Limassol, Cyprus, Bodrum, Turkey, and Souda Bay, Crete.

As USS Vella Gulf continues with their BMD mission in the Eastern Mediterranean the Machines are ready to answer the call. The detachment looks forward to their continued success and eventual return to Mayport early next year.



-Photo Submitted

The team of HSL-46 Detachment Six are currently attached to USS Vella Gulf on a six-month deployment to the Mediterranean Sea.



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Nutrition Tidbits

Diabetes And The Foods We Love

By Ensign Leslie Fiala

NH Jax Clinical Dietitian

When you hear the word carbohydrate, what do you think about – pasta, rice, bread, typical starchy foods? Did you know there is more to the world of carbohydrates than just starches?

Carbohydrates consist of starches, fruit, milk and yogurt, sweets and other desserts, and vegetables. Each one of these foods is digested and broken down by the body into glucose – sugar. Although we taste and see a difference between the foods, once any one of these foods reaches the blood stream, the body sees the glucose and uses the food in the same manner. Have you ever heard anyone say, “ice cream makes my bottom bigger?” Unfortunately, as much as one would believe this is the truth, the body does not know that those nutrients came from ice cream. The body can only see the broken down product not where the sugar originated.

In today’s society, more and more people are developing diabetes. Without a proper education from a registered dietitian, someone with diabetes would be lost as to how to keep the blood sugar in control. Diabetes is a complex disease that involves not only doctors and registered nurses, but initiative on the patient’s part to take control and to involve a registered dietitian. If you or a

loved one has recently been diagnosed with diabetes or pre-diabetes, talk to your primary care manager or physician about seeing a registered dietitian for more information.

Classes and other forms of information regarding diabetes nutritional management are provided by the NH Jax Nutrition Management Department, (904) 542-9786. Diabetes management is also available through the NH Jax Diabetes Clinic at (904) 542-7421 or 7700. The clinic offers classes on monitoring your blood glucose levels and provides test kits by prescription. Valuable information on diabetes management is also available on the American Diabetes Association website, www.diabetes.org.

Healthy Eating for Diabetics

From the Centers for Disease Control (CDC)

What healthy food choices should I make?

Eat smaller portions. Learn what a serving size is for different foods and how many servings you need in a meal.

Eat less fat. Choose fewer high-fat foods and use less fat for cooking. You especially want to limit foods that are high in saturated fats or trans fat, such as:

- *Fatty cuts of meat.

- *Fried Foods
- *Whole milk and dairy products made from whole milk.
- *Cakes, candy, cookies, crackers, and pies.
- *Salad dressings.
- *Lard, shortening, stick margarine, and non-dairy creamers.
- What should I eat more of?
- Eat more fiber by eating more whole-grain foods. Whole grains can be found in:
 - *Breakfast cereals made with 100% whole grains.
 - *Oatmeal.
 - *Whole grain rice.
 - *Whole-wheat bread, bagels, pita bread, and tortillas.
- Eat a variety of fruits and vegetables every day. Choose fresh, frozen, canned, or dried fruit and 100% fruit juices most of the time. Eat plenty of veggies like these:
 - *Dark green veggies (e.g., broccoli, spinach, brussel sprouts).
 - *Orange veggies (e.g., carrots, sweet potatoes, pumpkin, winter squash).
 - *Beans and peas (e.g., black beans, garbanzo beans, kidney beans, pinto beans, split peas, lentils).
- What should I eat less of?

- Eat fewer foods that are high in sugar, such as:
 - *Fruit-flavored drinks.
 - *Sodas.
 - *Tea or coffee sweetened with sugar.
- Use less salt in cooking and at the table. Eat fewer foods that are high in salt, such as:
 - *Canned and package soups.
 - *Canned vegetables.
 - *Pickles.
 - *Processed meats.

Where can I learn about making a diabetes meal plan?

- *Contact a registered dietitian to make a meal plan just for you.
- *Visit the American Dietetic Association Web site to find a nutrition professional that can help you develop a healthy meal plan www.eatright.org.
- *Visit the American Association of Diabetes Educators to find a diabetes educator www.diabeteseducator.org.
- *Visit the American Diabetes Association Web site for more information on carbohydrate counting and the exchange method www.diabetes.org.
- The CDC also offers an online cookbook for diabetics, go to <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=131&redirect=true>.

TRICARE Delivers For Mothers And Newborns

By Alexis D. Washington
TRICARE Management Activity

TRICARE offers pregnant beneficiaries several health care options for services before, during and after childbirth.

All medically necessary maternity care, from the first obstetric visit through six weeks after the child is born is covered by TRICARE. These services include obstetric visits, management of high-risk or complicated pregnancies and hospitalization for labor,

delivery and postpartum care. More TRICARE services covered include the use of certified nurse midwives, anesthesia for pain management during labor, delivery and cesarean sections. Medically necessary ultrasounds are also covered.

How to Get Care

Services and their associated costs are determined by the beneficiary’s status. How beneficiaries access maternity care depends on which health plan option the beneficiary is enrolled in.

