



MIRROR



2008 CHINFO Award Winner

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THURSDAY, March 10, 2011

What Can We Do For You?

From MWR

The 8th annual MWR Expo and Travel Show will be held on March 10 from 10 a.m.-1 p.m. at Ocean Breeze Conference and Catering Center.

This free, yearly event features all the latest information from regional travel destinations including resorts, hotels and theme parks, along with MWR Mayport programs and services. In addition to travel and recreation information booths, the Expo will also have popular base services on hand such as FFSC, Navy College,

NEX, Commissary, Navy Lodge, The Mirror and Navy Federal Credit Union.

Event participants will enjoy free food and beverage samples from over 15 vendors as they visit the various information booths. Giveaway items, to include hotel stays, theme park tickets, recreation equipment, gift cards and baskets, will be available to those attending. The MWR Expo and Travel Show is open to everyone with access to Naval Station Mayport. For more information, call MWR Customer Service at 270-5228.



Mayport Kicks Off NMCRS Fund Drive



-Photo by Paige Gnann

A poster reminds Sailors that "It Takes All Hands" to make the Navy-Marine Corps Relief Society (NMCRS) fund drive successful. The poster was given out with a bag of supplies to fund-drive coordinators from Naval Station Mayport and its tenant commands during the NMCRS fund-drive kick off on March 8 in Building One. NS Mayport Commanding Officer, Capt. Doug Cochrane, talked with the coordinators about the importance of NMCRS in helping their fellow shipmates in times of need. Cochrane also reminded the group that last year, Mayport raised approximately \$250,000 for NMCRS, but the non-profit organization gave out over \$900,000 in no interest loans or grants in 2010. NMCRS offers financial assistance to Sailors and Marines by providing them with budget counseling or by offering grants and interest-free loans. The mission of NMCRS is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the naval services of the United States, eligible family members and survivors when in need, and to receive and manage funds to administer these programs.

Put Women In Combat, Panel Says

By Lisa Daniel

American Forces Press Service

A commission established to study diversity among military leaders is recommending that the Defense Department rescind its policy that prevents women from being assigned to ground combat units below the brigade level.

In a report issued today, the Military Leadership Diversity Commission recommends that the department and the services eliminate combat exclusion policies for women, as well as other "barriers and inconsistencies, to create a level playing field for all qualified service members."

Retired Air Force Gen. Lester L. Lyles, who chaired the commission, said the recommendation - one of 20 in the report and the only one specific to women - is one way the congressionally mandated body suggests the military can get more qualified women into its more-senior leadership ranks.

"We know that [the exclusion] hinders women from promotion," Lyles said in an interview with American Forces Press Service. "We want to take away all the hindrances and cultural biases" in promotions.

The commission was established as part of the 2009 National Defense Authorization Act to evaluate and assess policies that provide opportunities for promotion and advancement of women and racial and ethnic minorities in the armed forces.

The 1994 combat exclusion policy, as written, precludes women from being "assigned" to ground combat units, but women have for years served in ground combat situations by serving in units deemed "attached" to ground units, Lyles said. That distinction keeps them from being recognized for their ground combat experience - recognition that would enhance their chances for

See Women Combat, Page 3

HSL-48 Assists In Ship Rescue From Pirates

From a Combined Maritime Forces News Release

A request for assistance from a Japanese-owned merchant vessel in the Somali Basin led to Combined Maritime Forces (CMF) warship USS Bulkeley (DDG 84), with embarked HSL-48 Detachment Four from NS Mayport, securing the release of the vessel and its 24 crew members from four suspected pirates, March 6.

At approximately 3 p.m. (Bahrain), Mar. 5, oil tanker MV Guanabara reported it was under attack when it was 328 nautical miles south east of Duqm, Oman.

Bulkeley, assigned to CMF's counter-piracy mission Combined Task Force (CTF) 151 was directed to intercept



-Photo by MCSN Anna Wade

A rigid hull inflatable boat from USS Bulkeley (DDG 84) approaches Japanese-owned commercial oil tanker M/V Guanabara with Turkish warship TCG Giresun in the background. Bulkeley was responding to the reported pirating of Guanabara which resulted in the detention of four suspected pirates and freeing 24 crew members.

Guanabara, supported by the Turkish warship TCG Giresun of NATO's counter-piracy Task Force 508.

Following confirmation from Guanabara's master that the suspected pirates were

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2010 Athlete Of Year



-Photo by Paige Gnann

Naval Station Mayport Commanding Officer, Capt. Doug Cochrane, middle, congratulates the winners and nominees of the 2010 Mayport Athlete of the Year during a presentation at the base gym on Feb. 28. Electronics Technician 2nd Class Valerie Goddard of Harbor Ops and Master-at-Arms 2nd Class Nick Fessler of Security are the female and male Athletes of the Year. Also pictured are nominees Aviation Boatswain's Mate Fuel 2nd Class Johnny Penigar of FISCJax and Chief Hospital Corpsman David Perry of Naval Branch Health Clinic Mayport.

Medical Corps Celebrate
140th Birthday
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Mayport Wants Volunteers
For St. Johns River Clean Up
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2010 Top Associate
For NEX Mayport
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Capt. Doug Cochrane

CAPTAIN'S COLUMN

the First Coast Fire and Emergency Services - firefighters and paramedics - led by Chief Don Martin, you hit this exercise out of the ball park.

Very special thanks to the crew of USS Boone, who provided extreme realism during the mock small boat attack on the ship. Last but not least, thanks go out to our very own Public Affairs team led by Bill Austin, who assembled an honor roll cast of local media who turned out for the drill, and put together outstanding b-roll of our scenarios. Well done to everyone. The trick here is to assess quickly, apply the "Lessons Learned" and keep the momentum going. HURREX is just around the corner. Stand by for more on that in future The Mirror articles.

Preparing for hurricane season is vital in these Tropical Latitudes! Again, BRAVO ZULU to everyone on the sustained outstanding effort.

And how 'bout that thousand feet of American Fighting Steel that graced our basin last month? A huge BRAVO ZULU goes out to everyone who had a hand in the recent visit of USS George H.W. Bush (CVN 77). Harbor Operations (as always) did some extreme "heavy lifting" to make everything smooth on the waterfront and a host of others - from MWR to our security folks and base transportation - made sure that this port

stop was a great one for the crew. Again, this was a monstrous effort and all of you made it seamless. Thanks again, and well done to all.

On a side note, on the same day of the ship's arrival Florida Senator Marco Rubio toured the naval station and visited USS The Sullivans. He saw firsthand the pride and professionalism of this Mayport team. The impression you left him is not something he will forget anytime soon.

Congratulations go out to our base galley for recently completing their 5-star accreditation. Lots of hard work went into this, and although the results aren't in yet, I won't be surprised when they get it. The staff there continues to pull out all stops to bring you the best. Good luck to all of you. I am sure all the hard work will pay off.

The weather is getting increasingly beautiful and perfect for our motorcycle riders. I cannot stress enough of the importance of safety this time of year. The bike has been in the garage for a couple months now your situational awareness and reflexes might be a little rusty the first few rides of the year.

While I was the CO of the "World Famous Swampfoxes" of HSL-44, motorcycle riders made up less than 10 percent of my command, but suffered 95 percent of the lost workdays. Stand by for future The Mirror articles highlighting the proper safety gear to wear and other requirements you must have before setting off on that ride. Training and awareness is key here.

The issue of training garnered a lot of attention in fiscal year 2008, when 33 Sailors and 25 Marines were killed on motorcycles. Most of those service members died on sport bikes. That is why the Naval Safety Center worked with the Motorcycle Safety Foundation to create the Military Sport bike Rider Course, (MSRC) which began training students in June of 2008. The emphasis on training - and training targeted to sport bike riders in particular - paid off. In fiscal year 2009, 13 Sailors and 14 Marines died on motorcycles. This is still too many, but a big improvement nonetheless.

In addition to the MSRC, we offer the basic riders and experienced rider's courses. For more information contact Larry Delong at base safety at 270-5218 ext. 1526.

Keep in mind that PFA is just around the corner (May). Keep on track with your workout routine, stay hydrated, and take advantage of all the programs and help available at the gym and the fitness center.

The annual MWR expo is today [March 10] at the Ocean Breeze Conference Center. Tons of vendors, free food and a great chance to see what MWR has to offer as well as information on local attractions, hotels and vacation destinations. The event starts at 10 a.m. and ends at 1 p.m.

Please keep the suggestions coming into the CO's suggestion box or email them at douglas.cochrane@navy.mil.

Shipmates,

I have never been more proud of this extraordinary team than I was last week during Exercise Solid Curtain/Citadel Shield 2011. To say that Team Mayport excelled in every endeavor would be the understatement of the year. All of you stepped up to the plate in many ways during Exercise "Solid Curtain/Citadel Shield 2011, and your enthusiasm made this one of the best drills I ever had the pleasure to participate in.

As you recall, this anti-terrorism/force protection exercise took place on all naval installations worldwide and was geared towards assessing and enhancing the training and readiness of our security personnel and first responders.

Special thanks goes out to so many people involved. From our own NAVSTA Training Officer, Willie Green, to our superior security force led by Warrant Officer Chuck Mogle, to

Teaching Cyber Etiquette To Children



Judy Cromartie
School Liaison Officer

KNOW THE ROPES

essential personal and business networking tool, school staffs are acutely aware to post only on their social pages what they would not mind seeing displayed in the front halls of the school. The old lawyer saying, "Never put in writing anything that you wouldn't want read in open court or by your mother" has changed to, "Never put in electronic form anything that you wouldn't want viewed by a million people, including your friends, teachers, supervisors - and your mother."

The obvious and highly publicized dangers of social network sites are frightening situations. Adult predators lure

and sexually exploit children. Students and adults engage in cyber harassment and cyber bullying; however, less dramatic dangers of online posting are often overlooked by students and parents. College admissions officers and future employers are sometimes exploring these sites to make decisions.

Inappropriate photos and postings of binge drinking by underage students have gotten some students uninvited to attend certain colleges or expelled shortly after getting there, according to Parry Aftab, an Internet lawyer and the executive director of Wiredsafety.

org. Students don't realize they could miss or lose a scholarship because of what donors are finding about them on the Internet.

With scholarship organizations, college admission officers, and even potential employers looking up job candidates on these sites, students must be extremely careful about what they post and what others post about them. Students seem unconcerned about the fact that anyone can have access to these on-line profiles so the information is often not exactly "G" rated." Companies are watching the habits of potential recruits as well as employees' web habits, since 45 percent of respondents in an AOL survey responded that surfing the web was their favorite time waster.

Sexting and cyber bullying and harassment are the bane of

every school administrator and school counselor because the verdict from the courts is still out as to when, where, and how schools can address cyber bullying. The issue of regulating off-campus conduct in which a student bullies from his own home computer has school officials struggling with these off campus issues. However, Cleveland, Ohio judge Thomas O'Malley has warned students that they are committing crimes when they post and pass around nude pictures in sexting. He threatens to put them in jail as registered sex offenders for passing pornography of underage children.

So what can you do as a parent to educate yourself and your child on the dangers of cyber bullying? Join concerned Beaches parents tonight at Jacksonville Beach

Elementary School, 315 10th Street, Jacksonville Beach, FL 32250 for a Parent Cyber Safety Night from 6:30-7:30 p.m. The speaker will be Larry Meyer, FBI officer. Children will not be allowed in the audience due to the sensitive nature of the information which will be shared.

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.

Many To Help With Changing Lifestyle Of Navy



Debbie Pound
NS Mayport Ombudsman

Ombudsman's OUTLOOK

Spring seems to have sprung here in sunny Florida and I for one am very thankful to be stationed at Mayport. There are many advantages to living here. For starters the weather is beautiful. They don't call it the Sunshine State for nothing and it is pretty nice to be on the beach in February. Also, there are countless community activities available all year long. We

are a hop, skip, and jump away from St. Augustine, Disney World, and many natural springs. However, even with all of the benefits that Mayport has to offer, moving here can be challenging. Change is difficult as it is hard to make new friends, form a solid support network, get your barraging, and all of this can be compounded if you have children.

We here at Mayport want to ease the adjustment for those that are new to the area. Fleet and Family Support Center can assist in offering many valuable resources to help you get acquainted with the base and the community. You can also contact your Command Ombudsman and he/she will be able to answer any additional questions you may have. The Ombudsman can also introduce you to some other families from your Command through the Family Readiness Group so that you can start to form an invaluable support network and

friendships.

On another note, our Ombudsman Assembly meeting was a huge success. There was a great turnout and I am looking forward to seeing even more people at our next meeting on March 28. This month's topic was finances and our featured speaker was Greg Tanner, a Personal Financial manager with Fleet and Family Support Center. He offered us great information to pass along to our families. We also heard from Al Iannacone, director of Personnel Support Detachment and Gail Washburn

from Housing. In addition, Captain Doug Cochrane introduced Mayport's new Chaplain, Chaplain Cayangyang and the new HSL-46 Commanding Officer, Cmdr. Burd. Keisha Williams was named the Ombudsman of the Month. She is the Ombudsman for HSL-46 and has done a tremendous job supporting the Command and assisting the families. Congratulation's Keisha!!

If you would like to contact your Ombudsman please call Fleet and Family Support Center at 270-6600 or email me at nsmayportomb@gmail.com.

Vet Group Sells Bricks For Park

From BVA

The Beaches Veterans Park is now open for military programs. The Park is located next to American Legion Post 316 at the cut off between Mayport Road and Atlantic Boulevard.

Reservation may be made now by calling Atlantic Beach City Managers Office at 247-5808. The 1,400-square-foot stage contract has been let with an opening date in time for Memorial Day. At that time, there will be a dedication of the Chaplains Memorial Park memorializing 170

Military Chaplains who gave their lives in combat from the Revolutionary War to the present time.

