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THURSDAY, November 25, 2010

Spread The Holiday Cheer

From Staff

Dozens of Navy Exchange patrons gathered around the large ornament-decked tree in the lobby of the main Mayport Navy Exchange (NEX) last week to watch the lighting of the Giving Tree and enjoy performances by children from the off-base Child Development Center.

This is the 17th year that the NEX has hosted the Giving Tree program and does so in conjunction with the Mayport USO.

The Giving Tree is a special military community outreach program designed to extend holiday warmth to special children in need throughout the Mayport military community. NEX patrons are asked to enhance the Christmas holiday and makes dreams come true for special children. All Navy Exchange customers are encouraged to participate in this worthwhile project.

This program will end on Dec. 18. The essence of the program is for individuals to sign up at the Giving Tree to purchase and make a gift for a child who is represented by a handmade ornament on the Giving Tree. The ornaments were provided by the Child Development Center.

To participate, select an ornament with a child's description

See Giving Tree, Page 22



Naval Station Mayport Commanding Officer, Capt. Doug Cochrane, along with Santa Claus and Mrs. Claus, are joined by children from the off-base Child Development Center for the 17th annual Lighting of the Giving Tree at the main Navy Exchange off Mayport Road. The program provides gifts to local military children. It is currently underway through Dec. 18.

-Photo by Paige Gnann

HSL-48 Instigators Return Home



-Photos courtesy of HSL-48

Families reunite with the crews of HSL-48 Detachment Three after the detachment returned last week from a deployment embarked on USS Elrod.

By Lt. A.J. Edwards

HSL-48

The Instigators of HSL-48 Detachment Three returned home on Saturday to a crowd of proud family members, friends, and spectators.

The Instigators completed a six-month deployment aboard USS Elrod (FFG-55) in the 5th and 6th Fleet operating areas. They flew more than 550 flight hours in support of coun-

ter piracy operations near the Horn of Africa and maritime surveillance in the Red Sea. Additionally, as independent deployers, they participated in exercises with the Pakistani, Jordanian, and Croatian Navies.

The Instigators were fortunate enough to travel to seven countries, three continents, and two hemispheres during the course of their deployment. Crossing the Equator

allowed those who had not done so before to become trusty Shellbacks. Among the countries visited were Italy, Djibouti, Oman, Jordan, Seychelles, Greece, and Croatia.

The Instigators saw many successes throughout their deployment. In the Mediterranean, the crew of Venom 516 alerted Elrod to suspicious activity that led to

See HSL-48, Page 15

Dangers Of Drinking And Driving



-Photos by MC1 Heather Ewton and OS2 Shantae Salmon



Naval Station Mayport servicemembers hand out goodies to the crowd during a hypnosis demonstration performed by Bryan McDaniels. McDaniels participated in the command General Military Training to teach the dangers of drunk driving. The hypnotised Sailors were tasked to perform several activities, including trick or treating, dancing and eventually becoming inebriated. When asked if they were willing to drive drunk, all responded no.

Gettysburg, Philippine Sea Participate In SINKEX

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Mayport Kids Recognized For Hard Work

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National American Indian Heritage Celebration Nov. 29

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Making Jobs Work To Your Teen's Advantage



Judy Cromartie
School Liaison Officer

Your teen has declared he wants to work at the neighborhood Publix. "I need the money for an upgraded iPhone, and a car," he says. Whoa! Is this a step to maturity or a slip toward lower grades, inadequate sleep, and a cramped social life? How do you help

KNOW THE ROPES

him make the right choice about taking a job? And how do you help him to manage the job and school and social time?

First, make sure you know the rules. Check out federal law to make sure that the employer is following it to the letter. Also check out state laws as well since some states impose stiffer restrictions than the federal government. Once you've examined the laws in your area, make sure you and your teen discuss the benefits and the disadvantages.

The Pro's

- Your teen can develop confidence, a sense of responsibility and independence.
- Studies find that students

who work a moderate amount, no more than 10 to 15 hours a week during the school year, tend to earn higher grades than those who don't work at all.

•Your teen will get an opportunity to learn responsible money management.

•If you and your spouse work outside the home, an after-school job can give your child adult supervision in those crucial afternoon hours.

•The right job or jobs may expose your teen to new work possibilities and set him on the path to a life-time career.

The Con's

- Working more than 13 to 20 hours a week is associated with lower grades.

•Teens who work too many hours may find it hard to keep up with sports, clubs, and social relationships.

•Some studies have found that teens who work long hours are more likely to engage in activities such as drug or alcohol use, in part because they are exposed to older co-workers who lead them into these activities.

Since most teens don't like to be told what to do, offer subtle guidance. Ask them what they want to get out of the job. Career preparation? Fun? Money? Discuss the importance of maintaining good grades, continuing extracurricular activities, and keeping up with friends.

Talk about preparing a budget which will include saving as well as spending. Consider making your teen responsible for gas when he drives the car

or a portion of the auto insurance or some entertainment expenses that you've paid in the past.

If your teen does take a job, consider limiting his work hours at first, increasing the hours after it becomes apparent that his school work and social life are not suffering. Help your teen look for better jobs as time goes on, especially jobs which relate to his career interests or which would expose him to a wider range of career options.

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

Building One.

Five Worst Jobs For Teens

The National Consumers League has pegged these jobs as the most dangerous for students.

•Delivery and other driving: including operating or riding on forklifts and other motorized equipment.

•Working alone in a cash-based business: including convenience store, gas station, and fast-food establishments.

•Traveling youth crews: selling candy, magazine subscriptions and other consumer goods on street corners, in unfamiliar neighborhoods, in distant cities, and across state lines.

•Cooking: exposure to hot oil and grease, hot water and steam, and hot cooking surfaces.

•Construction: including work at heights and contact with electrical power.

To Stuff Or Not To Stuff And Other Holiday Decisions

By Beth Wilson

Military Spouse Contributor

HOMEFRONT IN FOCUS

Thanksgiving (and the holidays) is upon me. I am hosting Thanksgiving and I am so excited. I love the house full of life and activity. I love the smells of baking, candles and the warmth of friends and family. Scott's family is coming; several single sailors will join us as well as a few spouses of deployed Marines. With Thanksgiving around the corner I am busy cleaning, menu planning and decorating. Did I mention menu planning?

This year I have a dilemma. Growing up Thanksgiving dinner was the traditional baked, stuffed turkey, mashed potatoes, fruit salad, sweet potato casserole and of course the traditional green bean casserole. I fear this menu is now out-of-vogue. As I gleefully planned this menu conversa-

tions arose that led to doubt. "Do you deep-fry your turkey? You know that is the juiciest turkey." You don't put the stuffing IN the turkey, do you?" One conversation stopped me cold... "After photographing the 'pardoned turkey' at Disneyland, how can you have a turkey on the table?"

ACK! What is wrong with the traditional menu? What is wrong with turkey? What is wrong with sweet potatoes smothered in marshmallows? It's not like I serve that calorie-rich meal every day. And, don't forget sweet potatoes are GOOD FOR YOU. I ate turkey with the stuffing baked in it for

over 30 years (and I am fine) before they said it was bad for you. What's up with that? In the past week I've polled my friends on that most weighty issue, "To stuff or not to stuff."

Why do we have to 'villainize' one of two legitimate days to enjoy a calorie over-dose? Can I just enjoy my stuffed turkey, all the trimmings and sugar-laden desserts in the company of people I love without a guilt-trip? PLEASE?? I promise to use a meat thermometer. I promise to bake all goodies with Splenda to avoid creating diabetic comas. I promise to work out TWICE (does the aerobic gyra-

tions of watching football count as a workout?). I promise to be good on my diet the rest of the year (except for my birthday and Christmas).

Oh heck, forget it! I don't care. Call me old-fashioned but I will Bake my turkey in the oven WITH the stuffing in the cavities. I will smother those yams in marshmallows; I will over fill my plate and enjoy every bite. I will not give in to the pressure to fry or grill. No I will hold fast to my traditional Thanksgiving and after my gluttonous meal I will collapse on the couch in full tryptophane stupor.

Most of all, I will express gratitude that I have a turkey on the table when many in the world do not. I will give thanks that I am surrounded by a community, my military community, which literally lays it on the line to protect the nation whose roots began at Plymouth

Rock. I will give thanks for friends and family, those enjoying a meal with me, those deployed, and those separated by miles. I will give thanks, and I will pray for, this American experiment; that we will honor this day as did the Pilgrims and their Native American friends. I will give thanks that even the poorest among us is RICH in comparison to most of the world's population. I will give thanks that I am alive, that I am healthy, that I am loved. Happy Thanksgiving!

Connect with Beth on Twitter (@Beth_Wilson), Facebook (facebook.com/EnlistedSpouseCommunity) or her new website www.enlistedspousecommunity.com.

Get Your Holiday Packages In The Mail Now

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

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

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.

Full Scholarships Available For Nurse Assistant

From American Red Cross

The Northeast Florida Chapter of the American Red Cross is extending full scholarships for participation in Nurse Assistant Training (NAT) for eligible applicants through a grant from the Florida BrAlve Fund established at The Community Foundation in Jacksonville.

Applicants must demonstrate financial hardship, and/or lack of other available resources due to participation in the Iraq or Afghanistan conflicts. Applicants will be required to provide Florida ID to verify Florida residency in one of our servicing counties and a copy of official documentation

verifying their or their family member's service to Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF).

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For more information, please call the SAF Mayport Service Center at 904-246-1395.




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CCD: Sunday 10:30 a.m.
Baptisms: class 3rd Sunday of month

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Sunday school 9:15 a.m.
Baptism: For information contact your chaplain

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Protestant choir
Wednesday 7 p.m.

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For more information, call 270-5212.



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CDB Compliance Rate Improves

By MCI(AW) LaTunya Howard

Navy Personnel Command Public Affairs

According to Navy leaders, more commands conducted career development boards (CDB) in fiscal year 2010 than in previous years.

The total number of CDBs at the end of fiscal year 2010 was 139,699. This is an increase of more than 300 percent since 2005, when the first complete year of CDBs were documented in the Career Information Management System (CIMS).

"Command master chiefs and command career counselors, along with the career development team, are being more proactive," said Senior Chief

Navy Counselor (SW/AW) Mark Rush, Navy counselor rating technical advisor, Bureau of Naval Personnel.

"There is now a system in place that tells commands the different types of CDBs to conduct and when to have them. It makes the process constant rather than sporadic," said Rush, attributing the increase to command engagement.

In accordance with the enlisted retention and career development instruction, OPNAVINST 1040.11C, CDBs are required for all Sailors upon reporting to a command, after six months on board, at 12 months

on board and at 12-month intervals thereafter. By conducting these boards on schedule, the Sailor's career desires are recorded in CIMS and become part of a permanent record that can follow the Sailor throughout their career.

"We previously used local databases. CIMS is allowing command leadership, up to the bureau level, to track who is doing the job of conducting CDBs and who is not," said Rush. "This ensures Sailors are informed and commands maintain accountability."

Typical topics covered during a board include watch-standing qualifications, continued education goals,

advancement, short and long-term career objectives, Perform-to-Serve and Armed Services Vocational Aptitude Battery scores. Leadership can use CDBs to learn the priorities of the Sailor.

CIMS is available to all shore commands with Internet access and on board 150 ships using CIMS Afloat on the Navy Standard Integrated Personnel System server. The primary function of CIMS is to assist career counselors with tracking, conducting and documenting CDBs.

The command master chief, chief of the boat, senior enlisted leader and the

command career counselor team are the focal points for career development initiatives within the command.

"CDBs are the right thing to do," said Rush. "It keeps the Sailor on track with their career long and short term goals, and it's a leadership tool for retaining our best and brightest."

For more information on CDBs, you can read the instruction available at www.npc.navy.mil/CareerInfo/CMC_CCC/.

Navy Improves Data Access Through SHARE

From Naval Surface Warfare Center Public Affairs

Naval Sea Systems Command (NAVSEA) introduced significant capability upgrades to the Software Hardware Asset Reuse Enterprise (SHARE) repository on Nov. 8, providing industry with improved access to Navy ship and system design data.

SHARE is a government-controlled repository of data on Navy and Marine Corps system-related software and hardware. Through SHARE, data such as source codes, user interfaces, requirements, estimations, tests and design models that the Navy has at least Government Purpose Rights (GPR) to can be stored, managed and reused by program offices across the Naval Enterprise and industry. The upgrades to SHARE include enhancements to a user's ability to view, locate and request data, as well as update user profile information.

"Before the establishment of SHARE, the Navy did not have an enterprise forum for documenting, managing and disclosing designs to industry. Today, we are trying to do a better job in documenting our data rights," said Rear Adm. Jim Shannon, Naval Surface Warfare Center (NSWC) Commander. "SHARE is about protecting and enforcing the Navy's data rights which directly aligns with the Navy's goal to be more open with our architectural designs."

In partnership with Program Executive

Office for Integrated Weapons Systems (PEO IWS), the SHARE repository is hosted at NAVSEA field activity NSWC Dahlgren Division, enabling qualified SHARE account holders, including members of industry to request the data in SHARE and reuse it in future designs at no additional cost to their program.

"Aligned with the Contract Guidebook for Naval Open Architecture, we are encouraging our Navy program offices to deposit data into SHARE," said Nickolas Guertin, principal assistant program manager for Open Architecture and Systems Engineering in PEO IWS. "By putting information into SHARE, the Navy can realize cost savings and focus on increased capability for our warfighters. With Open Architecture and Product Lines as a framework, we see opportunities to reduce costs and innovate across the enterprise."

In order to get a SHARE account, users must have a Common Access Card (CAC) or a commercial Class 3 digital certificate. For more detailed information relating to SHARE, go to: <https://acc.dau.mil/SHARE>.

NSWC Dahlgren Division, a NAVSEA field activity, provides research, development, test and evaluation, analysis, systems engineering, integration and certification of complex naval warfare systems related to surface warfare, strategic systems, combat and weapons systems.