TRICARE Prime beneficiaries may receive maternity services at their local military treatment facility (MTF) when available. If MTF care is unavailable or doesn’t provide obstetric services, beneficiaries will be referred to a civilian network provider by their primary care manager (PCM). Some MTFs provide prenatal and postpartum care and use a local

civilian hospital for childbirth. Beneficiaries have options in choosing a provider. TRICARE Prime beneficiaries can disenroll from TRICARE Prime and convert to TRICARE Standard to receive maternity care from a non-network civilian provider. This will allow them to avoid Point-Of-Service charges, but they will incur normal TRICARE Standard cost shares. TRICARE Prime beneficiaries

should ensure they have the required referrals and authorizations before seeking non-emergency care outside of the MTF. TRICARE Prime Remote TRICARE Prime Remote enrollees will be directed by their PCM for care or may visit a TRICARE-authorized civilian provider. All civilian maternity services require prior authorization from the appropriate regional contractor.

TRICARE Standard/Extra TRICARE Standard enrollees may choose any TRICARE Standard authorized provider for maternity care, even if they live close to a MTF. TRICARE Standard beneficiaries don’t need a referral or authorization when they use any TRICARE-authorized provider for maternity care.

See TRICARE, Page 13

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-Photos by HM1 (SW) Michael Morgan
 Lt. Alan Fields accepts a surgical specimen from HM3 Katy Montes. Lt. Fields is one of 14 perioperative nurses at NH Jax.

Cmdr. Sherri Santos, a perioperative nurse at NH Jax, adjusts electrocautery levels during surgery. Electrocautery is a surgical technique which involves introducing high frequency current to a specific area of the body in order to remove unwanted tissue, seal off blood vessels, or to create a surgical incision.

Perioperative Nurses Celebrated Nov. 8-14

By **Cmdr. Sherri Santos**
 NH Jax Main Operating Room

Nov. 8-14 marks the celebration of Perioperative Nurses Week, an annual commemoration of the surgical nurses' important role and commitment to safe patient care. There are currently 14 perioperative nurses at Naval Hospital Jacksonville (NH Jax).

Perioperative nursing is a specialized area of nursing practice. As a fundamental member of the surgical team, the perioperative registered nurse works in collaboration with the surgical team, which may include the surgeon, anesthesiologist, and Hospital Corpsman or surgical assistant. The perioperative regis-

tered nurse provides nursing care to patients before, during, and after surgery. The perioperative nurse also has the duty and privilege to serve as the patient's advocate when they are powerless to make their own decisions, according to the Association of Perioperative Registered Nurses (AORN). Perioperative nursing requires

a unique and highly specialized skill set derived from extensive training and education.

Within the last year, Navy perioperative nurses were required around the globe in support of the Navy's many operational missions. NH Jax perioperative nurses deployed with the USNS Comfort, Joint Task Force Guantanamo,

Expeditionary Medical Facility (EMF) Djibouti and EMF Kuwait for contingency operations support as well as in Afghanistan.

While up to 40 percent of NH Jax's perioperative nurses were deployed at any given time, their military and civilian colleagues stayed behind to provide the safest possible patient

care. Both at home and abroad, Navy perioperative nursing continues to shine as the model for nursing professionalism, readiness, and a willingness to serve. Navy perioperative nurses deserve our thanks for their effort and sacrifice to ensure successful Navy missions.

TRICARE

After Giving Birth
 Postpartum care is generally covered for up to six weeks after the baby is born. TRICARE Prime covers newborns immediately after birth and for the next 60 days, as long as at least one other

family member is enrolled in TRICARE Prime or TRICARE Prime Remote. To ensure he or she remains covered by TRICARE Prime after the first 60 days, the baby must be registered in the Defense Enrollment Eligibility Reporting System

(DEERS) and enrolled in TRICARE Prime. The website address for DEERS is www.tricare.mil/DEERS. Newborns can be registered in DEERS at a uniformed services identification card-issuing facility. A birth certificate

or certificate of live birth from the hospital is required. After registering a baby in DEERS, he or she is to be enrolled in TRICARE Prime or TRICARE Prime Remote Active Duty Family Member within 60 days after birth via the Beneficiary

Web Enrollment website at www.dmdc.osd.mil/appj/bwe/ or by submitting DD Form 2876 to the appropriate regional contractor. Newborns not enrolled by day 61, will be covered under TRICARE Standard and TRICARE

Extra. The enrollment period for TRICARE Prime and TRICARE Prime Remote Overseas is 120 days. Additional information about maternity care benefits visit <http://tricare.mil/baby>.

From Page 12

Jack's Pack Goes To Dinner



-Photos by Paige Gnamn
Jacksonville Jaguars linebacker Russell Allen talks to the members of Jack's Pack, a mentorship program sponsored by the Jack Del Rio Foundation, during a dinner at Maggiano's at St. Johns Town Center.

Jacksonville Jaguars Coach Jack Del Rio serves up dessert to members of Jack's Pack during the dinner. Each month, the NS Mayport students participate in an event sponsored by the Jack Del Rio Foundation.

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-Photos by MC2 Gary Granger Jr.
Electronics Technician 2nd Class Valerie Goddard from Naval Station Mayport dons the uniform worn originally by a World War II Navy Nurse.