The veterans are selling \$75 bricks to veterans and the military for only \$50 that will be used to complete the Chaplains Memorial Monument and Service Monuments surrounding it. To order your bricks, go to Clickforbricks.org, or call Liz Hill at 234-2692. You have three lines, with 15 characters per line, to honor your family, friends, units or other loved ones on this timeless gift.



Roman Catholic Mass
Sunday 9 a.m.
Monday-Friday 11:30 a.m.
Confessions: before & after mass or upon request
CCD: Sunday 10:30 a.m.
Baptisms: class 3rd Sunday of month

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

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

Protestant choir
Wednesday 7 p.m.

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

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.



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ET1 (SW/AW) Marty Parsons.....Deputy Public Affairs Officer
OS2 Shantae Salmon.....Assistant Public Affairs Officer
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The Mirror
P.O. Box 280032
Naval Station
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Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012
Commercial FAX (904) 270-5329 DSN FAX: 960-5329
Email: mayportmirror@comcast.net
CO Actionline: 270-5589 or 1-800-270-6307

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USS Constitution Looking For Qualified Female Sailors To Work On Oldest Warship

By MC3 Kathryn E. Macdonald

USS Constitution Public Affairs

USS Constitution announced today they are actively looking for motivated female Sailors to serve aboard the oldest commissioned warship afloat in the world. Constitution, homeported in Boston Harbor, is a popular tourist destination that greets more than half a million visitors a year.

"Constitution is always looking for the absolute best Sailors in the fleet," said Command Master Chief David Twiford. "We enjoy having a balanced cross-section of different rates and skill sets. For many people that come to Boston, Constitution's Sailors are the face of the Navy. It's impor-

tant that the citizens visiting Constitution see some of the high-caliber female Sailors in the Navy."

Constitution's manning is currently 30 percent female, compared to the fleet average of approximately 15 percent. Twiford said he wants to maintain this high standard.

"Because the ship's history dates back 213 years, some people think we're looking for an all-male crew to replicate 1797," said Twiford. "Constitution is an active U.S. warship, and as such, we want the message to be clear that duty aboard is open to both males and females alike."

The requirements to serve aboard "Old Ironsides" are the

same for both genders. Sailors will perform their day-to-day duties, depending on their rate, in one of four Constitution departments: operations, deck, supply and executive.

Additionally, they will be expected to qualify as interpretive historians for giving tours of the ship to the public and perform time-honored maritime evolutions, such as firing the ship's saluting batteries (cannons), executing boarding

pike and gun drills and setting the ship's sails at a height of approximately 100 feet.

"I've enjoyed every bit of my tour here," said Yeoman 3rd Class Alexis Condon, who has served two years on board and is due to transfer soon. "I've learned so much about naval history, got to live in a great city and met so many people. It was certainly a memorable tour, and I'd recommend it to anyone."

NAVADMIN 020/11 has more information about billets currently available at USS Constitution. Refer to MILPERSMAN 1306-920 or speak with a career counselor to determine eligibility and application requirements.

For more information on Constitution, visit www.history.navy.mil/ussconstitution or www.facebook.com/ussconstitutionofficial

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Scholarship Available For Military Wives

From Operation Homefront

Operation Homefront and the Saban Family Foundation announced that they have begun accepting applications for the 2011 Saban Military Wife Educational Scholarship.

The scholarship award is offered to wives of uniformed service members to attend vocational training programs in the medical field. Fifteen \$8,500 scholarships and five \$10,000 scholarships will be awarded for tuition for vocational training in one of the following fields: dental assistant, medical assistant, medical billing and coding specialist, medical insurance technician, patient care assistant/ technician, nurse assistant training program, or medical transcription. Two \$30,000 scholarships will be awarded for tuition for vocational nursing programs.

Applications will be accepted from March 1-May 1, 2011.

The scholarships will be awarded to recipients in July 2011. Selection for the scholarships will be made by a panel of judges, and the award will be scored in two areas: the applicant's response to the essay question and her commitment to volunteerism.

"Operation Homefront is committed to providing assistance to the families of military service members, and our partnership with the Saban Foundation gives us another opportunity to help military wives reach for their dreams to improve themselves and provide a better life for their families," said Jim Knotts, President & CEO of Operation Homefront.

Detailed information on eligibility and application requirements is available online at www.OperationHomefront.net/scholarship.

Babysitting Bootcamp For Military Children

From American Red Cross

The American Red Cross is sponsoring a two-day adventure designed to teach youth ages 11-15 about the responsibilities of a being a babysitter and opportunities to earn extra money from 9:30 a.m.-5:30 p.m. on March 28-29 at the USO on Mayport Road.

Students attending Red Cross' babysitting bootcamp will learn, Infant and Child CPR with First Aid, babysitter skills, and how to prepare for a job as a babysitter, including building a resume. Upon successful completion of the camp, students will receive a Red Cross babysitter's backpack, first aid kit, completed resume, babysitter's manual and certification cards for CPR/First Aid.

Topics include how to: perform first aid and get professional medical help fast; iden-

tify common safety hazards and prevent injuries; make good, responsible decisions; supervise infants through school-age children; choose safe and age appropriate toys and games; perform basic care routines like diapering, feeding and dressing; prepare simple meals and snacks; handle bedtime issues; find and interview for babysitting jobs.

The class is being offered for a limited time at a significant discount this spring for children in military families but spaces are limited. Cost is \$50 for military dependents. Registration is required by March 22 and proof of a military ID will be requested to register for the class. Lunch is provided for both days. For more information or to register, please call (904) 246-1395.

Women Combat

From Page 1

promotion, he said.

"If you look at today's battlefield - in Iraq and Afghanistan - it's not like it was in the Cold War, when we had a defined battlefield," Lyles said. "Women serve - and they lead - military security, military police units, air defense units, intelligence units - all of which have to be right there with combat veterans in order to do the job appropriately."

Women serving in combat environments are being shot at, killed and maimed, Lyles said.

"But they're not getting the credit for being in combat arms," he said, "[and] that's important for their consideration for the most senior flag ranks - three stars and four stars, primarily."

In the commission's outreach to military leaders, Lyles said, at least a couple of service leaders thought there would be little interest among women to serve in combat. But when the commission brought in a panel of commissioned and enlisted women from different services, "that's certainly not what we picked up" from talking to them, he said.

"I didn't hear, 'Rah, rah, we want to be in combat,'" he said, "but I also didn't hear, 'We don't want to be in combat.' What they want is an equal opportunity to serve where their skills allow them to serve. Removing the barriers for that, and removing the barriers to them getting credit for that, was our No. 1 focus."

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Happy Birthday, Medical Corps

By NH Jax Public Affairs

The Navy Medical Corps celebrated its 140th birthday on March 3.

Since its inception in 1871, Navy docs have been caring for service members and their families on base, at sea or wherever duty calls.

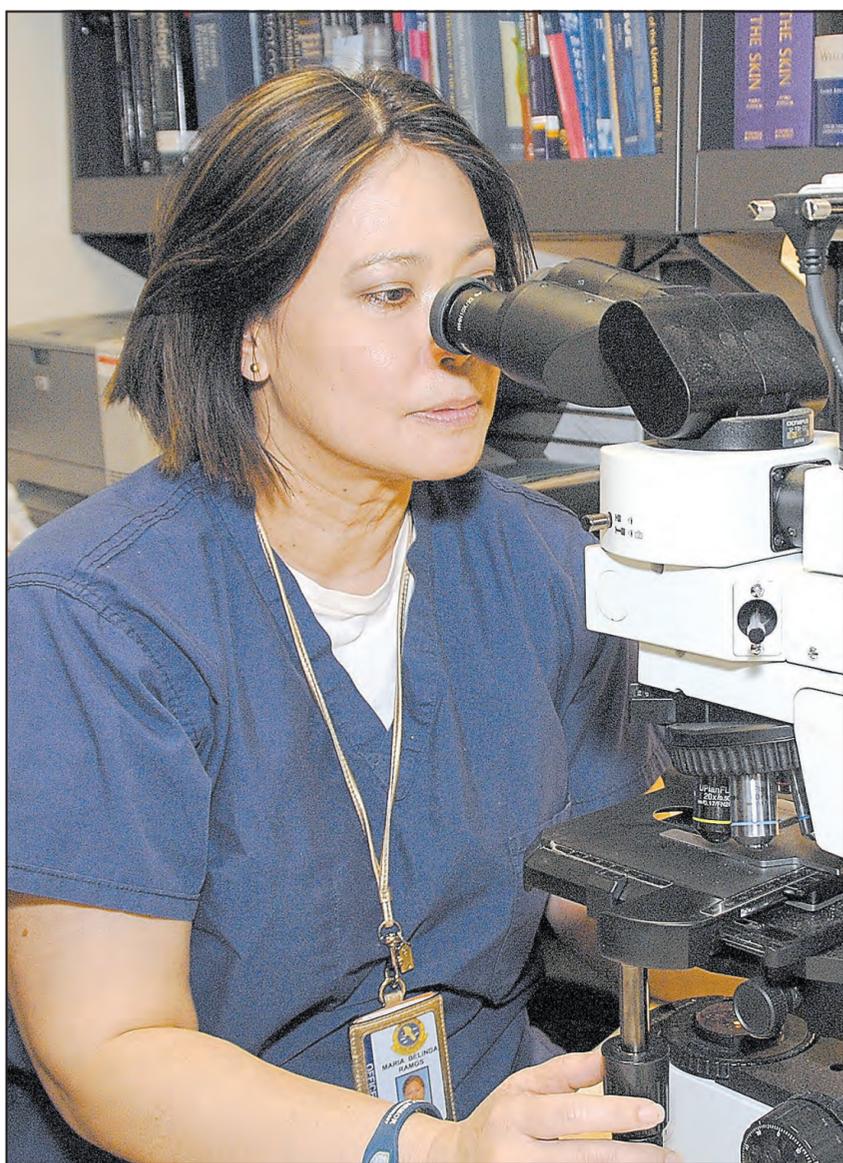
At Naval Hospital Jacksonville, Navy physicians do whatever it takes to deliver the highest quality care to approximately 57,000 people every year—centered not just on the patient but also on the family. E

Each day, NH Jax has approximately 1,500 outpatients, 12 admissions, 125 emergency room visits, 19 same-day surgeries, conducts 3,000 lab tests and helps bring two-three babies into the world. And the NH Jax does play a critical role in providing that care. They also support Navy and DoD operational missions in areas such as Afghanistan, Iraq, Kuwait, Horn of Africa and Cuba.

“The Navy Medical Corps is truly a global force for good,” said NH Jax Commanding Officer Lynn Welling, an aviator turned emergency medicine physician. “Happy birthday, docs!”



Above, NH Jax Radiologist Cmdr. Jacqueline Bernard carefully studies radiology images prior to seeing her patient. Right, Lt. Cmdr. Jorge Brito, an orthopedic hand surgeon at NH Jax, examines his patient's hands for physical deformities and range of motion.



NH Jax Pathologist Lt. Cmdr. Belinda Ramos takes a good look at a patient's specimen under her microscope.



Lt. Chris Worley, a resident at Naval Hospital Jacksonville, examines HA Benjamin Greene during sick call.

TRICARE Encourages Beneficiaries Review New Dietary Guidelines

From TRICARE

New dietary guidelines released by the Department of Health and Human Services and the Department of Agriculture urge Americans to increase physical activity, reduce sodium intake, choose foods that provide more potassium and opt for water, instead of soft drinks.

The 2010 Dietary Guidelines for Americans, which are issued every five years, come at a time when the majority of adults and one in three children are overweight or obese. The military and uniformed service communities are not immune to this obesity epidemic. Recognizing obesity is a major health hazard in the United States, the seventh edition of the Guidelines place stronger emphasis on reducing calorie consumption and increasing physical activity.

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a

healthy weight, reduce their risk of chronic disease, and promote overall health, according to the Guidelines.

TRICARE leaders agree, and encourage their 9.6 million beneficiaries to review the Guidelines and incorporate good eating habits, as well as physical activity into their lifestyle.

“The importance of balancing calories cannot be stressed enough,” said Cmdr. Aileen Buckler (USPHS), TRICARE population health physician. “Controlling your total calorie intake while increasing physical activity and reducing sedentary behaviors can help you maintain a healthy weight or lose weight if needed.”

The Guidelines include 23 key recommendations for the general population and six additional key recommendations for specific population groups, including pregnant women and minorities. New in this report is an emphasis on reduction of sodium intake to less than

2,300 mg, with a further reduction to less than 1,500 mg for everyone 51 and older, African Americans of any age and everyone with high blood pressure, diabetes or chronic kidney disease.

Additional recommendations include:

- Increase vegetable and fruit intake, especially those that are dark green, red or orange
- Avoid oversized portions
- Increase intake of fat-free or low-fat (1 percent) milk and milk products
- Follow food safety recommendations when preparing and eating foods to reduce the risk of food borne illnesses (clean, separate, cook and chill)

The 2010 Dietary Guidelines are available at www.dietaryguidelines.gov. To learn more about healthy diets, exercise and ways to help prevent obesity, visit TRICARE's Get Fit website at www.tricare.mil/get-fit.

Immunizations & Back-To-School Make Sure Your Child Is Up-To-Date On Shots

By NH Jax Public Affairs

If your child is in day care or school in the state of Florida, parents will be required to provide the school with a Florida Department of Health 680 form. This form ensures that the child is up-to-date on required vaccines. Without this form children will not be allowed to attend the day care or school. If a daycare or school has notified a parent that the form the school has on file is expired or due to expire, that child is due for vaccines.

The Immunizations Clinic at Naval Hospital Jacksonville's main hospital can help ensure immunizations are up-to-date. The NH Jax hospital staff also provides the necessary Florida Department of Health form.