2014 Is 'Aspirational Goal' For Security Turnover To Afghans

By Jim Garamone

American Forces Press Service

The end of 2014 is the "aspirational goal" for turning all security responsibility over to the Afghan government and American officials expect this goal will be blessed at this weekend's NATO Summit in Lisbon, Portugal, a senior defense official said Nov. 18.

Pentagon Press Secretary Geoff Morrell said by the end of 2014 - effectively 2015 - Afghan security forces should have the security lead over the preponderance of the country.

However, that goal is dependent on conditions on the ground, Morrell said, and it does not necessarily mean that Afghan forces will be in the lead in every part of the country.

"It [also] does not mean that all U.S. or coalition forces would necessarily be gone by that date," he said. Coalition forces may be in country in smaller numbers to assist the Afghans as they assume lead responsibility for the security of their country, Morrell said. Coalition forces may be helping in logistics, supplying training and in mentoring senior-level officers and NCOs.

The idea is the gradual transition will begin in July 2012, fully in compliance with President Barack Obama's announced goal. This is already happening.

"We talked ... about how there were six out of 10 security forces in the Hamkari operations in Kandahar were Afghans," Morrell said. "I think that number has since risen to seven out of 10."

There are 100,000 more Afghan security forces now than there were in November 2009, Morrell said, noting these numbers and the Afghan army and police capabilities will continue to grow in the months and years ahead.

Morrell also emphasized that while the Afghan forces have grown, the coalition has trained 11,000 Afghan civil servants since February.

"The surge was meant for two things: It was meant to reverse the momentum of the Taliban and it was meant to buy time to develop the size and the capability of the ANSF," he said. "We've had great success on that front, but we're also simultaneously clearly trying to develop the civilian capacity of the Afghan government. And I think that's a telling figure, that 11,000 Afghans have been trained this year."

Training Afghan forces is the exit strategy for the coalition, so clearly having enough trainers is vitally important.

"As much success as we've had over the past year in growing and developing the Afghan national security forces, there is a lot more work to be done," Morrell said. "And the way this system is developed, we are going to need many more trainers, hundreds more trainers, very soon."

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Saturn Now Reef, Courtesy Of Navy

By Ensign Andrew P. Learned

USS Philippine Sea

USS Philippine Sea, USS Gettysburg, and the USS Mitcher, as well as aircraft from Carrier Air Wing 8 participated in the successful sinking exercise of the former USNS Saturn.

During their October Group Sail, a coordinated underway where the ships train in strike group operations in preparation for upcoming deployments, the ships and aircraft of Carrier Strike Group 2 sank the former logistics ship over a two-day period where everybody got to have a piece of the action.

Saturn, which is drained of fuels and toxins before being sent to the bottom, will provide

an artificial reef and shelter to various species of sea-life in the deep Atlantic.

Environmental observers were on-scene ensuring that the evolution was conducted responsibly.

The operation also provided great training to everyone involved.

"The training the crew received during the live-firing exercise was some of the best I have ever seen," said Capt. Herbert Hadley of Philippine Sea.

Ships were able to test both their systems and operators in the delivery of Harpoons, Standard Missiles, 5" rounds, the Close In Weapons System (CIWS), as well as nearly every type of crew-served weapon.

Aircraft also got a piece of the action with helicopter fired Hellfire missiles and 500-pound bombs from F/A-18 Hornets.

USNS Saturn had began her service in 1967 for the British Royal Navy and actually saw combat in the Falkland's War where she was engaged by Argentinean A-4 strike aircraft during the battle of San Carlos Water.

A bomb, reportedly struck home on the Combat Support Ship, but never detonated.

Saturn was bought by the United States in the 1980's and is now being replaced by the Louis and Clark Class of Combat Support Ships.

USNS Saturn was decommissioned on April 6, 2009 and sank on Oct. 27.



-Photo by MCSN Leonard Adams

The guided-missile cruiser USS Gettysburg (CG 64) fires a Harpoon anti-ship missile at the ex-USNS Saturn during a sinking exercise. Gettysburg and other ships assigned to the George H.W. Bush Carrier Strike Group fired live ammunition at Saturn.



-Photo by MC3 Nicholas Hall

The MK-15 Phalanx Close-In Weapons System (CIWS) aboard the guided-missile cruiser USS Philippine Sea (CG 58) is fired at the ex-USNS Saturn (T-AFS 10) during a sinking exercise in the Atlantic Ocean. Philippine Sea and other ships assigned to the George H.W. Bush Carrier Strike Group fired live ammunition at Saturn.



-Photo by MCSN Kevin J. Steinberg

Sailors aboard the guided-missile cruiser USS Gettysburg (CG 64) observe the Ex-USNS Saturn during a sinking exercise. Gettysburg and other ships assigned to the George H.W. Bush Carrier Strike Group fired live ammunition at Saturn.

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Assistant SecNav Tours NH Jax's New Addition

By NH Jax Public Affairs

Assistant Secretary of the Navy (Manpower and Reserve Affairs) Juan Garcia and Executive Assistant Capt. Rich Brown toured Naval Hospital Jacksonville's (NH Jax) new state-of-the-art addition on November 18.

After being welcomed by NH Jax Commanding Officer Lynn Welling, Executive Officer Capt. Michael Vernere and Senior Chief Petty Officer Jeffrey Tate, the hospital's Director of Medical Services Capt. Angela Nimmo discussed NH Jax's recent launch of its Medical Homeport program. Medical Homeport is a new

Navy-wide approach to primary care that places the patient in the center of a team — a family of caregivers.

The team, led by the primary care doctor, includes nurses, case managers, corpsmen and support staff to meet patients' comprehensive healthcare needs.

The group then visited the hospital's new Physical Therapy & Occupational Therapy (PT/OT) department where they were briefed by Director of Clinical Support Services,



Photos by HM1 Scott Morgan

Cmdr. Sherri Santos, Cmdr. Christopher Schmidt, and Commanding Officer Capt. Lynn Welling welcome Assistant Secretary of the Navy (Manpower and Reserve Affairs) Juan Garcia to Naval Hospital Jacksonville's new Operating Rooms.

Cmdr. Frank Pearson on the range of new therapy equipment and expertise available to wounded warriors and other patients during their recovery at NH Jax. This included a demonstration of the new aquatic

treadmill which can reduce strain on injuries as the patients work to build up strength, flexibility and stamina. The Occupational Therapy area includes fully-equipped living quarters and activities of daily



Cmdr. Sherry Santos shows off Naval Hospital Jacksonville's new Operating Room technology to Assistant Secretary of the Navy (Manpower and Reserve Affairs) Juan Garcia and Executive Assistant Capt. Rich Brown.

living capabilities to include a kitchen, bedroom, etc., where injured patients rebuild life-skills with the help of trained therapists as they prepare to return home.

Next on the tour was a visit to the surgery department. They were greeted by Operating Room Nurse Cmdr. Sherri

Santos who helped them don surgical suits so they could go inside one of six new, high-tech, operating rooms (ORs). These new ORs are equipped with fully-integrated technology to track all aspects of the procedures, necessary preparations for the patient coming out of surgery, medical records, medi-

cations, and more. Special lighting and laparoscopic imaging equipment provides completely shadow-free, extremely zoomed in views of specific areas being operated on. Video equipment can record and provide viewing from areas outside the operating room as procedures are in progress.

Holiday Weight Gain Can Be Avoided With A Few Tips

By MCSN Alexandra Snow
National Naval Medical Center Public Affairs

The holiday season begins Nov. 25 with Thanksgiving for most people, and the National Naval Medical Center (NNMC) is reminding everyone this does not have to be a time of year for gaining weight.

People tend to look at the holiday season as a continuous celebration and often relax their eating habits, said Lauren Thomas, NNMC registered dietician. That can cause someone to gain three or four pounds during the season — a setback for those watching their weight. "I tell people to enjoy

Thanksgiving and then the next day, get back to healthy eating and healthy portions," said Thomas. "Don't extend holiday eating from Thanksgiving until New Year's. Isolate one or two days where you can really splurge on holiday food and maintain healthy eating habits the other days of the season."

To avoid holiday weight gain, Thomas recommends making healthy choices. Eat white turkey meat, which is lower in fat and calories. Yams and plain sweet potatoes are also healthier options, as is cranberry sauce, though the amount of sugar can be excessive.

Thomas also suggests watching the amount of alcohol you consume — especially holiday drinks such as egg nog, which has nearly 300 calories for every four ounces.

"At parties, try loading your plate with healthy options such as shrimp, veggies and then a small portion of dessert," Thomas said.

Have a small piece of pie, keeping in mind the crust is the most fattening part, said Thomas.

Dr. Larry Grubb, NNMC Behavioral Health department outpatient psychiatrist, said it's important not to restrict how

much you eat all day in order to eat more at a holiday party.

"You will be so hungry when you get to the party, you will eat far more food than you intended," said Grubb. "Have a snack before the big dinner. Eat a little bit of everything at the party, but don't eat too much."

He said that drinking plenty of water throughout the day is another way to keep you from over-eating.

"At holiday parties, bring a healthy dish, such as a vegetable platter, fruit bowl or sparkling wine or apple cider ... something you know you can have that is healthy," Thomas

said. Grubb said holiday weight gain can also be avoided by staying active.

"One of the major causes of weight gain during the holidays is lack of physical activity," he said. "You may be running around doing holiday errands and forget to take time to exercise. After you eat a big meal, don't lay down for a nap, but instead, go for a walk."

When out shopping and running errands, park the car farther away from the store for the extra steps, and walk a few extra laps around the mall, he said.

"If you're serious about watching your weight during the holidays, also watch the scale," she said. "If you notice you are gaining, it might be an incentive to re-examine your eating habits."

Try to keep up your exercise program and increasing your exercise to compensate for the extra calories consumed.

"Stick to these simple tips and you won't gain any extra weight," said Grubb. "In fact, if you eat wisely and add a little more activity into your daily routine you might do the impossible — lose weight over the holidays."

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Learning About Healthcare Options



-Photo by Bill Austin
Nuray Pastika of Youth Activities Center talks with a representative from Blue Cross/Blue Shield of Florida about different healthcare options the company offers NS Mayport employees during a health fair hosted by HRO on Thursday at the Base Chapel.



-Photo by Paige Gnann
Laura Goldstein with Health Promotions by the Ocean talks about the correct portion size of a piece of fish with Hospital Corpsman 2nd Class Alexander during the health fair at NBHC Mayport on Friday.

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Mayport Kids Recognized For Hard Work

By MC2(SW) Jacob Sippel
Navy Public Affairs Support Element
East Detachment Southeast

Nearly 100 children were recognized at Naval Station Mayport's Youth Activity Center Nov. 16, for their hard work and participation in the Jack Del Rio Foundation's "Ready, Sweat, Go!" program.

The program is aimed at creating an active and healthy lifestyle for military children.

Jacksonville Jaguars football players Brock Bolen and Kevin Haslam arrived at the youth center and gave autographs to the kids in attendance, handed out prizes and took questions. Certificates were awarded to everyone who participated in the program.

Jacksonville Jaguars football head coach Jack Del Rio then awarded the big prizes; a few autographed footballs and four tickets to a Jaguars football game. Afterwards, he expressed his satisfaction for the effort made by the Mayport children during this program.

"Everyone did their best and I'm very proud of every one of you," stated Del Rio. "It's important to be active and this is something to get you together and encourage each other, but also to have fun."

Earlier in the year, Del Rio learned that the military chil-

See Ready, Page 8



Jacksonville Jaguars Coach Jack Del Rio talks with children who participated in "Ready, Sweat, Go!" program, sponsored by the Jack Del Rio Foundation, at the Youth Activity Center on Nov. 16. -Photos by ET1(SW/AW) Marty Parsons



Children ask questions about football and fitness to the Jacksonville Jaguars players.



Jacksonville Jaguars player Kevin Haslam poses with a young boy at the "Ready, Sweat, Go!" event.



Jacksonville Jaguars player Brock Bolen hands out special posters from the Jaguars "Boot Campaign" to support the military.



Del Rio signs a football that will go to a child whose name is drawn during the program.



Bolen signs a poster for the "Ready, Sweat, Go!" participants.



Children wait patiently to meet Jacksonville Jaguars players and coach Jack Del Rio.



Haslam smiles at a young girl's reaction after she meets him and gets his autograph.



A young boy looks for his favorite players on the roster poster.



Jack Del Rio, Jacksonville Jaguars head coach, autographs a football for a participant in the Jack Del Rio Foundation's, Ready, Sweat, Go! program, designed to create a healthy lifestyle for military children.

Ready

dren attending Duval public schools ranked near the bottom in the nation in physical fitness as measured by the President's Challenge Physical Fitness Test. With this alarming statistic and the implications to the health of military children, the Jack Del Rio Foundation created the "Ready, Sweat, Go!" program.

On Oct. 5, Jaguars players Leger Douzable, William Middleton and Zach Potter kicked off the program by teaching the kids the appropriate ways to do sit-ups, push-ups, jump rope and other activities which are part of the Physical Fitness Test.

The kids were issued a 7-week challenge to improve their fitness and pass the President's Challenge Physical Fitness Test in March 2011.

Over the following seven weeks, the kids worked hard at improving their fitness while spending their afternoons at the fitness center.

"This is a great idea and it gives the kids something to work for where they can see the progress they have made," said Pamela Larsen, Naval Station Mayport Youth Director. "I saw the children striving to get better and also having fun while participating."

The joy of interaction with these professional football players was seen on many of the faces of the children in the audience.

"We're very fortunate to have the Jack Del Rio Foundation because it promotes a healthy lifestyle to these kids and I think it is wonderful," said Capt. Doug Cochrane, commanding officer, Naval Station Mayport. "This program involves physical activity, nutrition and success. The kids really look up to these guys and it has an impact on them. They also portray these players as role models at the same time!"