Vets

From Page 1

it would be a good idea for the flag to be passed - not from one paygrade to the next - but from one generation to the next represented by those vintage uniforms."

The flag was passed from Sailors wearing uniforms of the different services and spanning World War I to the Vietnam War.

"This ceremony was more than a symbolic honoring of the veterans, this passing of the flag from one generation to the next is representative of what has truly happened throughout the years," said Capt. Douglas Cochran, NS Mayport commanding officer.

The flag was passed from the detail to Crenshaw, who then presented it to William Surcey, a member of the original Tuskegee Airmen, and WWII veteran.

The event was completed with a 21-gun salute from the NS Mayport Color Guard and the playing of taps by a member of the Navy Band Southeast.

"These men and women answered the call of duty," Congressman Crenshaw summed up the event. "Some served during war time; some kept the peace. All were willing to put their lives at risk to protect our freedom and democracy."

RGB

From Page 1

USS Stout (DDG 55) as Damage Control Assistant (DCA), USS Peterson (DD 969) as Main Propulsion Assistant (MPA), USS Ingraham (FFG 61) as Chief Engineer, Operations Officer in Destroyer Squadron Six, and as executive officer on board USS Robert G. Bradley (FFG 49) from May 2009 - November 2010.

Brown's first shore assignment was at the Citadel in Charleston, South Carolina where he served as an NROTC

instructor teaching freshman Naval History and Orientation. Prior to reporting aboard USS Robert G. Bradley (FFG 49), Brown served on the staff of United States Joint Forces Command (USJFCOM) Joint Center for Operational Analysis (JCOA) as a Military Analyst. During this assignment, Brown was deployed to Baghdad, Iraq serving as a Military Analyst to the staff of Multi-National Force-Iraq in support of Operation Iraqi Freedom.



Master-at-Arms 2nd Class Aaron Gregory from Naval Station Mayport salutes the colors as part of the passing of the flag ceremony while wearing the uniform that was worn by U.S. Navy Chiefs during World War I. Strickland along with nine other Sailors are dressing in ten different military service uniforms dating back to World War I to Vietnam as the flag detail during the passing of the flag portion of The Veteran's of Florida's 4th Congressional District honor ceremony.

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FFSC Hosts 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

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

Nov. 11, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Nov. 15-18, 8 a.m.-4 p.m., **TAP Retiree Workshop**, Building 1, Room 1616

Nov. 15, 8:30 a.m.-2:30 a.m., **Military Spouse 101**, FFSC Room 719

The Fleet and Family Support Center offers this class to military

spouses new to the area, and those new to the military way of life. Guest speakers from the military and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport.

Nov. 16, 1-3:30 p.m., **Overseas Living**, FFSC Room 719

Overseas Living is a class designed to prepare you for living in new and different setting. This class will provide helpful information about living on the economy to dealing with potential terrorist activities. You will have a chance to understand the emotional cycles of overseas living to making this tour the best part of your Navy career. Specific information about visas and absentee voting will be discussed.

Nov. 16, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Nov. 16, 9-11 a.m., **Parenting Class**, FFSC Room 702

Nov. 17, 9-noon, **Tottletyme Playgroup**, USO

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

Nov. 18, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Nov. 18, 9-11:30 a.m. **Smooth Move**, FFSC Room 719

Nov. 18, 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.

Nov. 18, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Nov. 23, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Nov. 23, 9-11 a.m., **Parenting**

Class, FFSC Room 702

Nov. 24, 9-noon, **Tottletyme Playgroup**, USO

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

Nov. 29, 6-8 p.m., **Ombudsman Assembly**, Building 1, Room 104

Nov. 29-Dec. 2, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building 1, Room 1616

Out in Town

Thursday, Nov. 11

The Cummer Museum of Art & Gardens celebrates Veterans Day all weekend with FREE admission for military personnel and their families, beginning Thursday, November 11 through Sunday, November 14. Military and family will enjoy our permanent collection, the historic gardens, Art Connections and the current exhibition The Art of War that celebrates World War II.

The Art of War, on view through November 14, 2010, features 26 World War II posters from the collection of Jacksonville resident Major General Gerry Maloney USAF (Ret.). Maloney, a 31-year veteran of the U.S. Air Force, began collecting these posters as a 10-year-old boy. From 1941 until 1945, he collected more than 250 posters, issued by various government agencies. Military personnel and family will be admitted FREE on Thursday, November 11 from 10 a.m. to 4 p.m., Friday, November 12 from 10 a.m. to 4 p.m., Saturday, November 13 from 10 a.m. to 5 p.m. and Sunday, November 14 from Noon to 5 p.m. This special offer extends only to military (active, retired, veterans and reserves) and family, therefore identification will be required. Non-member guests will pay regular admission prices.

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be BBQ Ribs with Baked Beans, Pasta Salad and Dessert. A donation 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, Nov. 12

Fleet Reserve Association Branch 290 is hosting a Low Country Boil from 5 - 8 pm, at the Branch Home at 390 Mayport Road, Atlantic Beach, FL. A donation of \$10 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9:00 pm, the

COMMUNITY CALENDAR

music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. Please call 246-6855 for more information or to place an order.