When parents come to the clinic, they should bring personal shot records of all children needing vaccinations. The hospital staff will advise parents on what vaccines each child needs. Children entering kindergarten or 7th grade in the fall are required to have specific vaccines prior to school starting.

“July and August are our busiest times for back to school vaccines,” said Mary Buskohl, the supervisory nurse specialist for NH Jax's Immunization Clinic. “Don't wait until July to check on your child's vaccine status. We will be more than happy to check now.”

Processing the Department of Health forms take time to ensure accuracy.

Buskohl explained that the Immunization Clinic will do everything possible to provide parents with the form on the day of the visit to the clinic. Depending on circumstances, however, it may take 24-48 hours to provide parents with the completed form.

The Immunization Clinic sees patients on a walk-in basis. It's located on the second floor of the hospital East Annex, near the outpatient clinic entrance. Vaccines are administered Monday through Wednesday, & Friday 7:30 a.m. to 4:30 p.m. and Thursdays from 9 a.m. to 4:30 p.m. PPDs (TB tests) are not given on Thursdays. Call 542-7810 ext. 2 for more information.

Get Checked For Colorectal Cancer

From TRICARE

Colorectal cancer is the third most common cancer among men and women in the United States. Of cancers affecting both men and women, it is the second leading cause of cancer-related deaths in the U.S., according to the Centers for Disease Control and Prevention (CDC).

The beginning stages of colorectal cancer often have no symptoms. Because of this, early screening saves lives. The CDC estimates at least 60 percent of colorectal cancer deaths could be prevented with regular screening of everyone aged 50 or older. Screenings can find abnormal growths called polyps that can be removed before becoming dangerous.

For TRICARE Prime and Standard beneficiaries, there are no cost shares or co-pays for colorectal cancer screenings, as well as many other important preventive care services. For Medicare-eligible beneficiaries covered by TRICARE For Life (TFL), Medicare covers colorectal cancer screening tests and TRICARE generally pays the remainder of any costs not paid by Medicare.

Aging increases the risk of developing colorectal cancer, with more than 90 percent of cases occurring in those aged 50 or older. Other risk factors include inflammatory bowel disease, per-

sonal or family history of colorectal cancer or polyps, and certain genetic disorders. Some lifestyle factors may also contribute to a person's risk, such as lack of physical activity, low fruit and vegetable intake, low fiber, high fat diet, overweight and obesity, alcohol consumption and tobacco use, according to the CDC.

According to the CDC, when colorectal cancer is found early and treated, the five-year relative survival rate is 90 percent. Today's technology is a powerful tool for catching colorectal cancer and other cancers. There are many types of screening tests available to find colon polyps or colorectal cancer. Beneficiaries 50 and older should have annual fecal occult blood testing, a proctosigmoidoscopy or sigmoidoscopy every three to five years, or a colonoscopy every 10 years. Those with a higher risk of colorectal cancer due to any of the risk factors previously mentioned, should talk to their doctor about earlier screenings, even as young as age 25.

To learn more about colorectal screening visit CDC's Screen for Life campaign at www.cdc.gov/screenforlife. For more information about TRICARE's coverage of colorectal cancer screenings, visit www.tricare.mil.

NH Jax's Internal Medicine Clinic Helps Command Care For Patients Throughout Florida, Georgia

By NH Jax Public Affairs

Naval Hospital Jacksonville's priority is to heal our nation's heroes - a mission it's had since its founding in 1941.

The medical command is comprised of its hospital at NAS Jacksonville and five branch health clinics throughout Florida and Georgia.

The staff of approximately 2,500 active-duty and civilian staff do whatever it takes to deliver the highest quality care, centered not just on the patient but also on the family. One way it achieves this is through its Internal Medicine Clinic - one of three primary care clinics at the hospital.

Internal Medicine provides adults with primary and specialty care such as physical exams, wellness, disease management and women's health.

Internal Medicine implemented Medical Homeport in 2010, a new Navy-wide approach to primary care that places its patients in the center of a team - a family of caregivers. The team is led by the patient's primary care manager, and includes doctors, nurses, case managers and corpsmen.

Internal Medicine sees patients who are enrolled to that clinic for primary care, and additional patients by referral for specialty services such as cardiology, gastroenterology, neurology and pulmonology. The clinic also includes the diabetes center, which offers wellness services including counseling and supplies.

Internal Medicine is located in the hospital's East Annex on the first floor, and can be reached at (904) 542-7910.



Registered Medical Assistant Gwendolyn Curtis takes Hospital Corpsman 3rd Class Minerva Bloxham's vital signs during her appointment at NH Jax's Gastroenterology Clinic.

-Photos by HMI Scott Morgan



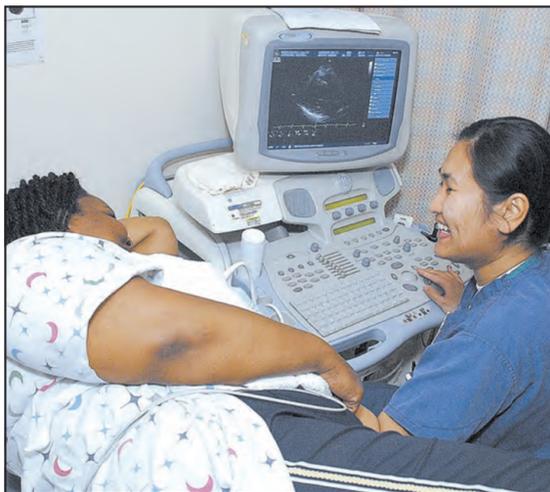
Dermatologist Carlson Moss performs a minor surgery procedure on Health Promotion Specialist Brooke Keen's scalp with assistance from Hospital Corpsman 3rd Class Kenyon Norberg at NH Jax's Dermatology Clinic.



Registered Medical Assistant Ester Burkes explains the proper use of a peak flow meter to pulmonary patient AD2 Edward Forester. The peak flow meter measures lung capacity.



NH Jax Neurologist Cmdr. John Hawley uses an ophthalmoscope to examine 2nd Lt. William Londeree's eyes during his neurology appointment.



Cardiovascular Technician Hospital Corpsman 2nd Class Marilen Lazatin helps Michelle Larmond relax during her echocardiogram.

Navy Surgeon General Commemorates Medical Corps 140th Birthday

By U.S. Navy Bureau of Medicine and Surgery Public Affairs

The Navy Surgeon General sent a message to the Navy Medical Corps in honor of its birthday, March 3.

"Today we celebrate the 140th Birthday of our Medical Corps," said Vice Adm. Adam M. Robinson, Jr., Navy surgeon general and chief, Bureau of Medicine and Surgery. "From the countless humanitarian relief and disaster response missions, to the larger role of expeditionary care around the world, the Medical Corps is integral to Navy Medicine's ability to support our maritime strategy."

The Medical Corps was founded March 3, 1871, by the Forty-First Congress who enacted the Appropriations Act which established the Medical Corps with the mission of providing medical care to U.S. Navy personnel aboard ships and shore stations.

Today, nearly 5,000 active duty and Reserve Navy doctors serve with both the Navy and the Marine Corps throughout the world, providing exemplary care to Sailors, Marines and their families, from the garrison to the deck plates and to the battlefield.

According to Robinson, the Navy Medical Corps is broad and diverse. It is comprised of physicians who are practicing or training in dozens of medical and surgical specialties with more than 200 subspecialties. Navy doctors serve in complex and diverse positions including the White House, the Attending Physician's Office to Congress and as astronauts exploring the frontiers of space.

Robinson also said the Navy Medical Corps continues to break new ground in biomedical research, medical education and training, and patient care delivery at Navy clinics, hospitals, aboard Navy afloat platforms, and in combat theaters.

"It is the honor, courage, and commitment of these personnel we honor today," said Robinson. "We celebrate their spirit of service in everything they do to ensure our nation has a medically ready, fit, and fighting force. It is our responsibility to ensure that those who've served our nation, along with their families, can always count on Navy Medicine to help provide quality and compassionate patient and family-centered health care."



Nurse Practitioner Beverly Nysewander explains to Hilda Ysasi what diabetic patients should look for on food labels.

March 10: MWR Travel Expo. 10 a.m.-1 p.m. at Ocean Breeze. 60 vendors, food samples, giveaways and more. 270-5228

March 11: Bite The Bullet. 9 p.m. Live at Castaways. FREE. 270-7205

March 11-13: March Madness Basketball Tournament. Sign-up deadline Feb. 25. 270-5452

March 12: Showtime Video Rock & Bowl. 10 p.m. to Midnight every Saturday at Mayport Bowling Center. \$10 include 2 hours of blacklight bowling, shoe rental, prizes and dazzling laser light show. 270-

MWR HAPPENINGS

5377

March 13: Bowling Family Fun Night. 4-7 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

March 14: Captain's Cup Men's Volleyball Begins. Season ends May 13. 270-5452

March 15: Captain's

Cup Intramural Soccer Organizational Meeting. 11 a.m. at the gym. 270-5452

March 15: Final Day of Youth Spring Baseball and Soccer Sign Ups. Register at the Youth Activities Center. 270-5680.

March 16: Captain's Cup Intramural Golf Meeting Organizational Meeting. Noon at Windy Harbor. 270-5380

March 16: All Hands Fried

Chicken Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$8 per person for a 2-piece meal with sides. 7-piece box (no sides) \$7. Order your to-go order by 3 pm by calling 270-5431.

March 16: Military Appreciation Day every Wednesday at Windy Harbor Golf Club. 18 Holes and a Cart Only \$15. Offer open to DOD, active duty, retired, and military dependents (Must provide proper ID)

March 17: St. Patrick's Day Specials. 6:15 p.m. at Beachside Bingo. Free Leprechaun's Pot o' Gold game,

double payouts, free dessert table, and more! Don't forget to wear green! 270-7204

March 19: UFC 128: Shogun vs. Evans. 10 p.m. at Castaways. FREE. 270-7205

March 21-24: Men's Softball Pre-Season Tournament. Sign-up deadline is March 16. 270-5452

March 23: All Hands Seafood Boil. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. Sponsored by DESRON. For tickets, call OSCS Eugene Demers at 270-5801 x119 or ITCS Brad

Compeaux at 270-5801 x148.

March 25: Neurotic Butterfly. 9 p.m. Live at Castaways. FREE. 270-7205

March 26-Apr. 1- Red Cross Lifeguard Certification Course. Register at the Gym. Must be age 16 or older. For more information call the aquatics dept at 270-5101 or 270-5425.

March 28: Captain's Cup Men's Softball Begins. Season ends May 26. 270-5452

March 28-31: Men's Pre-Season Soccer Tournament. Sign-up deadline March 23. 270-5452

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.

March 10: MWR Travel Expo. 10 a.m.-1 p.m. at Ocean Breeze. 60 vendors, food samples, giveaways and more. 270-5228

March 11-13: March Madness Basketball Tournament. Sign-up deadline Feb. 25. 270-5452

March 11: Bite The Bullet. 9 p.m. Live at Castaways. FREE. 270-7205

March 12: Sugarland in Concert. Van departs Planet Mayport at 5:30 p.m. Cost is \$30. Sign-up deadline is March 6.

March 12: Showtime Video Rock & Bowl. 10 p.m. to Midnight every Saturday at Mayport Bowling Center. \$10 include 2 hours of blacklight bowling, shoe rental, prizes and dazzling laser light show. 270-5377

March 13: Jacksonville Roller Girls Trip. Van Departs 5:30 p.m. FREE

March 14: Dart Tournament. 6 pm at Planet Mayport.

March 15: Spring Barracks Bash. 4-7:30 p.m. in the quad

LIBERTY CALL

between bldg. 1586 and 1587. Food, live band, DJ, paintball and more.

March 16: All Hands Fried Chicken Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$8 per person for a 2-piece meal with sides. 7-piece box (no sides) \$7. Order your to-go order by 3 pm by calling 270-5431.

March 16: Military Appreciation Day every Wednesday at Windy Harbor Golf Club. 18 Holes and a Cart Only \$15. Offer open to DOD, active duty, retired, and military dependents (Must provide proper ID)

March 18: Jax Sharks Arena Football. Van Departs Planet Mayport at 6:45 p.m. Cost \$5.

March 19: Monster Supercross Trip. Van Departs Planet Mayport at 5 p.m. Cost \$15.

March 19: UFC 128: Shogun vs. Evans. 10 p.m. at Castaways. FREE. 270-7205

March 21-24: Men's Softball Pre-Season Tournament. Sign-up deadline is March 16. 270-5452

March 23: Joe's Crab Shack Dinner Trip. Van

departs Planet Mayport at 5 p.m. Transportation only.

March 23: All Hands Seafood Boil. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. Sponsored by DESRON. For tickets, call OSCS Eugene Demers at 270-5801 x119 or ITCS Brad Compeaux at 270-5801 x148.

March 25: Neurotic Butterfly. 9 p.m. Live at Castaways. FREE. 270-7205

March 25: Movie Trip. Van departs Planet Mayport at 5 p.m. Cost is \$5.

March 26: St. John's Town Center Trip. Van departs Planet Mayport at 5 p.m. Transportation only.

March 29: Miller's Ale House Dinner Trip. Van departs Planet Mayport at 5 p.m. Transportation only.

March 30: Pool Tournament Finals. 6 p.m. at Planet Mayport.

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a CFC participant Provided as a public service

March 12: Teen Center Girls Only Night. 5-10 p.m. at the Teen Center. Hair, nails, make-up and more. Snacks provided. 246-0347

March 13: Bowling Family Fun Night. 4-7 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

March 15: Final Day of Youth Spring Baseball and Soccer Sign Ups. Register at the Youth Activities Center. 270-5680.

