THE NS MAYPORT, FLORIDA
Mirror
2008 CHINFO Award Winner
Vol. 53 • Issue 28 www.nsmayport.navy.mil www.mayportmirror.com THURSDAY, July 21, 2011

-Photo courtesy of USS Philippine Sea

Electronics Technician 3rd Class Lucas Alderette of USS Philippine Sea shakes hands with rescued sailors off the Brilliante Virtuoso, a 144,000-ton crude carrier that was attacked by suspected pirates off the coast of Aden. USS Philippine Sea is currently operating under Combined Maritime Forces in the Arabian Gulf.

Phil Sea Rescues Brilliante Virtuoso Crew Off Aden

From Combined Maritime Forces Public Affairs

USS Philippine Sea (CG 58) responded to a distress call issued by the Marshall Islands-owned, Liberian-flagged, motor vessel Brilliante Virtuoso at approximately 3:30 a.m. (local time) July 6.

Brilliante Virtuoso, a 144,000-ton very large crude carrier, was approximately 20 nautical miles southwest of Aden, Yemen when they issued the call which stated they believed they were under attack by suspected pirates and required assistance.

The motor vessel was travelling eastbound from the Suez Canal through the Gulf of Aden at the time of the attack.

Shortly after the suspected attack, Brilliante Virtuoso reported a fire on board which was beyond their control and that their intention was to abandon ship.

Philippine Sea, operating under Combined Maritime Forces (CMF), responded to the distress call. Upon their arrival, they observed smoke coming from the superstructure of the ship and that the crew had abandoned ship in a life-raft.

They found no evidence of pirates and concentrated their efforts on assisting the crew members.

The owner of Brilliante Virtuoso has confirmed that all 26 Filipino crew members have been recovered safely by Philippine Sea.

CMF will continue to assist as appropriate. Combined Maritime Forces is a 25 nation maritime coalition that operates maritime security task forces in the Gulf of Aden, Red Sea, Somali Basin, Arabian Sea and the Arabian Gulf.

Instruction Changes To PRT

From Navy Personnel Command Public Affairs Office

In order to improve the overall health of Sailors and enhance the administration and execution of the Physical Readiness Program, Navy announced the revision of OPNAVINST 6110.1J in NAVADMIN 203/11, July 12.

The revised instruction will strengthen program compliance, improve physical fitness assessment (PFA) documentation and encourage Sailors to maintain the level of physical fitness required to support mission readiness. This is the first major revision to the physical readiness program since 2005.

"We reduced the instruction to just what leadership needs to know and the rest is contained in the Physical Readiness Program Operating Guide, which will be a how-to manual." said Bill Moore, Physical Readiness Program director. "It will provide information, procedural guidance, and supplementary information."

Several changes are reflected in the new instruction, including the requirement to complete the medical screening process prior to participating in the PFA as well as a reduction of the number of PRT scoring categories to five, ranging from "outstanding" to "failure."

The rules have also changed regarding medical waivers. Sailors granted two medical waivers in a 12-month period will be referred to a medical treatment facility for a medical evaluation board. In addition, failing the body composition assessment (BCA) is now considered an overall PFA failure and Sailors can no longer request a "bad day" exception for the BCA and are limited to one PRT retest for a given PFA cycle.

Mandatory administrative separation will continue for Sailors who have failed three PFAs within the most recent four-year period. While the instruction allows for waivers for those with three PFA failures, individuals may still face separation and may be prevented from transferring, reenlisting or extending in-service.

The instruction also stresses that passing the physical fitness assessment is a requirement for continued Navy service and failure to meet these requirements can result in administrative separation processing.

The Physical Readiness Program Operating Guide is now in place, accompanied by an updated version of the Navy Nutrition Guide and Fitness Enhancement Program (FEP) guidance that will reside online at the Navy Physical Readiness web page. The new guide

See PRT, Page 9

Boone Completes UNITAS 52 Pacific Phase

By Lt. Matthew Comer
UNITAS 52 Public Affairs

Guided-missile frigates USS Boone (FFG 28) and USS Thach (FFG 43) departed Valparaiso, Chile, July 8, after completing the Pacific phase (PAC) of UNITAS 52.

Chilean, Colombian, Ecuadorian and Peruvian and U.S. naval ships and personnel spent two weeks conducting joint exercises off the coast of Chile to improve interoperability and operational cooperation.

UNITAS PAC was hosted by the Chilean navy and began and ended in Valparaiso. The closing ceremonies were attended by Chilean Vice Adm. Francisco Guzman Vial, deputy commander in chief of the Chilean Navy and Rear Adm. Victor Guillory, commander, U.S. Naval Forces Southern Command/U.S. Fourth Fleet. The ceremonies were held at the Chilean Naval War College in Valparaiso and included a lessons learned debrief, plaque exchange and awards ceremony.

-Photo by Lt. Matthew Comer

Cmdr. Roy Love, commanding officer of guided-missile frigate USS Boone (FFG 28), and Lt. Cmdr. Rob Speight, Boone's executive officer, supervise as Boone approaches Chilean navy ship CNS Almirante Montt for a dry replenishment at sea. Boone, Montt and USS Thach (FFG 43) are participating in the Pacific phase of UNITAS 52 with 10 other ships from Chile, Columbia and Peru. Boone and Thach are deployed as part of Southern Seas 2011.

"The sacrifice to bring all of you here was worth while because of the high level of training that occurred here," said Chilean Rear Adm. Francisco Garcia-Huidobro, UNITAS multinational force commander. "But equally important, we have had fun and we realize that we can work together successfully in real life."

Guillory was awarded the Chilean Medal of the Naval Order of Merit, officer degree, in recognition of his genuine commitment and significant contribution to strengthening the relationships between the navies of the U.S. and Chile.

"Exercises such as UNITAS offer our maritime forces an excellent opportunity to enhance maritime domain awareness and interoperability with participating navies in the region...they help to build upon our already strong relationships," said Guillory.

Thach held the closing reception aboard their ship later that evening. Officers and crews from the 13 participating ships were invited to attend the event, which was catered by Thach's culinary specialists and food service assistants. Chilean navy Vice Adm. Jose Miguel Gonzalez, commander, Chilean Navy Operations Command and task group commanders from the participating nations were present at the event.

"It was a great honor to host the final UNITAS reception aboard USS Thach," said Cmdr. Jeffrey Scudder, Thach's commanding officer. It allowed us the opportunity to showcase the ship, our Sailors and the friendships we have made by

See Boone, Page 11

SWG, RGB
Come Back To Mayport
Page 4-5

Mayport Chapel Holds VBS

Naval Station Mayport Chapel will hold its Vacation Bible School "PandaMania" from Aug. 1-5, 8:30-11:30 a.m. for children 4 to 12 years old. Register at the Chapel during regular office hours. Call 270-5212 for more information.

Capt. Doug Cochrane

CAPTAIN'S CORNER

Shipmates,

Last Saturday, we welcomed back more than 350 Sailors stationed in USS Robert G. Bradley (FFG 49) and USS Stephen W. Groves (FFG 29) after an extremely successful six-month deployment. The ships and crews participated in African Partnership Station 2011, a 34-nation strong multinational security initiative aimed at improving maritime safety and security in Africa. While deployed, the ships made port visits to places such as Casablanca, Morocco, Algiers, Angola and participated in several multinational exercises and multiple community service projects. The warriors on Groves returned with several skull and crossbones painted on the bridge wing signifying combat operations against Somali pirates. After the smoke cleared on one such engagement, the crew sank a Pirate mother ship, killed in action three pirates, captured 19 more, rescued two Chinese fisherman, and ensured the Sea Lines Of Communication were clear for law abiding commerce. The crews of Groves and Bradley made a difference on the high seas! Awesome job, and both crews should be extremely proud of your service to our country. BRAVO ZULU!

Team Mayport really showed the Fleet how it was done last Wednesday, and a huge thanks goes out to the entire installation and all tenants for the safe and flawless on load of more than 1,500 USS Enterprise "Tigers!" "Big E" (USS Enterprise CVN 65), pulled in for an all too short port call on their return from a six-month deployment. In addition to the Tigers coming aboard the Installation, there were a myriad of moving parts that needed attention Wednesday and everyone that had a hand in this evolution came through in aces. Well done to everyone! Just when we thought it was "Miller Time," NALO announced the cancellation of a flight home for 116 shipmates from VAQ 137. Luckily, they were on board NS Mayport and Gail Washburn and David Hixon sprung into action and found 116 racks in the BEQ. Word has it that Steak Night at the CPO Club was larger than usual, as well as the mini mart having one of its best days ever for sales! Bottom line is we treated shipmates like shipmates, and it was all smiles the next day when they bid Mayport farewell. Bravo Zulu Mayport!

Many thanks to Jacksonville Mayor Alvin Brown, who took time from his busy schedule to come see us a couple of weeks ago. His main mission was to meet as many Sailors as he could. Although the visit was short, he was able to meet many in our Air Operations and Harbor Operations departments. He saw the pride and professionalism you bring to the table each day and he went away with quite an impression. Thanks to everyone involved.

Also a "many thanks" goes out to our British shipmates off HMS Dauntless who arrived for a port visit just in time for the July 4 weekend. The ship's crew had a ball at our own Beachside Community Center, and the ship's rock band packed the house. We loved it. Thanks to everyone who had a hand in their port visit.

On Sept. 26, CNN is coming to Mayport and bringing financial guru Clark Howard and morning anchor Robin Meade to tape a show on USS Farragut. I invite you to come and be part of the broadcast as we want as many to show as possible. National spotlight on the base is on!

Change is here. The Navy released a message announcing revisions to the sea/shore flow for enlisted career paths July 12, and the message below outlines those changes:

NAVADMIN 201/11 provides the Fleet with the updated sea/shore flow for every rating. Thirty-six ratings will see an increase in sea time, and 18 will now be classified as sea intensive. Sailors in these ratings can expect to spend more than half their careers at sea.

To meet the new sea/shore requirements, Navy Personnel Command may adjust some Sailors' projected rotation dates (PRD) based on the length of tour remaining. As a general rule, PRDs of March 2012 or earlier will not be adjusted, unless requested by the Sailor or if their commanding officer submits a request based on unit readiness or deployment needs.

To maintain proper career progression, no sea tour lengths will involuntarily exceed 60 months for Sailors with less than 20 years of service (YOS) and 48 months for Sailors with more than 20 YOS. Sailors are advised to contact their community manager or detailer for information on the availability of incentives such as sea duty incentive pay for volunteering to serve additional time at sea.

To read the complete list of enlisted rating career paths, visit the Navy Personnel Command website at www.npc.navy.mil.

Changes to the Physical Readiness Program were also announced last week with the implementation of the revision of OPNAVINST 6110.1J in NAVADMIN 203/11. Please pay close attention, as the instruction is the first major revision since 2005.

The revised instruction will strengthen program compliance, improve physical fitness assessment (PFA) documentation and encourage Sailors to maintain the level of physical fitness required to support mission readiness.

Several changes are reflected in the new instruction, including the requirement to complete the medical screening process prior to participating in the PFA as well as a reduction of the number of PRT scoring categories to five, ranging from "outstanding" to "failure."

The rules have also changed regarding medical waivers. Sailors granted two medical waivers in a 12-month period will be referred to a medical treatment facility for a medical evaluation board.

In addition, failing the body composition assessment (BCA) is now considered an overall PFA failure and Sailors can no longer request a "bad day" exception for the BCA and are limited to one PRT retest for a given PFA cycle.

Mandatory administrative separation will continue for Sailors who have failed three PFAs within the most recent four-year period. While the instruction allows for waivers for those with three PFA failures, individuals may still face separation and may be prevented from transferring, reenlisting or extending in-service.

The instruction also stresses that passing the physical fitness assessment is a requirement for continued Navy service and failure to meet these requirements can result in administrative separation processing.

The Physical Readiness Program Operating Guide is now in place, accompanied by an updated version of the Navy Nutrition Guide and Fitness Enhancement Program (FEP) guidance that will reside online at the Navy Physical Readiness web page.

Finally, a plug for the upcoming Blood Drive at the Beachside Community Center on Tuesday, July 26. Blood will be collected from 9 a.m.-2 p.m. Come out and give and help save a life!