A local children's clinic will host its largest benefit event to raise funds for children with Down syndrome and autism at 6:30 p.m., at the Hyatt Regency Riverfront. Hope Haven Children's Clinic and Family Center, a Jacksonville-based non-profit organization, will host the 9th Annual *Sounds of Hope* Gala and Auction. The signature event will feature hundreds of items for bid, including travel packages, restaurant gift certificates, sports memorabilia, original art and children's gifts. For event tickets and more information, visit www.hope-haven.org or call (904) 346-5100. Become a Facebook fan of Hope Haven for regular auction item updates.

Saturday, Nov. 13

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

Fleet Reserve Association, Branch 290, invites you to enjoy the Karaoke music of DOUG BRACEY from 9 p.m. to 1 a.m. Snacks will be available for a small donation, the bar will be open for all drinks.

Join a Park Ranger at 2 p.m. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. This program will take place at the

Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

The United Methodist Men will host a dinner/dance/play celebrating Veterans Day at Christ United Methodist Church, 400 Penman Rd., Neptune Beach at 6 p.m. Cost is only \$15 per person, and includes an incredible dinner, entertainment by The Vintage Players and door prizes. Seating is limited. Contact the church office at 249-5370 to reserve your spot today.

Sunday, Nov. 14

The Fleet Reserve Association, Branch 290, hosts Breakfast from 8:00 to 12:00 AM 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 \$5.00 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

Monday, Nov. 15

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.

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

for a small donation.

Wednesday, Nov. 17

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

Thursday, Nov. 18

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

Friday, Nov. 19

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 \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9:00 pm, the music of Doug Bracey will entertain until 1 a.m. Happy hour precedes the dinner from 4 to 6 p.m., all drinks are 50¢ off. Please call 246-6855 for more information or to place an order.

Saturday, Nov. 20

The Jacksonville Genealogical Society will hold their monthly meet-

ing at the Webb-Wesconnett Branch Library, 6887 103rd, Jacksonville, FL. We are most fortunate to have as our speaker Mary Ann Machonkin, President of the Citrus County Florida Genealogical Society for the past 8 years. Her topic will be: Identifying and Dating Old Photographs--Early photographic methods will be described and examples of types of photographs will be on display. Photographs can be approximately dated by comparing clothing and hair styles to images from the same time period. Books with period clothing styles will also be on display. Techniques for identifying old photographs such as placing images in the context of genealogical information and comparing to known photographs will be presented. My personal experience in identifying and dating old photographs will be used as illustrations. For additional information please feel free to contact Jim Laird, (904) 264-0743.

Fleet Reserve Association Branch 290 is hosting a Po' Boy's Sandwich Dinner from 5-8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. The bar will be open for all drinks. Please call 246-6855 for more information or to place an order.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., presents Words of Art: A Children's Book Fair from noon-4 p.m. Join us to meet your favorite Jacksonville children's authors and illustrators, while you shop for storybooks, picture books and graphic novels. This inaugural event will feature author readings, art making projects and scavenger hunts. Admission is free.

Join one of our knowledgeable park rangers at 2 p.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology.

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USO NEWS

The University of Florida Gator Basketball team would like to extend a Veterans Appreciation Day offer of 2 for 1 on their tickets for the Friday, Nov. 12 opener against UNC-Wilmington. The regular prices are as follows: \$20 for reserved seats, \$12 Third Level Mid-Court, \$8 Third Level End Court. Coupon (attached) is good for general admission tickets. Present coupon at Gate 1 ticket office window at the Stephen C. O'Connell Center prior to the game to receive two tickets for the price of one.

The World Golf Hall of Fame will be doing a Putting Championship on Saturday, November 13th start time is 9 a.m. and 11 a.m. or 1 p.m. and 3 p.m. Registration fee is \$35 per person.

The Jacksonville Fair Military Day is Thursday, Nov. 11 from noon until 11 p.m. All Military personnel are admitted free with a valid Military ID. Performances by Sgt. Jamie Buckley at 4 p.m. and 8 p.m. The USO will not have tickets to the Fair. For more information please visit: www.jacksonvillefair.com.

The 2010 Rugby League Atlantic Cup will see the National Teams from the USA, Canada and Jamaica compete in a three, fully sanc-

tioned international games on Nov. 16, 18 and 20 at UNF's Hodges Stadium. All members of the military are able to pre-purchase a "three 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

From November 11-14 Build-a-Bear at the Avenues Mall will offer a 20 percent military discount on in store purchases. All you have to do is show your military ID. This is a great idea for the families that are about to deploy, or for Christmas ideas. For more information please visit: www.buildabear.com. Avenues mall is located at 10300 Southside Blvd. Jacksonville, FL 32256.

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 pre-paid (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

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 CS1 Terry Jackson at 270-5373 and AC1 Chandra Chaney at 270-6130 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

First Coast "No More Homeless Pets"

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

Mayport Lions Club Volunteers

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

Jacksonville International Airport Volunteer Ambassador Program

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

(NAS Jax & JIA) or 904-246-9999 (Mayport).

The Combined Federal Campaign is underway 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 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.

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/thingsstoknow/annualpass.cfm#discountsforveterans.

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.

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.