From Page 9



A young boy holds up his sign in support of home football team, the Jacksonville Jaguars, during the awards presentation event at the end of the "Ready, Sweat, Go!"

USS Hue City Takes Time For Seniors

By Ensign Colby Fallgatter

USS Hue City

Recently, the USS Hue City was given the opportunity to further give back to the community for which they serve, volunteering their personal time to make a difference.

Led by Fire Controlman 1st Class Jeffrey Johns, a group of Sailors assisted the community service team from Citigroup in a massive, two day clean-up project at the Mandarin Senior Citizens Center.

The manager of the Senior Citizens Center, Jeff Backfisch, admired these "fine young men [for] demonstrating their commitment to volunteerism and community service."

Fire Controlman 1st Class Teddy Clay, Information Systems Technician 1st Class Jermaine Profit, Information Systems Technician 1st Class Tim Gudenrath, Engineman 3rd Class Nick Woods, Engineman 3rd Class Anthony Cusson, and Johns participated in an endeavor to beautify the area around

this Senior Citizens Center in an effort to help the elderly.

The elderly like to lend a hand when they can; however, the projects are typically too physically taxing for them to accomplish without others' assistance.

Johns took on the challenge of leading this project because he "knew [they] had some down time in [their] schedule and it had been a while since [he] had seen anyone from the command organize some type of community service project."

After two days of pulling up overgrown bushes, cleaning out the algae from the surrounding infested pond, and landscaping in both of those areas, all the hard labor brought grateful smiles to the faces of the elderly at the Center.

"The most rewarding part of the experience for me was when we finished and the quarter mile strip of road in front of the center was full of the bags of trash, algae, and bushes that we had removed," claimed Johns.

With nearly 400 volunteer participants, the labors of these individuals did not go unnoticed.

These selfless Sailors were personally thanked by Jeff Backfisch for all of their hard work and enthusiastic efforts. He graciously complimented these Sailors by saying "the teamwork and work ethic shown by these young men are a tribute to your command, and to the Navy as a whole."

'Don't Ask' Report Will Be Released In Full Dec. 1

By Jim Garamone

American Forces Press Service

The report of the working group looking at the so-called "Don't Ask, Don't Tell" law will be released in full Dec. 1, Pentagon Press Secretary Geoff Morrell said Nov. 18.

Pentagon press secretary Geoff Morrell discusses the possible repeal of the "Don't Ask, Don't Tell" policy during a Nov. 18, 2010, press briefing. Morrell said Defense Secretary Robert M. Gates would prefer to delay any legislative action until after the Dec. 1 release of the Defense Department's internal review of the proposal. DOD photo by R. D. Ward

"[President Obama] has made a call, as I understand it, to Senator [Carl] Levin this week and Senator Reid, I believe, as well, making it clear that he wants to see the repeal of 'Don't Ask, Don't Tell' attached to ... the National Defense Authorization Act," Morrell told reporters at the Pentagon.

Defense Secretary Robert M. Gates supports repeal of the law that excludes openly gay servicemembers from serving in the military.

"He was very clear then as

well that there is a preferred order in doing things," Morrell said.

Gates first wants a study done on the possible ramifications a repeal of the law would have on the force. The study group, led by Defense Department General Counsel Jeh Johnson and Army Gen. Carter F. Ham, is nearly completed with its work. DOD officials are working from drafts of the report to assess what would have to be done in the event of a repeal of the law.

The plan is for the report to be delivered Dec. 1, "at which time it will be provided to the Congress; it will be provided to you, so everyone can see the nine-month effort that's been under way to try to figure out the implications of a repeal and what needs to be done internally to prepare for that change," Morrell said. "We're almost there."

DOD officials are getting feedback from the service secretaries and service chiefs on the report. That information also will be presented to Gates as he charts a course forward for the department, Morrell said.

Make Good Choices With Club 2000



-Photo by Paige Gnann

New signs advertising the Club 2000 program have been posted throughout Naval Station Mayport and the Navy Exchanges, on and off base. By calling 270-5401, service members can get a free taxi ride home from any bar in the tri-county area without any questions asked by their command.

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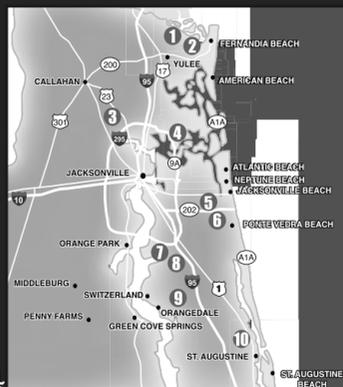
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HSL-44 Aids Stranded Iranian Mariners

From Combined Maritime Forces Public Affairs

USS Oscar Austin (DDG 79) located and provided assistance to two Iranian mariners who were spotted floating in a life raft in the Arabian Gulf, Nov. 18.

The United Kingdom Maritime Trade Organization (UKMTO) contacted Combined Maritime Forces (CMF) at approximately 3:30 a.m. (Bahrain) after it had been notified by a merchant vessel that they had seen a flare launched from a life raft. CMF notified Combined Task Force (CTF) 152 which then dispatched Oscar Austin to locate the vessel.

Oscar Austin located the life raft around 5 a.m., approximately 1,000 yards outside of Iranian territorial waters.

After providing the two distressed mariners food and water, a rigid hulled inflatable boat from Oscar Austin towed the life raft closer to the ship in the event the men required any urgent aid or further assistance.

CMF contacted the Omani Navy and asked them to assist



-Photo by IS1 Lasonya Lewis

An Iranian coast guard search and rescue vessel retrieves two stranded Iranian mariners after they were assisted by the guided-missile destroyer USS Oscar Austin (DDG 79) and HSL-44.

in communicating the location of the life raft to the Iranian Coast Guard.

According to the two men, their dhow sank the night before, and they did not know the disposition of any other crew members.

Oscar Austin remained on scene until 12:30 p.m., when the mariners were picked up by an Iranian Coast Guard search and rescue vessel.

"The response and assistance

provided are excellent examples of the training and coordination between members of CTF 152," said Lt. Cmdr. Steve Ansuini, CTF 152 future operations officer.

"We're glad that we were able to coordinate the rescue of the mariners with the Iranian Coast Guard."

The Iranian Coast Guard crew thanked Oscar Austin for their assistance and departed the area.

New Diving System Tests Begin

From Naval Sea Systems Command Public Affairs

Naval Experimental Diving Unit (NEDU), Panama City, Fla., recently completed the first manned dive of the Saturation Fly-Away Diving System (SAT FADS) and will conduct bell operations Nov. 29.

The SATS FAD System will provide critical organic saturation diving capability to support Navy salvage and recovery operations around the world. SAT FADS is designed to be deployable worldwide and support deep water sustained

diving operations to depths of 1,000 feet sea water (fsw), replacing two decommissioned Pigeon-class submarine rescue which operated to 850 fsw.

"This system will allow us to put United States Navy saturation divers on the bottom of the ocean to conduct deep ocean salvage and submarine recovery operations," said Paul McMurtrie, SAT FADS program manager for and a retired Navy master diver. "This new asset greatly increases our manned salvage capabilities onto the continental shelf."

SAT FADS supports six

saturation divers for a period of 21 days, with an additional nine days of decompression. The system consists of five major components; a main deck decompression chamber, a manned diving bell, the bell handling system, a control van, and two auxiliary support equipment vans. Living quarters are located in the decompression chamber.

System commissioning will continue through an operational evaluation, series of manned dives pierside, and culminate with a 1,000 fsw dry saturation dive.

Navy Tests New Fuel In Sea Hawk Helicopter

By Billy Ray Brown

Naval Air Warfare Center Aircraft Division Public Affairs

Moving closer to achieving the objective of decreasing its need for petroleum-based fuels, the Navy flew an MH60S Sea Hawk on a 50/50 biofuel blend Nov. 18 in Patuxent River, Md.

The helicopter, from Air Test and Evaluation Squadron 21 at Naval Air Station Patuxent River, Md., tested a fuel mixture made from the Camelina seed, which is in the same family of plants as the mustard seed and rapeseed. Camelina needs little water or nitrogen to flourish and can be grown on marginal agricultural soil.

"These biofuels provide the Navy with an 'off-ramp' from petroleum to increased energy security," said Rear Adm. Philip Cullom, director, Navy Task Force Energy.

Today's tests focused on the MH60S, one of the Navy's newest helicopters. The mission of the MH60S is anti-surface warfare, combat support, humanitarian disaster relief and search and rescue, aero medical evacuation, special warfare and organic airborne mine countermeasures.

Earlier this year, the Navy tested this biofuel blend on the F/A-18 Super Hornet. Results from those tests indicated the aircraft performed as expected through its full flight envelope with no degradation of capability.

"We expect today's helicopter tests will further demonstrate this fuel made from an alternative, non-petroleum feed stock is a viable option for use in Navy aircraft," said Rick Kamin, the Navy Fuels lead.

According to Kamin, today's flight is another step toward the certification of fuels from

non-petroleum sources for use in all Navy and Marine Corps aircraft. Testing will continue across additional aircraft models in 2011 with a target of approving the 50/50 biofuel blend for use in the Navy ships and aircraft by early 2012.

The Navy Fuels team embarked on its current path to certify many alternative sources for fuel more than two years ago. At the 2009 Navy Energy Forum, Secretary of the Navy Ray Mabus committed the Navy to a goal of decreasing its reliance on fossil fuels. The Secretary outlined five energy targets at the forum. Closest to home for the Navy Fuels team was the idea of demonstrating a Green Strike Group by 2012.

"In October 2009, I issued five energy targets for my department, the most important of which is that by the year 2020 - a decade from now - half of all the energy we use afloat and ashore, in the air, on the sea, under the sea or on land will come from non-fossil fuel sources," said Mabus, in October 2010 at the Energy Security Forum held at the Pentagon.

"The most significant impact of a dependence on fossil fuels is on our people," said Mabus. "Getting a gallon of gasoline to a Marine at forward operating bases (FOBs) in Afghanistan is not easy. Every single day, young Sailors, Marines, Soldiers and Airmen guard those vulnerable fuel convoys as they move from the logistics hubs to our FOBs. Gasoline is the single thing we import the most into Afghanistan."

"We have to change the way we operate. We have to change the way we produce and we use energy," Mabus said.

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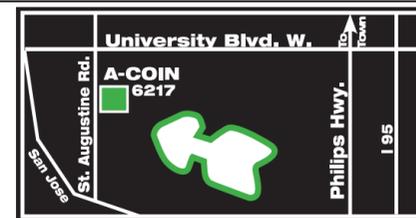
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Jack's Pack Goes To University of North Florida



-Photos by Paige Gnann
 Above, Members of Jack's Pack tour the campus of the University of North Florida during their November outing. Jack's Pack is a program sponsored by the Jack Del Rio Foundation and supports a group of Naval Station Mayport military children. So far, the group has been able to meet Jacksonville Jaguars Coach Jack Del Rio, along with members of the Jacksonville Jaguars. Right, Jack's Pack, join guest speaker Chief Explosive Ordnance Disposal Rick McAbee and the UNF basketball team.

-Photos by Paige Gnann



The Jack's Pack members get to meet members of UNF Osprey basketball team before the team hit the road for some games.

Jack's Pack learn how to do the Osprey "swoop."



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-Photo courtesy of HSL-48
Family members and shipmates of HSL-48 Detachment Three wait for the detachment to arrive from a six-month deployment.

HSL-48

From Page 1

the eventual recovery of more than 500 pounds of hashish and arrest of three suspects. Additionally, during a functional check flight of Venom 515, Elrod was alerted to a distressed Pakistani fishing vessel. The crew of Detachment Three quickly recovered Venom 515 and launched Venom 516 on the SAR. During that effort, the crew of Venom 516 recovered 12 of the survivors while the Elrod eventually recovered the remaining four via a small boat recovery.

Members of the detachment had personal successes as well. During the course of the deployment there were four promotions, seven earned EAWS designation, three earned ESWS designation, four Air Medals, one Navy and

Marine Corps Commendation Medal, and eight Navy and Marine Corps Achievement Medals received to name a few.

The Instigators returned on the wings of Venom 515 and Venom 516.

Commanding 515 was Lt. Cmdr. Chris Carter, Detachment Officer in Charge. His crew consisted of Lt. A.J. Edwards and Air Warfare Rescue 1st Class Haydu (Lead Crewman). Commanding 516 was Lt. Tarus Chatman (Maintenance Officer). His crew consisted of Lt. Benjamin Farwell (Operations Officer) and Air Warfare Rescue 2nd Class Mills. The detachment is now gearing up for a post deployment inspection, and is ready to reunite with family and friends back in Mayport.



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Post 9/11 GI Bill Proves Popular For Sailors

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

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

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

According to NAVADMIN 203/09, while a Sailor may be eligible for edu-

cation benefits provided by the Post 9/11 GI Bill, generally the option to transfer benefits to an eligible family member requires an additional service commitment in the Armed Forces.

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

"It's extremely valuable to the service member, but I'm glad my wife can use mine," said Graves. "If I were able to attend school full-time, I'd

receive the housing allowance also. That would be taking full advantage of this benefit."

"I give the Post 9/11 GI Bill a definite 'A+,'" said Chief Warrant Officer David Williams, Southeast Regional Maintenance Center, Mayport, Fla. "The process was extremely easy. I transferred my benefits to my daughter who has graduated from Virginia State with her bachelor's degree, and she was able to continue her education. She was accepted into Saint Joseph University to finish her master's degree with the use of this benefit. I was really grateful to be able to do that for her."

Sailors can apply to use the

Post 9/11 G.I. Bill at the Veteran's Administration website, <https://vabenefits.vba.va.gov/vonapp/main.asp> or apply for transferability of benefits at www.dmdc.osd.mil/TEB/ however Sailors should ensure their service obligation is reflected in their Electronic Service Record at <https://nsips.nmci.navy.mil/>. According to the Records Management and Benefits Division, the number one reason for rejected applications is the lack of sufficient obligated service or Page 13 not reflected in a Sailor's Electronic Service Record (ESR). Sailors should verify the information is there before applying for transferability.