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

A New School Year Is Around The Corner

Judy Cromartie
School Liaison Officer

KNOWING THE ROPES

A New School Year is Just Around the Corner

This time of year gives a perfect opportunity for you and your child to discuss areas in which there's room for improvement - and how he can achieve success in those problem areas this next school year. Here are some ideas, along with advice from Adele Brodkin, Ph.D. (a senior child development consultant for Scholastic), on how to start the new school year with a positive attitude.

Getting Started

The feeling of starting a new year could be lost on younger kids, so Dr. Brodkin recommends introducing the concept of goal-setting to upper elementary-age children (say grades 3 and up). "Start by talking about your own goals," she says. "What are you going to do? Share them with your child and explain why you have decided to make a change. Talk about the school year and how each August is the perfect opportunity for a fresh start," says Dr. Brodkin.

The next step is asking your child if he has any ideas or suggestions for changes that he thinks need to be made to be more successful this year. "You may be surprised at the motivation he displays," says Dr. Brodkin. "Whatever his suggestion is, let him know that you think it's a worthwhile undertaking and that you'll help him see it through."

Encourage your child every step of the way. You can even ask other family members to come up with their own ideas for how they are going to make changes this year in school or at work.

The possibilities are endless. Your child can decide to...

...be more organized at home and at school!

...figure out how to get his homework done without mom's nagging!

...eat a healthy breakfast each morning before school!

...get to bed at a reasonable time each night!

...not wait to the last minute to study for a test!

...spend more time with the family!

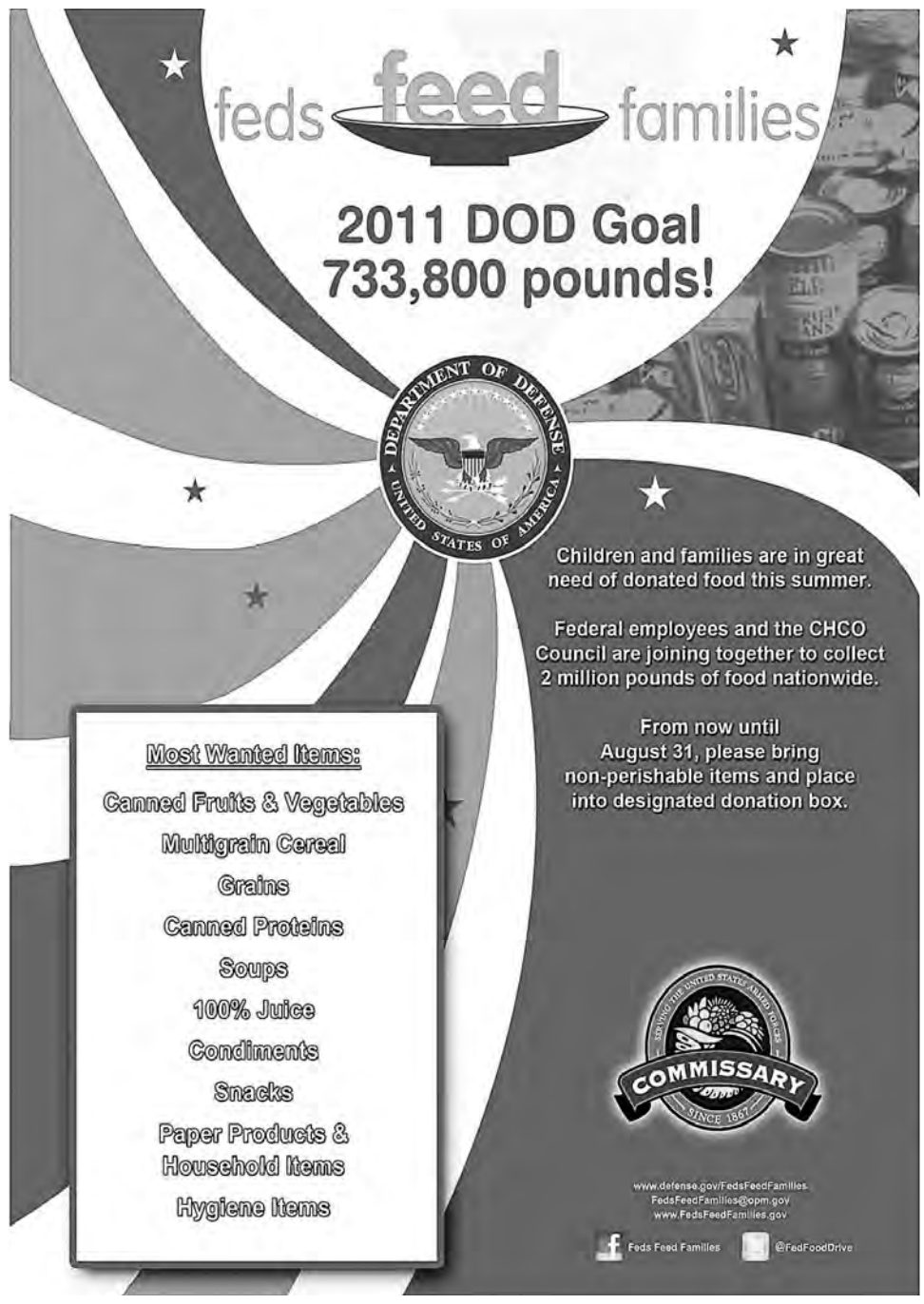
Plan B

But plans can fall apart. No worries - it is natural, and more than often happens to adults. So what to do when, a few weeks into the new year, your child goes back to his old ways? Draw on these motivating ideas:

* Try, try it again
* Offer small rewards
* Guide and offer assistance, but remember no pressure!

Tell your child that frequently plans have to be modified; it doesn't have to be "all or nothing." Explain that it's great to strive for big things, and have high expectations but you don't want your child to feel overwhelmed. Making a plan can be a great learning experience. Following through with the plan is even more rewarding!

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article, want a copy of the Un/Underfunded Mandates for Duval Schools, or have 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.



Providing help. Creating hope.
Catholic Charities USA
www.CatholicCharitiesUSA.org • 1-800-919-9338
A CFC participant. Provided as a public service

Command Chaplain
Lt. Cmdr.
Jerome Cayangyang

Roman Catholic Mass
Sunday 9 a.m.
Monday-Thursday
11:30 a.m.
Confessions:
before & after mass or upon request
CCD & RCIA:
Sunday 10:30 a.m.
Baptisms
3rd Sunday of month
Protestant Worship
Sunday 10:30 a.m.
Sunday school 9:15 a.m.
Choir: Wednesday 7 p.m.
Baptism: For information contact your chaplain
Women's Bible Study
Wednesday 10 a.m.
The Church of Jesus Christ of Latter-Day Saints
Family Home Evening Social
Wednesday 7 p.m.
For more information or other worship opportunities and religious organizations in Jacksonville, call 270-5212.

The Mirror NS MAYPORT, FLORIDA

Naval Station Mayport

Capt. Douglas F. Cochrane ..... Commanding Officer
Cmdr. Patrick Pickard ..... Executive Officer
CMDCM David Anderson ..... Command Master Chief

Naval Station Mayport Editorial Staff

Bill Austin ..... Public Affairs Officer
ET1(SW/AW) Marty Parsons ..... Deputy Public Affairs Officer
OS2 Shantae Salmon ..... Assistant Public Affairs Officer
Paige Gnann ..... Editor

The Mirror is distributed without charge throughout Mayport's Navy community, including the Naval Station, on- and off-base Navy housing areas, and ships, squadrons and staffs homeported at NS Mayport. Copies are also available at the Naval Station's Public Affairs Office, Building 1, and The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.
The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

The Mirror
P.O. Box 280032
Naval Station
Mayport, FL 32228-0032
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

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of **The Mirror** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Navy. Published by The Florida Times-Union, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Station Mayport, Fla. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, U.S. Navy or The Florida Times-Union, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. The editorial content of this publication is the responsibility of the Naval Station Mayport, Fla., Public Affairs Office.

The Mirror NS MAYPORT, FLORIDA

Advertisements are solicited by the publisher. Inquiries regarding advertising should be directed to:
Ellen S.Rykert • Publisher
1 Riverside Avenue • Jacksonville, FL 32202
(904) 359-4168
Tom Castle • Advertising Sales Manager
(904) 359-4336 • FAX: (904) 366-6230

HSL-48 Detachment One Returns Home

By Lt. John Caldecutt
HSL-48

The Smokin' Aces of HSL-48 Detachment One returned home on July 13 to a crowd of proud family members, friends, and spectators.

Detachment One deployed on Jan. 13 to support operations in the 5th Fleet area of responsibility. A

fter a few days of exercises off the Virginia coast and dealing with the Norfolk winter, they turned towards Europe to get on station. At the end of their TRANSLANT, they participated in a two day exercise with Portuguese forces and then pulled into Lisbon, Portugal for their first taste of overseas liberty.

Next stop was the Strait of Gibraltar, a narrow transit corridor between Africa and Europe, which enables ships to enter and exit the Mediterranean Sea.

Detachment One was responsible for maintaining a surface picture to identify all the ships near the strike group; a job it did well during many transits throughout deployment.

As they transited the Mediterranean, Detachment One had an opportunity to fly into Sigonella, Italy to receive parts for the helicopters and the ship, and also pick up some pizza. As they continued East, the next port call was just around the corner in Marmaris, Turkey.

Next, the ship headed South to transit through the Suez Canal. In the Red Sea, they spent time patrolling for pirates while awaiting further tasking. After a few weeks on patrol, they headed towards their assigned area to support Operation Enduring Freedom.

USS Enterprise relieved tUSS Carl Vinson and USS Leyte Gulf assumed the responsibilities of Maritime Regional Air Defense Commander.

Detachment One became nocturnal and flew the majority of their flights protecting the carrier from sundown to sunrise.

During this time, the ship responded to piracy distress calls from two merchant vessels and a sailing vessel. They reacted rapidly, often in conjunction with other coalition forces.

During three separate occasions, they flew their helicopters for approximately 24 hours straight to provide real time intelligence and interdiction support of the anti-piracy operations. The efforts of the strike group directly contributed to more than 48 civilian mariners avoiding capture and the arrest of over 24 suspected pirates.

After approximately 50 days underway, the ship headed for Bahrain for some liberty and supplies.

After a few days, they were underway again, in support of Operation New Dawn. They continued to fly from sunset to sunrise, but were now operating in the Arabian Gulf and had a lot more shipping to observe. After a couple weeks in the Arabian Gulf, they transited out of the Gulf to resume missions in support of Operation Enduring Freedom.

When they were initially relieved by the USS Ronald Reagan, they headed back towards the Red Sea and the Suez Canal. Although complete with Operation Enduring Freedom operations in the Indian Ocean, their transit towards the Suez Canal and out of Fifth Fleet took them through areas with a historically high-risk for piracy. They continued to fly during this transit to protect merchant vessels and provide necessary deterrence.

Their last port visit was in Tarragona, Spain. It is located on the East coast of Spain by the Mediterranean Sea. While liberty in Spain was a much needed relief, Mayport was forefront in everyone's mind and they were happy to pull out and head towards the Strait of Gibraltar, the Atlantic Ocean, and eventually homeport.

Detachment One saw many successes throughout their deployment as a result of their hard work. They patrolled the seas and skies for over 900 hours to protect their strike group. They were also able to medically evacuate four coalition sailors to USS Enterprise and USS Boxer for treatment of injuries, saving at least one life as a result.

Members of the detachment had personal successes as well. During the course of workups and deployment seven were promoted, seven earned Enlisted Air Warfare Specialist designations and ten earned Enlisted Surface Warfare Specialist designations. The detachment earned the Global War on Terror Expeditionary Award, the Sea Service ribbon, and eleven Navy and Marine Corps Achievement Medals.

HSL-48 'Horsemen' Ride Back To Mayport

By Lt. Rich Kroeger
HSL-48

The HSL-48 Detachment Four Horsemen returned home on July 13 to their family and friends.

After a year-long work-up cycle, Detachment Four finally began its deployment embarking in USS Bulkeley on Jan. 13, 2011 to support counter-piracy operations off the horn of Africa.

After completing the journey across the Atlantic and prior to transiting through the Suez Canal, the detachment had the opportunity to enjoy some liberty in Taranto, Italy. Although the weather did not cooperate, the detachment was able to enjoy the port and its many restaurants and cafes.