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

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 aware-

ness 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 statewide 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 par-

ent 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. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports. For anyone interested in additional information or becoming a mentor, please contact Christine Small at 904-493-7747.

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Navy Wants More LCSs Sooner

By Lt. Courtney Hillson
Department of Navy

Effective competition between industry bidders to build the littoral combat ship (LCS) led the Navy Nov. 3 to discuss with key Defense Committee members and their staff, as well as industry, the possibility of gaining congressional authorization to award each bidder a 10-ship block buy.

Consideration of this option is separate from the ongoing LCS down select process, and



if congressional approval for a dual block buy is not received, the Navy will proceed to down select in accordance with the terms of the current solicitation.

Either a down select or a dual ship block buy approach will ensure the Navy procures affordably priced ships.

"This option is good for the

taxpayers because it enables us to buy more ships for the same money and allows us to lock in a lower price for all 20 ships," said Secretary of the Navy Ray Mabus. "It's good for the Navy because it gets us more ships faster and increases our flexibility, and it's good for industry because it maintains and even

expands jobs at two shipyards."

Unlike the current solicitation, this option would require Congressional action to authorize two block buys by mid-December 2010.

"The Navy's LCS acquisition strategy to down select to a single design resulted in a highly effective competition and an industry response that signals a significant potential savings in the LCS program," said Sean Stackley, assistant secretary of the Navy for research, develop-

ment and acquisition. "These competitive bids, coupled with the Navy's desire to increase ship procurement rates to support operational requirements, create an opportunity to award each bidder a fixed-price, 10-ship block buy - a total of 20 ships from fiscal year 2010 to fiscal year 2015."

The Navy remains committed to the LCS program and the requirement for 55 of these ships to provide combatant commanders with the capability

to defeat anti-access threats in the littorals, including fast surface craft, quiet submarines and various types of mines.

LCS is a fast, maneuverable and networked surface modular warship primarily designed to complement the Navy's larger multi-mission surface combatants in select warfare mission areas, including combating submarine, mine and fast-attack craft threats in the littorals.

Navy Works To Create Greener Footprint

By Christen N. McCluney
Defense Media Activity Headquarters

The director of energy and environmental readiness for the chief of naval operations was featured in a "DoDLive" bloggers roundtable Oct. 27.

Rear Adm. Philip H. Cullom discussed the Navy's recent test of a riverine command boat, which is one step the service is taking to create a greener footprint.

"It's not just about natural security, because that's what most people think of when they think of going green," said Cullom. "Our energy program also strengthens national security."

"Our goal as a Navy is to be an early adopter of new technologies that enhance national security in an environmentally sustainable way," said Cullom.

By having reliable and abundant alternate sources of energy, the Navy isn't confined by any one source, such as petroleum, he added.

Cullom said the secretary of the Navy set out five aggressive energy goals, which include having 50 percent of total Navy Department energy consumption come from alternate sources by 2020, along with at least 50 percent of shore-based energy coming from alternate sources. The plan also includes reducing petroleum use in the



-Photo by MC2 Clifford L. H. Davis

Sailors assigned to Riverine Group 1 stand their post aboard Riverine Command Boat (Experimental) (RCB-X) as the boat conducts turning maneuvers while being followed by Riverine Command Boat (RBC-1) at Naval Station Norfolk. The RCB-X is powered by an alternative fuel blend of 50 percent algae-based and 50 percent NATO F-76 fuel to support the Secretary of the Navy's efforts to reduce total energy consumption on naval ships.

nontactical commercial fleet by 50 percent and evaluating energy factors.

Cullom said one of the ways the Navy can accomplish these goals is by creating a "green"

footprint.

The recent testing of the experimental RCB-X riverine command boat using a 50-50 blend of an algae-based biofuel and petroleum was a step in making this new footprint, he said.

"By running that RCB-X at its maximum power and throughout that test, that was a Wright brothers moment for the Navy," said Cullom. "That's one of many tests that we'll be doing over the next year to test and certify all of our ships and all of our type-model series that fly off of aircraft carriers so that we will be able to meet

the requirements for this 2012 'great green fleet.'"

Cullom added that by going green, the Navy is more combat-capable. By using more alternative fuels, he explained, the warfighters are not obligated to use one source of energy or one source of fuel.

"The less power we have to pull off the grid makes us more resilient, because we can then be able to substitute some portions of that with alternatives and be able to conduct and continue our critical infrastructure that's necessary to do our mission," he added.

Cullom also said the path to

become greener using biofuel isn't just a Navy effort. Navy officials also are working with the Coast Guard and the Air Force on a cross-functional bio-fuels team.

As an early adopter of green fuels, he hopes the Navy and its partners can help spur demand in the market, said Cullom.

"There are challenges associated with market acceptance," said Cullom. "But the Navy, through its part of test and certification and leading from the front as an early adopter, we believe sends that definite and very definitive market demand signal to everyone."