Self-validation of ESR is required

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

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

Changes To Navy's Voluntary Ed Program Help Sailors Achieve Their Educational Goals

By Susan Lawson
Center for Personal and Professional Development Public Affairs

Recent changes to the Navy's Voluntary Education (VOLED) program are designed to first prepare the Sailor for the job and then focus on the pursuit of academic goals.

Another change included the stand up of the Virtual Education Center (VEC) where Sailors can receive counseling and information around the globe. Details on these updates are available in the Navy Administration messages (NAVADMINs) 105/10 released in March 2010 and 245/10, released in July 2010.

"It's important for our Sailors to understand the Navy's focus on Voluntary Education," said Capt. Chuck Hollingsworth, commanding officer, Center for Personal and Professional Development (CPPD). "Our goal is not to simply 'enroll more Sailors,' but to enroll Sailors who are postured for success in the pursuit of a degree."

CPPD, part of the Naval Education and Training Command domain, manages the execution of the Navy's VOLED programs.

"We work closely with Sailors to ensure they maximize their education benefits by providing them with education planning and counseling prior to their use of Tuition Assistance (TA)," Hollingsworth said. "This pre-planning and counseling gives Sailors time to acclimate to their work in the Navy, and also allows them time to develop foundational education skills that will help ensure their future academic successes."

According to Hollingsworth, NAVADMIN 105/10 is the most significant VOLED policy change in the past 12 months, and has been met with broad approval, especially within the ranks of senior enlisted leadership. NAVADMIN 105/10 requires new accessions, both officer and enlisted, to serve one year at their first permanent duty station before applying for TA. It further requires all Sailors to have an education plan on file with Navy College before TA will be autho-

authorized. "The Navy's VOLED policies serve to get the right Sailor, the right degree, at the right time," Hollingsworth said. "The first 12 months at the first permanent duty station is a crucial period of 'Sailorization,' when Sailors should concentrate on learning their Navy job and establish themselves as a valued asset to their command. The education plan requires Sailors to think about their education goals. This thought process serves to reduce the number of individuals who take courses arbitrarily, without a focus toward long-term education goals."

"We want Sailors to succeed in their careers and in their academics, which is why we provide them with comprehensive education planning and support services," said Hollingsworth.

The TA program provides active-duty personnel funding for tuition costs for courses taken in an off-duty status at a college, university or vocational/technical institution.

Navy TA pays tuition and fees charged by educational institutions for course enrollments up-front for Sailors. Under the program, TA pays 100 percent of tuition costs for courses applicable to the completion of a high school diploma or equivalency certificate. For other education levels, there is a fiscal year credit limit of 16 semester hours, or 24 quarter hours, per individual. Payment for tuition and fees cannot exceed \$250 per semester hour or \$166.67 per quarter hour.

For more information on Navy College opportunities, visit <https://www.navycollege.navy.mil/>.

For more information about CPPD visit <https://www.netc.navy.mil/centers/cppd/>.



-Photo courtesy of CSX Bishop Kenny NJROTC with Rear Admiral Patricia Wolfe at CSX Military Appreciation Day 2010.

Military Appreciation Day At CSX Jacksonville

By Regina A. Taylor-Murphy
CSX Military Affinity Group

It was standing room only at the observance of Military Appreciation Day Nov. 10 in CSX's Jacksonville headquarters lobby.

The program featured the Navy Band Southeast and area high school Bishop Kenny Naval Junior ROTC with music, presentation of the colors and a rifle drill display. Musician Jamie Buckley, himself a Sergeant First Class in the Army and a performer with a national reputation, performed a medley of songs.

Speakers included Michael Ward, chairman, president and CEO, who praised the veterans among CSX employees and announced that GI Jobs magazine has ranked CSX third among large corporations hiring

military veterans.

Keynote speaker Rear Admiral Patricia Wolfe spoke on the growing diversity within the military and how it adds to the organization's strength as a fighting force. Sherita Jacobs, coordinator of performance analysis-Sales and Marketing and an Army veteran, served as mistress of ceremonies. The event was simulcast to the CSX offices in West Jacksonville and

Southpoint and to the REDI in Atlanta.

Organizations staffing information booths in the lobby area included the USO, Wounded Warrior Project, Jacksonville Naval Historical Ship Association, Jacksonville Military Affairs Office, U.S. Army Recruiting Command and the CSX Military Affinity Group.

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Dec. 2: All-Khaki Gaming Night. 6 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 (CPOs, Officers and their guests). 270-5431.

Dec. 3: Beachside Community Center Closed. 270-7197

Dec. 7: Remember Pearl Harbor 5/10K Run. 8 a.m. at the Gym. Free T-Shirts. 270-5452

Dec. 7: Magical Christmas: 6:30-8:30 p.m. at Beachside Community Center. Children's games and crafts, Kids' Performances and a Special Appearance by Santa. 270-5680

Dec. 8: Veterinarian Open House. 12-6 p.m. at

MWR HAPPENINGS

the Veterinarian Clinic. Free Hotdogs and chips to first 50 clients, Military Working Dog demonstrations, and pics with Santa for \$1. 270-7004

Dec. 9: Comics on Duty. Enjoy four nationally-recognized comedians. 8 p.m. at Castaway's. 270-7205

Dec. 10: Paul Lundgren Band. 9 p.m. at Castaways. 270-7205

Dec. 11: Army Navy Football Party. Free tailgating. Flag football behind the gym. 12:30 p.m. Mayport vs. Army. 1:30 p.m. NAS JAX vs. Army. Army vs. Navy College

Football Game at 2:30 p.m. at Beachside Community Center. 270-5451.

Dec. 11: UFC 124- St. Pierre vs. Koscheck 2. 10 p.m. at Castaways. 270-7205

Dec. 12: Kids' Christmas Bingo. 12 p.m. at Beachside Community Center. \$10 per person (includes bingo, Pizza Hut Pizza, soda, cookies, and prize drawing). Special appearance by Santa. 270-7204 or 270-5145

Dec. 15: Holiday Hold'em at Castaways. 270-7205

Dec. 17: Starry, Starry Night. 9 p.m. at Castaway's. 270-7205

Dec. 18: CPO club closed for the holidays. Will reopen Tuesday, Jan. 4. 270-5432

Dec. 27: Rockin' Resolution Bingo Board Begins at Beachside Community Center. 270-7204.

Dec. 29: Ladies' Night. 7 p.m. at Castaways. 270-7205.

Dec. 31: Two Parties at Mayport Bowling Center. Warm-up Party 8- 9:45 p.m. \$10 per person. Late Night Party 10 p.m.-12:30 a.m. \$15 per person. Enjoy bowling, music, prizes, snacks, and more. Reservations Required. 270-5377

Dec. 31: New Year's Eve Bash. 9 p.m. at Castaways. 270-7205

Planet Mayport.

Dec. 31: Two Parties at Mayport Bowling Center. Warm-up Party 8- 9:45 p.m. \$10 per person. Late Night Party 10 p.m.-12:30 a.m. \$15 per person. Enjoy bowling, music, prizes, snacks, and more. Reservations Required. 270-5377

Dec. 31: New Year's Eve Bash. 9 p.m. at Castaways. 270-7205

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Magical Christmas

6:30-8:30 p.m. Tuesday, Dec. 7, 2010 At Beachside Community Center



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Games & Prizes • Crafts • Sweet Treats • Children's Performances • Enjoy a Performance by the Navy Band Southeast's Holiday Brass Ensemble

Bring your camera for Pictures with Santa!



For event info, call (904) 270-5680.

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

Nov. 27: Ice Skating. Van departs Planet Mayport at 1 p.m. Cost \$5.

Nov. 29: Texas Hold'em Tournament. Planet Mayport at 6 p.m.

Dec. 1: Get the Grinch begins. From Dec. 1-12, get the clues posted each day at Planet Mayport and find where the Grinch is.

Dec. 3: The Black Keys, Chevelle, Against Me. Van departs Planet Mayport at 1 p.m. Cost is \$20. Sign up deadline is Dec. 1.

Dec. 4: Holiday Chair

LIBERTY CALL

Prize Day at Computer Cove. Look under your chair to see if you've won a prize.

Dec. 9: Comics on Duty. 8 p.m. at Castaways. 270-7205

Dec. 9: Trans-Siberian Orchestra. Van departs Planet Mayport at 6 p.m.

Dec. 10: Paul Lundgren Band. 9 p.m. at Castaways. 270-7205

Dec. 10: Mall and a Movie. Van departs Planet Mayport at 5 p.m.

Dec. 11: Army Navy Football Game. 2:30 p.m. Kickoff at Beachside Community Center

Dec. 11: UFC 124- St. Pierre vs. Koscheck 2. 10 p.m. at Castaways. 270-7205

Dec. 12: Oakland Raiders vs. Jacksonville Jaguars. Van departs Planet Mayport at 11:30 p.m.

Dec. 15: Holiday Hold'em at Castaways. 270-7205

Dec. 18: Paintball. Van departs Planet Mayport at 9 a.m. Cost \$5 (includes paintballs, gear and transportation)

Dec. 19: Jacksonville Co-ed Flag Football. Van departs Planet Mayport at 9:30 a.m.

Dec. 24: Dirty Santa Gift Exchange at Planet Mayport. Bring a Wrapped gift (under \$25) for this fun gift exchange.

Dec. 26: Washington Redskins vs. Jacksonville Jaguars. Van departs Planet Mayport at 11:30 a.m.

Dec. 29: Ladies' Night. 7 p.m. at Castaway's. 270-7205

Dec. 30: Texas Hold'em Tournament. 6 p.m. at Planet Mayport.

Dec. 31: Wii New Years Eve Party. Refreshments and Prizes. 10 p.m. - 12:30 a.m. at

KID ZONE

Christmas performance. 4:15 p.m. at the Youth Center. 270-5680 or 270-5421

Dec. 20: First Session: Jingle Bell Winter Camp at Youth Center. Drop-in days available. Parents must complete current registration packet. 270-5680 or 270-5421

Dec. 27: Second Session:

Jingle Bell Winter Camp Begins. Drop-in days available. Parents must complete current registration packet. 270-5680 or 270-5421

Dec. 31: Mayport Bowling Center New Year's Eve Warm-up Party. 8 p.m. - 9:45 p.m. \$10 per person or rent a lane for the whole family

Dec. 1: Registration Opens for Jingle Bell Winter Camp. Open for children in Kindergarten through age 12. First Session: Dec. 20-23. Second Session: Dec. 27-30. (904) 270-5680 or (904) 270-5421

Dec. 7: Magical Christmas. 6:30-8:30 p.m. at Beachside Community Center. Children's games and crafts, Kids' Performances and a Special Appearance by Santa. 270-5680

Dec. 8: Veterinarian Open House. 12-6 p.m. at the Veterinarian Clinic. Free Hotdogs and chips to first 50 clients, Military Working Dog demonstrations, and pics with Santa for \$1. 270-7004

Dec. 10: Holiday Dance. 7 p.m. at the Teen Center. Food and beverages will be provided. Cost \$2. 270-5680 or 246-0347

Dec. 12: Kids' Christmas Bingo. 12 p.m. at Beachside Community Center. \$10 per person (includes bingo, Pizza Hut Pizza, soda, cookies, and prize drawing). Special appearance by Santa. 270-7204 or 270-5145

Dec. 16: Charlie Brown

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\$10 PER PERSON
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Enjoy a fun-filled afternoon of bingo for children and their parents. Every child will go home with a holiday goodie bag. Open to children ages 2-15.
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For more info, call (904) 270-7204 or (904) 270-5145
*Children ages 2-15 must be accompanied by an adult guardian. Adults must be accompanied by a vehicle. Each person requires a space. Prizes will not be awarded to both children and adults.

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Thu Dec 2: 7:30 pm • Fri Dec 3: 2:00 pm, 5:00 pm, 8:00 pm
Sat Dec 4 & Sun Dec 5: 11:00 am, 2:00 pm, 5:00 pm, 8:00 pm
Tue Dec 7, Wed Dec 8 & Thu Dec 9: 2:00 pm, 7:30 pm • Fri Dec 10: 2:00 pm, 5:00 pm, 8:00 pm
Sat Dec 11: 11:00 am, 2:00 pm, 5:00 pm, 8:00pm • Sun Dec 12: 11:00 am, 2:00 pm, 5:00 pm
Rockette Meet and Greet Packages Also Available, Please Inquire.

*Family 4 Pak Regular price is \$226.00. Seats are 2nd price category located in sections Orchestra 2 and Balcony. Must purchase minimum of a minimum of 4 tickets. Discount will be applied for additional tickets, up to 8 total. Prices do not include \$1.00 facility fee and \$7.00 service charge per ticket. Please add to total cost of tickets above. Not valid with Meet and Greet packages. Offer subject to availability and not valid on previously purchased tickets. All sales are final - no refunds or exchanges. Offer may be revoked or modified at any time without notice, or expires 12/2/10 at 3pm. No double discounts.

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MWR Turkey Trot



-Photo courtesy of MWR
Turkey Trot 5K Run and 3K walkers hold up their turkeys after completing the race last Tuesday.

MWR Turkey Trot



-Photo courtesy of MWR
Lt. Nate Harrell of HSL-48, center, wins the 2010 Racquetball Turkey Shoot. Retirees Ray Santo, right, and Greg Kvaska, left, placed second and third respectfully.