After leaving Italy, the ship headed south through the Suez Canal and made a quick transit through the Red Sea. From there Bulkeley was assigned to a multi-national task force with a mission to deter piracy. Specifically, Detachment Four provided air coverage in the Internationally Recognized Transit Corridor (IRTC) where the majority of the world's shipping passes. The Horsemen responded to multiple distress calls, providing near constant coverage in support of these operations.

Responding to several tankers in distress, Bulkeley utilizing air coverage provided by Detachment Four, was able to prevent pirates from taking control of these vessels. Ultimately, this resulted in the capture of several pirates, ensuring the safety of the commercial ships, their crews, and millions of barrels of oil onboard.

After more than 50 days underway, the ship headed for Oman for some well-deserved rest and relaxation. Following a brief port visit, the ship got underway and resumed its anti-piracy mission. Following 60 days of patrol, the ship pulled into Bahrain for repairs. Although this was considered a working port, the crew was able to enjoy some liberty, have some shwarmas, and make a much-needed trip to the Navy Exchange. The ship left Bahrain and was tasked to conduct routine patrols in the Persian Gulf. After a couple of weeks dealing with the outrageous heat, humidity, and dust in the gulf, the crew was happy to return to the Indian Ocean.

With the end of a long deployment in sight, the Detachment Four Horsemen were looking forward to pulling into the highly anticipated Mediterranean ports. The detachment was able to enjoy time of in St. Raphael France, Menorca Spain, and Lisbon Portugal.

After departing Lisbon, Bulkeley rejoined the Enterprise Strike Group and their sister detachment HSL-48 Detachment One embarked in Leyte Gulf for the trip home. During the deployment, HSL-48 Detachment Four flew nearly 800 hours in support of multi-national anti-piracy efforts ensuring the free flow of trade on the high seas.

NO APPLICATION NO ADMINISTRATION FEES NO SECURITY DEPOSITS*

LOOK AND LEASE FOR ONLY $49 WITH THIS AD.
SHOW YOUR MILITARY ID FOR COMPLIMENTARY APPLICATION PROCESSING

THE CLUB Luxury Apartment Homes CHARTER POINTE

The Club at Charter Pointe offers one, two and three bedroom apartment homes with spacious floor plans. Located near the historic St. Johns River in the beautiful University Club area, just minutes from I-95, downtown Jacksonville, Mayport, JaxPort, and Jacksonville University, the Club is the ideal community to call home.
Contact us Today @ **904-745-5950**
for more details about our community!

Added Discounts for Military - DoD-Dependants-Retirees-Reserves

EXTRA LARGE Floor plans • Secluded Patio/Balcony
Washer/Dryer Hookup (in select homes)

Private Island Picnic Area
Fitness Center & Tennis Court
Private Lake with Lake Views Available

Just minutes from Blue Cypress Public Golf Course
Sun Filled Kitchens (in select homes)
Relaxing Pool with Sun Deck
Close to the Jacksonville Zoo & Mayport
Convenient to Mayport,
Jacksonville University, 9A, & More!

DIRECTIONS

From downtown, cross Mathews Bridge, exit north on University Blvd.
The Club at Charter Pointe is located on University Club Blvd. about 1 mile north of Fort Caroline Road.

5501 University Club Blvd.
N Jacksonville, FL 32277-1439

Office Hours
Monday - Friday 9-6
Saturday 10-5 | Sunday 1-5

(904) 745-5950
*with approved credit

1109722

AU-1918

DUTY.
HONOR.
EDUCATION.

NAVIGATE YOUR FUTURE WITH ASHFORD UNIVERSITY.

Achieving a quality education is affordable and within reach. Thanks to Ashford's Military Tuition Grant, undergraduate courses are only **$250 per credit** plus applicable fees, and Ashford provides learning materials for all required courses. These benefits are available to eligible service members, spouses, and dependents. Plus, your military training can translate into college credit. That's just the beginning — to learn more about your benefits, call Ashford University® today.

CALL 800.590.9307

OR VISIT

MILITARY.ASHFORD.EDU/MIRROR

ASHFORD UNIVERSITY®
FOUNDED 1918

Accredited by The Higher Learning Commission and a member of the North Central Association (www.ncahlc.org). For more information about on-time completion rates, the median loan debt of students who completed each program, and other important information, visit military.ashford.edu/pd.

AU | 400 NORTH BLUFF BLVD. | CLINTON, IA 52732

11AUAM1115 • AC-0255

990450

Welcome Back To Mayport USS SW Groves

From USS Stephen W. Groves

USS Stephen W. Groves (FFG 29) will complete her final deployment after nearly 30 years of service on July 16.

The demanding and successful deployment was to both Fifth and Sixth Fleet areas of responsibility and was in support of of Africa Partnership Station (APS) East and NATO Counter-Piracy Operations.

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.

While serving as an asset for APS, Groves hosted an International African Staff who coordinated all exercise and training events between the United States and six Eastern African nations.

Additionally the officer wardroom welcomed 21 African Naval Officers through underway periods from five African nations, providing training opportunities and lessons that the foreign officers would take back to their respective countries.

In addition to hosting African Naval Officers onboard, Groves also participated in two hub training events in Dar Es Salam, Tanzania, from Feb. 22 to March 3, and Port Louis, Mauritius, from March 22 to 28. During these "Hubs," more than 500 African Sailors from six East African nations were trained in Visit Board Search and Seizure, Shipboard Electrical Safety, Damage Control, Search and Rescue, and other vital Naval skills.

After three months of conducting training with African Partnership Nations, Groves disembarked their last foreign naval officer and transitioned their mission focus from one of training to real world counter piracy operations with NATO as a member of Operation Ocean Shield off the Horn of Africa and Somali Coast.

During their participation in Operation Ocean Shield Stephen W. Groves, disabled one pirate mothership and four small skiffs after capturing 19 Somali pirates and freeing two Chinese fishermen from pirate captivity.

Additionally the crew executed intelligence, search, and reconnaissance operations in the conduct of 15 approaches and two boardings of fishing vessels to provide assistance to Somali fisherman or to search for suspected pirate activity.

The actions were instrumental in keeping sea lanes open for all vessels to freely and safely navigate international waters.

Outside of the missions of training and counter piracy the Groves' crew was able to make 23 port visits while traveling more than 32,000 nautical miles in their circumnavigation of the continent of Africa.

The crew also hosted several dignitaries, which included Senator Kirk, Vice Adm. Harris, Rear Adm. Norton and various other high-level foreign state and governmental officials.

The crew's humanity and generosity was displayed over the course of five community relations events in four nations, highlighted by the delivery of 800 water filtration systems to areas of critical need in support of four Non-Governmental Organizations participating in Project Handclasp.

These true acts of good will contribute greatly to strengthening key partnerships and enhancing the Navy's posture and operational reach over the Eastern Africa region.

Groves Commanding Officer, Cmdr. Matthew Rick, said he was pleased with his crew's performance.

"Because of our training and preparation, the crew performed brilliantly on the global stage," Rick said. "They represented their ship, their Navy and their country with honor, courage, and commitment.

Stephen W. Groves Sailors know that while they were away from their loved ones, they made a difference in the world."

Stephen W. Groves, an Oliver Hazard Perry-class frigate, is homeported out of Mayport, Florida, and is scheduled to decommission in February 2012.

-Photo by Paige Gnann

Amanda Kurtzhalts welcomes back her boyfriend, Lt.j.g. Christian Mack, with the ship's 'First Kiss' during the homecoming celebration for USS Stephen W. Groves. Groves returned to Mayport on July 16 after a seven-month deployment to the Fifth and Sixty Fleet areas of responsibility.

-Photo by Paige Gnann

Chief Damage Controlman David Stuart gets a big homecoming hug from his 5-year-old son Jeffery during Groves' homecoming on Foxtrot Pier in Naval Station Mayport.

-Photo by MC2(SW) Jacob Sippel

Boatswain's Mate 1st Class Rico Hicks hands out flowers to his family upon returning to homeport.

-Photo by Paige Gnann

Four-year-old Sanai Stigall runs into the arms of her father, Damage Controlman 1st Class Charles Stigall, for a big welcome home hug.

-Photo by Paige Gnann

Lt.j.g. Marc Schron is welcomed home by his parents, Spencer and Ellie Schron, after returning to NS Mayport with Groves.

-Photo by MC2(SW) Jacob Sippel

Gas Turbine Systems Technician-Electrical 3rd Class Timothy Tuggle kisses his daughter Phoebe on the forehead upon returning to homeport.

-Photo by MC2(SW) Jacob Sippel

Gas Turbine Systems Technician-Mechanical Fireman Lauren Bailey holds his daughter Laiyla upon returning to homeport.

Photo by: MC2 (SW) Jacob Sippel

Friends and family eagerly await their loved ones on board USS Robert G. Bradley (FFG 49) as they return from deployment. Bradley returns to Naval Station Mayport after completing a six-month deployment participating in African Partnership Station 2011, a multinational security initiative comprised of 34 nations aimed at improving maritime safety and security in Africa.

Robert G. Bradley Returns Home from Deployment

From USS Robert G. Bradley

Robert G. Bradley returned home Saturday after completing a six month deployment to the Sixth fleet area of operation. Robert G. Bradley was a part of African Partnership Station 2011. African Partnership Station is a multinational security cooperation initiative, currently comprised of 34 nations and led by U.S. Naval Forces Europe-Africa. APS is aimed at improving maritime safety and security in Africa while building lasting relationships. To do this, APS focuses on addressing maritime professionals, maritime infrastructure, maritime domain awareness and response capability while simultaneously fostering both a regional and comprehensive approach.

Robert G. Bradley had three successful APS hubs in Lome, Togo; Freetown, Sierra Leone; and Lagos, Nigeria. During these hubs, classes were taught on a variety of topics including maritime security, junior officer leadership, small boat engineering, and intelligence gathering.

Through completing APS, RGB took a part in several Theatre Security and Cooperation visits in Mauritania, Morocco, Senegal, Algeria, Sao Tome and Principle, Gabon, and Angola.

Vice Adm. Daniel P. Holloway, Commander Second Fleet, said "Your support to African Partnership Station (APS) was highlighted by your superb interactions with 10 nations across the continent. Your expertise contributed greatly to the successful training conducted during three APS hubs and seven theater security cooperation events."

During APS members of the crew participated in Damage Control training, Visit Board Search and Seizure training, small boat training, and ten community relations projects. These COMRELS included painting schoolhouses and hospital wings, working at orphanages, and refurbishing buildings. Robert G. Bradley also hosted twenty APS ship riders on board. These ship riders each had a sponsor and would work with crew members to receive training and better understand their jobs.

USS Robert G. Bradley also participated in several exercises throughout the deployment, Obangame Express, Saharan Express, and Phoenix Express. Each exercised designed to increase maritime security and cooperation with participating nations. Throughout the deployment, Robert G. Bradley was visited by General Ward (AFICOM), General Ham (AFRICOM), and the Master Chief Petty Officer of the Navy, Rick West.

"You did an outstanding job representing the Navy and the nation by hosting numerous dignitaries to include the commander, AFRICOM, a large number of ambassadors and foreign flag officers," said Vice Admiral Holloway. "The diplomacy you exhibited during these visits was a catalyst in developing strong partnerships and expanding the operational and tactical scope of the Navy within this dynamic and volatile theater of operation."

Overall, this deployment was highly successful at completing the mission of improving maritime safety and security in Africa while building lasting relationships.

The Robert G. Bradley crew had a superb and rewarding deployment, and will have many stories to share with their families and friends.

Photo by: MC2 (SW) Jacob Sippel

USS Robert G. Bradley (FFG 49) returns to Naval Station Mayport following a recent deployment.

Photo by: MC2 (SW) Jacob Sippel

Bladen Guyton waits for his father, Engineman 2nd Class Justin Guyton, to depart the ship.

Photo by: MC2 (SW) Jacob Sippel

Ensign Dan Pokelwaldt greets his family upon returning to homeport.

Photo by: MC2 (SW) Jacob Sippel

Chief Gas Turbine Systems Technician-Mechanical Joe Bigwarfe kisses his wife Renee after returning to homeport.