March 18: Freedom Friday St. Patrick's Day Party. 7-11 p.m. at the Youth Center. Cost is \$7 advanced sign-up and \$9 day of, space permitting. 270-5680

March 19: Teen Italian Dinner Night. 6-9 p.m. at the Teen Center. Pasta, salad and breadsticks; make your reservation by March 16. 246-0347

March 25: Celtic Children and River Dance Performance. 4 p.m. at the Youth Center. 270-5680

March 26: Teen Center Boys Only Night. 5-10 p.m. at the Teen Center. Video Game Extravaganza. Snacks provided. 246-0347

March 26: March Madness 3 vs. 3 Teen Basketball Tournament. 10 a.m. at the Gym. Cost is \$10 per person;

KID ZONE

limit of 5 per team. 246-0347

March 26-Apr. 1- Red Cross Lifeguard Certification Course. Register at the Gym. Must be age 15 or older (must show proof of age at time of registration and first day or

course). For more information call the Aquatics Dept. at 270-5101 or 270-5425.

March 28: Youth Spring Break Camp Begins. Camp runs March 28-Apr. 1. Sign up at the Youth Center. 270-5680.

MWR MAYPORT

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JPL on the Homefront: *Smart investing@your library*[®] is a financial education program designed specifically for veterans, service members, their families, and anyone interested in personal finance.

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- Leave and Earnings Statement (LES)
- Available financial resources at duty stations and command
- Selecting and using a financial institution and advisor

March 22 & 24, 2011 (11:30 a.m. - 1:30 p.m.)	April 5 & 6, 2011 (5:30 - 7:30 p.m.)
NAS Jacksonville Building 848, Auditorium Jacksonville, Florida 32212	Regency Square Regional Library 9900 Regency Square Blvd. Jacksonville, Florida 32225

All workshops are free and open to the public. Pre-registration is strongly recommended.

To pre-register and get more information on all workshops and more resources, visit jaxpubliclibrary.org and check out JPL on the Homefront



This program is made possible by a grant from the FINRA Investor Education Foundation through *Smart investing @your library*[®], a partnership with the American Library Association.

MWR

SPORTS/FITNESS

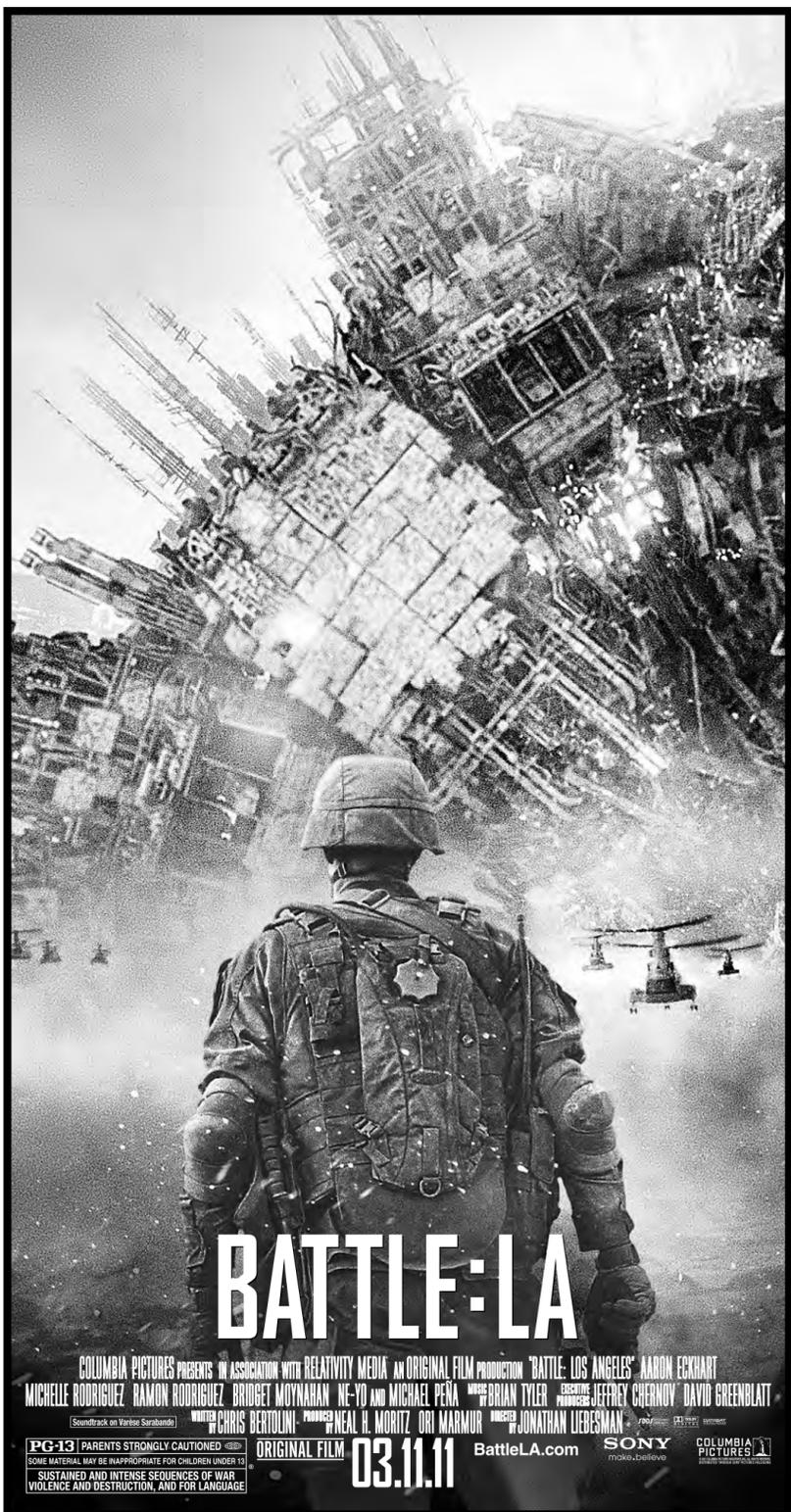
Fitness

Surfside Fitness schedule is as follows:

- Monday**
 6:30 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., **Kickboxing**
 10 a.m., **Young at Heart**
 11:30 a.m., **Step**
 1 p.m., **Moms in Motion**
 3 p.m., **Conditioning For Running**
 5 p.m., **Zumba Basics**
 5:30 p.m., **Zumba**
 6:30 p.m., **Functional Flexibility**
Tuesday
 6:30 a.m., **Spartan Training**
 9:30 a.m., **Step**
 11:30 a.m., **Kickboxing**
 1 p.m., **Strength Solutions & Flexibility Fix-Ups**
 2:30 p.m. **FEP Bootcamp Basics**
 5:30 p.m., **Yoga**
Wednesday
 7 a.m., **Conditioning For Running**
 9:30 a.m., **20/20/20**
 10 a.m., **Young at Heart**

- 11:30 a.m., **TRX**
 11:30 a.m., **NOFFS Nutrition & Fitness Series**
 nagement and refueling.
 1 p.m., **Moms in Motion**
 5:30 p.m., **Step & Kick**
 5:30 p.m., **Kids' Clinic**
 This clinic is designed for children ages 10-14. It teaches how to safely use fitness equipment and provides general information on exercise and fitness workouts. Held at Surfside Fitness Center. After completion of the course, participants will be issued a card which will allow them to use the facility when accompanied by a parent or legal guardian.
 6:30 p.m., **20/20/20**
Thursday
 6:30 a.m., **Yoga**
 9:30 a.m., **Bootcamp Basics**
 11 a.m. **Zumba Basics**
 11:30 a.m., **Zumba**
 11:30 a.m., **TRX**
 1 p.m., **Strength Solutions & Flexibility Fix-Ups**
 7 a.m., **Beach Bootcamp**
 9:30 a.m., **20/20/20**
 11:30 a.m., **Advanced Mind Body**
 11:30 a.m., **Spartan Training**

- The Gym Schedule is as follows:
Monday
 6:30 a.m., **Cardio, Combat & Core**
 11:30 a.m., **Spinning**
 2:30 p.m., **Row-bics**
Tuesday
 11:30 a.m., **Spinning**
 4:30 p.m., **Spinning**
Wednesday
 6:30 a.m., **Cardio, Combat & Core**
 11:30 a.m., **Weight Training for War Fighters**
 2:30 p.m., **Weight Training for War Fighters**
Thursday
 6:30 a.m., **Spinning**
 11:30 a.m., **Row-bics**
 11:30 a.m., **Weight Training for War Fighters**
 5 p.m., **Spinning**
Friday
 6 a.m., **Spinning**
 7 a.m., **Row-bics**
 11:30 a.m., **Strength Training Basics for Women**
 This introductory weight training class is designed especially for women and includes educational material and program design.



MWR SPRING 2011 SPORTS CHALLENGE

<p>APRIL 5</p> <p>*0830 - **CO Challenge Canoe Race (Lake Wonderswood) *0900 - Experienced Canoe Race (Lake Wonderswood) *0900 - 3 on 3 Basketball (Gym) *1000 - Kickball (Field 1 & 2 Behind Medical) 1100 - Bowling (Mayport Bowling Center) *1730 - One Pitch Softball (Softball Complex)</p> <p>APRIL 6</p> <p>*0800 - Singles Tennis (Tennis Complex) *0830 - Strongman Competition (Surfside Fitness Center) *0900 - Cricket Darts (Mayport Bowling Center) *0930 - Frisbee Golf (Behind Gym) *1100 - 8 Ball Pool (Mayport Bowling Center)</p>	<p>FREE</p>	<p>APRIL 7</p> <p>*0800 - Swim Relay (Base Pool) *0830 - Golf (Windy Harbor Golf Club) *0930 - Dodgeball (Gymnasium) *1030 - 3 V3 Soccer (Field 7 Behind Gym)</p> <p>APRIL 8</p> <p>*0830 - Volleyball (Beachside Community Center) *0900 - Horse Shoes (Beachside Community Center) *0930 - Corn Hole (Sea Otter Pavilion) *1100 - Auto Racing (Mayport Bowl Parking Lot) *1200 - **Tug-o-War (Beach behind Sea Otter Pavilion) 1230 - Awards Presentation (Sea Otter Pavilion) 1230 - Cook Out (Sea Otter Pavilion)</p>
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Stephen W. Groves Departs Tanzania

By MC3 William Jamieson
Commander, U.S. Naval Forces Europe and Commander, U.S. Naval Forces Africa/ Commander, U.S. 6th Fleet Public Affairs

USS Stephen W. Groves (FPG 29) departed Tanzania after taking part in a successful two-week training "Hub" as part of Africa Partnership Station (APS) East, Mar. 4.

The "Hub," which was the first of its kind on Africa's east coast, saw the graduation of armed service members from Djibouti, Kenya, Mauritius, Mozambique and Tanzania, from courses including tactical combat casualty training; expeditionary combat lifesaver training; port security training and small boat engine maintenance among others.

"The importance of what we, together, accomplished here in Dar Es Salaam cannot be overstated," said Capt. James E. Tranoris, APS East commodore. "APS demonstrates U.S. commitment to African security by responding to African requests for assistance. African nations seek improved maritime safety and security and through the type of training held here

in Dar Es Salaam, APS assists African partners in building and improving their capabilities and capacity to respond to maritime threats."

The Hub was facilitated by the Tanzanian navy, and for the first time in APS East, featured Africans are leading classes as instructors.

"Having been involved with APS East for the past two years, I am so pleased to see the evolution of this initiative from individual partner training opportunities to a comprehensive training hub concept," said Tranoris. "This Hub involved partners from many African countries coming together to improve their maritime knowledge and skills, building and strengthening enduring relationships, while also enhancing regional interoperability and trust."

Cmdr. Matthew Rick, Stephen W. Groves commanding officer, delivered closing remarks at the 2011 Tanzania "Hub" ceremony.

"I hope you will take the training you have received during these two weeks back

to your own countries so we may all benefit and build on this knowledge," said Rick. "The Stephen W. Groves team appreciates the hospitality and fellowship, which has been extended to us by our East African allies. Our countries have many shared goals and aspirations, and we hope this is a step in the building of relationships which will stand the test of time."

Stephen W. Groves will continue its involvement in APS East with port calls in Seychelles, Mauritius and Kenya.

APS is an international security cooperation initiative, facilitated by Commander, U.S. Naval Forces Europe-Africa, aimed at strengthening global maritime partnerships through training and collaborative activities in order to improve maritime safety and security in Africa.

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



-Photo courtesy of ATG Mayport
 Chief Electronics Technician Craig Johnson (left) makes his way through the Main Street Bridge with encouragement from Senior Chief Electronics Technician Lonsdale (right) during Wolfson Children's Hospital 55 mile Ultra Marathon.

ATGM Runs For Cause

By Lt.j.g. Samuel Lopez Jr.

ATG Mayport PAO

Afloat Training Group Mayport's own Chief Electronics Technician Craig Johnson recently completed the Wolfson Children's Hospital 55-mile Ultra marathon.

The race helped raise awareness for the Children's hospital and the quality of care our children in this community receive from Wolfson. This event also raised money to buy a new MRI machine for the hospital that is less intrusive, and safer for the kids needing this type of diagnosis.

The five mile, 11-loop course wound through downtown and over the Main Street Bridge in the Jacksonville Landing area.

As if running a 55-mile Ultra Marathon was not accomplishment enough, three weeks later Johnson completed the Destin 50 Beach Ultra Marathon on Feb. 19. The entire 50K/31 mile race took place on the white sand beaches of Destin, Florida.

All profits from the Destin 50 were donated to the Special Operations Warrior Foundation (SOWF). SOWF provides full scholarship grants and educational and family counseling to the sur-

living children of special operations personnel who died in operational or training missions and immediate financial assistance to severely wounded special operations personnel and their families.