Minor League, Major Fun



-Photos courtesy of Mayport Cardinals

The Naval Station Mayport Minor League baseball team, Mayport Cardinals, have a great time as a team. Pictured above front row from left Todd Williford, Miguel Lugo, Miguel Tater Jr., Gabriella "Gabby" Miller, and Andrew Weltz. Second row, Mathew Salazar, Joseph Perches, Chance Craig, Elijah Casto, and Anthony Derricott. Back row, Assistant Coach Miguel Lugo, Head Coach Joshua Craig, Assistant Coach Brian Miller, and Assistant Coach Ruby Wilkins. Pictured right, Miguel Lugo receiving his game ball after the team sang Happy Birthday to him and Anthony Derricott.



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- Behavioral Babysitting
- Applied Behavior Analysis
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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**

(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.

10 a.m., **Broken Hearts**

A fitness program for those who require cardiac rehabilitation. Program incorporates a wide variety of fitness tools. Blood pressure and heart rate are monitored while progress is charted.

11:30 a.m., **Kickboxing**
1 p.m., **Moms in Motion**

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**

A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

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**
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.

2 p.m., **NOFFS Nutrition & Fitness Series**

NOFFS (Navy Operational Fitness and Fueling Series) is a program designed to improve the operational performance of Navy personnel through fitness and nutrition. Emphasis is placed on injury prevention via tissue management and refueling.

2:30 p.m. **FEP Bootcamp Basics**

Bootcamp-style workout regimens designed to improve PFA scores, help you meet body composition standards, and heal and deter injuries. Get off the FEP program quick when you join this PT program. Meets behind Surfside Fitness Center.

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

Learn the basic dance steps in four Latin dances; salsa, cumbia, samba and merengue. This is a 30-minute instructional program, which will prepare you for the regular Zumba class. It is recommended you master the basics before joining the regular Zumba program.

Wednesday
7 a.m., **Spartan**

Unconventional training for the unconventional warrior which centers on the art of developing the body through refined functional tactics. Spartan Training employs a combination of kettlebells, calisthenics, sprint and distance running, tire flips, sledge hammers, sled drags, TRX, and many other advanced training techniques. Meets behind Surfside Fitness Center.

10 a.m., **Broken Hearts**

A fitness program for those who require cardiac rehabilitation. Program incorporates a wide variety of fitness tools.

MWR HAPPENINGS

Blood pressure and heart rate are monitored while progress is charted.

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**

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

7 a.m., **NOFFS Nutrition & Fitness Series**

NOFFS (Navy Operational Fitness and Fueling Series) is a program designed to improve the operational performance of Navy personnel through fitness and nutrition. Emphasis is placed on injury prevention via tissue management and refueling.

9:30 a.m., **20/20/20**

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

11:30 a.m., **Zumba Basics & Toning**

Rhythmic strength training set to Latin music. Build muscles and burn fat. Mueve la colita.

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**

The Gym Schedule is as follows:

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

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

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

2:30 p.m., **FEP Spin & Row**
5:30 p.m., **Spinning**

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

In this heart-pounding full body workout we break a serious sizzlin' sweat. This fusion of cardio and resistance training will max out your exercise afterburn. Meets at Gym basketball court 1A.

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

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

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

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

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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Santa Claus hands out candy canes to the children from the off-base Child Development Center during the Giving Tree lighting celebration.



Children wait for Santa Claus to arrive during the Lighting celebration. They also entertained the crowd of NEX patrons with holiday songs.



Childcare providers from the off-base Child Development Center help their children with the Lighting tree performance.

Giving Tree

From Page 1

on it from the Giving Tree. Register your name with a Giving Tree staff member. Purchase and/or make a gift for the child and then return it unwrapped and the ornament to NEX within seven days. Deadline for the return of gifts is Dec. 18.

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Jaguars Foundation, Greater Jax USO Expand Partnership In Honoring Troops Program

From USO and Jaguars Foundation

The Jaguars Foundation's Sailors Aweigh program has a new name, "Honoring Our Troops," to reflect the expansion of the military ticket appreciation program to include the other local military branches and guard and reserve units that go on deployment.

Under the leadership of Delores Barr Weaver, team owner and Chair/CEO of the Jaguars Foundation, the program was begun by the Jaguars Foundation in partnership with the United States Navy and the Greater Jacksonville Area USO. The goal is to offer families of Navy sailors on deployment, recently back from deployment or readying for deployment, "family time" together at a Jaguars home game.

The decision to include other military families, according to John Shockley, Greater Jacksonville Area USO Executive Director, is because, in addition to the Navy, there are men and women from other military branches, guard and reserve units that are on deployment in Afghanistan, Iraq and elsewhere in the world. Participating units include Naval Air Station Jacksonville, Naval Station Mayport, Naval Submarine Base Kings Bay, U.S. Marines Blount Island, Coast Guard Sector Jacksonville, Camp Blanding, 125th Fighter Wing and various other guard and reserve units.

Mrs. Weaver has served on the USO Board of Directors and she and Wayne Weaver are strong supporters

of the men and women in the Armed Services and their families in the greater Jacksonville area.

"We wanted to provide an opportunity for these families, who also make a sacrifice when their loved ones head out on deployment, to have an enjoyable football game-day experience," said Mrs. Weaver. "Children of course miss their mom or dad on deployment. While we can't bring them back any sooner, we can show the children that we recognize the sacrifice their parent is making and that they as a military and guard family are making on behalf of our nation."

Mr. Shockley stated, "The opportunity for a family to spend time together and do something fun by going to a

Jaguars game is immeasurable in terms of what it means to these families. We thank the Jaguars Foundation and the team, most especially Delores and Wayne Weaver, for their unwavering support to our Armed Services men and women and their families."

At each afternoon Jaguars home game, up to 125 game day tickets are donated to the USO for the Honoring Our Troops program. Each child and accompanying adult receives a game-day ticket, an "Honoring Our Troops" t-shirt and complimentary bus transportation to and from the game. Each child also receives Jag Dollars valued at \$10 to spend on food or souvenirs.

The availability of the Jag Dollars initially came about from a donation

of the widow of a serviceman who died at the Pentagon in the 9/11/01 terrorist attack. The widow, who asked to remain anonymous, said that she and her husband and their family lived in various parts of the country, but nowhere where they lived had a professional sports team that treated the military and their families as well as the Jaguars did, and they continued to be Jaguars fans after re-assignment away from Jacksonville. Adding to this contribution, donations made by Randy and Jackie Amos and their family and friends, in memory of their son Scott Amos who died in a tragic accident, and from the Weaver Family Foundation have continued this element of the program.

Mayport and NAS JAX USO Centers are collecting holiday food baskets and coordinating delivery through local Base Chaplain Offices. If you or someone you know is in need of assistance, please have them contact their CMC or Senior Enlisted Advisor to sign up for a holiday basket. This program is for Active Duty members and their families.

Mayport USO Center will host a "No Dough Dinner" Monday, Nov. 29, from 5-7 p.m. This is free for Active Duty Service Members and their immediate families. The wonderful staff and volunteers will serve Meatloaf, macaroni n cheese, green beans, salad and a dessert. A special thank you to Mr. Steve Hutchinson from the Beaches Veterans Association for sponsoring this dinner.

The USO Giving Tree kick-off will be held at the Mayport Navy Exchange on Thursday Nov. 18 at 10 a.m. in the Lobby of the exchange and the NAS JAX Navy Exchange food court on Friday November 19th at 10 a.m. Come out and join us as Santa arrives at the exchange and the children sing Christmas carols.

Starting Dec. 1, the NAS JAX Liberty Center will once again have a free shuttle service to and from the airport for the single sailors on the base. Please call 542-1335 to set up a time or for more information. The Mayport Single Sailors Center is also offering the free shuttle service to the airport. Please call 270-7789 to set up a time or for more information.

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 AIA South) prepare and serve a free lunch sponsored by the Greater Jacksonville Area USO. Greater Jax Area USO is greatly appreciative of our partnership with the City of St. Augustine, Elks Lodge #829 and the United Way of St. John's County.

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

The Combined Federal Campaign is 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.

Honorably discharged veterans, active-duty service and reserve members will receive a 25 percent discount on the purchase of a Florida State Park annual pass. The discount

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

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

The U.S. Department of Veterans Affairs has announced the launch of its new and improved online form, "Application for Health Benefits," which will make it easier and faster for veterans to apply for their health care

benefits. This revised online application form (10-10EZ) provides enhanced navigation features that make it easier and faster for veterans to use. The new version also allows veterans to save a copy of the completed form for their personal records. The most significant enhancement allows veterans to save their application to their local desktop and return to the application at any time without having to start over. Previously, veterans had to complete the form in a single session. This updated online form, along with the revised VA Form 10-10EZ, reduces the collection of information from veterans by eliminating some questions. In addition, there are minor changes to simplify the wording of questions and provide clarity in the instructions. Further enhancements to the online application are expected to be delivered in increments throughout 2010. Veterans may complete or download the 10-10EZ form at the VA health eligibility website at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>. Veterans may also contact the VA at 1 (877) 222-VETS (8387)

or visit the VA health eligibility website at www.va.gov/healtheligibility.

The Veterans History Project First Coast is dedicated to honoring the many veterans of Northeast Florida and those who supported war efforts. We record the memories of those who have served our country by conducting interviews. These stories are placed on our website for others to listen and learn: www.vhp-firstcoast.org. We are a partner with the Library of Congress in Washington, D.C. where the memories of those we interview are archived for future generations: <http://www.loc.gov/vets/>.

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

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you

reading a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them. Please contact your local USO center for more information.

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

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

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

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

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Out in Town

COMMUNITY CALENDAR

Thursday, Nov. 25

The Ladies Auxiliary of the Fleet Reserve Association, Branch 290, will host a special Thanksgiving Dinner from 1 p.m. to 5 p.m. Turkey, stuffing and mashed potatoes will be provided. Please bring a covered dish of vegetables or dessert. There will be no charge for this dinner – it is provided in honor and thanks for those who are serving, or have served, their country. The bar will be open for all drinks. For more information call 249-1389 or 246-6855.

Friday, Nov. 26

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

Saturday, Nov. 27

Mayor John Peyton and the City of Jacksonville invite First Coast families and their guests to see downtown in a whole new light at the 2010 Jacksonville Light Parade on at 7 p.m. on the downtown riverfront. At the conclusion of the parade, the sky will light up with one of Jacksonville's most spectacular firework displays. Fireworks will be shot from river barges in front of The Jacksonville Landing, the Hyatt Regency Jacksonville Riverfront Hotel and Metropolitan Park. The fireworks and parade

can be viewed from both the Northbank and the Southbank. Boaters will make two laps beginning at Metropolitan Park, travel along the Northbank past The Jacksonville Landing under the Acosta Bridge to the Fuller Warren Bridge. At the Fuller Warren Bridge boaters will circle around to the Southbank down to the Duval County School Board Building. The Jacksonville Light Parade is open to powerboats and sailboats. There is no limitation on size and registration is free. The parade is limited to 100 vessels. For more information, contact the Office of Special Events at (904) 630-3690 or visit www.makeascenedowntown.com.

Join a park ranger at 2 p.m. to explore how fire impacts the environment. Discover the benefits of prescribed fire as a management tool for healthy ecosystems and as a tool for defending against devastating wildland fires. 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.

Sunday, Nov. 28

The Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Rd. Menu includes eggs, bacon or sausage, grits or hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3.00 for a breakfast sandwich, is requested. As always, the pub-

lic is invited.

Monday, Nov. 29

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. **Wednesday, Dec. 1**

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, Dec. 2

Fleet Reserve Association, Branch 290, will hold its monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Rd. All members and prospective members are invited to attend. The Fleet Reserve Association is a world-wide veteran's organization that represents nearly 87,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty branch" because of the number of active duty members. If you have served in any of the maritime service – Navy, Marine Corps or Coast Guard, no matter how long – stop by the Branch Home or call 246-6855 for more information. New members are always welcome.

Fleet Reserve Association, Branch 290, will host Dinner from 5-8 p.m. The menu this week will be Fish and Chips and a dessert. A donation of

\$8 is requested for each dinner. Carry-out orders are accepted. Please call 246-6855 for more information or to place an order.

Friday, Dec. 3

Come join the Fleet Reserve Association for a night of Karaoke, at the Branch Home, 390 Mayport Rd. Featured will be host DOUG BRACEY, from 9 p.m. to 1 a.m. The bar will be open for drinks and snacks.

"Country Christmas Concert" - The Annual Concert will be held at West Nassau High School Auditorium in Callahan

from 7-9:30 p.m. The concert is a "free event" for the community, and will feature live entertainment provided by host Ray Williams, Liz Mobley, Robin Kinsey, John Crisp, Randall Smith, and special guest performances by "Holy Ground". Everyone is invited to attend. For info contact, Ray Williams at 904-879-6515, or Liz Mobley at 904-813-9580.

Saturday, Dec. 4

Come join the Fleet Reserve Association for a night of Karaoke, at the Branch Home,

390 Mayport Rd. Featured will be host DOUG BRACEY, from 9 p.m. to 1 a.m.

Sunday, Dec. 5

The Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m.-noon 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 meals. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is requested.

NATIONAL AMERICAN INDIAN HERITAGE MONTH

Join NS Mayport On Monday, Nov. 29 at 10 a.m. at Ocean Breeze Conference Center

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Winn-Dixie

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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. 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

Nov. 30, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Nov. 30, 9-11 a.m., **Parenting Class**, FFSC Room 702

Dec. 1, 8-11:30 a.m., **Stress Management**, Wellness Center

Dec. 1, 9-noon, **Tottle Tyme 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.

Dec. 2, 9-11 a.m., **Resume Walk-In Review**, FFSC Room 701

Dec. 2, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Dec. 6, 9-11 a.m., **What About The Kids?**, FFSC Room 719

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see, understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but

to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

Dec. 6, 7 a.m.-4:30 p.m., **SAPR VA Training**, Building 1 Room 1616

Dec. 7, 7 a.m.-noon, **SAPR VA Training**, Building 1 Room 1616

Dec. 7, 9-11 a.m., **Resume Walk-In Review**, FFSC Room 701

Dec. 7, 9-11 a.m., **Parenting Class**, FFSC Room 702

Dec. 8, 9-noon, **Tottle Tyme 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.