-Photo by Kaylee LaRocque

Tim Ellis, a landowner near Outlying Field (OLF) Whitehouse signs a restrictive easement selling his property easement rights to the U.S. Navy as (from left) Community Planning Liaison Officer Matt Schellhorn, City of Jacksonville third-party land negotiator Mark Middlebrook and Naval Facilities Engineering Command Southeast real estate professional Jerry Busch look on. This is the first restrictive easement purchase as part of the multi-year encroachment protection agreement.

Community Plans, Liaison Officers Safeguard Mission, Community

By Suzanne Speight
Region Southeast Public Affairs

As residential and commercial developments expand around what were once rural areas, a military installation's mission, existence, and the economic well-being of the surrounding communities can be at risk. While no "one-size-fits-all" approach can prevent or stop growth altogether, Navy Region Southeast Community Plans and Liaison Officers (CPLO) are proving that with the proper planning, adjacent lands can be utilized in ways that are both compatible with the military mission and enhance the value of the neighboring community.

"All military installations attract development," said Navy Region Southeast Regional Mission Sustainment Officer Dave Dahl. "A military installation is inherently a major economic driver that attracts employees and businesses, which in turn spawns area development." Dahl said the CPLO's main mission is to safeguard the health, safety and welfare of the public, while supporting the operational mission of the base.

Reporting directly to the commanding officer, CPLO's play a critical role in communicating, managing and taking action regarding compatible land use issues that impact the installation's mission.

The CPLO is responsible for quickly identifying possible mission impacts stemming from land use development, and taking steps to find a balanced solution that benefits the Navy and the community. Although CPLO's in various forms have been around since the late 1980s, the role has increased in prominence in the last ten years, the result of hard-fought lessons learned in places like Naval Air Station Oceana, Va., where homes and businesses sit directly in the path of low level jet training.

CPLO's start with an Encroachment Action Plan (EAP), which identifies and prioritizes potential compatible land use issues. The EAP gives the CPLO a road map to identify stakeholders, reach out to community businesses and city planners, and build partnerships that both allow development while protecting the mission of the base and the economic benefits it brings to the community. In Navy Region Southeast, no two bases are exactly alike, and each of the region's 15 installations has unique mission sustainment challenges. From Georgia to Texas to the Florida Keys, every CPLO has to become an expert in the operational needs of the base and the threats to that mission in the local community.

"Two-way communication between the military and our communities is essential to successful and compatible land use and ensuring the long-term health of our military installations," Dahl said. "However, we have a lot of tools to help our CPLO's educate the public and work with planners."

Among those tools are Air Installation Compatible Use Zones (AICUZ) studies, which help to demonstrate noise contours and accident potential zones around an installation airfield, and Range AICUZ, which does the same thing for ranges. These studies help zoning officials protect the health, safety, and welfare of the public.

Another valuable tool is the Joint Land Use Study (JLUS), which is run by the city or county and funded by the Department of Defense's Office of Economic Adjustment. The Navy is a part of those studies, and it helps cities and municipalities determine a way ahead for development that will benefit the community without impacting the mission of the installation.

Rachel Wiggins served as a JLUS Project Manager before becoming the CPLO at NAS Fort Worth JRB. "The JLUS data here in Fort Worth really allowed the communities to become the owners of the process for compatible planning around the installation," Wiggins said. "We all learned more about AICUZ, began to apply it to zoning decisions, and have gone a step further to begin looking at housing supply, transportation issues, and peer review of one another's projects near the base. The JLUS made this intergovernmental dialogue come to life in a way that supports the military mission in North Texas."

"It doesn't happen overnight," said Matt Schellhorn, the CPLO for both Naval Air Station Jacksonville and Naval Station Mayport. "It takes time to build trust and confidence between communities and the Navy. It's all about building relationships." That means a lot of getting out in the community for CPLO's, not just sitting at a desk. They play an active and participatory role in city planning meetings and conferences, meet stakeholders and influential community members, and provide an understanding of the installation mission through base tours and presentations. "They might come in thinking 'all you do is make noise,' " Schellhorn said. "But then they leave realizing the significance of the work we do every day."

Better together

Bringing AT&T customers a stronger network faster.

AT&T customers, including those who join us from T-Mobile, will see significant service improvements from the merger. The addition of T-Mobile's spectrum resources and thousands of cell sites will quickly increase capacity and coverage, resulting in better call reliability and data speeds.

Mobile data traffic on AT&T's network has grown 8,000% over the last four years. With tablets, cloud computing, and a new generation of bandwidth-hungry devices on the horizon, demand is expected to increase an additional 8-10 times by 2015.

Integrating T-Mobile's network resources, while continuing AT&T's network investment, is the surest, fastest, and most efficient way to meet this challenge.

Continued innovation for T-Mobile customers.

Through the integration with AT&T, T-Mobile customers can continue to enjoy innovative technologies, devices, and services for many years to come. They will have the freedom to keep their existing pricing plans and phones, and will benefit in the future with expanded capabilities.

T-Mobile customers will also benefit from network enhancements — such as improved coverage in remote regions and access to AT&T's planned next generation networks.

Reaching more of Florida with LTE.

LTE technology is a super-fast way to connect to the Internet. The combination of AT&T and T-Mobile will allow AT&T to expand its LTE wireless broadband network to cover over 98% of Florida residents. That means one million more people in Florida, many in small towns and rural areas, will get access to LTE due to the merger.

Our customers will get a stronger network. The state will get a new choice for broadband. And more of Florida will get access to a cutting-edge wireless network and all the opportunities it brings.

at&t T-Mobile

MobilizeEverything.com

© 2011 AT&T Intellectual Property. All rights reserved.

MWR HAPPENINGS

July 22: Outdoor Movies. Film begins at Sunset behind Beachside Community Center. FREE. 270-7205
July 22: 7 Street Band. 9 p.m. Live at Castaways. FREE. 270-7205
July 25: Summer Swim Lesson Session IV Begins. Registration in July 22-23 at the pool from 8-10 a.m. Cost is $40 per child/adult; $35 if child is enrolled in Youth Summer Camp. 270-5101.
July 25: Captain's Cup Intramural Flag Football Begins. Season ends Sept. 27. 270-5452
July 27: 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 4th Fleet. For tickets, call MAC Kenneth Ramsey at (904) 270-4087.
July 29: Outdoor Movies. Film begins at Sunset behind Beachside Community Center. FREE. 270-7205
July 31: Christmas in December Family Fun Bowl. 4-7 p.m. at Mayport Bowling Center. Enjoy three hours of bowling and an awesome video laser light show as well as a traditional spaghetti dinner, presents for the kids, free Santa hats and more. 270-5377

KID ZONE

July 22: Outdoor Movies. Film begins at Sunset behind Beachside Community Center. FREE. 270-7205
July 25: Summer Swim Lesson Session IV Begins. Registration in July 22-23 at the pool from 8-10 a.m. Cost is $40 per child/adult; $35 if child is enrolled in Youth Summer Camp. 270-5101.
July 29: Outdoor Movies. Film begins at Sunset behind Beachside Community Center. FREE. 270-7205
July 31: Christmas in December Family Fun Bowl. 4-7 p.m. at Mayport Bowling Center. Enjoy three hours of bowling and an awesome video laser light show as well as a traditional spaghetti dinner, presents for the kids, free Santa hats and more. 270-5377

You may be a veteran or actively serving your country and have questions about your options outside of the military. Florida State College appreciates your service and would like to see you get the credit you deserve. We provide high quality education and services to you and your spouse, and will maximize college credits for military experience. And if you're wondering if we accept the GI bill … the answer is yes. You've answered life's call to serve your country and we're offering you an extraordinary opportunity to discover what else life has in store. Learn more. Call Florida State College at **(904) 359-5433** or visit **fscj.edu/answerlife**.

answer life.

(904) 359-5433 | fscj.edu/answerlife

FLORIDA STATE COLLEGE
A DIVISION OF FLORIDA STATE COLLEGE AT JACKSONVILLE

Florida State College at Jacksonville is a member of the Florida College System. Florida State College at Jacksonville is not affiliated with any other public or private university or college in Florida or elsewhere.

Florida State College is a division of Florida State College at Jacksonville. Florida State College at Jacksonville is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools ("SACS") to award the baccalaureate and associate degree. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, or call (404) 679-4500 for questions about the accreditation of Florida State College at Jacksonville.

1111283

The Roar Visits ITT

-Photo by Sarah Barthlemey

Lt.j.g. Travis Dunn, Lt.j.g. Patrick Sippel and Lt.j.g. Kyle Walker get their pictures taken with The Roar cheerleaders of the Jacksonville Jaguars during the 2011 preseason ticket sales at ITT on July 15.

LIBERTY
CALL

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.

July 21: Jacksonville Suns Baseball. Van departs Liberty Center at 5:30 p.m. FREE

July 22: 7 Street Band. 9 p.m. Live at Castaways. FREE. 270-7205

July 22: Culhane's Irish Restaurant "Trivia" Dinner Trip. Van departs Liberty Center at 6:30 p.m. Transportation only.

July 23: Daytona Beach Day Trip. Van departs 8:30 a.m. Transportation only. FREE

July 24: Movie Trip. Van Departs Liberty Center 1:30 p.m. Cost $2. Transportation Only.

July 25: Captain's Cup Intramural Flag Football Begins. Season ends Sept. 27. 270-5452

July 27: 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 4th Fleet. For tickets, call MAC Kenneth Ramsey at (904) 270-4087.

PRT

From Page 1

incorporates policy guidance from OPNAVINST 6110.1H and NAVADMINs 293/06, 277/08, 073/09, 247/09 and 131/10.

"A Sailor can achieve long-term health and fitness by making regular physical activity and a solid nutrition plan a lifestyle priority. That commitment is consistent with Navy Core Values and helps ensure Sailors remain competitive," said Bill Moore, Physical Readiness Program director. "Every Sailor competes to stay and fitness is one component of this process."

For a full explanation of the changes, read NAVADMIN 203/11 at http://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2011/NAV11203.txt.

LIVE SHOP DINE PLAY
LIVE LOCAL
We Support Our Troops
1104603

Enjoy a
COMPLIMENTARY
Bloomin' Onion or any Appetizer on the house
with this ad at this location only.
YouTube
NOW OPEN
SUNDAY'S FOR LUNCH
OUTBACK STEAKHOUSE®
13245 Atlantic Blvd. 904-220-5899 Near Queen's harbor OUTBACK.COM
1074751

ADVENTURE LANDING
Shipwreck Island WATERPARK
Safe Family Fun
At Adventure Landing
Military Discounts Everyday!
Active Duty, Dependents, Retirees, Reserves, DOD
1944 Beach Blvd., Jax. Beach,
904-246-4386
www.AdventureLanding.com
1118077

BAD CREDIT?
APPROVED
Repair Your Credit NOW!
WE CAN HELP!
- LATE PAYMENTS
- COLLECTIONS
- CHARGE OFFS
- BANKRUPTCIES
- JUDGEMENTS
- LIENS
- INQUIRIES
- FORECLOSURES
- REPOSSESSIONS
- IDENTITY THEFT
- INCORRECT PERSONAL INFORMATION
CALL TODAY FOR FREE CONSULTATION
904-685-1006
WWW.FLCREDITSERVICES.COM
1119823

SINCE 1980
JIMMY'S JEWELRY and PAWN
• Top $$ for Gold • CA$H loans
We buy and sell guns & things of value
(904) 249-9970 • 55 Sailfish Dr., Atlantic Beach, FL 32233
1074746

Bongiorno's
Philly's~Burgers~Wraps~Beer
buy 1 get 1 50% OFF*
ANY MENU ITEM ANY DAY LUNCH OR DINNER
With this coupon. Dine in only - cannot be combined w/any other offers. Excludes alcohol.
2294 Mayport Rd. • 246-3278
1118958

MATTRESS OUTLET
ALL THE BEST BRANDS @ THE BEST PRICES EVERYDAY!!
STOP
Latex • Coil • Memory Form • Pillow Top • Plush • Firm • Ultra Plush • Ultra Firm • Euro Top • With Edge Support
STOP
SO MANY CHOICES AT SUCH LOW PRICES!!
UP TO 70% OFF RETAIL WITH THIS AD
FREE FRAME WITH EVERY QUALIFYING PURCHASE
TWIN SETS was 269.95 NOW $149.95
FULL SETS was 399.95 NOW $209.95
QUEEN SETS was 499.95 NOW $239.95
KING SETS was 659.95 NOW $329.95
MON-FRI 10-6
SAT 10-5 • SUN 1-5
SAME DAY DELIVERY AVAILABLE
VISA MasterCard
BEDS BEDS BEDS
9843 BEACH BLVD. (AT SHOUTHSIDE)
646-1410
Sealy Serta Simmons
1118914

DYNO
Dy-no
★ A dynamometer or "dyno" for short, is a device for measuring force, moment of force (torque), or power.
★ A formal document showing how much better you are than your friends.
- Dyno Tuning
- Performance modifications
- Engine/Transmission swaps
- Full service auto repair and maintenance
- A/C
- Oil changes
- Tires
- Brakes
ASE Certified Master Technician
The Beaches ONLY Dyno!
Free Check Engine Light Check
ASK FOR YOUR 10% DISCOUNT TODAY
MAKE YOUR APPOINTMENT ONLINE 24/7 @ www.mpgap.com
CALL CLICK OR COME BY 904-246-1007
MON - SAT 9-7
MY PERFORMANCE GARAGE
48 West 6th Street Atlantic Beach, Mayport (next to C&C Fisheries)
1118074

Carrier Stops At Mayport On Its Last Leg Home

Photo By MC2 Gary Granger Jr.