So how does someone train for these types of events? Johnson, who is responsible for the equipment providing Synthetic training scenarios to the Ships in the basin, trained for the previous eight months averaging 50 miles per week.

When asked what motivates him to train he added, "I want to set a positive and active example for my family as well as the Sailors I serve with."

A Command Fitness Leader, Johnson's message to Sailors as we start the PFA season: "The MWR fitness staff here at Naval Station Mayport is top notch and they can help assist you in any and all of your fitness goals. They have helped me tremendously in the last year to stay healthy and offer guidance to physically recover after intense workouts."

Although the feats are remarkable, the underlying message he wants to convey through his accomplishments, "We can use our gifts in life to help others."

Midway Tickets On Sale

From Mayport Navy League

The Navy League of Mayport is hosting the 13th Annual Battle of Midway Commemoration Dinner. Tickets are now on sale for this year's Battle of Midway Commemoration Dinner, which will be held on June 4 at the Renaissance Resort, World Golf Village. Guest Speaker (tentative) General James Amos, Commandant, U.S. Marine Corps and other veterans of the Battle of Midway will also attend this year's dinner. We will also be inviting and recognizing the area former Prisoners of War who have heroically answered the call or duty. Come meet these "National Treasures" and hear

their adventures first hand.

The evening promises to be emotional and patriotic, and provides an excellent opportunity to connect with survivors of what historians call one of the U. S. Navy's greatest sea victories and the turning point of World War II in the Pacific.

Ticket costs are: Active Duty E-6 and below, \$25; E-7 to O3, \$35; O4 to O5, \$45, O6 and above, civilians, and retirees, \$55.

The evening includes fine dining and entertainment. Uniform will be O4 and above - dinner dress white jacket; O3 and below - dinner dress white/dinner dress white jacket optional and civilian is black tie or business attire. Cocktails

begin at 1830, dinner at 1930. Reserved seating.

Make checks payable to NAVY LEAGUE MIDWAY DINNER. Tickets may be purchased from the following locations:

NAVY LEAGUE MAYPORT
 •Bob Price, Phone 904-718-2118, email: bprice4@comcast.net

NAVY LEAGUE ST AUGUSTINE
 •Bill Dudley, Phone 904-806-4712 or 904-794-7814, email: anuday00@aol.com

NAVY LEAGUE JACKSONVILLE
 •Logan Johnson, Phone 904-288-6214, email: loganjohnson@watsonrealtcorp.com

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 BEACH (beach Blvd & Penman) 12821 Beach Blvd
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-Photo by MC2 Gary Granger Jr. Commander, Naval Surface Force Atlantic, Rear Adm. David Thomas Jr., delivers his remarks as the guest speaker at a Surface Warfare Introductory class at Naval Station Mayport.

Admiral Encourages Junior Officers

By MC2 Gary Granger Jr. Navy Public Affairs Support Element East, Detachment Southeast

Commander, Naval Surface Force Atlantic, Rear Adm. David Thomas Jr., paid a visit to twelve junior officers attending the Afloat Training Group (ATG) Mayport Surface Warfare Officer (SWO) Introduction Course held at Naval Station Mayport on Feb. 3.

The ensigns are attending a five-week course, which covers a variety of shipboard fundamentals, and provide tools and resources to help them become successful division officers.

Thomas began his speech to the future SWO's with valuable advice on what to do when they arrive to their first ship.

"The first thing I'd like to tell you is dive right in," said Thomas. "You are going to be very important to your ship because they will expect you to be a role model, the absolute model of decorum, the model of professionalism, and a great division officer."

ATG Mayport's commanding officer, Capt. Tony Parisi, was also on hand to hear what he had to say.

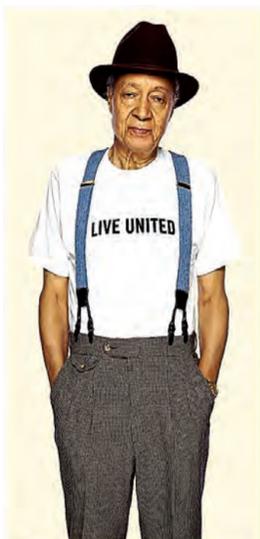
"It shows how important their time in class is when an Admiral takes time to talk to these ensigns," said Parisi. "It shows them to stand up and always be committed to what is right."

Not only will students attend a leadership course, but also damage control training, fire fighting school, firearms training, and took rigid-hull inflatable boat rides for harbor familiarization.

The course is designed for all new junior officers on the waterfront to attend within the first three to four months of checking into their ships. This allows them to become more educated about shipboard life and their duties.

"I would trade my position with them in a heartbeat," said Thomas after explaining how much of an adventure they will have in today's Navy and its involvement around the world as a "Global Force for Good".

The SWO Introductory Course is held four times a year: one in the spring, two in the fall, and one in the winter.



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USS Halyburton, Bainbridge Return To 5th Fleet To Continue Counter-Piracy Mission

By Ensign Joy Lopez and Ensign David Taylor

USS Bainbridge and USS Halyburton Public Affairs

Guided missile destroyer USS Bainbridge (DDG 96) and fast frigate USS Halyburton (FFG 40), along with helicopter detachments from HSL-42 and HSL-48, returned to the U.S. 5th Fleet area of responsibility for the first time in nearly two years to conduct coordinated multi-national counter-piracy operations with Standing NATO Maritime Group 2, in Operation Ocean Shield.

During the warships' last deployment to the Middle East, they rendered assistance to container ship Maersk Alabama, which had been seized by Somali pirates on April 8, 2009, the first ship under the American flag since the early 19th century to be captured by pirates.

Bainbridge and Halyburton were dispatched to intercept and assist Maersk Alabama. For the next 76 hours, Bainbridge and Halyburton thwarted the pirate's attempts to escape to Somalia territorial waters.

Returning to the region and the counter-piracy mission, the two warships are patrolling the Internationally Recognized Transit Corridor, a vital shipping lane for merchants of all nations, which begins at the choke point of Bab al Mandeb and continues through the Gulf of Aden.

"This is an excellent oppor-

HSL-48 From Page 1

aboard and his crew had taken refuge in the ship's 'citadel,' Bulkeley's specialist boarding team, supported overhead by its embarked SH-60 helicopter, secured the Bahamian-flagged vessel and detained four men.

There was no exchange of fire at any time during the operation to release the MV Guanabara. CMF's counter-piracy commander, Commodore Abdul Alheem said, "The ships and aircraft under my command have today scored a real and immediate victory through the disruption of a suspected act of piracy and the detention of individuals believed to be engaging in piracy."

"Through our mutual cooperation and shared coordination, CTF 151 and our partner organizations has prevented the kidnapping of legitimate mariners who sought only to go peacefully about their business. Today, there will be a merchant ship sailing freely that would not be doing so were it not for the efforts of CTF-151."

In accordance with United Nations Security Council Resolutions, and in cooperation with non-member forces, CMF's mission is to disrupt piracy and armed robbery at sea and to engage with regional and other partners to build capacity and improve relevant capabilities in order to protect global maritime commerce and secure freedom of navigation.

CMF is a multi-national naval partnership, which exists to promote security, stability and prosperity across 2.5 million square miles of international waters in the Middle East, which encompass some of the world's most important shipping lanes.



-Photo courtesy of USS Halyburton
A SH-60B Seahawk helicopter flies close to a target while USS Halyburton waits to support the aircrew. USS Halyburton and USS Bainbridge are currently deployed to the U.S. 5th Fleet to participate in coordinated multi-national counter-piracy operations.

tunity for our crew to work not only with our NATO allies and coalition partners, but also Cmdr. Schmidt and his fabulous team of professionals onboard Halyburton," said Bainbridge Commanding Officer Cmdr. Dan Sunvold.

"Halyburton is proud to serve along side its sister ship Bainbridge again to keep the seas safe from piracy," said

Chief Hospital Corpsman Noel Martinez, who was aboard in 2009. "The two ships worked great together, by aiding each other to accomplish the goal of rescuing the captain. We are honored to represent our country in the fight against piracy."

Piracy continues to be a problem throughout the region. In 2011, 12 ships have been hijacked in the Indian Ocean

and Arabian Sea; last year, 42 ships were pirated.

Bainbridge and Halyburton's role in a joint maritime environment shows the commitment to teaming with U.S. allies in execution of the U.S. Navy's Maritime Strategy. This invaluable partnership with NATO highlights both warships' capabilities in the maritime domain.

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Enrique Ramirez, Petty Officer Second Class and his daughter, Ananna, a St. Jude patient

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Proud Warriors Volunteer At Local Science Fair



-Photos courtesy of HSL-42

Lt.j.g. A.J. Shingler and Lt.j.g. Pete Hudson in front of participant's projects.

From HSL-42

On a spring-like day, multiple pilots from NAS Jacksonville-based Helicopter Anti-Submarine Squadron Light 42 took time out of their busy schedule to volunteer for the 2011 Science Fair sponsored by the Rotary Club of Fleming Island.

The "Proud Warriors" spent the day as judges, grading science projects displayed by local youth whose ages ranged from sixth grade to high school seniors. While a few pilots utilized their technical expertise to grade projects in categories such as Engineering, Chemistry, and Physics, others graded projects in human science categories that affect people on a daily basis.

Lt.j.g. Timothy Sullivan, judging the Behavioral Sciences category, remarked, "These kids put a lot of effort into scientifically breaking down questions we have every day, but do not know the answers. From learning how people drive faster listening to loud music to the meticulous study of the Stroop Effect, the students' projects were

impressive."

Lt.j.g. Tom Seland added, "Today was very fun. Being able to volunteer and see the future grow right in front of us was inspiring."

The students graded in the morning of the Science Fair were placed, and special projects earned the honor of moving on to state competitions. Many other projects were given special honors in the afternoon, awarding students who stood out in areas like effort, ingenuity, and spirit of the Science Fair.

One Navy veteran attending the fair thanked the "Proud Warriors" for their time saying, "It meant a lot for these guys to come today. They are a great influence on the students here, and it means a lot for the participants to be awarded by them."

The Science Fair was held at the Clay County Fair Grounds, in Green Cove Springs.



Lt.j.g. Tim Sullivan, Lt.j.g. Tom Seland, Lt.j.g. Pete Hudson, Lt.j.g. A.J. Shingler, Lt.j.g. Nick Moreno, and Lt.j.g. Mark Morgart pose with leadership from the Rotary Club of Fleming Island during the 2011 Science Fair

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FFSC Classes 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.

March 10, 9-11:00 a.m., **CO/XO Spouse Social Media Workshop**, Building 1 Room 104

March 10, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

March 10, 4:30-6:00 p.m., **Saving And Investing**, Building 1 Room 1616

March 10, 3-4:30 p.m., **Conflict Resolution For Women**, FFSC Room 702

March 10, 5-6:00 p.m., **Pattern Changing For Women**, The Beach House Jax Beach

March 10, 9 a.m.-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

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Registration is required call the Fleet and Family support Center at: (904) 270-6600 ext 1701

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.

March 14, 8:30-noon, **FERP-Career & Job Readiness Class**, FFSC Room 702

March 14, 1-3:00 p.m., **FERP-Federal Employment Class**, FFSC Room 702

March 14-17, 8 a.m.-4:00 p.m., **TAP Retiree Workshop**, Building 1 Room 1616

March 15, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

March 15, 9-11:00 a.m., **Parenting Class**, FFSC Room 719

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

March 16, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

March 17, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

March 17, 4:30-6:00 p.m., **Developing Your Spending Plan**, Building 1 Room 1616

March 17, 3-4:30 p.m., **Conflict Resolution For Women**, FFSC Room 702

March 17, 5-6:00 p.m., **Pattern Changing For Women**, The Beach House Jax Beach

March 17, 9 a.m.-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.

March 21-24, 8:00 a.m.-4:00 p.m., **Executive TAP Workshop**, Building 1 Room 1616

March 22, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

March 22, 9-11:00 a.m., **Parenting Class**, FFSC Room 719

March 23, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

March 24, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Feb. 24, 3-4:30 p.m., **Conflict Resolution For Women**, FFSC Room 702

March 24, 5-6:00 p.m., **Pattern Changing For Women**, The Beach House Jax Beach

March 24, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

March 28-31, 8-4:00 p.m., **TAP Separatee Workshop** BLDG 1, Room 1616

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

Face of Defense: Sailor Earns Bronze Star

By Marine Corps Lance Cpl. Walter D. Marino II
2nd Marine Division

A Navy corpsman didn't expect hundreds of Marines clad in camouflage utilities to fill an entire field house just for him - but they did.

Navy Seaman Matthew A. Dishmon, a corpsman with 3rd Battalion, 6th Marine Regiment, 2nd Marine Division, received the Bronze Star medal with combat distinguishing device during a Feb.

25 ceremony here. Dishmon was honored for saving the life of a Marine last year during combat in Marjah, Afghanistan.

"I couldn't believe all those people were there and I didn't know [until now] how big of a deal it really was," Dishmon said about his award ceremony. "I felt like I was just doing my job."

Dishmon's unit was ambushed while on patrol. Marine Corps Lance Cpl. Matthew T. Earle, an assault

gunner, was shot before he could seek cover. Dishmon exposed himself to enemy machine gun fire to move Earle away from danger and treat his wounds.

"Earle and I were in the back of the patrol," Dishmon recalled. "Earle didn't make it across before he got hit in the middle of the road."

"It was dark and you could see machine-gun tracers fly by," he continued. "I yelled to the guys [to let them know] Earle

was hit, but they couldn't hear over our machine gun, so I ran out in the road and I grabbed him."

After removing Earle's protective gear, Dishmon assessed the wounded Marine and provided medical treatment.

Although extremely grateful for Dishmon's efforts, Earle has trouble recalling anything from the incident. But his fellow Marines remember clearly how the man they know as "Doc" saved Earle's life.