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

Dec. 9, 8 a.m.-4:30 p.m., **Financial Planning Seminar**, FFSC Room 1616

Dec. 9, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Dec. 10, 6-8 p.m., **IA Christmas Party**, USO

Dec. 13, 1-4 p.m., **Expectant Dads Class**, USO

This program is designed for new Dads and Moms. The program will address, investigate, and discuss issues facing fathers in today's weird world. The attendees will look at being a father in the military, on care of newborns and toddlers and how to grow with your child and become the Dad you really want to be. The program will increase the participant's knowledge about child development and will also address relationship changes that accompany the birth of a child.

Dec. 13-16, 8 a.m.-4 p.m., **TAP Workshop**, Bldg.1 Room 1616

Dec. 14, 9-11 a.m., **Resume Walk-In Review**, FFSC Room 701

Dec. 14, 9-11 a.m., **Parenting Class**, FFSC Room 702

Dec. 15, 9-noon, **Tottle Tyme 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.

Dec. 16, 8-11 a.m., **Anger Management**, Bldg.1 Room 719

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.

Dec. 16, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Dec. 21, 8-11 a.m., **Smooth Move**, FFSC Room 719

This workshop is designed for inexperienced, as well as experienced military members on permanent change of station (PCS) orders. The Personal Property Shipping Office will provide information on how to deal with movers and personal property entitlements. The travel section of Personnel Support Detachment (PSD) will present a section on travel pay and allowances. FFSC staff will discuss the emotional cycles of relocation, budgeting for a PCS move and provide some

strategies for families. Dec. 21, 9-11 a.m., **Resume Walk-In Review**, FFSC Room 701

Dec. 22, 9-noon, **Tottle Tyme 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.

Dec. 23, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Dec. 28, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Dec. 29, 9-noon, **Tottle Tyme 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.

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

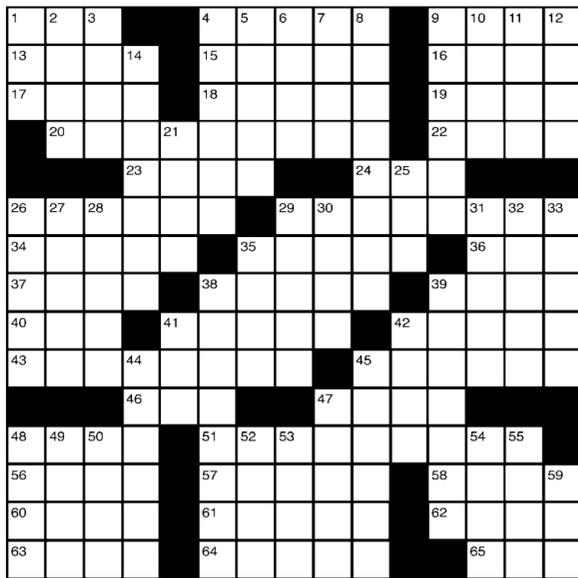
THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS

- 1 For what reason?
- 4 Run after
- 9 Source of dietary fiber
- 13 Schlep
- 15 Reigns
- 16 Uncle Ben's product
- 17 Norway's largest city
- 18 Map within a map
- 19 Shade trees
- 20 Grave marker
- 22 Pub orders
- 23 Enemies
- 24 Sup
- 26 Evaluate
- 29 Rod with engine wheels attached
- 34 Filthy ___; ill-gotten gain
- 35 Monikers
- 36 Scottish denial
- 37 Uproars
- 38 Penalized monetarily
- 39 Not taped
- 40 Gent
- 41 Poultry shop purchase
- 42 Buffalo
- 43 ___ town; small community
- 45 Meningitis symptoms
- 46 "___ to Billy Joe"
- 47 Refer to
- 48 Short note
- 51 Femininity
- 56 Zealous
- 57 Steer clear of
- 58 Surrounded by
- 60 Irritate
- 61 One with an unending term
- 62 Casino game
- 63 Downhill glider
- 64 Very high
- 65 Just purchased

DOWN

- 1 Which person?
- 2 Chopped meat concoction
- 3 ___ log; holiday fireplace blaze
- 4 Urgent situations
- 5 Searches
- 6 Additionally
- 7 "Who has ___ the wind?..."
- 8 Respected
- 9 Out of ___; panting
- 10 Small brook
- 11 High point
- 12 Crime fighter Eliot ___
- 14 Comfy shoes
- 21 Prescribed amount
- 25 Donkey
- 26 Hertz rival
- 27 African nation
- 28 Popular tea-time nosh
- 29 Long boat
- 30 "So be it!"
- 31 Licorice-like flavoring
- 32 In ___ of; for
- 33 High schoolers



11/25/10

THIS WEEK'S ANSWERS

M	E	N		A	L	F	O	T		D	E	L	S			
O	N	E	K		R	E	F	I	T		E	T	I	R		
D	I	W	A		D	E	L	O		D	I	A	V			
			D	O	H	N		U	O	M		O	W	E	M	
				E	L	I	C			E	D	O				
S	R	E	A		F		E	S	R	O	H	E	N	O		
N	O	S	I		B		N	O	P	A	V		N	V	M	
E	L	I	V		E	D		N	F	I	N		S	O	D	V
E	V	N		S	E	W	A	N		E		S	O	R	O	U
T	F	A	H		S	M		C		S	S	E	S	S	S	V
S	E	T	V			N	O	S	I		D	O	E	H		
S	M	T	E			S	N	I			O	T	S	O		
S	E	C	I		R		S	E	L	N	I		L	N	V	H
R	A	N	B			S	E	V	A	H		C		A	H	M

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11/25/10

- | | |
|---------------------------|----------------------|
| 35 Sips of liquor | 48 Red planet |
| 38 Good-bye | 49 Wicked |
| 39 Evergreen tree | 50 5280 feet |
| 41 Food fish | 52 Hodgepodge |
| 42 Girl in "Little Women" | 53 Ear warmer |
| 44 Like a parka | 54 Foretelling sign |
| 45 Dressy clothes | 55 Have a feast |
| 47 USNA student | 59 ___ Jones Average |

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COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE	1672 S 3rd ST	JAXBCH
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	2837 TOWNSEND BLVD	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	1403 N 3rd ST	JAX BCH
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/SMOKERS EXPRESS	10910 ATLANTIC BLVD.	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	220 A1A N	PVB	LIL CHAMP	A1A HWY	JAX
GATE	619 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	463779 SR 200/A1A	YUL	LIL CHAMP	13967 McCORMICK RD(MT PLEASANT RD)	
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	RIBAULT BAY COMMUNITY CENTER	ASSISSI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
GATE	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
HOME FINDER'S REALTY	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JAX FEDERAL CREDIT UNION		JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX			
JIFFY LUBE	11620 SAN JOSE BLVD	JAX			

Updated: FEBRUARY 1, 2007

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Veterans' Reflections: 'A Means To Another End'

By Ian Graham

Emerging Media, Defense Media Activity

Defense Media Activity is releasing a collection of stories, entitled "Veteran's Reflections," on Navy.mil in November 2010 in honor of Veteran's Day.

The collection of stories is from men and women who served their country in World War II, the Korean War, Vietnam War, Desert Shield and Desert Storm and present-day conflicts.

A "Veteran's Reflection" story from Chris Harris follows: Chris Harris didn't see the military as an end, but rather as a means to another end, when he accepted a Reserve Officer Training Corps scholarship to Duke University. Now, 26 years after retiring as a Navy commander, he looks back on his career fondly, even if he

didn't expect to be a career Sailor.

"At the time I went in, I didn't know if I was going to stay, but I ended up getting there and enjoying it and spent 20 years doing a lot of different jobs and having a good time," said Harris.

Harris visited Washington, D.C., in July 2010 with his grandchildren, seeing the sights and touring the memorials on the National Mall. Harris said that the Vietnam Veterans Memorial holds special significance because he spent 21 months in Vietnam during the mid-1960s.

"The grandkids haven't been here before. That's why we're here today," Harris said. "They need to understand that a lot of people sacrificed a lot in the past for the fact that they have the freedoms they have today.

They need to understand that these memorials are here for those people."

Now a resident of Chocowinity, N.C., Harris said the Navy lived up to its old promise - join the Navy and see the world. His career in the Navy's Supply Corps took him to Italy, Thailand and Japan, in addition to Vietnam. But it wasn't the variety of locales that made his career exciting, said Harris. Rather, it was the variety of tasks he was assigned.

"It's an amazing experience to go out and do a lot of different things and get a lot of responsibility early in your career," said Harris. "My time in Vietnam is a case in point. I was a young [lieutenant junior grade] at the time over there, and I was running a lot of food service operations and feeding

a lot of troops. You can't always do things like that as a civilian."

Harris went to Vietnam twice - once aboard a ship on a six-month tour and once ashore for 15 months in 1966 and 1967. He was assigned to be a food service officer, something he'd never done before.

Learning on the job can be harrowing for anyone, let alone having the responsibility of feeding thousands of hungry Sailors in the Da Nang area and supplying forward operators near the demilitarized zone of the then-divided country, said Harris.

"I went over there with no experience in food service, but found out that you can run a food service organization letting the technical people handle a lot of the work, and I looked after the people and organization," said Harris. "It was interesting

from that perspective."

It was this aspect of the job - being put into a place initially unfamiliar and forced to adapt - that stuck with me, said Harris, noting that it helped him to appreciate the value of education. Today's service members shouldn't take opportunities for education for granted and should appreciate the chances they get to learn, said Harris.

"The best thing I can tell people who are serving in the Navy right now is to do your job well, learn from your experience [and] advance," said Harris. "You can always study in the Navy and get better educated and get more diverse jobs, more responsible jobs and move up the ladder. Be involved, and enjoy what you're doing."

Though Harris said he didn't plan to do anything in particular for Veterans Day 2010, he

kept today's service members in mind and hopes many veterans can come home safely to celebrate with him in the future.

"We're mindful of the fact that there are still a lot of troops serving and a lot of people are dying, and we remember them at that time," said Harris.

Harris said young people should consider the military as a viable career option. Although he didn't initially intend to spend 20 years in uniform, Harris says he has no regrets about his decision to serve. As a parent and grandparent, he encourages young people to look into ROTC or enlistment as, at the very least, a good first step in a career.

Choosing a military career is "a very good way to go," said Harris.

Navy Debuts Veteran Recognition Logo

From Navy Office of Information

The Navy Office of Information debuted the "Navy Veteran" logo Nov. 1 on the U.S. Navy Facebook page.

The logo, a product of a competition among Navy Mass Communication Specialists, was created to be used by Navy veterans throughout November as a means of showing their service.

The U.S. Navy Facebook page posted the logo and the following text to the over 220,000 fans that "like" the page online.

"As we approach Veteran's Day on November 11 we want to spend this time recognizing the contribution of



our Navy Veterans. From next door neighbors, to relatives, colleagues and friends - it is very likely that you know someone who served in the Navy and may not even realize it." Specifically designed to be used as a profile photo on a Facebook page, the fans on the U.S. Navy Facebook page were asked to share the logo among friends and family in their online network. Navy veterans were asked to use the logo as their profile picture on Facebook on Veterans' Day, Nov. 11.

The winning design was created by Mass Communication Specialist

(SW) Michael Cortez, assigned to the Navy Public Affairs Support Element (NPASE), Norfolk, Va.

"I am always honored to show my appreciation for our Veterans. So I was overwhelmed to hear my logo design was chosen to represent this important day," said Cortez. "Being active duty during a time when people will go out of there way to thank us for our service, it is another honor to be able to give this back as my appreciation to those who served before me."

There are variations of the logo that can be used by sons, daughters, spouses,

grandchildren, parents and friends of veterans as well. The logo is easily printable and can be posted and used at home, at work, on Facebook and other social profiles to create awareness of Navy veterans in communities and online networks.

The logo is available on the U.S. Navy Facebook page at www.facebook.com/USNavy and on the Navy Visual News Service Flickr account at www.flickr.com/user/USNavyNVNS/.

Mullens Speak Out On Veterans' Challenges

By Lisa Daniel

American Forces Press Service

With Veterans Day around the corner, Joint Chiefs of Staff Chairman Navy Adm. Mike Mullen and his wife, Deborah, sat down with reporters last week to raise visibility on issues important to military families and veterans.

The Mullens' interviews yesterday with the Pentagon Channel and other news broadcasters were the latest in the couple's frequent discussions about how to prevent or fix some of the most challenging problems of servicemembers, veterans and their families: mental health issues, reintegration into civilian life, unemployment and homelessness.

"This is an extraordinary group of young people fighting these wars," the chairman said. "Their lives, by and large, have changed forever. They look forward to closing this chapter of their lives and moving forward."

Today's young veterans "have enormous potential," he said, adding that they want to go to college, get jobs and raise families.

Mullen has made the post-military life of Iraq and Afghanistan war veterans a focus of his tenure as chairman, conducting a "Conversations With the Country" tour to speak to government and business leaders in civilian communities about helping young veterans reintegrate to civilian life. He added that he recently set up a team at the Pentagon to also help with the civilian reintegration effort.

"There's a sea of goodwill out there from people willing to help," Mullen said. "The challenge is in coordinating between them and us."

The chairman also encouraged new and longstanding veterans to network for better reintegration, saying there is "an instant understanding" among veterans of all wars of each other's

issues. "Everybody who has served is very proud of their service, no matter when they served," said Mullen, a Vietnam War veteran.

Mrs. Mullen, who frequently travels to speak with her husband and to servicemembers and their families, said issues such as unemployment are important to military spouses, too.

About three-fourths of military spouses either are working or seeking employment, she said, adding that they have excellent work characteristics.

"They're enormously flexible, they have great strength, and they're used to change," she said. "They have extraordinary characteristics that are useful to almost any company."