Dock Master Boatswain's Mate 2nd Class Benny Lott assigned to Naval Station Mayport, stands by for line handling as the aircraft carrier USS Enterprise (CVN 65) approaches the pier for a port visit to pick up Tigers.

Photo By: MC2 Gary Granger Jr

The aircraft carrier USS Enterprise (CVN 65) moors to the pier at Naval Station Mayport for port call to pick up Tigers. The Enterprise Carrier Strike Group (ENTCSG) executed a deployment to the U.S. 5th and 6th Fleet areas of responsibility.

Why rent when you can own?
Villages of Northwoods
Payments as low as $746.81/month

Townhomes from the $100's
- Low maintenance living
- 2-car garages
- Community pool, cabana and playground
- Conveniently located in North Jacksonville with easy access to 9A and 1-95

Ask about special military programs.

PLUS
for a limited time, receive
$10,000
in Design Center Options and
3-6% Closing Cost Contribution!

1109750

RYLAND HOMES®
Live Life. Even Better.®

For more information visit ryland.com or call 904-757-7595.

RC1038

In Jacksonville only, Villages of Northwoods, *$746.81 payment example based on sales price of $104,990 and a total loan amount of $102,328 which includes the required financed mortgage insurance premium. Payment is based on a 30 year fixed rate FHA loan and an interest rate of 4.5% (APR 5.0% to 5.5%). FHA loans require no less than 3.5% down payment. Payment example shown includes principal, interest, monthly mortgage insurance premiums, estimated taxes and estimated homeowners insurance. Buyer is subject to FHA loan qualifications. Other restrictions may apply. Interest rate shown is as of July 19, 2011, and interest rate is subject to change without notice. Actual interest rate may vary based on buyer qualifications and date and terms of interest rate lock. Program available through Ryland Mortgage Company. See a Ryland Mortgage loan officer for more details. Ryland's July 2011 Sales Event promotion available on agreements signed between July 14,2011 and July 24, 2011. Buyer eligible to receive up to $10,000 towards Design Center Options; products and value will vary by plan and by community. Buyer also eligible to receive 3-6% toward closing costs. Closing cost assistance may be available from Ryland Homes to those financing through Ryland Mortgage Company and closing with Ryland Title Company. Amount of closing cost assistance may vary by product and community, and is subject to applicable contribution limitations. Ryland Mortgage Company is a mortgage lender licensed in Florida and holds Florida MLB license number 0703625 under the Mortgage Brokers Registration Act and NMLS number 1565 and MLSB number 100000002. Prices, plans and specifications are subject to change without notice. Photographs are for illustrative purposes only. Information believed to be accurate but not warranted. See Sales Counselor for details. © 2011 The Ryland Group, Inc. Florida (QB11846)

Thee Officers Club
OFFICIAL UFC HEADQUARTERS
SOUTH EAST SHOW CLUBS SES

Everyday Specials!
- $10 Buckets of Domestic Beer
- $20 Buckets of Imported Beer
- $5 Pitchers of Ice Cold Domestic Beer
- Sunday 5pm $5 Bloody Mary

* Please drink responsibly

TITO IS BACK!
RASHAD EVANS VS TITO ORTIZ

UFC 133
PRESENTED BY boostmobile
SATURDAY, AUGUST 6 WELLS FARGO CENTER

Friday July 29th
Saints & Party SINNERS
ALL DAY & NIGHT 11am-2am
EMPERORS

LIVE PPV at Thee Officers Club!

HOURS OF OPERATION
Monday - Saturday: 11am - 2am
Sunday: 2pm - 2am

657 Wonderwood Drive
Atlantic Beach, FL 32233
Phone: (904) 247-4322

-Photo by MC1 Steve Smith

Sailors aboard guided-missile frigate USS Boone (FFG 28) prepare for the arrival of a Chilean navy SH-32 helicopter embarked on Chilean navy ship CNS Almirante Lynch (FF 07).

-Photo by MC1 Steve Smith

Sailors, assigned to guided-missile frigate USS Boone (FFG 28), demonstrate a visit, board, search and seizure (VBSS) during a maritime interdiction operations drill aboard the Chilean navy ship CNS Capitan Prat (FF 07).

-Photo by Lt. Matthew Comer

Chilean Navy Sargeant 2nd Class Hugo Serrano, Boatswain's Mate 3rd Class Conley Dionne and Culinary Specialist 3rd Class Valentine Millan, heave lines aboard USS Boone.

-Photo by MC1 Steve Smith

Guided-missile frigate USS Thach (FFG 43), Peruvian navy ship PNS Mariategui (FM 54) and USS Boone (FFG 28) move into formation for a photo exercise during the Pacific phase of UNITAS 52.

Boone

From Page 1

working together."

The ceremonies and reception were the culmination of the two-week exercise which was divided into phases. After the initial planning conference in Valparaiso, July 24-28, the ships set sail for Coquimbo, Chile, executing the work-up phase underway. While at sea, the participants conducted replenishment-at-sea, helicopter cross-deck operations, visit, board, search and seizure (VBSS), live gunnery exercises and division tactics.

"During the work-up phase we were afforded the opportunity to develop our operational plans," said Cmdr. Roy Love, Boone's commanding officer.

"Our crews and staffs came together to forge a schedule that would allow us to complete all of the objectives of this exercise. The flexibility demonstrated by everyone made our interoperability smooth and successful," Love added.

While in Coquimbo, the Sailors participated in several sporting events including a 4-mile race and a tug of war competition, July 3.

Sailors also volunteered at the Escuela Santa Cecelia, a local school for underprivileged children, July 2. The stay in Coquimbo also gave UNITAS leadership the opportunity to solidify the plans for the exercise scenario phase (ESP).

"It's important to be able to get off the ship and come into the community," said Lt. Eliana Rojas, of Colombian navy ship CNS Buenaventura (BM 162). "Just as one grain of sand adds to the beauty of a beach, if we can do one task to improve the quality of our future, why not come together do it?"

The ships departed Coquimbo to execute the ESP, July 5.

The ESP was a 3-day exercise with mission objectives, where the 13 ships participating in UNITAS operated against a fictional force role-played by additional Chilean Navy and Coast Guard ships. The operations focused on maritime interdiction operations and counter-illicit trafficking. At the end of the ESP, the ships returned to Valparaiso, July 7.

Boone and Thach departed Chile to continue the Southern Seas 2011 deployment.

The six-week Chilean-American naval partnership and UNITAS PAC are part of the Southern Seas.

MILITARY

V.I.P.

Exclusively for qualified veterans and active military personnel

$0 DOWN OPPORTUNITY

Good on Built to Order™ homes at three popular Jacksonville-area communities through the VA loan program.*

Visit one of these KB Home communities for details.

Westland Oaks in West Jacksonville
From the $110s
• 1,224–3,181 sq. ft., 3–6 bedrooms, 2–4 baths
• only 7 miles from the NAS Jax base

From I-95, take I-295 north and exit Blanding Blvd. heading north. Turn left on Collins Rd. and right on Plantation Bay Dr. to community ahead on left. (904) 778-4149

OakLeaf Village in Orange Park
From the $90s
• 1,159–1,667 sq. ft., 2–4 bedrooms, 2.5 baths
• only 11 miles from NAS Jax base

From I-295, exit Blanding Blvd. heading south. Turn right on Argyle Forest Blvd. and continue approx. 5 mi. Turn left on Oakleaf Village Pkwy. and continue to community on left. (904) 406-0349

Timber Creek in Nassau County
From the $120s
• only 18 miles from Kingsbay base
• 1,224–3,377 sq. ft., 3–6 bedrooms, 2–3.5 baths

From I-95, exit A1A and head west approx. 1 mi. to community on left. (904) 225-2581

888-KB-HOMES | kbhome.com

©2011 KB Home (KBH). *Requires buyer to qualify for U.S. Veterans Affairs ("VA") loan program. Requires standard up-front deposits which seller shall credit back to buyer at close of escrow. VA home loan program benefits available only to qualified military personnel and certain spouses through a VA-authorized lender and are subject to individual financial circumstances and credit history, VA funding fee, VA eligibility determination and other charges, restrictions and limitations. Buyers may finance through any lender. Not all homes in these communities will qualify for VA home loans. Buyer must present ad on or before date of signing purchase agreement; sign purchase agreement on a new Built to Order™ KB home at OakLeaf Village, Timber Creek, or Westland Oaks; close escrow in time required under the contract. No substitutions; not transferable, redeemable or exchangeable for cash; cannot be combined with any other offers or a Broker Co-op; and supersedes previous offers. Buyer must sign an owner-occupancy agreement at time of purchase. All public sector employees who are designated employees in their conflict of interest code should consult their agency attorney. Other restrictions and limitations may apply. See Built to Order options and upgrades offered at KB Home Studio. All options/upgrades require additional charges, may require ordering at predetermined stages of construction and are subject to change/discontinuation anytime by KB Home. KB Home is not a custom homebuilder and Built to Order only applies to appliances/options available at KB Home Studio. Exterior photos show upgraded landscaping/options and may not represent communities' lowest-priced homes. Interior photos show upgrades/options that may be purchased at predetermined stages of construction for an additional cost and decorator items/furnishings not available for purchase from KBH. Photo does not depict racial preference. Military images and/or information do not reflect nor imply endorsement by Dept. of Defense or Service Branch. See sales representative for details. CBC1257079 JAX-96123

*Advertised monthly payment and other programs available through MetLife Home Loans, a division of MetLife Bank, N.A., Financing offer may, however, be obtained through any other lender. L0711193239[exp0712][All States][DC]

Kenyan Officers Drive SBR During Refueling At Sea

By Lt.j.g. K. Matthew Wall
USS Samuel B. Roberts

-Photo courtesy of USS Samuel B. Roberts

A Kenyan officer acts as conning officer aboard USS Samuel B. Roberts while the ship performs a replenishment at sea with USNS John Lenthall.

On Thursday two Kenyan naval officers performed the demanding task of conning officer on board USS Samuel B Roberts (FFG 58) while conducting a replenishment at sea (RAS) with the USNS John Lenthall (T-AO-189).

Second Lieutenant's Michael Ommut'sa and Franklyne Toniok were afforded the unique opportunity to drive the 450-foot warship alongside the oil tanker while pumping fuel.

It was the first time Kenyan Sailors performed as conning officer onboard the historic naval vessel.

Ommut'sa said it was his first time onboard a frigate and to conduct a special evolution like a RAS. He stated, "I was nervous to come alongside a tanker."

He also mentioned he was happy and proud to drive a U.S. Navy ship in the Mediterranean.

"It was a privilege and honor," said Toniok when asked about the opportunity, "and it was a fantastic first time experience doing a refueling at sea."

Sammy B's Commanding Officer, Cmdr. Angel Cruz, said, "It was not only a great experience and opportunity for the them, but also for my Sailors to work and interact with representatives of a foreign navy. So much of our current mission with Africa Partnership Station is based on joint-nation training and exercise. I'm proud and honored to have been apart of this historic event for the Sammy B."