First Holiday Mailing Deadline Nearing

From Naval Supply Systems Command
Public Affairs

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

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

Express Mail Military Service (EMMS): Dec. 18

First-Class Mail, Letters, Cards; Priority Mail: Dec. 10
Parcel Airlift Mail (PAL): Dec. 3

Space Available Mail (SAM): Nov. 26

Parcel Post: Nov. 12
For APO/FPO AE zip code 093:

EMMS: Not applicable.
First-Class Mail, Letters, Cards; Priority Mail: Dec. 4
PAL: Dec. 1

SAM: Nov. 20
Parcel Post: Nov. 12

For military mail from APO and FPO addresses

EMMS: Dec. 18
First-Class Mail, Letters, Cards; Priority Mail: Dec. 10

PAL: Dec. 3
SAM: Nov. 26

EMMS is available from selected military post offices. If mailing to an APO/FPO address, check with your local post office to determine if this service is available.

PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length

and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

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

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

As a final note, customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

Instead, they will be handled as "non-mailable matter," regardless of the contents or what is listed on the U.S. Customs form.

NAVSUP's primary mission is to provide U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation and security assistance. In addition, NAVSUP is responsible for quality of life issues for our naval forces, including food service, postal services, Navy Exchanges and movement of household goods.

What does HOPE look like?
Hope looks like Eli and his mother, Mary Elizabeth.

They are working together to help accelerate the pace of research to cure diabetes and its complications. To learn more, visit www.trials.jdrf.org

JDRF Juvenile Diabetes Research Foundation International
dedicated to finding a cure
A CFC participant. Provided as a public service.

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Active-Duty, Reserves, Civilians, Contractors

Published by
The Florida Times-Union

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PLACE YOUR MILITARY CLASSIFIED AD CLASSIFIED INDEX

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

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

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

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

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

CANCELLATIONS, CHANGES & BILLING

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

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

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

GENERAL INFORMATION

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

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

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

904-366-6300

ONLINE
 Classified line ads are online at jaxairnews.com

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

Announcements

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

Real Estate For Sale

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

Waterfront

REDUCED
 4BR/5.5BA, 5000sf,
 dock w/ electric,
 3 car gar, screened
 pool w/ spa, \$499,000
 apt. only 904-386-7077

.....Also.....
 50' Sedan Bridge Sea Ray '96

3BR/2BA, Det. diesel
 6V92, 15kw gen, new
 watermaker, satellite
 TV+5 color TV's,
 washer/dryer, loaded
 \$150,000 904-386-7077

Condominiums
CONDO 2/2 Like
 new, pond view,
 1st flg, appls stay,
 downstairs unit, furn.
 incl w/acceptable
 offer. \$ 74,900.
 904-509-0534

**Out of Area/
 Town/State**
OWNER FINANCING
 AVAILABLE 5% DOWN
 \$1495 ACRE 312 acres
 Ready To Hunt Land
 located in Waycross GA,
 south of Jessie at Gord off
 Hwy 25, 172 miles from
 Gainesville, FL. 95 miles from
 Jax FL. paved road frontage,
 power avail, merchantable
 timber, close to Altamaha
 River and Penholoway WMA
 Call (478) 278-4236

**Manufactured
 Homes**
 3BR/2BA
 \$31.00 for the 1st
 month 904-783-2460

**BLOWOUT
 SALE**
LIKE NEW
 2000 32 X 80,
 4 Bed /2 Bath
 \$50,000 Complete Setup
 Call James @ 904-259-4663

*** WESTSIDE ***
 WE OWN THE BANK!
 2, 3 & 4 brdms to choose
 from. Call Rebecca @
 904-695-2255

**Farms/
 Acreage**
 426 ACRES
 BAKER COUNTY !!
 30 minutes to Jax !!
 \$2,335.00/acre
 Also available
 One of a kind property
 luxury home with lodge
 on 135 acres.
 Pristine Properties
 904-631-3594

Land For Sale
 57 AC, 1500ft on St Mary's
 River - 3/2 1800sq ft.
 house. Owner financing
 Call Mike 904-759-9121

**Northeast Florida
 and
 Southeast Georgia
 Open Houses**

**OPEN HOUSE at
 COLLINS ROAD SALES**
 5291 Collins Rd
 Jacksonville, FL 32244
 904-264-7131
November 12th & 13th
TOURS "LUNCH PRIZES
 10am to 5pm

Mobile homes for
 sale starting at \$1000
 Lease home range
 from \$538.00-
 \$712.00 monthly
**ASK ABOUT OUR
 FREE MONTH ON
 LEASE HOMES.**
**REDUCED LOT RENT
 ON ALL SALE HOMES!!**

OCEAN GRANDE
 Serenata Beach Club
 Direct ocean view, 3/3
 condo, buy owner
 \$359,900 904-217-0061

Mandarin

Edgewater @ Sunbeam
 \$180K 904-868-3564
 Condo - 2 car garage
 22 master suites
 Like New Pictures on line

Arlington

FT. CAROLINE - \$209,900
 New model home in
 exclusive 22-lot water-
 front community, 3/2.5,
 2220 SF, & inc MANY
 upgrades plus 10 master
 w/2 huge WI closets &
 glamour bath.
 Call Amy at 424-0113
 newidbhomes.com

Beaches

FOR SALE

75' lot on prime
 Ponte Vedra Blvd.
 FSBO \$1.875 firm
 904-673-0744

HOME LOANS
 for credit scores under 600
 ClaytonHomesJacksonville.com
Call 772-8031