The Mullens also spoke about mental health problems, suicides and homelessness among military families and veterans.

The admiral noted that the biggest change in treatment has been the increasing willing-

ness of servicemembers to seek help. Outreach efforts by leaders have made headway against the stigma attached to seeking mental health care in the military culture, he said, but "we're not there yet" in making the perceived stigma a thing of the past.

The military now deploys mental health professionals to the war theaters, mandates "time outs" for servicemembers who have been near explosions, and keeps adding mental health workers as they become available, Mullen said, adding that more still needs to be done.

"Often, the symptoms, if you don't do anything about them, won't manifest for several years, then they are harder to treat," Mullen said. "I urge people to lead well in this area."

Meanwhile, suicides have become "almost epidemic," the chairman said, adding that the problem isn't well addressed across the nation at large.

"I worry that we are at the tip

of the iceberg here" with servicemember suicides, he said, noting that because many suicides are not tied to combat deployments, the causes are difficult to discern.

The Mullens urged people to intervene if they think someone they know may be suicidal. A change in behavior, risky behavior, drug and alcohol abuse and suicides among loved ones all are risk indicators, Mrs. Mullen said.

Through publicity about suicides, she said, family members are beginning to understand "that they don't have to guess about whether someone might be suicidal." She urged people to call 1-800-273-TALK (8255) if they need help.

Regarding homelessness, a growing problem particularly for young female veterans, Mrs. Mullen said the issue begins in the military. A significant number of home-

less female veterans experienced sexual trauma in the mili-

tary, she explained, which can lead to post-traumatic stress.

Also, Mrs. Mullen said, many women don't even think of themselves as veterans after they leave the military, and communities often don't look at them that way, making them less likely to use veterans benefits to seek the help they need.

Female veterans have a higher divorce rate and lower civilian pay rate than their male counterparts, and one-fourth of female homeless veterans have children in their custody, Mrs. Mullen said.

The trajectory of such women after leaving service too often is "couch surfing, or sleeping in their cars," then into homeless shelters, she said.

"We need to be focused on this in the military," she said.

Portal Helps Vets, Reserves, Guardsmen Land Jobs

By Donna Miles

American Forces Press Service

A new, state-of-the-art Web portal is out to help veterans - as well as reserve-component members, their families and wounded warriors - land jobs with civilian employers who value their military experience.

The user-friendly tools will enhance the popular Employer Partnership of the Armed Forces program by making it easier for both job-hunters and employers seeking their skills, Army Lt. Col. Matt Leonard, the program's public affairs officer, told American Forces Press Service.

The new portal simplifies the job application process by allowing users to set up a personal profile and maintain a record of their job searches and search parameters, Leonard explained.

That means users don't have to start from square one each time they enter the system, saving them time and inconvenience.

In addition, a resume builder helps users create a resume and maintain it in the system, and they can even set an alert function that notifies them when

particular job announcements are posted.

The new portal will be easier for about 1,200 employers participating in the partnership program, too, Leonard said. They will now be able to enter position vacancies directly into the system and track applications. In addition, they will be able to tap into resumes already in the system and reach out directly to candidates who qualify for their positions.

"This program, particularly with the new Web portal, really gives servicemembers and veterans an edge, because it helps them connect with employers who are looking for their skills and attributes," Leonard said. "It gives employers an edge, too, because they are able to narrow down their searches and simplify the hiring process."

The new portal is the latest development in the popular employer partnership program the Army Reserve launched in April 2008 to help the Army Reserve and civilian employers tap into the same talent pool. The program has gone military-wide and continues to attract employer partners ranging from Fortune 500 companies to met-

ropolitan police departments to "mom-and-pop" businesses.

"We are seeing more and more larger employers like General Electric, like Wal-Mart, coming on board and saying, 'We want to be a part of that,'" said Army Reserve Chief Lt. Gen. Jack C. Stultz, who came up with the concept and continues to oversee the program.

Stultz, a retired Proctor & Gamble executive, said employers recognize the program as a way to tap into a talent pool yet to be fully leveraged. "Employers of America see this as a new class of work force," he said. "That is what we are hearing from the employers. They talk about the quality, the integrity, the ethics."

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, praised the virtues of hiring veterans.

"Veterans bring a maturity. They bring leadership. They bring a life experience," he said. "They bring a dedication they may not have had when they were 17, 18 or 19 years old, when they were coming out of high school or in the first couple years of college.

"But they clearly have it

-U.S. Army Reserve image

A new user-friendly Web portal will make it easier for veterans - as well as reserve-component members, their families and wounded warriors - land jobs with civilian employers who value their military experience.

now," Mullen said. "And they can make a big difference for an awful lot of institutions."

Employer partners in the program share his sentiments.

"Veterans are well-trained, they are very well-disciplined, in most cases very mature, [and] they come back with a

good work ethic, so it's a win-win for everybody," said Bill Warren, executive director of the Direct Employers Association.

"Hiring a military member, a reservist [or] Guard member brings discipline, good judgment, good communication

skills, dependability and just an all-around great candidate for any number of jobs," agreed Michael Hinz, vice president for recruiting at Schneider National.

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.

Guardian ad Litem

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

First Coast "No More Homeless Pets"

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

Mayport Lions Club Volunteers

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

Jacksonville International Airport Volunteer Ambassador Program

We are looking for volunteer to assist travelers with locating arrival and departure gates, telephones, baggage claim and ticketing areas. The Ambassadors provide vital customer assistance and a lot of smiles to ensure a pleasant and memorable experience while traveling through our airport. Benefits of being in the Ambassador program include gratitude of the passengers served each day, invitations, to volunteer appreciation events, 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 ypooler@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

REACHING OUT

VITA Tax Volunteers Needed

Are you interested in making a difference and learning a new skill? The 2010/2011 tax season is rapidly approaching. Once again, the Volunteer Income Tax Assistance (VITA) program is looking for dedicated and enthusiastic volunteers. Volunteer as a tax preparer for January through April, and you'll be trained by the IRS and given an opportunity to provide much needed help to your fellow sailors.

Interested? To learn more contact Lt. Patrick Jackson at (904) 270-5445, or e-mail patrick.o.jackson@navy.mil.

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

YMCA of Jacksonville

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

Children's Home Society of Florida

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

Homeless Pet Shelter

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

St Augustine Amphitheatre Seeks Volunteers

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

Big Brothers Big Sisters

Mentoring

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

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

St. Johns County Habitat For Humanity Needs Volunteers!

Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be 16 or older. They are starting a new home every month and need help on the construction

site. Please call 826-3252 ext. 2006 to sign up.

Lea's Place

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

NS Mayport Retired Activities Office

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

I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals

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

Dignity U Wear

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

Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with chil-

dren ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. 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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Enrique Ramirez, Petty Officer Second Class and his daughter, Arianna, a St. Jude patient

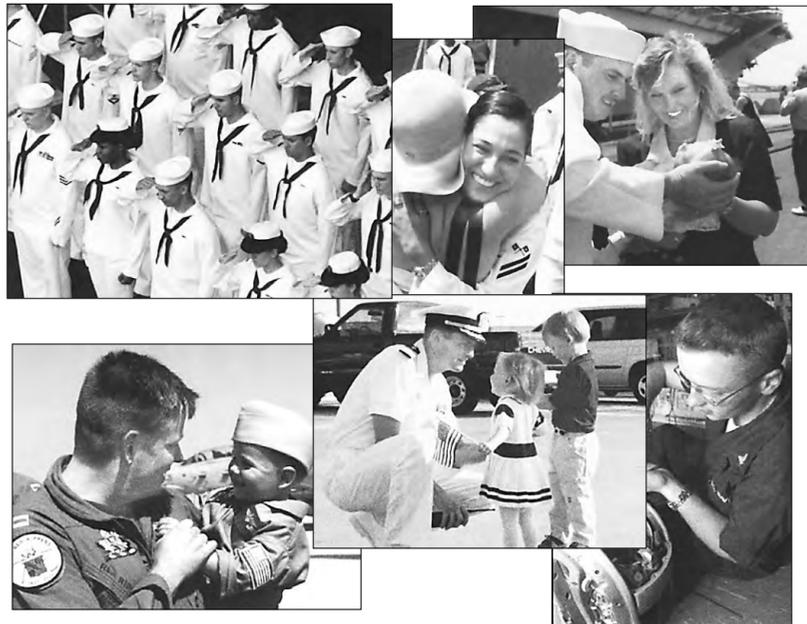


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 Nassau County
 Putnam County
 St. Johns Open Houses
 St. Johns Homes
 St. Johns Waterfront
 St. Johns Oceanfront
 St. Johns Intracoastal
 St. Johns Marshfront
 St. Johns Condos
 St. Johns Duplex/
 Townhouses
 St. Johns Manufactured
 Homes
 St. Johns Lots/Acreage
 St. Johns Active Adult
 Com.
 St. Johns Investment
 Income Property
 Miscellaneous
 Out of Area/Town/State
 Real Estate Wanted

Georgia Real Estate

ALTAMAHA RIVER
 Appling County Georgia
 100ft on water, 4.78 acres
 \$62,900, includes all
 utilities. Owner financing
 with 25% down 912-367-7473

Real Estate Auctions

FORECLOSED HOME
AUCTION
 250+ Florida Homes
 1 Auction: 12/11
 Open House:
 11/27, 12/04 & 12/05
 REDC /View Full Listings
www.auction.com
 Real Estate Division
 Corporation RE Brkr No.
 CQ1031187 Auctioneer
 Mark Bulezik AU3448

Tenant-Occup Warehouse
PUBLIC AUCTION
 PROBATE PROCEEDING
 DECEMBER 20, 10am
 Clay County Courthouse
 Property address:
 490 Edgewood Ave., Jax, FL
 Commercial zoning
 Right off of I-10 warehouse
 is 5,040sq ft/office space
 lot is fenced in 150ftx150ft
 Building loading dock
 height. For info: Cristina
 (630)335-2735

Condominiums

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

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

HOME FINDER REALTY
 241-5501

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

BISHOP HOMES- 3/1 Not A Short Sale! Large 3 bdrm
 home that has been replumbed. New windows, new
 carpet, new roof, large fenced bkvd, 1 car
 garage- \$99,999

BROOKWOOD FOREST- 1/1 Not A Short Sale! 1332
 sq. ft. Very spacious beautiful 2 story condo w/soff
 & garage. Excellent. Move In Ready condition- \$49,500

RENTALS
 MERRILL HILLS- 3/2 beauty, inground pool and pool
 service included- \$1375.00
 BENTWATER PLAGE- 3/2, 1800 sq. ft., Fncd back-
 yard. Large bedrooms & bonus room. Formal Liv-
 ing/Dining Rm- \$1295.00
 OCEANWAY AREA- Northwoods subdiv. 4/2, approx.
 2,000 sq. ft. avail. 10/20- \$1195.00
 OCEANWAY AREA- Crestwick Crossing subdiv. 3/2,
 2 car gar. 1600 sq. ft. Available 10/25- \$1095.00
 WOLF CREEK- 3/2 Condo, 1394 sq. ft. Spacious third
 floor condo w/elevator. Elegant kitchen, beautiful
 bathroom. Close to beaches, shopping, downtown
 and Mayport Naval Station. \$1195.00
 SEASONS AT MILL COVE- 2/2.5 Condo, 1100 sq. ft.,
 gated community w/pool & playground. Close to
 9A- \$850.00

MANY MORE HOMES AVAILABLE

Out of Area/Town/State

*** Southwest GA ***
 1,281/ac @ \$2,250/ac
 Big deer, quail, duck pond
 Nice deer stand & food
 plots. Mature long leaf
 pines & hardwoods
 irrigated farmland
 Other Properties
 Available.
 Motivated Seller.
 Call 478-477-1000

Manufactured Homes

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

****NAS AREA****
 Lease w/opt to purchase
 starting @ \$550.00/month
 Owner financing avail w/
 low down payments
 Homes start @ \$100,000
 Call 904-264-7131

NO PAYMENTS TILL 2011
AWESOME 1280sqft
3bd/2ba call 904-695-2255

HOLIDAY SPECIAL!!
 No App fees,
 WE FINANCE HUGE
 3bdms/2bath loaded
 call 904-695-2255

Lots for Sale

Nearly New 2005 Fleetwood
 4/2 on 1/4 landscaped
 1/4 acre lot Marietta
 area zero down as low
 as \$395mo 904-589-9585

ST. JOHNS RIVER
ACRES (2) 100'x200'
lots. Black top road,
community dock, Boat
landing, West River Rd.
Palatka \$59K each or
\$99K both Jo 904-814-6915

Farms/Acreage

Johnson County, GA 204 ac
 great investment, planted
 pines, creek & river
 frontage, good hunting,
 close to I-16. REDUCED
 Price \$1195 per ac. Call
 Bill Breiner 478-457-7005

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 Condos
 St. Johns Duplex
 St. Johns Retirement Com-
 munities
 St. Johns Houses Furnished
 St. Johns Houses Unfurnished
 St. Johns Mobile Home/Lot
 Rental
 St. Johns Lots
 St. Johns Roommates
 St. Johns Rooms to Rent
 St. Johns Oceanfront/Waterfront
 St. Johns Vacation Rental
 St. Johns Storage/
 Mini-Lockers
 St. Johns Wanted to Rent

Apartments Furnished

NORTHWEST
Malabar Motel
Eff. \$155wk
All utilities & cable
included. Bus stop,
store & laundry.
Call 904-418-8077

Apartments Unfurnished

ARLINGTON/SAN
MARCO - 2br/1ba new
cpt, \$565 m, \$300 dep. 924
Arco Drive. 904-705-7861

Southside- *Special*****
2BR/1.5BA apt. \$600mo.
Pay only 1/2 1 & 2 month
Call 753-0781 11am-3pm
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

Apartment Unfurnished

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

Condos for Rent

BEACH/SS 3/2, Luxury
wood/tile, gated, fitness,
\$990/mo. + deposit
agent 904-622-8602