The two Kenyan officers are riding onboard the Sammy B for a brief time to experience, train and work on board a US Naval vessel as part of Africa Partnership Station. They will take back to the Kenyan Navy the experience and knowledge they have acquired while onboard the Sammy B.

Sammy B conducted the RAS in support of their current mission in Africa Partnership Station. Africa Partnership Station is a US-led initiative developed by the United States Naval Forces Africa for the purpose of improving and promoting maritime security and stability in the region.

DESRON 14 Announces SOY

By Laura Flood
Staff

Information Systems Technician 1st Class (SW) Rodney Nutter's family thought that they were just going spend the day touring Naval Station Mayport and taking pictures of some of the homeported ships. So when he told them that he needed to make a brief stop at his command, Destroyer Squadron 14 (DESRON 14), they weren't expected to be greeted by a room full of officers and Sailors, as well as representatives from the St. Augustine Navy League. Nutter surprised his family with the news that he had received the DESRON 14 Sailor of the Year Award.

Nutter received the award during a presentation by DESRON 14 Commodore, Capt. Paul Flood, Commander, and the St. Augustine Navy League in the offices of DESRON 14. Nutter served as a Leading Petty Officer and Assistant Communications Officer Specialist for DESRON 14. He recently returned as an Individual Augmentee (IA) a tour in Iraq.

Nutter responsible for the training of 76 Sailors on 13 different communications sites as well as the responsibility of making sure that 26 different shipboards networks and two in-house networks were running smoothly everyday.

While in Iraq he worked on a joint command and was the videoconference coordinator.

Flood gave a short speech in which expressed how emotional and hard it is when a sailor is deployed to Iraq, and how proud he is on Nutter's work.

After Commodore Flood's members of the St. Augustine Navy League presented Nutter with letters of recognition from Congress members as well as the DESRON 14 Sailor of the Year Award.

Nutter was not the only person being recognized during the ceremony. Nutter's wife, Judy, was presented a Certificate of Appreciation for her loyalty and support to her husband while he was deployed in Iraq.

The ceremony concluded with Nutter thanking his family and coworkers for all the support he had received in the past year.

-Photo by Laura Flood

Information Systems Technician 1st Class (SW) Rodney Nutter is presented an award by St. Augustine Navy League representative William Dudley.

LIVE LOCAL
LIVE SHOP DINE PLAY
We Support Our Troops
1104603

DADDY'S Discount Stereo
HUGE Military, Dependant, DoD, Reservists Discounts
• Rockford • Kicker • JBL • MMats Quart • Pioneer • Viper • JL Audio • Alpine • Window tinting too!! • Navigation • Neons • Custom Enclosures
Locations
201 Blanding Blvd. 904.298.3353
10343 Atlantic Blvd 904.641.3100
Regency Mall 904.722.8299
1083994

G'day
Want a Happy, Well-Behaved Dog?
Together We Make it Easy!
• Any Age, Any Breed, Any Issue
• Guaranteed Lifetime Support
• Natural Training Methods
• Vet Recommended
10% OFF Military Discount
877.500.BARK
www.BarkBusters.com
Named "Best of Best" in Dog Training
SPCA International
BARK BUSTERS HOME DOG TRAINING
1120428

Sharp Cuts
Precision Fades & Cuts
$8
Military • DOD • Dependants • Reserves • Retirees
WALK INS ONLY
991 Atlantic Blvd, Atlantic Bch
(Next to Dollar Tree)
Accepting Applications 270-8558 Cash or Local Checks
1074750

SAI DISCOUNT STORE Port O Call Plaza
ATM • MONEY GRAM/ORDERS
SEND/RECEIVE MONEY/BILL PAY
• POSTAGE STAMPS • BEER & WINE & SODA
• ICE CREAM & ICE-IN-BAGS • RYO • GROCERIES/CANDIES
• CIGARETTES & CIGAR-rillos (2 for $1 available)
• PHONE & PHONE CARDS (Local/Long Distance)
(Cellular Reloads) • Special DVD's & Magazines • T-Shirts
Tank-tops, hats, socks, bandanas, men's boxer's
SURGEONS GENERAL WARNING: Smoking causes lung cancer, heart disease, emphysema, and may complicate pregnancy.
Just Minutes From the Gate
2765 Mayport Road • Atlantic Beach, Jacksonville FL 32233 • 249-1877
1094689

SILENCE IS GOLDEN
NOW TAKING ORDERS FOR SUPRESSORS
904-372-0770
701 Mayport Crossing Blvd. • Atlantic Beach
(1 mile South of NS Mayport in the Food Lion Shopping Center)
Hours: Tues-Sat 11am-7pm
McGowan Firearms .com

www.jacksonvillebeachlawyer.com
Heather B. Quick
CRIMINAL DEFENSE, DIVORCE, CHILD SUPPORT
FORMER PROSECUTOR
ADMITTED TO THE FLORIDA BAR FOR 10 YEARS
• Military Discount
• Free Consult
• Former Prosecutor
Attorney Heather B. Quick
Law Offices
428-A Osceola Avenue
Jacksonville Beach, FL 32250
904.241.0012
CALL OUR OFFICE FOR YOUR FREE 30 MINUTE CONSULTATION

HAIR SALON
FACIAL
MASSAGE
& NOW
INK TATTOO
4000 St. Johns Ave.
Suite #34
Jacksonville, Fl 32205
619-3413
Military Discount Offered
ALARIC HEALTH
BEAUTY & WELLNESS
$25 OFF! (for the first tattoo)

3 MONTHS FREE WITH A 1-YEAR MAILBOX SERVICES AGREEMENT
(New Box Holders Only)
at this location only!
Think outside the P.O. Box
MAIL FORWARDING
✓ Never miss another delivery
✓ Street address (not a P.O Box)
✓ Fed Ex UPS & postal (packages accepted)
✓ 24 hour access
The UPS Store®
1015 Atlantic Blvd, Atlantic Beach, FL 32233 241-1849
1067345

You are helping turn research into reality.
Call 800.533.CURE or visit www.jdrf.org
Juvenile Diabetes Research Foundation International
A CFC participant. Provided as a public service.

"Arming myself with an education was my next step."
Choosing an established college with online degrees was a great decision for me."
Visit us at GMCOnlineCampus.net
478.387.4950
800.342.0413
JMays@gmc.cc.ga.us
Associate Degrees in
• Homeland Security & Emergency Management
• Criminal Justice
• Computer Information Systems
• Business Administration
• Information Technology
• Paralegal Studies
• General Studies
...and more!
EST. 1879 GEORGIA MILITARY COLLEGE ONLINE CAMPUS

A Personalized Memorial Brick is a Timeless Gift That Will Honor Your Sailor, Soldier, Coasty, Marine, Retiree, Merchant Marine, Vets and Pets, Family Friends, Church and Other Loved Ones For Years to Come.
EACH BRICK ONLY $75
Veterans, Active Duty, Spouses of deceased Vets ask for discount
Buy a BRICK build a park.
Clickforbricks.org or 234-2692
915 SOUTH 8TH AVE, JAX BEACH, FL 32250
CALL CLICK OR COME BUY TO GET YOUR BRICK NOW!!
1066121

ATTENTION Active and Former Military
No Money Down
PURCHASE OF REFINANCE TODAY WITH NO CLOSING COSTS!*
by July 29th, 2011
*no closing costs does not apply to all loans.
Refinance your Existing VA Mortgage Today!
* No New Appraisal Required
* No out of pocket costs
HomeSource Lending
FACE-TO-FACE - FINDING SOLUTIONS TO YOUR MORTGAGE NEEDS
30 & 15 yr Fixed Conventional • FHA • VA • Renovation/Construction Lending
EQUAL HOUSING LENDER
CALL * GO ONLINE * FACE-TO-FACE CONSULTATION
8825 Perimeter Park Blvd., #201, Jacksonville, FL 32216
904-928-0113 www.hslending.com
1108232

JACKS OR BETTER
SPORTSBOOK • SLOTS
CRAPS • TABLE GAMES
CASINO
4378 Ocean Street
Atlantic Beach, FL 32233
(904) 372-4220
jacksorbettercasino.com
1/2 price boarding with a military ID every cruise.
$10 Free/match Play when you bring this coupon.
1118111

Roosevelt Promotes Soldier To Senior Chief

By Lt.j.g. Ronald A. McNeal III
USS Roosevelt Public Affairs

On June 2, guided missile destroyer USS Roosevelt (DDG 80) took great pride in promoting her newest Senior Chief Petty Officer, Chief Fire Controlman William R. Wert. Senior Chief Petty Officer Wert accomplished this significant achievement not only with his outstanding performance and immense leadership ability, but also by taking the road far less traveled by most other Sailors.

Wert enlisted in the United States Army in July 1985 and was sent through Basic and Infantry Training at Ft. Benning, Georgia. His first assignment was to 4th Battalion 502nd Infantry Division in Berlin, Germany where his unit guarded World War II Nazi, Rudolph Hess, in Spandau Prison.

-Photo by Lt. Adam Borsman

Senior Chief Fire Controlman William Wert receives his Senior Chief insignia from Cmdr. Robb Chadwick, USS Roosevelt Commanding Officer, and Senior Chief Fire Controlman Howard Parker.

Wert said, "While standing watch in Guard Tower #3 we could see him crossing to his workshop every morning at 0900. If he cared enough to look up and notice the American kid staring at him, he would shoot us a sardonic grin and try to goose step. He was 96 years old and still playing Nazi."

In January of 1986, Wert was selected for the Berlin Brigade Honor Guard/ Drill Team. He performed numerous American ceremonies in Berlin from the Firing Party in memory of the Soldiers killed in the LaBelle's Disco Bombing to the color guard at President Reagan's "Mr. Gorbachev, tear down this wall" speech.

In November 1987, Wert had the honor and pleasure of serving in one of the U.S. Army's most prestigious and highly sought after units, Charlie Company 3rd Infantry Regiment (The Old Guard) at Arlington National Cemetery.

"We used to run three to five miles through the cemetery every day. When we would run past Joe Louis' grave, the entire company had to elevate our feet on the nearest tree and do push ups in his honor. The amount of history in that place is quite overwhelming," said Wert.

In addition to participating in hundreds of military funerals, he also performed Color Guard ceremonies for President George H.W. Bush, Vice-President Dan Quayle, Secretary of Defense Dick Cheney, Chairman of the Joint Chiefs of Staff Colin Powell, members of the Supreme Court and members of Congress.

"I visited Arlington twenty years later and had a hard time pushing my daughter's stroller up and down all of the hills and stairs that I had no problem with as a strapping young infantryman."

In 1989, Wert was honorably discharged from the U.S. Army at the rank of Sergeant.

After an 11-year break in service, a Bachelor of Arts degree, a successful career in the entertainment industry and the addition of a family, Wert realized that something was missing, so he enlisted in the U.S. Navy in March of 2001.

"I was working with 3D visualization and wanted to design commercial entertainment systems, so in order to maintain family stability; I joined the Navy to work on that degree." Wert checked onboard Roosevelt in April 2010 and has "been proud to serve as Senior Enlisted Leader of the best division on the waterfront!"

Roosevelt is deployed as an independent destroyer supporting maritime security operations (MSO) in the U.S. Navy's 5th and 6th Fleet Areas of Responsibility. Roosevelt is homeported in Mayport, Florida.

Professional Development Classes Available At CPPD Mayport

From CPPD

The Center for Personal and Professional Development (CPPD) offers a variety of required and recommended training for our Sailors. Here is a listing of the courses we offer for next quarter. Unless annotated, these courses are held at Mayport.

DAPA- July 18-22
CMEO- July 18-22 Millington / Aug. 22-26 Key West / Sept. 19-23 Gulfport
Prevent- Aug. 9-11 / Aug. 23-25 / Sept. 20-22 NAS Jax / Sept. 27-29
CTTI- Aug. 16-19 Key West / Sept. 13-16 Gulfport
ADAMS for Supervisors- Aug. 15/ Sept. 12
ADAMS for Facilitators- Aug. 16-18 / Sept. 13-15

The Personal and Professional Development Assist Team, available to both ship and shore, allows your triad (CO,XO,SEL) to see where your command is with regards to Navy training requirements (ADAMS, PREVENT, DAPA, CMEO, and CTTI). Additionally with this site visit, Navy College will provide training and resources involving Voluntary Education, NCPACE, USMAP, SMART transcripts, and Academic Skills. They can also provide valuable information to all service members during your command indoctrination. Training Officers please contact PS1 Reaves at (904) 270-5237/6026 or errilyn.reaves@navy.mil for this unique opportunity.