\$600 month payments
JaxNavyHomes.com
 Beach & Luxury Realty-Steve Pate
 904175

HOME FINDER REALTY
 241-5501

SALES
 LEXINGTON PARK- 5/5 Marvellous beauty w/huge
 brdms. His/her bthrms in Mstr Suite, lovely view of
 lake from lanai. Formal Living/Dining Rm. Family
 Rm-\$270,000

RENTALS
 MERRILL HILLS- 3/2 beauty, inground pool and pool
 service included-\$1450.00
 BENTWATER PLACE- 3/2, 1800 sq.ft., Fncd back-
 yard. Large bedrooms & bonus room. Formal Living/
 Dining Rm-\$1295.00
 OCEANWAY AREA- Northwoods subdiv. 4/2, approx.
 2000 sq. ft. avail. 10/20-\$1250.00
 OCEANWAY AREA- Greshwick Crossing subdiv. 3/2,
 2 car gar. 1600 sq. ft. Available 10/25-\$1095.00
 KENSINGTON- 4/2, 2130 sq. ft. Beautiful home with
 tons of upgrades. Tile & wood flooring throughout.
 Formal Living/Dining, Family rm. Scnd Lanai.
 Lawn service incl. w/Rent-\$1395.00
 ST. JOHNS LANDING- 4/2.5, 2311 sq. ft. Walk to
 comm. amenities boat ramp/dock, tennis courts,
 swimming pool, playground. Home on cul-de-sac,
 scnd lanai w/wh tub. Separate Dining Rm, eat-in
 kit., cooking island & much more-\$1495.00
 COBBLESTONE- 3/2, 1380 sq. ft. All tile floor, huge
 fenced bkvd, irrigation well pump, Scnd Covered
 Lanai, Water softener-\$1495.00
MANY MORE HOMES AVAILABLE

Real Estate For Rent

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

Southside- *Special*****
 2BR/1.5BA apt. \$600mo.
 Pay only 1/2 1 & 2 month
 Call 733-0731 11am-5pm
 Se Habla Espanol

CHEAP RENT
 Southside 1BR/1BA, full
 kitchen, new paint, ceiling
 fans, close to bus line and
 9A. \$250 Dep. \$350 Rent.
 Ready for move in 693-6092

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

Westside- Wilson West Apt's
 Accepting 1br & 3br appl.
 Tu/Wed 9a-11a & 2p-4p
 Rent could be 0 \$, Sec 8,
 785 Wilson Blvd
 904-783-0256 TDD711

Condos for Rent
 Westside- 3/2 condo, gated
 comm, swimming pool,
 clubhouse, R9, Ref, DW,
 MW, W/D. No credit chk
 Realtor/Owner 904-868-3399

**Apartments
 Unfurnished**
Arlington Adobe Apts.
FREE RENT & SPECIALS!
 1,2BRs \$400-\$650. Nr Town &
 Country Shp Cir 904-745-0450

ARLINGTON - 2br/1ba
 new carpet, \$565 rent,
 \$300 dep. 924 Arco
 Drive. 904-705-7861

ARLINGTON TH 2/1.5,
 spacious, W/D incl.
 No pets, no smoking,
 \$685mo. Call 728-5864

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

1-95 & UNIV BLVD
 1 & 2br, residential area
 across from schools,
 \$495 & \$595mo 904-349-8766

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

Apartments Unfurnished

Southside- *Special*****
 2BR/1.5BA apt. \$600mo.
 Pay only 1/2 1 & 2 month
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 \$495 & \$595mo 904-349-8766

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

Houses Unfurnished

ARLINGTON - UPDATED!
 6541 Greenfern Lane
 42 newly remodeled Single
 Family home, 2000SF,
 Den, Fireplace, Screened
 Porch, \$985 +1 month dep
 Credit history and ref.
 req'd. Pets + \$250. Non-
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 tributed at the
 local bases in the
 area,
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 904-359-4336,
 Fax 366-6230.

Beaches 3/2, frpl, 1 car
 gar, fenced bk vd, Walk
 to Pablo & Fletcher,
 1713 8th St. N Jax Bch
 32250, \$1300mo + dep
 904-881-5014, 904-838-8819

ORANGE PARK- 3/1 w/
 carport, extra clean, fen
 rear yd, 125 Lester Dr.,
 \$675mo + dep 805-402-1761

SOUTHSIDE/ BEACH
 Wolfcreek 2/2.5, 1200sf,
 gated, \$950mo Call
 Kavligh 904-710-3050

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 Classic 3/1 in
 great neighborhood.
 Walk to restau-
 rants, shops, parks, and
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 mins to N.S. Hardwood
 floors, W/D, detached
 garage, sunroom, and
 deck. Corner lot on quiet
 dead-end street.
 \$1100/month includes
 utilities, maintenance.
 Contact (904)891-1059 or
 william.ball@navy.mil.