"If it wasn't for Doc that night, Earle would not be here," Marine Corps Lance Cpl. Chris W. Ducharme said.

"It's essential to have a good corpsman," Marine Corps Cpl. Evan S. Rinckenberg pointed out, "especially in a place like Marjah where we were getting into firefights every day. Dishmon would be there for anybody if they needed him."

Dishmon has basic advice for Navy corpsmen expecting to join Marines in combat for the

first time.

"Remember the basics, and don't lose your cool," he said.

The Bronze Star is awarded to individuals who distinguish themselves by heroic or meritorious achievement or service while engaged in action against an enemy of the United States. When awarded for valor, it is the fourth highest award in the U.S. armed services.

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- 12/26/10: GIANTS - 133, Savannah STORM - 108
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- 1/4/11: GIANTS - 187, Florida MAKOS - 123
- 1/8/11: GIANTS - 160, Florida THUNDERCATS - 85
- 1/9/11: GIANTS - 174, Orlando KINGS - 104
- 1/15/11: GIANTS - 153, Florida MAKOS - 80
- 1/16/11: GIANTS - 129, Orlando KINGS - 104
- 1/22/11: GIANTS - 164, Savannah STORM - 128
- 1/29/11: GIANTS - 140, Heartland PROWL - 129
- 1/30/11: GIANTS - 180, Heartland PROWL - 114
- 2/6/11: GIANTS - 204, Florida MAKOS - 85
- 2/13/11: GIANTS - 150, Savannah STORM - 126
- 2/18/11: GIANTS - 158, Fayetteville FLIGHT - 101
- 2/19/11: GIANTS - 138, Florida MAKOS - 82
- 2/21/11: GIANTS - 107, San Francisco RUMBLE - 101
- 2/23/11: GIANTS - 139, Sacramento HEATWAVE - 107
- 2/27/11: GIANTS - 158, Columbus RIVERBALLERS - 87

* 22 game victories, 1 forfeit by the California Sea Kings on Feb. 22.



photos: christoflowerphotography.net



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Out in Town

Thursday, March 10

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

Saturday, March 11

Join the Fleet Reserve Association for a night of music and dancing, at the Branch Home, 390 Mayport Rd. Featured will be ON THE GO, from 9 p.m. to 1 a.m.

Saturday, March 12

The City of Atlantic Beach begins this year's Wild Wonders adventure with warm fuzzy animals, featuring critters from both local areas and around the world. Adults and children will enjoy this one-hour program of close-up encounters. Come learn about animal behavior, survival, feeding habits, and adaptations with this hands-on experience. The program is

being offered on Saturdays at 1 p.m. on March 12, March 26, April 9 and 30 at the Dutton Island Preserve Pavilion. This event is free and open to the public. Dutton Island Preserve is located in Atlantic Beach off Mayport Rd at the end of Dutton Island Rd. W on the intracoastal waterway. Visit the AB website at www.coab.us/ events for upcoming programs or contact the Recreation office at 247-5828 for more information.

The Florida Department of Environmental Protection's Fort Clinch State Park, 2601 Atlantic Ave., Fernandina Beach, is partnering with the Friends of Fort Clinch, Inc. and the Florida Fish and Wildlife Conservation Commission to conduct a Kids' Fishing Clinic to teach lessons on knot tying, fishing ethics, tackle, habitat, casting and more. The clinic is

open to children ages four to 16 and will be held on the Atlantic Fishing Pier at Fort Clinch State Park. During the event, 500 kids will take home their own rod and reel combo. A free hot dog lunch is provided to every participant. Bring your family to enjoy a fun day of saltwater fishing. For additional information, please contact the park at (904) 277-7274 or visit www.floridastateparks.org.

The Duval County Extension Office will hold a "Common Pests of Warm Season Vegetables" workshop at the extension office, 1010 N. McDuff Avenue. Cost is \$5. Please call Jeannie to register, 387-8850.

Fleet Reserve Association Branch 290 is hosting dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. The menu will be Spaghetti with garlic bread and salad. A dona-

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

The Cummer Museum of Art & Gardens is hosting a morning of fun for children ages 3 to 5 and their favorite adult from 10:30 a.m. to Noon. Participants of Art for Two: My Digital Garden will spend time together exploring the galleries, art making and time in Art Connections. Students will spend time learning how to choose, frame and shoot digital photographs in The Cummer Gardens. Attendees will spend the morning exploring The Cummer Gardens to capture the lush plantings, reflecting pools, fountains, arbors, antique ornaments, sculptures and The Cummer Oak all with the backdrop of the St. Johns River for their photographs. Pre-registration is required. No experience necessary. Digital

cameras not provided. Cost is \$10 per pair, per class for members \$15 per pair, per class for non-members.

Sunday, March 13

Come and celebrate Florida Heritage month with the Talbot Islands State Parks at 1-4 p.m.. Join local experts as they present discoveries on how natives in Florida utilized plants in their daily lives. 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.

Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Rd. Menu items include eggs, steaks, bacon, sausage, grits, hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$3 to \$6 for a basic four-item breakfast, or \$3 for a breakfast sandwich, is requested. Additional side items are available for a donation of \$1 to \$5. Call the Branch at 246-6855 to

have a full menu faxed to you. As always, the public is invited.

Monday, March 14

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

Tuesday, March 15

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

Wednesday, March 16

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 available for donation of \$1.50 to \$5. Enjoy the music of Doug Bracey from 9 p.m. to 1 a.m.

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.

Volunteer At Election Time

The city of Jacksonville is looking for volunteers on March 22 and May 17 to check in election merchandise, carry ballot bags and other election equipment and re-stock election-related items. Volunteers will work from 7 p.m. until midnight at the Elections Center Downstairs, 5200-2 Norwood Avenue. For more information, contact Maggie Johnson at maggiej@coj.net or 630-8015 or Jean Atkins at jatkins@coj.net or 630-8013 no later than March 4.

St. Johns River Clean Up At Mayport

NS Mayport is looking for volunteers to participate in the 16th annual St. Johns River Clean up on March 19 from 8-11:30 a.m. at the Jetties Pavilion #3.

Volunteers will collect litter and debris along the Jetties and ocean front. Gloves and garbage bags will be provided. Tickets will be provided

REACHING OUT

to all participants that may be redeemed for refreshments and t-shirts from noon-2 p.m. at Riverside Arts Market.

To learn more about the clean up, go to www.coj.net (key words St. Johns River Celebration) or contact NS Mayport Water Quality Program Manager, Scott Dombrowsky, at 270-6781. Pre-registration is not required.

San Pablo Elementary Presidential Fitness

Volunteers are needed to help students at San Pablo Elementary in Jacksonville Beach with their Presidential Fitness testing from 8 a.m.-3 p.m. Dates are March 15-18, 21-24, April 5-8. Contact ET1(SW) Claude Troullier at 270-6148 to sign up.

Special Olympics in Yulee

Volunteers are needed to help with the Special Olympics event at Yulee High School in Nassau County on March 11. Volunteers will be at the school from 9 a.m.-noon. For more information, contact John McBrearty at jandemcb@aol.com.

Fletcher PTSA-TPC Tournament

Fletcher High School PTSA needs volunteers for the TPC

tournament held May 9-15. Volunteers will man two concession tents to benefit the high school PTSA. Tents are manned Monday, Tuesday, Wednesday from 7:30 a.m.-dusk and Thursday-Sunday from 6 a.m. to close. For more information, contact Noela Smart at smartpta@bellsouth.net.

All-Star Basketball

The United Negro College Fund will sponsor a high school basketball All-Star game on March 12 at Edward Waters College. To volunteer, contact ETCS Mark Prince at mark.h.prince@navy.mil.

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

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 assis-

tance and a lot of smiles to ensure a pleasant and memorable experience while traveling through our airport.

Benefits of being in the Ambassador program include gratitude of the passengers served each day, invitations, to volunteer appreciation events, free parking at the airport, meal voucher for every four-hour period worked, service recognition and the opportunity to meet people from all over the world. Contact Yvonne Pooler at 904-741-2006 or email yvonne@jaa.aero.



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OFF-BASE PICKUP LOCATIONS				LOCATION	ADDRESS	CITY
LOCATION	ADDRESS	CITY		JIFFY LUBE	10430 ATLANTIC BLVD	JAX
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX		JIFFY LUBE	13560 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX		JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX		JIFFY LUBE	1672 S 3rd ST	JAXBCH
COMFORT INN	MAYPORT RD.	JAX		JIFFY LUBE	8379 BAYMEADOWS RD	JAX
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX		JIFFY LUBE	5295 SUNBEAM RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX		JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX		JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH		JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX		KANGAROO	10100 GRANITE PLACE	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX		KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET LANDING	MAYPORT RD.	JAX		KANGAROO	1403 N 3rd ST	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX		KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
FLETCHER HIGH SCHOOL ROTC		JAX BCH		KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	1900 MIZELL RD	STAU		LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	220 A1A N	PVB		LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	619 A1A N	PVB		LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	10970 US 1/SR210	ST AUG		LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	2350 SR 16	STAU		LIL CHAMP	13967 McCORMICK RD(MT PLEASANT RD)	
GATE	463779 SR 200/A1A	YUL		JAX		
GATE	3230 EMERSON ST	JAX		LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX		LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX		MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX		NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
GATE	5617 BOWDEN RD	JAX		NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX		OTTER RUN OFFICE	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX		RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
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
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX		SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX		SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX		U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX		USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	11620 SAN JOSE BLVD	JAX				

Updated: FEBRUARY 1, 2007

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No Dough Dinner

Join Mayport USO on March 14 from 5-7 p.m. Volunteers will serve spaghetti with marinara or meat sauce, salad and a delicious dessert thanks to Buca di Peppo Italian restaurant. This dinner is free to active duty service members and their immediate families.

USO 70th Anniversary

Tell us your fondest memories of your experiences with the USO to help celebrate our 70th anniversary, include a photo if you'd like, and you may see your name in our magazine "ONPATROL" or on one of our websites. http://www.uso.org/uso_70th_anniversary_stories.aspx

8th Annual Bob Coonan Memorial USO Golf Tournament

It is time for the 8th Annual Bob Coonan Memorial USO Golf Tournament! This great event will be held Thursday, March 31 at the NAS Jacksonville Golf Club. Check-in time is 11 a.m. with a shot gun start at 12:30 p.m. Following play there will be prizes, raffles, food and fun. The player entry form is attached to this email or you can pick one up at a USO Center near you and the NAS Jacksonville Golf Club.

5th Annual Fleet Reserve #91 St. Patty's Day Poker Run

The Fleet Reserve Branch 91 at 5391 Collins Road is hosting the 5th annual St. Patty's Day Poker Run on Saturday March 19. Registration is from 11 a.m.-1 p.m., last bike in by 5:30 p.m. The cost is \$10 for the driver and \$5 for the passenger. Each registration includes a meal ticket. There will be live music by Rosco Cane starting at 5 p.m. There will also be a 50/50 drawing at 7 p.m., door prizes. The stops for the run are as follows: Rehab Saloon, VFW Middleburg Post 8255, VNV/LV Clubhouse, Steel Pony, and back to the Fleet Reserve #91. All proceeds to benefit your Greater Jacksonville Area USO. Make sure to wear an FRA Red Shirt to Fleet Reserve

USO NEWS

Association # 91 off of Collins Road on any Friday and they will donate \$5 to Greater Jacksonville Area USO! It's a great way to have a good time and help support a great cause.

Spring Break Festival At Palencia

The Palencia Club (LOCATED ON US 1 NORTH OF SAINT AUGUSTINE) will host a "Spring Break Festival" on Friday, March 26 beginning at 5 p.m. This event is Free and open to the public. There will be over 100 participating vendors showcasing including Radio Disney, Fun Food & Beverages, Dancing and much, much more. Please bring non-perishable goods to donate to the St. Francis House.

Free Military Tickets For The Players Championship

The Players Championship at TPC Sawgrass from May 9-15 is once again offering free tickets to THE PLAYERS Championship to all active duty, retired, and reserve military and their dependents. The tickets are available on line via the attached ticket link you can cut and paste to your browser. Parking is NOT included and must be purchased separately. Patriot's Post (hospitality tent between 16 and 18 fairways) will also be open to military and their families offering free food and drink. <http://www.pgatour.com/tournaments/r011/tickets.html> Please use code: MILITARY

2011 Birdies For Charity Campaign

Your Greater Jax Area USO is excited about the upcoming 2011 PLAYERS Championship Birdies for Charity Program. This yearly community-based fundraising is held in conjunction with THE PLAYERS Championship at TPC Sawgrass, May 9-15, 2011. Donations to Greater Jax Area USO will be accepted

until May 11. This will give us four months of fundraising with the hope of making the 2011 Birdies For Charity drive the best ever in support of your USO!

Please visit www.birdiesforcharity.playerschampionship.com, where you can have an opportunity to continue supporting Greater Jax Area USO. You may donate ONLINE and become eligible to win a fabulous grand prize. Upon making your donation, you will be asked to guess the total number of birdies that will be made during the competition rounds of the tournament. The individual making the correct or closest guess will win A Trip For Two to the 2011 Presidents Club in Melbourne, Australia! Deadline for all donations/entries is Wednesday, May 11.

Greater Jax Area USO is fortunate to have fantastic supporters whose continued help allows us to fund the many important programs that support our local 250,000 plus active duty military population. Please visit www.birdiesforcharity.playerschampionship.com. Donations can be made online with a credit card. If you do not wish to donate via credit card, a "cash or check" Donation Form is included on the website. In this case, your donation may be mailed directly to: Greater Jax Area USO, P.O. Box 108, Bldg. 1050, NAS Jacksonville, FL 32212-0108.