Mayport Hosts Luncheon For SOQ

From MWR

Naval Station Employee of the Quarter for 2nd Quarter Luncheon/ Presentation will be held on July 28 11:30 a.m. at Ocean Breeze Conference Center. The nominees and Department Heads/Supervisors should attend. All Naval Station and Tenant command employees are encouraged to attend to support those nominated.

Please RSVP for the luncheon by 3 p.m. on July 26 to Sandra Barrett, 270-5228 or email sandra.barrett1@navy.mil. $8 pay at the door. RSVP at least two days before the day of the luncheon.

Employee of the Quarter Nominees:
Pamela Ottesen, FFSC
Mary Barbour, Information Technology Dept
George Calendar, Security
Patti Sprink, MWR
Donald Braddock, PWD/NAVFAC

Don't accept defeat. **Help fight childhood cancer.**
St. Jude Children's Research Hospital®
800-822-6344 • www.stjude.org A CFC Participant - provided as a public service.

National University

You Help Defend Our Country.
We'll Help You Build Your Future.

National University has been a leading educator of service members and their families since 1971 and annually ranks as a top Military Friendly College. With online degree programs in a convenient one-course-per-month format, you can attend classes at an accelerated pace.

National University is a nonprofit institution that also offers:

- **The value of WASC accreditation**
- **Associate's, bachelor's, and master's degrees**
- **Dedicated Military Affairs Office and staff**
- **Special military tuition**
- **Flexible deployment policy**

To learn how your military training can qualify for degree credit, contact:

877.628.6828
www.nu.edu/military

The University of Values

© 2010 National University 9583

1036557

BUY A NEW LENNAR HOME,
and we'll help with the cooking and cleaning.

Buy this weekend and get an upgraded gourmet kitchen and pedestal frontload washer & dryer when you purchase a Lennar home in the Jacksonville area at an *Everything's Included*® price.

Near Naval Station Mayport:

Yellow Bluff Landing
Single-family homes
From the $150s
16315 Hunters Hollow Trail
Jacksonville, FL 32218

Lexington Park
Single-family homes
From the $160s
1398 Azteca Drive
Jacksonville, FL 32218

Wynnfield Lakes
Single-family homes
From the $230s
12333 Hollow Glade Court
Jacksonville, FL 32246

Hillcrest
Townhomes
From the low $100s
3780 Hartsfield Forest Circle
Jacksonville, FL 32277

Benton Lakes
From the mid $200s
Now selling in the Mandarin area
Model coming soon

For more information, call **904.380.0774**
or visit **LennarJXMP.com.**

Lennar. The Home of *Everything's Included.*® LENNAR

Features vary by community. For details, visit Lennar.com or a Welcome Home Center. Promotional offer valid for a limited time. Lennar reserves the right to make changes or substitutions without notice. Equal Housing Opportunity. Prices, features, and specifications are subject to change without notice. See a Lennar New Home Consultant for details. © 2011 Lennar Corporation. Lennar, the Lennar logo, and Everything's Included are registered service marks of Lennar Corporation and/or its subsidiaries. 7/11

Food Guide Pyramid Becomes a Food Plate

By Kay Blakley
DeCA Home Economist

A new graphic image was recently unveiled to illustrate the basics of the Dietary Guidelines for Americans. What a healthy meal looks like is now represented by a colorful plate divided into four wedges representing fruits, vegetables, grains and proteins, plus a small circle, where a drinking glass would sit, representing dairy. The new graphic, referred to as "MyPlate," replaces the familiar "MyPyramid" image as an easy-to-understand visual cue to help consumers adopt the healthy eating habits detailed in the dietary guidelines.

There are plenty of details you'll want to know as you begin to build your own healthy plate. All of those are available at http://www.choosemyplate.gov. If you're used to using the familiar http://www.mypyramid.gov address, don't worry, it will still take you to the right place. The dietary guidelines themselves are still the same, including these three concepts you can start to implement right away:

Balancing calories

•Enjoy your food, but eat less.

•Avoid oversized portions.

Foods to increase

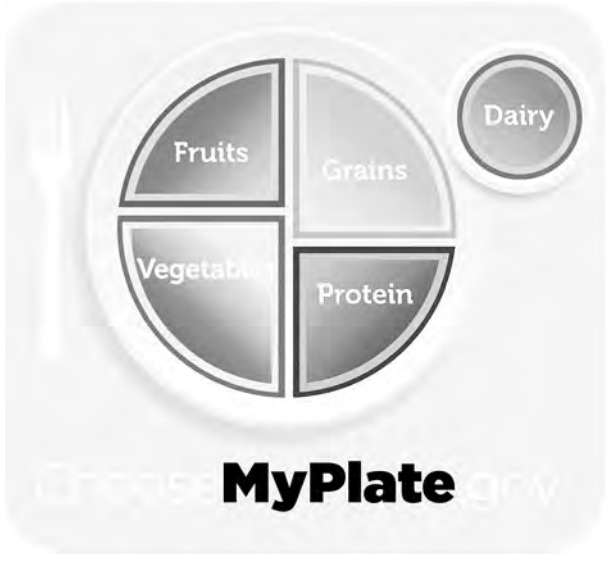
•Make half your plate fruits and vegetables.

•Make at least half your grain choices whole grains.

•Switch to fat-free or low-fat (1 percent) milk.

Foods to reduce

•Compare sodium in foods like soup, bread and frozen meals, and choose the foods with lower numbers.



•Drink water instead of sugary drinks.

I kept those tips in mind when selecting this week's recipe collection, and hope you'll be pleasantly surprised when you see just how good healthy eating can be. Do "Grilled Steaks with Mushroom Sauce" sound like they can fit into a healthy diet? This recipe certainly can. It uses top sirloin, which is a lean protein choice, and weighs in at about 350 calories per serving.

Remember, you can find the ingredients for all these recipes at your local commissary at significant savings. To check out these recipes and more, come to Kay's Kitchen at http://www.commissaries.com. Till next time – I'll see you at the commissary!

Cookie Fruit Baskets (Serves 12)

Ingredients:

4 tablespoons butter

1/4 cup packed brown sugar

1/4 cup light corn syrup

3 1/2 tablespoons all-purpose flour

1/2 cup ground pecans

1/2 teaspoon vanilla extract

Vanilla ice cream and fresh berries

Special equipment needed: 12 (6-ounce) custard cups

Directions:

1. Preheat oven to 325 degrees.

2. In a small saucepan, melt butter over low heat. Stir in brown sugar and corn syrup; cook and stir until mixture comes to a boil. Remove from heat.

3. Stir in flour; fold in pecans and vanilla extract.

4. Drop by tablespoonfuls 3-inches apart onto parchment paper-lined baking sheets. Bake for 8 to 10 minutes or until golden brown.

5. Cool on baking sheet for 30 to 60 seconds; carefully peel cookies off parchment paper, one at a time, and immediately drape over inverted 6-ounce custard cups; cool completely.

6. Turn cooled baskets upright, fill with a scoop of vanilla ice cream, top with assorted fresh berries and serve.

Nutrient analysis: 1 cookie fruit basket (calculated without ice cream or berries) equals 100 calories; 6 g. fat (3 g. sat. fat); 10 mg. cholesterol; 49 mg. sodium; 12 g. carbohydrates; 1 g. protein

UV Exposure Can Lead To Premature Aging, Cancer

By Lt. Nolen Roberson
Naval Hospital Jacksonville Family Medicine Physician

In the heat summer, what is more enjoyable than a long, relaxing day at the beach, swim in the pool or a walk in the park? After a wonderful day in the sun, what can be worse than waking up the next morning with the burning pain, which only comes from sunburn? Sunburns are only one aspect of the damage done to people's skin after exposure to ultraviolet (UV) radiation, and with prolonged exposure to UV can also lead to early aging and skin cancer.

UV radiation is light emitted by the sun which is invisible to the naked eye, and is not blocked by clouds. While it is not seen, the damage it can cause is profound. The UV radiation can damage the cell DNA resulting in mutations which can lead to different types of problems from early aging, to cancer.

There are three basic types of skin cancer associated with UV exposure. Basal cell carcinoma is strongly associated with UV exposure, normally occurring on the face, especially the ears and nose. It almost never spreads through the body (metastasizes), and can be removed by a dermatologist/But it can cause a significant amount of damage by local extension. Squamous cell carcinoma is less strongly associated with UV exposure, and has a low, but known ability to metastasize. The most concerning type of skin cancer is melanoma, which can spread through the body quickly.

Melanoma is characterized using the "ABC" method of mole evaluation. Lesions are more likely to be cancerous if they are or have: A. asymmetry (are oddly shaped); B. irregular border; C. multiple colors; D. larger diameter (bigger than a pencil eraser): and, E: evolve (change over time).

If a mole has any of the ABCs characteristics, it should be evaluated by a health care professional and considered for biopsy.

There are several ways to minimize UV exposure. Avoid exposure during peak sun times--10 a.m. to 4 p.m.--by staying indoors or working in the shade. Avoid tanning beds. Wear light, loose, light colored long sleeved shirts and pants with hats and sun glasses. Remember to apply sunscreen to exposed skin at least SPF 30 every two to three hours. Children are at greater risk for severe sunburn leading to increased risk of cancer later in life, so it is very important for parents to protect them from the sun.

The treatment for sunburn is with moisturizing lotions, aloe vera gel, cold compresses and cool water. Medications like Tylenol and Ibuprofen may also help to decrease the pain. If the burn begins to blister, consider having it evaluated by a health care provider for further treatments and pain control.

Summer is a wonderful time to enjoy beautiful weather, but it is important to remain vigilant about protection from the sun. UV exposure can lead to premature aging, painful sunburns and several types of cancer. For any questions or to have a skin lesion evaluated, please make an appointment with your primary care manager by calling Naval Hospital Jacksonville's Central Appointments at 800-529-4677.

Difficulty Conceiving?

Since 1991 • Over 8,000 Babies Born

ONE OF THE 10 BEST FERTILITY CENTERS IN THE NATION...
- CHILD MAGAZINE

Meet Our Doctors

Florida Institute for Reproductive Medicine boasts an impressive staff, including **Dr. Kevin L. Winslow**, the Program Director, Board Certified Reproductive Medicine subspecialist, trained at the Jones Institute for Reproductive Medicine. **Dr. Daniel M. Duffy** is a Board Certified Reproductive Medicine specialist who completed his fellowship at the University of Southern California. **Dr. Michael L. Freeman** is a Board Certified Reproductive Medicine subspecialist who completed his fellowship at Wayne State University. **Dr. Travis W. McCoy** completed his Infertility/Reproductive Endocrinology Fellowship at the University of Louisville.

- Largest Fertility Center in North Florida & Southern Georgia
- 7 Day a Week Fertility Treatment
- Male Fertility Treatment
- 3rd Party Financing Available for Qualified Patients

TRICARE
10% Military Discount for IVF services.

Jacksonville Magazine Best Doctors of 2010-2011

KEVIN WINSLOW, M.D. MICHAEL FREEMAN, M.D.
DANIEL DUFFY, M.D. TRAVIS MCCOY, M.D.

florida institute FOR REPRODUCTIVE MEDICINE

We Support Our Troops

Toll Free 800-556-5620 • 904-399-5620
www.firmjax.com
DAYTONA BEACH
JACKSONVILLE
TALLAHASSEE

1079615

Simpson Hosts Abess Elementary 5th Graders

By Ensign Tom Callahan PAO
USS Simpson

Sailors from USS Simpson's Second Class Petty Officers Association recently hosted more than 100 fifth graders from Abess Elementary School for ship tours. Led by Culinary Specialist 2nd Class (SW) John Blake and Personnel Specialist 2nd Class (SW) Montgomery, the fifth graders experienced various facets of shipboard life through a multitude of demonstrations by Simpson's Second Class Petty Officers.