Houses Unfurnished

Arlington 3br/1.5ba,
ch&a, garage, kitchen
equip., \$825mo
904-744-8387, 716-1051

ARLINGTON - UPDATED!
 6541 Greenfern Lane
 4/2 newly remodeled Single
 Family home, 2000sq.
 Den, Fireplace, Screened
 Porch. \$985 + 1 month dep
 Credit history and ref.
 req'd. Pets + \$250. Non-
 refundable. Avail 11/5.
 Call 904-707-0664

ARLINGTON EAST
2BR/1.5BA TH like new,
no pets/smkg, avail now.
\$795mo 904-608-5129

ATLANTIC/SJ Bluff 4/2
2 car gar, clean covy,
Sutton Lakes, \$1500/mo
+dep. agent 904-622-8602

J A X B E A C H - 3/2.
\$1000/mo. \$800
deposit. 904-704-4769

Mandarin 2/2.5 Twnhs
 end unit, rooms & clear,
 club pool, W/D, pets ok
 \$895mo 904-309-1008

MANDARIN 3/2, 1 car
gar, fenced yrd, tile flrs,
ceiling fans, kit eqpt
\$975mo + dep 534-5051

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

SOUTHSIDE - 3BR/2BA
Eat in kitchen, all
appliances, \$950mo +
dep. Call 904-891-9201

Southside 2br/1ba ch&a,
fenc yrd, corpor, porch,
no pets, alarm/fire sys,
partial utils incl, \$600mo
+ \$500dep. 386-325-8925

Southside Estates- 3/1, 1cg
1000sq, nicely remod,
lrg yd, w/d hkp, \$875mo
+ \$1000dep. 509-9071

PSC-Historic Avon-
dale Classic 3/1 in
great neighborhood.
 Walk to restau-
 rants, shops, parks, and
 schools. Less than 10
 mins to NAS. Hardwood
 floors, W/D, detached
 garage, sunroom, and
 deck. Corner lot on quiet
 dead-end street.
 \$1100/month includes
 yard maintenance.
 Contact (904)891-1059 or
 william.ball@eu.navy.mil.

Arlington nr Jacksonville
University. 3brdm/1.5ba
1700sq. ft. New Kitchen,
Updated bathroom. \$950
per month. 50% off first
mo. rent. 904-687-9371

WEST MAYPORT- Violet
St. - Newly remodeled
home for rent. MUST
SEE! Very open large
living and kitchen area.
Great for family and
entertaining. Lots of
storage. 3BR/2BA, Huge
screen porch overlooking
large massive back. Nice
home on a quiet street.
ONLY \$1100 per month,
\$100 security deposit.
NO PETS. Realty Quest,
LLC Debbie Reynolds
904-853-6741

WEST MAYPORT - Home
for rent. Totally remod-
eled 3BD/2BA, 1,052 sq.
ft. Big yard, fenced in
with Privacy Fence.
Great Open floor plan.
\$850/month, \$850 Security
Deposit, \$60 applica-
tion fee. Realty Quest,
LLC Debbie Reynolds
(904) 853-6741

Commercial/Industrial For Rent
 Commercial /Industrial
 For Rent
 Commercial /Industrial
 For Rent
 Businesses For Sale
 Office Space For Sale
 Office Space For Rent
 Retail For Sale
 Retail For Rent
 St. Johns Commercial/
 Industrial For Sale
 St. Johns Commercial/
 Industrial For Rent
 St. Johns Businesses
 For Sale
 St. Johns Office Space
 For Sale
 St. Johns Office Space
 For Rent
 St. Johns Retail For Sale
 St. Johns Retail For Rent

Commercial/Industrial For Rent
 Northside 12602 Saw Pit Rd
 Jacksonville, 32226.
 30 acres cleared and
 irrigated (currently plant
 nursery) office bldg on
 site, zoned AGR. Lease
 all or part, Call 635-0021

Commercial Real Estate

\$600 month payments
JaxNavyHomes.com
 Beach & Luxury Realty-Steve Pate
 901175

Commercial/Industrial For Rent

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

General Employment

CHILD CARE Substitute,
FT, start imm.
9a-6p M-F, 40 hrs req., \$7.25
hr, Will train!
email NDLCad@aol.com

Houses Unfurnished

WESTSIDE/PAXON
Lovely remod, 3/2, fnc
yd, 3533 Glen St, \$895mo
or 3/1- 3232 Pkwy #113 \$1,
\$795mo Call Angelo 626-4200

Westside - 295 & Araya
new cpl/paint 3BR, 2BA,
newer home, \$1000/mo
904-406-5500

***** WESTSIDE *****
LIKE NEW 4 bedroom
ONLY \$699 HURRY
Call 904-695-0080

BAD CREDIT
NO PROBLEM!!
Houses for rent or
purchase. Call 464-0807

Manufactured Homes

MARIETTA AREA-
Nearly New 2005 Fleet-
wood 4/2 on landscaped
1/4 acre lot. 1st & last.
\$595mo. 904-589-9585

***** WESTSIDE *****
\$1/DAY 1st Months RENT
NICE 2, 3 and 4 bdrms to
choose from 904-781-0441

Roommates

PSC-Arlington Nice
home w/pool & priv
pool. Pets + \$250. Non-
refundable. Avail 11/5.
Call 542-3623 NS/DF

Rooms for Rent

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

ARLINGTON- Room for
rent \$110wk inclds utils
904-424-2866

Orange Park Priv bedrm
w/shared bth, hse privi-
leges. Call 954-579-0588

Computer Hardware/Software/Programming

IT HELPDESK
TECHNICIAN
 Busy Medical practice is
 looking for an entry level
 IT Helpdesk Technician.
 Assign & work tickets,
 answer incoming calls,
 etc. Exp is preferred,
 FT, M-F, with great
 benefits. Email resumes
 to 13601834@FTUJobs.com

Sr Network Engineer in
Jacksonville, FL to
design, implement &
support WAN/LAN tech-
nologies. BS in engi-
neering, CS or related
field (willing to accept
foreign edu equiv) & 6
 yrs of network engi-
neering exp. Also
requires: CCNA &
CCNP certifications, as
well as exp w/ Cisco
firewalls (PIX or ASA);
ACL config; layer 2 & 3
network support, incl
associated switching/
routing protocols;
extranet security
(VPN); LAN/WAN
topologies. Send resume
to Modis, Inc., J. Ghiz-
zoni, 1 Independent Dr,
Jacksonville, FL 32202.
Job Code/NE1

Education/Teaching/Training

Physician Hospitalists -
Internal Medicine
 Baptist Medical Center
 Jacksonville, Florida
 Please apply online at:
www.baptisthealth.com/Physician_Opp

Computer Hardware/Software/Programming
IT HELPDESK
TECHNICIAN
 Busy Medical practice is
 looking for an entry level
 IT Helpdesk Technician.
 Assign & work tickets,
 answer incoming calls,
 etc. Exp is preferred,
 FT, M-F, with great
 benefits. Email resumes
 to 13601834@FTUJobs.com

Commercial/Industrial For Rent
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 Commercial /Industrial
 For Rent
 Businesses For Sale
 Office Space For Sale
 Office Space For Rent
 Retail For Sale
 Retail For Rent
 St. Johns Commercial/
 Industrial For Sale
 St. Johns Commercial/
 Industrial For Rent
 St. Johns Businesses
 For Sale
 St. Johns Office Space
 For Sale
 St. Johns Office Space
 For Rent
 St. Johns Retail For Sale
 St. Johns Retail For Rent

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 30 acres cleared and
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 site, zoned AGR. Lease
 all or part, Call 635-0021

Education/Teaching/Training
CHILD CARE Substitute,
FT, start imm.
9a-6p M-F, 40 hrs req., \$7.25
hr, Will train!
email NDLCad@aol.com

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

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 JT Butler 904-253-7882

650,620 Hours

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

Thank you!

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

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The BMW Joy Sales Event

BMW 2011
128i Convertible
328i Sedan
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No Money Required You Own It

The All New
2011 BMW 128i Convertible



MSRP \$39,550
At **2.9%***

Automatic, Premium & Value Package, BMW Assist
w/Bluetooth, Cruise Control and Much More

\$399

Per Month*

Up to \$2,500

The All New
2011 BMW 328i Sedan



MSRP \$36,300
At **2.9%***

Automatic, Power Locks, Power Windows,
Cruise Control, Tilt

Holiday Finance Credit*

\$0 Maintenance Cost 4 Years/50,00 Miles



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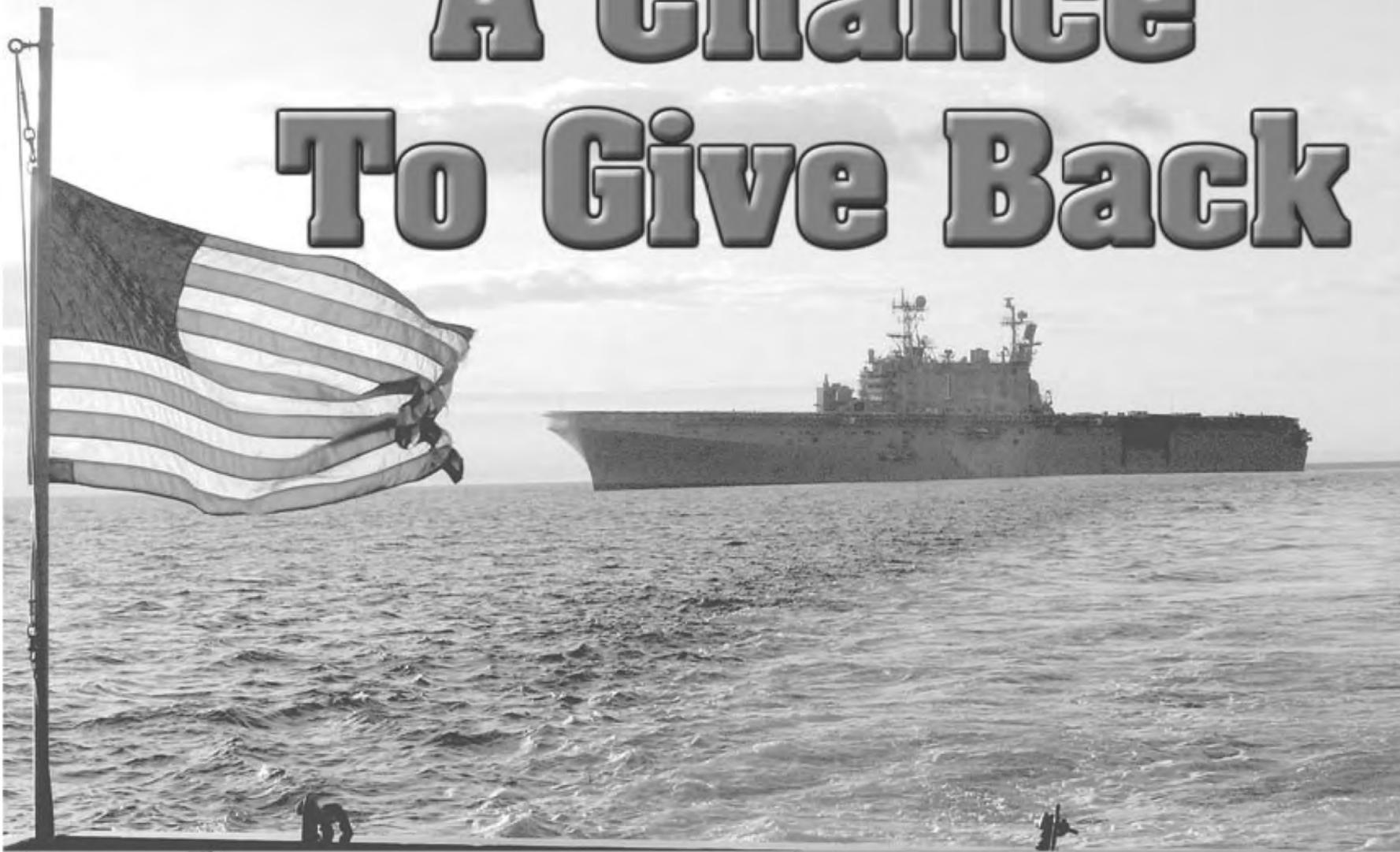
"You Have a Friend in The Business"

777-2500
6914 Blanding Blvd.
www.opbmw.com

Sales: 9am-8pm Mon.-Fri. • Sat. 9am-7pm • Closed Sun
Service/Parts: 7am-7pm Mon.-Fri. • Closed Sat./Sun.

*Holiday Finance Credit is being made by BMW of North America, LLC and only applies to specific new 2011 BMW Models leased or financed through BMW Finance Services through November 30, 2010 W.A.C. 2011 BMW 128i Convertible monthly purchase payment \$399 at 2.9% for 60 months based on MSRP \$39,550. Final Select Payment amount \$16,215.50 due at end of term. 2011 BMW 328i Sedan monthly purchase payment \$399 at 2.9% for 60 months based on MSRP \$36,300. Payment amount \$13,794.00 due at end of term. Payments based on 700 credit score. Taxes, licensing and registration fees additional. **All BMWs come with BMW Ultimate Service and Warranty standard for 4 years/50,000 miles. See bmwusa.com for full details on \$0 Maintenance, certain exclusions may apply. Not responsible for typographical errors. Pictures are for illustrative purposes only.

A Chance To Give Back



The Military is the largest employer in Northeast Florida and Southeast Georgia!

- **Regional Payroll (all 3 bases)**
\$2.04 Billion per year
- **Retiree Payroll**
\$810 Million per year

- **Goods & Services (all 3 bases)**
\$709 Million per year
- **Tuition Assistance Authorized**
\$5,137,440

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N.W. MAYPORT, FLORIDA

Jax Air News

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N.E. MAYPORT, GEORGIA

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