Changes to this year's Birdies For Charity Campaign are:

- Website for ease of donating.
- Elimination of the "per birdie" pledge. All donations will be flat donations with a minimum of \$20.
- Grand Prize trip for two to the 2011 Presidents Club in Melbourne, Australia for correct/closest birdies guess.

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MARCH 2011

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Would A Shutdown Affect Commissaries?

By Kevin L. Robinson
DeCA public affairs specialist

NOTE: Information in the previous news release about access to the DeCA website was in error. In the event the DeCA website, www.commissaries.com, was taken offline because of a government shutdown, it would not be possible to redirect visitors to other websites.

In the event of a government shutdown, commissary customers are asked to check their local military

installation news outlets before, during and after the event to determine if stores serving their area are open.

"As a matter of course, the Defense Commissary Agency plans for any event that could affect the operation of its stores," said Joseph H. Jeu, DeCA director and CEO. "We are currently updating existing plans to adjust commissary operations in case of a government shutdown. If this action does occur, we will use all available media to notify our customers of any specific

changes in commissary operations. Customers should also stay abreast of the news that affects services on their installations."

If a shutdown occurs, commissary customers also should monitor the Department of Defense website, <http://www.defense.gov>, for any breaking news that affects service members and government civilians. During that time, customers can attempt to access <http://www.commissaries.com>, but the agency's website could be down.

When the federal government's fiscal year begins Oct. 1, operations and programs must be funded through appropriations enacted by Congress and signed into law by the president. If Congress and the president have not approved annual funding, Congress may pass a continuing resolution to extend government operations for a period of time. As of Tuesday morning, Congress had yet to approve another funding extension granting continuing resolution authority. The current

authority is set to end midnight March 4.

Since 1980, all agencies in the government have been required to plan for potential government shutdowns. Despite a shutdown, DoD would still continue support to its deployed troops and must continue operations necessary for the safety of human life and protection of property. These types of activities would be "exempt" from any temporary stoppage of government activities.

Spring Into National Nutrition Month With 'Baby Steps'

By Chris Halagarda
Navy fitness and performance enhancement dietitian

If you're like millions of other Americans, you probably want to lose the extra pounds that you've either put on this past winter or that you've been carrying for too long now. Well, March is National Nutrition Month: Now is as good a time as any to choose a healthy diet, lose weight and keep the weight off for good.

Don't get too excited, however. Weight loss is one of the most difficult personal challenges a person can face. It's a physical struggle as much as a mental and emotional struggle. And, if it isn't hard enough, many people actually succeed at losing weight, only to put the lost weight back on. This temporary weight loss and weight gain is a vicious cycle called "yo-yo dieting" which can be frustrating, demoralizing and unhealthy.

With that being said, we do have information on "regular people," like you, who have succeeded at losing weight; and they've been able to keep it off without taking dangerous supplements, participating in any extreme weight loss measures or revealing their entire life on a reality show. The National Weight Control Registry, <http://www.nwcr.ws/>, is a study that

has looked at over 5,000 adults who have successfully lost 30 or more pounds and kept it off for more than a year. On average, the members have lost more than 66 pounds and kept it off for more than five years.

So, how have they succeeded at such a hard life challenge? Actually, they took "baby steps," which added up to giant leaps. First, 98 percent of all 5,000 plus participants modified their food intake in some way. Most of the successful weight losers reported decreasing their overall calories, following a lower-fat diet and doing high levels of physical activity. More specifically, 90 percent of the participants walked at least 60 minutes each day and cut back on their TV time to less than 10 hours of TV a week.

To keep the weight off, all the participants continued with a similar, but less-strict version of their original program. Another interesting fact that these participants followed was that more than three quarters of the successful losers (3,900 people out of 5,000) ate breakfast. Mom always said that breakfast was the most important meal of the day.

Obviously, breakfast is difficult for many people, because it interferes with sleep, getting the kids ready for school, feed-

ing the dog and getting ready for work. Remember though, breakfast does not have to be a four-course meal with juice, cereal, toast, butter, sausage and eggs.

Breakfast needs to be just that, a BREAK from the overnight FAST. It's a meal or snack that provides nutrients which help your body and mind work effectively and efficiently. A good breakfast can be an apple with peanut butter, a cup of oatmeal with blueberries, a slice of whole wheat toast with peanut butter and banana slices, or something as simple as a granola bar, a cup of yogurt or a glass of low-fat milk.

Feel free to think outside the cereal box. Breakfast can be leftover whole-wheat pasta and low-fat meatballs from last night's dinner, or the rice and beans from yesterday's lunch or a turkey sandwich. Skip the high-fat choices offered at the drive-through window and head to the commissary to stock up on simple, yet inexpensive, breakfast foods. Remember, a healthy breakfast with a variety of colors will prime your body and mind for peak performance while reducing your chances of binge eating later in the day.

For more information, go to <http://www.eatright.org/nmm/>.

Navy Exchanges Accept Manufacturers' Coupons

From NEX

Customers know they can save money every day by shopping their NEX. In addition to the average 22 percent savings and no sales tax, customers can also save money by using manufacturers' cents off coupons on their NEX purchases.

NEXs accept current valid manufacturer's coupons for the item featured on the coupon, subject to its terms and conditions. This includes on-line Internet coupons, except for those

coupons offering free products or coupons for Proctor & Gamble (P&G) products. The NEX does not "double" or "triple" the face value of a manufacturer's coupon. "Redeeming coupons provides the customer another way to save money when shopping at their NEX," said Richard Dow, Navy Exchange Service Command (NEXCOM) Senior Vice President Store Operations. "During these challenging economic times, every little bit helps."

In fiscal year 2010, nearly 1.7 million coupons were redeemed by NEX customers worldwide with a value of \$2.1 million.

"That's a considerable amount of money that stayed in the pockets of our customers," said Dow. "When you combine our percentage savings with the savings of the coupons, NEX customers save a considerable amount of money at their NEX."

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<ul style="list-style-type: none"> ▶ Oil (up to five quarts of quality motor oil) ▶ Oil filter 	<ul style="list-style-type: none"> ▶ Brake fluid level (in transparent reservoirs) ▶ Serpentine belts ▶ Wiper blades ▶ Antifreeze/coolant reservoir levels ▶ Engine air filtration system ▶ Exterior lights ▶ Chassis (lubricate when applicable) 	<ul style="list-style-type: none"> ▶ Tire pressure ▶ Transmission/transaxle fluid ▶ Differential fluid ▶ Transfer case fluid ▶ Power steering fluid ▶ Windshield washer fluid ▶ Battery water (excluding sealed batteries) 	<ul style="list-style-type: none"> ▶ Exterior window ▶ Vacuum interior floors

Conveniently located near:

NAS Jax: 1548 Park Ave. 278-8544	NS Mayport: 1067 Atlantic Blvd 249-6927	13560 Atlantic Blvd 221-5778
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We Feature




Keep my ride alive!™

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\$10 OFF

Visit jiffylubesoutheast.com for participating locations. Most vehicles. Up to 5 qts. Not valid with other oil change offers. Cash value 1/100th of one cent. Coupon must be presented at time of service. Restrictions may apply.

Expires: 03/23/11 Code: JAN10

Jiffy Lube Signature Service® Oil Change With Military ID & this coupon





Is a Career in Logistics Right for You?

Find out at a **FREE** breakfast information session hosted by the **University of North Florida**

One Day Only - March 23, 2011 - 8:30 to 11 a.m.

Find out more about this growing and rewarding field:

- 11,000 new jobs in the field of logistics projected this year for Florida
- Salaries range from 25-85K
- Great opportunities for advancement
- Get certified in 6 months or less
- Learn about grant-funded tuition assistance
- Opportunities available nationwide
- Classes begin soon
 - Certification in Transportation & Logistics (starts April 15)
 - Freight / Agent Broker Certification (starts April 16)

Free Breakfast Session:

March 23, 2011
8:30 a.m. - Registration
9 - 11 a.m. - Information Session

University of North Florida University Center
12000 Alumni Drive,
Jacksonville, FL 32224

Reservations required. Please call (904) 620-4200 to reserve your place for this free event, or register online at www.ce.unf.edu. Complimentary breakfast will be provided.

Register now! Call (904) 620-4200 or register online at www.ce.unf.edu



Division of Continuing Education

Associate Of The Year



-Photo courtesy of NEX
Associate of the Year Arlene Stiles of the Navy Exchange Mayport (NEX) Visual Merchandising Department is the Associate of the Year (2010). Arlene's expertise in electronic signing, computer graphics and layout aided her in receiving this prestigious award. Pictured from left to right is NS Mayport Commanding Officer, Capt. Doug Cochrane, Stiles and NEX General Manager William Hockenbury.

Deadline for Retroactive Stop Loss Special Pay Applications Extended

From DoD

The deadline for eligible service members, veterans and their beneficiaries to apply for Retroactive Stop Loss Special Pay (RSLSP) has been extended to March 18, 2011, allowing personnel more time to apply for the benefits they've earned under the program guidelines.

The deadline extension is included in the continuing resolution signed by President Obama yesterday, providing funding for federal government operations through March 18, 2011.

The RSLSP was established

to compensate for the hardships military members encountered when their service was involuntarily extended under Stop Loss Authority between Sept. 11, 2001, and Sept. 30, 2009. Eligible members or their beneficiaries may submit a claim to their respective military service in order to receive the benefit of \$500 for each full or partial month served in a Stop Loss status.

When RSLSP began on Oct. 21, 2009, the services estimated 145,000 service members, veterans and beneficiaries were eligible for this benefit. Because

the majority of those eligible had separated from the military, the services have engaged in extensive and persistent outreach efforts over the past 14 months. Outreach efforts including direct mail, engaging military and veteran service organizations, social networks and media outlets, will continue through March 18, 2011.

To apply for more information, or to gather more information on RSLSP, including submission requirements and service-specific links, go to <http://www.defense.gov/stoploss>.

BUCA WANTS YOU!



YOU'VE SERVED YOUR COUNTRY, NOW ITS OUR TURN TO SERVE YOU.

Celebrate your command events, casual dinners, special occasions and family gatherings with our famiglia ! Buca di Beppo is the perfect place for all occasions. Great atmosphere, fun people and authentic Italian food served family-style, meant to be shared.

Welcome Home Parties ★ Retirements ★ Promotions
Reunions ★ Re-enlistments ★ Graduations

★ ★ ★ ★ ★ bucadibeppo.com ★ ★ ★ ★ ★



VALID SUNDAY - THURSDAY.
MILITARY I.D. REQUIRED.

\$5 off

ANY PURCHASE OF \$20 OR MORE

DINE IN ONLY

JACKSONVILLE | 10334 SOUTHSIDE BOULEVARD • 904.363.9090
Open Daily at 11

One coupon per visit per table. Must be presented at time of purchase. Not valid with any other offers or discount. Unauthorized internet distribution or release is strictly prohibited. Not refundable or redeemable for cash. Excludes banquet and group menus, tax, alcohol, gratuity and purchase of gift cards. VALID FOR ACTIVE DUTY, RETIREES, AND MILITARY. VALID FOR DINE IN ONLY. Expires 7/31/11. LSM55off



Austal USA, A World Leader in the Shipbuilding Industry, will be taking applications and interviewing on:

March 11th 9am-5pm
March 12th 9am-2pm

**One Ocean Resort,
One Ocean Blvd.
Atlantic Beach, FL**

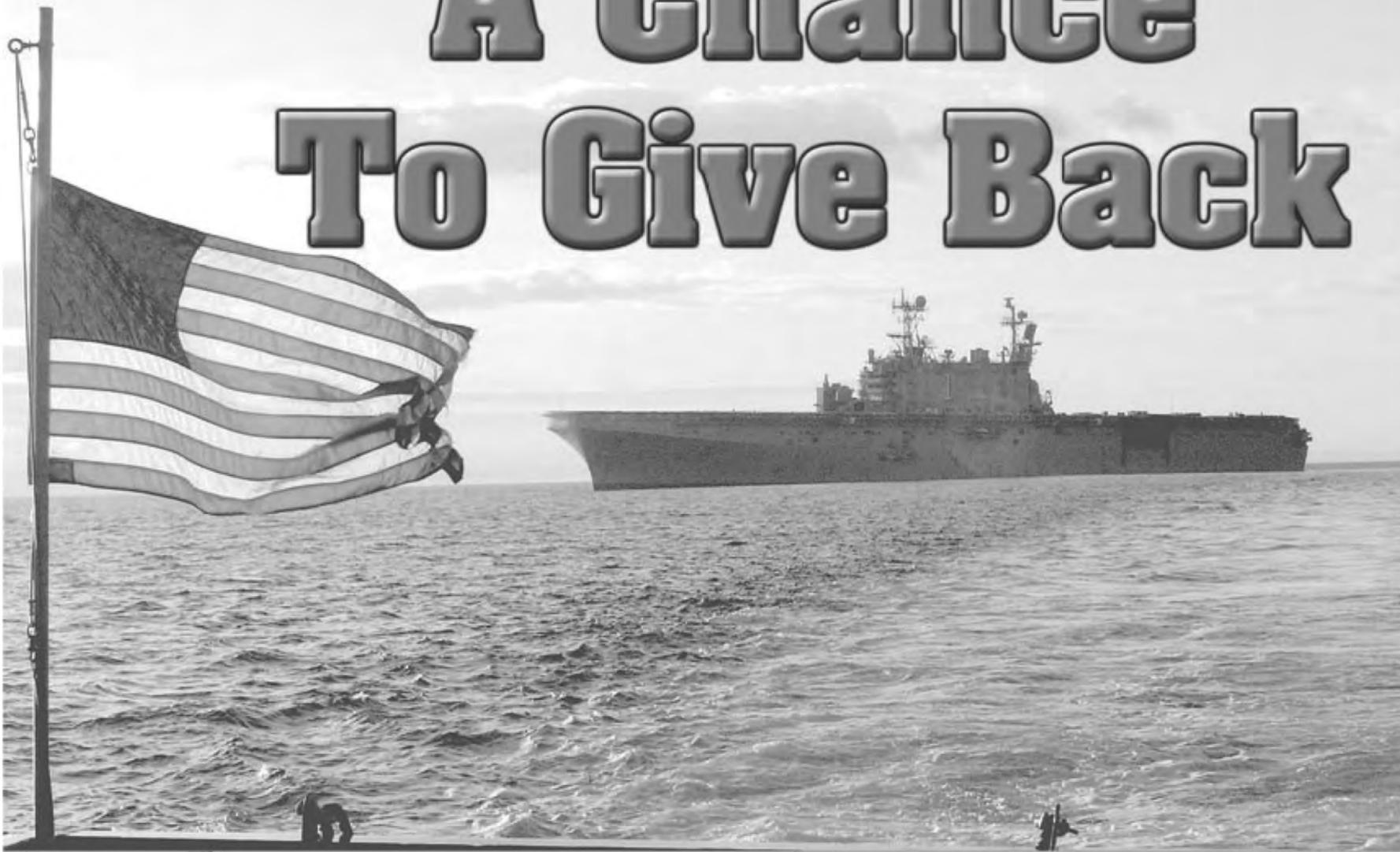
Austal Recruiters and Managers will be available to discuss current and future career opportunities.