Houses Unfurnished

PCS-8606 Derry Dr.
 R1350/D1350
 (2100sf) HUGIE 4/2
 home in desirable
 Argyle/Oakleaf area
 feyl's a formal LR &
 DR, LARGE family rm,
 ch/a, indry rm with wd
 conn, ceiling fans, car-
 pet & cer. fls, walk in
 closets in each rm, fncd
 bkvd, irrig. sys., cov'd
 bk porch, hall both has
 double vanity & 2car
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 cab's & all appl's stay.
 Retreat in a lrg master
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 miss out on this great
 home. Community
 amenities incl. club-
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 Great for families.
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 yd, 3533 Glen St, \$895mo.
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Home for \$699. Call
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Thank you!
 Besides protecting our
 country, military
 personnel stationed in
 our communities
 donated **650,620**
 hours of volunteer
 service in Northeast
 Florida and Southeast
 Georgia last year. Their
 time was given to
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 organizations, church
 groups, youth activities,
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 Clean & Quietest Place
 this side of Heaven.
 Check us out Friday
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\$599 3brdm/2bath
 For as little as \$1 per day
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 Call Rebecca 904-781-0441

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PSC-Arlington Nice
 home w/pool & priv
 frnd bkvd. Reason-
 able rate incl's util.
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Rooms for Rent
ARLINGTON W'side
 N'side - Furn, ph, TV w/d,
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 Domestic Services/
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 Delivery Driver
 Education/Teaching/
 Training
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 Executive/Management
 Finance/Investment
 General Employment
 Hotel/Hospitality/Tourism
 Industrial Trades
 Insurance
 Landscaping/Grounds
 Maintenance
 Law Enforcement/
 Security/Safety
 Legal
 Maintenance/Janitorial
 Services
 Management/Professional
 Marketing
 Mechanics
 Medical/Health Care
 Marine/Trade
 Nurses/Nurses Aides
 Office/Clerical/
 Administration
 Part-Time
 Personal Services/Beauty
 Real Estate/Property
 Management
 Recreation/Sports/Fitness
 Restaurant/Bar/Club/
 Food/Beverages
 Retail
 Sales
 Science/Research
 Social Services/Counseling
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 Telemarketing
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 Work at Home
 Positions Wanted

Child Care
In Home Lic'd Day-
care 6am-5pm M-F,
Accepts NACCU,
H as openings
6wks-3yrs. 904-221-1788

New Dimension
Christian Early
Edu. Pre-Sch. Now
open M-Sat. 24hrs.
Discount Rate 4 Night
Care Westside.
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**Arts
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Ceramic Mold
pallets \$1000
Approx. 100-
1000 molds per pal
Call 912-674-3025
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1150 sq ft of g
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Wanted - Buy & Se
com see my ad
at Eight Flags Anti
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call Luke 904-764-7651

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Beaulieu River Front
Modern & antique
furn. High end art.
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Crafts, books, tools,
jewelry, appliances,
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www.langston.com

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ABSOLUTE BARGAIN
New Queen Pillowtop
Set \$95 365-0957

Bed AAAA Banner Bargain
New QN. PILLOWTOP
Set \$95 365-0957

BED: A plush queen set
\$90 Call 554-9018

BEDROOM SET
Beautiful Cherry \$300
904-644-0498

DIN TBL w/chrs
cherry wd, 2
inserts, \$400.00. (2)
18th Century Lrg
China Chrs \$450ea. Call
904-553-0319

KING PILLOWTOP
Mattress Set still in
plastic \$180. 904-644-0498

Rust colored Sofa,
1yr old. Bought in
Badcock for \$600 -
will sell for \$300.
Too large for condo.
Tiffany ceiling lamp
bought at Home Depot
for \$179 - will sell for
\$50. 904-278-3064

Garage Sale

Arlington/Clifton- Fri/Sat,
8a-3p 405 Holly Ave
Misc HH & much more!

ARLINGTON- Colony Cove
7360 Buckskin Trail S
Sun., 8a-12p Great

Atlantic/ San Pablo
ESTATE SALE - 35 yrs
of accumulation,
ANTIQUES, Furniture,
clothes, collectibles
from around the world.
Thurs., Fri., Sat., 8am-?
205 Cockatill Dr.

**COMMUNITY
HOSPICE
THRIFT SHOP**
10771-406 Beach Blvd.
Progressive
Veterans Day Sale!
Thurs. 11/11 & Fri. 11/12
25% off Storewide Sale
Sat. 11/13, 50% off
Storewide Sale.
Excludes coupons or
other discounts!
Call 904-998-1718

Eagle Harbor- Sandy Springs
Moving Sale Fri & Sat,
8a-1p 1691 Crescent Cove
OP/Fleming Island 32003
Household items,
clothes, misc. construction
including nails, screws,
crown molding, etc.

PEACHY PUPS
CHRISTMAS PUPPIES
Layaway Plan Now!
www.peachypups.com
Call 912-276-4447

**Seeking Aircraft
Maintenance Professionals**
A Harold and Associates, LLC (AHA) is
seeking experienced SH-60B/MH-60R
maintenance professionals. AHA will
be accepting resumes and applications for
multiple potential positions
from Nov 4th to Dec 15th.
Please visit: www.aha-llc.com/careers
and click on "Pending Positions" for
more information, specific positions, and
application tools and procedures.

**WANTED: Floating
Dock for Wave
Runner, 2 singles or
1 double. Call**
241-6170 or 629-2074

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