TEST AND ACTIVATION is seeking Experience/Skills in the following areas:

- Engineering Officer of the Watch
- Propulsion Auxiliary Control Console Operator
- Engine room Operator
- Machinist Mate of the Watch
- Fuel and Oil Kings
- Diesel Engine Inspector
- Qualified Navy Instructors
- Large Propulsion Diesel Engines
- Ship Service Diesel Generators
- Switchboard Operators
- Power Generation & Distribution Systems
- Hydraulics/Pneumatics
- Installed Damage Control Systems
- Gas Turbines (Electrical and Mechanical)
- Deck Machinery
- Refrigeration / HVAC
- Reduction Gears and Shafting
- Fuel and Oil Purification and Transfer Systems
- Auxiliary Systems: Sewage, Oily Water Separator, Potable Water Systems, Reverse Osmosis Equipment, Seawater Cooling
- Pumps, valves, piping systems
- Strong Maintenance/Troubleshooting Skills
- Other areas represented include Engineering, Government Program Management, Fabrication and Pipe (Aluminum Welders and Fitters, TIG Welders)

www.austaljobs.com

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

THE MIRROR
N.W. MAYPORT, FLORIDA

Jax Air News

THE PERISCOPE
N.E. MAYPORT, GEORGIA

Call Now To Advertise With Us!
904-359-4336

PLACE YOUR MILITARY CLASSIFIED AD

CLASSIFIED INDEX

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

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

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

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

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

CANCELLATIONS, CHANGES & BILLING

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

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

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

GENERAL INFORMATION

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

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

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

 **904-366-6300**

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

Real Estate For Sale

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

Georgia Real Estate

PSC-KINGSLAND, GA: 208 Grassmere St. in The Meadows. 1635sqft. 3br/2ba home for sale. Open floor plan, oversized rooms, fireplace, 2 car gar., fenced bkdy, 400sq ft. carpeted screen porch, 10x14 shed & much more. Reduced to \$144,900! Call Stacy 912-467-2128 w/questions or to schedule a viewing.

Real Estate Auctions

FORECLOSURE AUCTION
 55+ Homes 1 Auction: 42 Open Houses: 3/19, 26 & 27 Auction.com
 RE Brkr No. CQ1031187
 Mark Buleziuk AU3448

San Marco

Gorgeous 2BR, 2 porches, wd flrs, new kitchen, garage, many updates. \$159,000. 349-1773. Rent \$875mo. w/no pets/smkr.

Updated 3BR, brkfst rm, encl. porch, w/d hkp, carpet, incl. chg, dual zoning \$125k. 349-1773. Rent \$775. no pets/smkr

Mandarin

11063 Losco Pines Ct. 3br/2.5ba, 1400sf, tile laminate, new carpet, new paint inside, new light fixtures and newly fenced back yard. Fireplace, granite counter tops, 1 car garage, vinyl exterior. No monthly dues. \$113,000. Call 904-239-7250 or 904-288-6962

Arlington

REED ISLAND ST. JOHNS LANDING
 See River/Jax Skyline - walk to river boat ramp 3000sf 4/3.5 w/ study & bonus room, gated community, pool, clubhouse \$299,999. 904-646-0759

HOME FINDER REALTY

241-5501
 RENTALS AVAILABLE

BEACHES
ATLANTIC BEACH-- 283 Ahern St. 2 bdrm, 1 bath, 742sf --\$850/month
CYPRESS COVE-- 2283 Destine Ln. 3 bdrm, 2 bath, 2 car gar., like new --\$1150/mo
NORTH POINT VILLAS-- 2606 Quad Ct. #1, 2 bdrm, 1 bath, 729sf --\$550/month
JACKSONVILLE
ARBOR POINTE--13272 Grant Logan Lane, 4 bdrm, 2 bath, 2 car gar., 1330sf --\$1095/month
ARLINGWOOD-- 3 bdrm, 2 bath, 2 car garage --\$950/month
LANTANA LAKES-- 2668 Lantana Lakes Drive W, 3 bdrm, 2 bath, 2 car gar, 1264sf --\$995/month
PRESERVE AT SAN JOSE-- 3 bdrm, 2 bath condo, new wood floors, available now --\$995/month
NORTHSIDE-OCEANWAY
BONAPARTE CROSSING-- 630 Bonaparte Lane, 3 bdrm, 2 bath, 2 car gar., 1600sf--\$1245/month
DUNNS CREEK PLANTATION-- 3 bdrm, 2.5 bath, 2 story home. Small dog allowed with approval. Avail 4/15. --\$1250/month

MANY MORE HOMES AVAILABLE

JUST CALL US AT 241-5501
www.hfrjax.com
 2292 Mayport Rd, Suite 1 (Near NEX)

Westside

BALDWIN-NICE 3/2, FR FP, 1692sf, 140'x100' lot, close to schools. \$75,000. Call 904-928-3387

FOR SALE

GOV'T OWNED PROPERTIES
 Updated lists - go to website www.lukegroup.com or call us **THE LUKE GROUP, REALTORS** (904) 389-4381

Waterfront

100X600 LOT IN GREEN COVE
 Located in the Downtown area. Deep navigable water with dock, city water and sewer. \$129,900. 904-813-9264

Out of Area/Town/State

NC Mountains
 New 1328sf log cabin w/lot on 3+ acres \$89,900. Large deck, covered porch, views, creek w/3 springs, private and very EZ to finish. 828-286-1666

Manufactured Homes

Orange Pk 2011 Jacobsen modular. Landscaped Fenced lot. Owner financing \$695mo. 904-589-9585

Real Estate For Rent

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

Rooms For Rent

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

Commercial Real Estate

Commercial/Industrial For Sale
 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

Office Space For Rent

Westside, Lakeshore area Attractive Bldg 928sf, corner lot, great exposure only \$650mo 699-7825

Apartment Unfurnished

GREEN COVE SPRINGS
 Large 1/1 attached to airplane hanger on 1 ac. \$650m/\$500d 504-834-6209

I-95 & UNIV BLVD
 1BR, new paint, Crpt, H2O incl, across from schools, \$500/mo. 904-349-8706

Julington Crk Plantation
 4/2, 2 car, St Johns Cnty, W/D, town serv, pool membership, new crpt, new pnt \$1500/mo. 904-349-8706

Mandarin - For just \$950 per mo. Gated community, unfurnished 2BR/2.5BA Apt. in Bartram Park. Very clean and nicely maintained for family. 904-535-7514

Now Open Luxury Rental
 Brand New Construction. Private Gated Riverfront Community. HUD 2 & 3 bed/2 bath, w/d, 1 car garage. New! Lived In. 10% Military Discount. Direct access to I-95 - Exit 358. From \$750. 904.403.3790.

Apartment Unfurnished

Riverside & Westside 1 Br Starting at \$450 2 Br Starting at \$550 \$35 App. Fee! 771-1243 \$200 OFF 1st Month Rent

NOT 1! NOT 2! BUT 3. MONTHS FREE ON 2BR!!!! CALL NOW!!! 904.781.6616

Houses Unfurnished

4BR/2BA Ranch CHERKE LKS near Intracoastal. \$1300/mo, ready now 757-471-6557

MANDARIN at Bartram Park, 3/2.5 TH, W/D, garage, \$1050/mo. 321-363-6343

SOUTHSIDE / ARLINGTON
 3/2.5, 2 car garage, separate LR, DR, den. Inside laundry, fenced yard, no pets. 1222 Bellemoade Blvd \$1000 mo. + dep. Call 904-721-1102.

Westside/East Murray Hill
 Beautiful 3brdm, updated w/gar, ch&a fenced \$750 mo. 3232 Phyllis St. Call Angelo 626-4200

Westside - Murray Hill
 Updated 3/1 formal liv rm & din rm, ch&a, fenced yrd. Only \$850mo 699-7825

Westside - Lakeshore
 Cute 2/1 ch&a, fenced near bus stop. Only \$650mo. Call 699-7825

MARIETTA AREA, 2005, 2BR80 Fleetwood 1st & last down \$495mo. Call 904-589-9585

Middleburg 2008 Jacobsen modular 2 ac lot, paved road, owner has financing \$695mo. 904-589-9585

WESTSIDE RV LOT
 with water, sewer, electric & garbage included. Quietest neighborhood this side of Heaven. Most quality \$375mo. 904-781-5645

Commercial Real Estate

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

Commercial Real Estate

Commercial/Industrial For Sale
 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

Office Space For Rent

Westside, Lakeshore area Attractive Bldg 928sf, corner lot, great exposure only \$650mo 699-7825

Business & Financial

Business Opportunities
 Distributionships/
 Franchises
 Fictitious Names
 Financial Services
 Money to Lend/Borrow
 Mortgages Bought/Sold

Business Opportunities

BE YOUR OWN BOSS AND OWN A COMMERCIAL CLEANING FRANCHISE
 * Ground floor apply
 * Low down payments
 * Accounts provided & guaranteed.
 * No selling required
 * Guar. financing
 Mint Condition, Inc. 904-458-4386
www.mintconditioninc.com

Education & Training

Private Instruction
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Schools

Afraid of NEEDLES???
 But still want to be a part of the healthcare field, working behind the scenes? Consider Training in **Medical Billing and Coding!** Start training now! 866-315-9444
 Sanford-Brown Institute 10255 Fortune Parkway, Suite 501 Jacksonville, FL 32256

Big Dreams but little education? Train in: Healthcare, Business, Computers and Criminal Security Administration. No high school diploma or GED required for most programs. Call UEI Today! 877-206-1915 thinkuei.com

Does your FUTURE have a PULSE? Maybe training as a **CARDIOVASCULAR SONOGRAPHER** can bring your career goals back to life. Call now to get started! 888-432-2433
 Sanford-Brown Institute 10255 Fortune Parkway, Suite 501 Jacksonville, FL 32256

Give us 8 Months and We'll give you a career. Train in: Healthcare, Business, Computers & Criminal Security Administration. Text "KNOW" and your name to 8444. Std txt msg rates apply. TrueToday.com

Go inside the operating room. Train in Surgical Technology! Call today for more information. 888-397-8333
 Sanford-Brown Institute 10255 Fortune Parkway, Suite 501 Jacksonville, FL 32256

Love animals? Even the little guys need help. Train for a career in Veterinary Technology. Call today to ask about our classes. 888-371-0333
 Sanford-Brown Institute 10255 Fortune Parkway, Suite 501 Jacksonville, FL 32256

General Employment

HELP!!
 Fortune 500 co has 15 positions avail. Mgmt opportunities as well. \$500-\$1K/wk to start. WE TRAIN!
 Call Mr. Williams 829-5359

Schools

Make the family proud consider training as a **Medical Assistant!** Call now to get started. 866-315-9444
 Sanford-Brown Institute 10255 Fortune Parkway, Suite 501 Jacksonville, FL 32256

Now you can train to become a nurse! (without spending 4 years in school!) Ask about our Associate in Science Degree in Nursing program! 888-371-0333
 Sanford-Brown Institute 10255 Fortune Parkway, Suite 501 Jacksonville, FL 32256

Train in Pharmacy Technology And you could work in drug stores, Hospitals, and more! For more information on our classes call 888-397-8333
 Sanford-Brown Institute 10255 Fortune Parkway, Suite 501 Jacksonville, FL 32256

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 Automotive Sales/Service
 Aviation
 Civil Service/Government/
 Public Administration
 Computer Hardware/
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 Services
 Management/Professional
 Marketing
 Mechanics
 Medical/Health Care
 Marine/Trade
 Nurses/Nurses Aides
 Office/Clerical/
 Administration
 Part-Time
 Personal Services/Beauty
 Real Estate/Property
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 Recreation/Sports/Fitness
 Restaurant/Bar/Club/
 Food/Beverages
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 Science/Research
 Social Services/Counseling
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 Administration
 Part-Time
 Personal Services/Beauty
 Real Estate/Property
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 Recreation/Sports/Fitness
 Restaurant/Bar/Club/
 Food/Beverages
 Retail
 Sales
 Science/Research
 Social Services/Counseling
 Technical Support
 Telemarketing
 Transportation
 Warehouse/Inventory
 Work at Home
 Positions Wanted

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 Legal
 Maintenance/Janitorial
 Services
 Management/Professional
 Marketing
 Mechanics
 Medical/Health Care
 Marine/Trade
 Nurses/Nurses Aides
 Office/Clerical/
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 Part-Time
 Personal Services/Beauty
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