Students began their tour with an introduction to the pilothouse by Quartermaster 3rd Class (SW) Josef Fisher, where they experienced the many facets of navigation on the high seas. A few of the students got the opportunity to see things from the Captain's point of view sitting in his chair. Many also checked out the ship's "Big eyes," (high powered binoculars) on the bridge wings to get a closer look at contacts outside of Mayport in the Jacksonville Operations Area.

The students then made their way down to the fos'cle where a fos'cle recovery of a man overboard demonstration was provided by Boatswain's Mate 2nd Class (SW) Alejandro Velez. The students were afforded the opportunity to throw out heaving lines used to retrieve "Oscar" (mock training aid) from the water.

Next Machinery Repairman 2nd Class (SW) Zachary Spath and Damage Controlman 2nd Class (SW) Alexis Lapera explained the importance and operation of the damage control equipment through live demonstrations of a CO2 fire extinguisher, pipe cutting with the PHARS, and allowing some of the students to personally dress out in a firefighting ensemble. Upon completion of the damage control demonstration the students moved to the next phase of the tour where Hospital Corpsman 2nd Class Seekins provided instruction on Basic First Aid as some of the students strapped on simulated wounds used during casualty drills.

The final event was an introduction to Simpson's small arms weapon capabilities by Gunner's Mate 3rd Class Austin Dean. Dean emphasized the importance of weapon safety and the dangers involved with handling guns and ammunition. Those that chose to do so were permitted to demonstrate safe weapon handling.

"The children constantly ask about the ship and it is a pleasure to see the excitement on their faces to be able to tour the ship. Their energetic curiosity about our capabilities and mission renews my motivation for being a Sailor," said Logistics Specialist 2nd Class (SW) Echols.

Overall it was a great day for Simpson to have the opportunity to host our country's future leaders and Simpson looks forward to continuing a great relationship with Abess Elementary School.

-Photos by Ensign Tom Callahan

Boatswain's Mate 2nd Class (SW) Alejandro Velez takes questions from fifth graders during their class tour of USS Simpson.

Quartermaster 3rd Class (SW) Josef Fisher shows the students the ship's bridge and captain's chair.

CHECK US OUT ONLINE
WWW.USADISCOUNTERS.NET

HUGE SELECTION OF FURNITURE, ELECTRONICS
JEWELRY, TIRES AND RIMS AND MORE!

THE LATEST IN AFTER-MARKET CUSTOM WHEELS, RIMS AND HI-PERFORMANCE TIRES!

HD & PLASMA TVS

STATE OF THE ART DESKTOPS & LAPTOPS

HUGE SELECTION OF JEWELRY AND FURNITURE

RIM SIZE 17" TO 26"

• IMMEDIATE DELIVERY • ALLOTMENTS WELCOME!

YOUR INCREDIBLE CREDIT STORE®

USA DISCOUNTERS®
Credit approved in minutes!
Apply online or by phone.

You are automatically approved for credit if you are military or civil service.
1-866-751-7333
or visit us online at
WWW.USADISCOUNTERS.NET

YOU'VE DEFENDED YOUR COUNTRY
NOW HONOR YOUR PASSION

If you want to put your creativity to work, an education at The Art Institute of Jacksonville can help you earn the skills you need to become a creative professional. And if eligible, your military benefits can help make it possible.

CREATIVE PROGRAMS ARE NOW STARTING

Visit our website or call us for details.
ArtInstitutes.edu/Jacksonville • 800.924.1589

The Art Institute of Jacksonville℠
A branch of Miami International University of Art & Design

CREATE TOMORROW

8775 Baypine Road
Jacksonville, FL 32256-8528

The Art Institute of Jacksonville is a branch of Miami International University of Art & Design

See AiPrograms.info for program duration, tuition, fees, and other costs, median debt, federal salary data, alumni success, and other important info.

1110020

COMMUNITY CALENDAR

Out in Town

Friday, July 22

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 a Mexican Dinner. A donation of $8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Please call 246-6855 for more information or to place an order.

Saturday, July 23

Fleet Reserve Association Branch 290 is hosting dinner from 5 - 8 pm, at the Branch Home at 390 Mayport Rd. The menu will be Spaghetti with Garlic Bread and salad. A donation of $6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Please call 246-6855 for more information or to place an order.

Saturday, July 23

Join a park ranger at 2 p.m. for an interpretive program that discusses the various types of bird species that can be found across the natural communities of a barrier island. The program will take place at the multi-use trail pavilion located at the south beach area on Little Talbot Island.

Saturday, July 24

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 $1to $5. Call the Branch at 246-6855 to have a full menu faxed to you. As always, the public is invited.

Friday, July 29

Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners, from 5 to 8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. We'll do the cooking for you. A donation of $5 to $8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner.

Saturday, July 30

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 Meat Loaf with mashed potatoes and a vegetable. A donation of $8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Please call 246-6855 for more information or to place an order.

Join a park ranger at 2 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at the multi-use trail pavilion located at the south beach area on Little Talbot Island.

Sunday, July 31

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 Aug. 1-5

Take a plane, hail a cab, or catch the subway to New York City, the setting for Big Apple Adventure! This themed Vacation Bible School will take children on an adventure to "New York City" at New Friendship Missionary Baptist Church, 1996 Mayport Road, Atlantic Beach. On The Big Apple Adventure, children will discover that living close to God helps them connect to faith, love, trust, others and life itself. Included in the evening schedule, are visits to Times Square for Worship Rally, Battery Park for Bible Study, Backstage Broadway for Music, the Crafts District, Playground 1017 recreation and Midtown Snacks for Dinner. Children ages 3 and up are invited to come to Big Apple Adventure Vacation Bible School on Monday-Friday evenings, Aug. 1 -5, 6:30-8:30 p.m. (Dinner at 6PM) at New Friendship. There is no cost for the week. Parents are welcome to stay for adult class. There will be a Big Apple Adventure VBS Sunday Service on Aug. 7 at 10:15 a.m. during morning worship. For more information and to register, visit our website, www.newfriendshipchurch.org or call the church office at 904-246-1426.

Saturday, Aug. 6

Join a park ranger at 2 p.m. and learn about the lifecycle of the sea turtle and the importance of these creatures. The program will take place at the multi-use trail pavilion located at the south beach area on Little Talbot Island State Park. No reservations are necessary and the program is free with regular park admission.

Saturday Aug. 13

Join a park ranger at 2 p.m. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

Saturday, Aug. 20

Join one of our knowledgeable park rangers at 2 p.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology. The topics addressed will include beach erosion, island migration, island formation and the natural communities present on such barrier islands today. The program will take place at the multi-use trail pavilion located at the south beach area on Little Talbot Island.

Saturday, Aug. 27

Join a park ranger at 2 p.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth.

UNITED STATES DEPARTMENT OF COMMERCE
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION
NOTICE OF SEIZURE AND PROPOSED FORFEITURE

TAKE NOTICE: Case No.:SE1101909FM

On or about April 30, 2011, at or near Mayport, Florida, duly authorized officers seized 1219 pounds of vermilion snapper, 322 pounds of red porgy, 52 pounds of grouper, 27 pounds of amberjack, 6 pounds of scamp, 1 warsaw grouper and 1 black sea bass for violation of the Magnuson-Stevens Fishery Conservation and Management Act, as amended, 16 U.S.C. 1857(1)(A), and implementing regulations at 50 CFR 622.7(s) and/or 50 CFR 622.7(m) from the F/V SEA DOG (U.S. documentation No. 674900). The 1219 pounds of vermillion snapper, 322 pounds of red porgy, 52 pounds of grouper, 27 pounds of amberjack and 6 pounds of scamp, being perishable, were sold for $5,299.05, the proceeds of which are subject to forfeiture to the United States under 16 U.S.C. §1860, and are being held by NOAA.

Notice is hereby given that NOAA is commencing forfeiture proceedings against the above-described property.

Any person claiming any of the above-described property may file a claim to the property up to 35 days after receipt of a personal notice letter from NOAA that all administrative (i.e., civil penalty or permit sanction) and related judicial proceedings (i.e., appeals) are final. All claims must be filed in accordance with 18 U.S.C. ' 983 and 15 C.F.R. 904.504 and shall: 1) identify the specific property being claimed; 2) state the claimant=s interest in such property (and provide customary documentary evidence of such interest if available) and state that the claim is not frivolous; and 3) be made under oath, subject to penalty of perjury. Claims shall be filed with the Office of General Counsel, GCEL/SE, 263 13th Avenue South, Suite 177, St. Petersburg, FL 33701.

If a proper claim is not timely filed, the property will be declared forfeited to the United States and disposed of according to law. If a proper claim is timely filed, the matter will be referred to the U.S. Attorney to institute forfeiture proceedings in a U.S. District Court. The filing of a claim or a forfeiture action in any U.S. District Court will not stay the administrative civil penalty or permit sanction proceedings.

Alternatively, any person claiming any of the above-described property may either file a petition for remission and mitigation of forfeiture with the Office of General Counsel, at the above address, in accordance with 15 C.F.R. ' 904.506, or agree to voluntarily abandon the property by signing and returning A Voluntary Forfeiture by Abandonment of Seized Item form to the Office of General Counsel at the above address.

Karen Antrim Raine
NOAA Office of General Counsel GCEL/SE

1111261

Honda's CBR250R is one of the most exciting bikes in our 2011 lineup. First, it's the right size for a wide range of riders. Second, it offers everything you want in a sporty package: modern, sportbike styling, light weight, and a capable 250 class engine. But best of all, it gets up to 77 miles per gallon* of gas, so you can save on fuel while you have fun doing it!

Kings Bay Honda, Kingsland, GA, Exit 3 off I-95.
Toll free: 1-877-885-8686. Mon-Fri. 9-6. Sat. 9-4.
Closed Sunday.

*Honda's fuel economy estimates are based on EPA exhaust emission measurement test procedures and are intended for comparison purposes only. Your actual mileage will vary depending on how you ride, how you maintain your vehicle, weather, road conditions, tire pressure, installation of accessories, cargo, rider and passenger weight, and other factors.

honda.com ALWAYS WEAR A HELMET, EYE PROTECTION AND PROTECTIVE CLOTHING OBEY THE LAW, AND READ YOUR OWNER'S MANUAL THOROUGHLY. Honda Gas Can/Gas Saver™ icon and CBR® are trademarks of Honda Motor Co., Ltd. (4/11) 11-1048

Where Beauty, Convenience, Quality and Value Matters…

Atlantica APARTMENTS

*Partners with the Military Rental Housing Program
*Located about 1 mile from the entrance of NS Mayport, The NEX and the City of Jacksonville Kathryn Abbey Hanna Park
*2 bedroom 2 bath units *Stainless Steel Appliances
*European Style Kitchen Cabinets *Granite Countertops
*Ceramic Tile Floors in living room and bathrooms
*Carpet in Bedrooms
*Resident Clubhouse and Fitness Center
*Pool with Sundeck *Washer/Dryer Hookups
*Monthly Rent Includes Water, Sewer and Waste Pickup.
*Minutes from Mayport Elementary and Mayport Middle School

1106771

Phone 904.241.3855
Fax 904.241.3843
2760 Mayport Road, Atlantic Beach FL, 32233
info@atlanticaapartments.com atlanticaapartments.com

The SEDA NEW HOMES sensational SUMMER SALE

$1 MILITARY MOVE-IN

1. Georgetown 904-998-3628
located off Brightman Blvd. in St. Johns Town Center

unit 21B

unit 21-A	3 bed/2 ba/retreat	2133 sq. ft.	$224,990
unit 21-B	2 bed/2 ba/retreat	2133 sq. ft.	$219,000

2 Crestwick South 904-696-3483
located off Duval Station Rd.

lot 64

lot 13	4 bed/2 ba	1804 sq. ft.	$159,990
lot 91	3 bed/2 ba	2111 sq. ft.	$180,000
lot 64	4 bed/2 ba	1611 sq. ft.	$148,000

3. The Hideaway 904-225-2734
located off US-17 in Nassau County

lot 51

lot 2-51	3 bed/ 2 ba	1677 sq. ft.	$149,000
lot 2-134	3 bed/ 2 ba	1940 sq. ft.	$167,000
lot 2-93	4 bed/2 ba	1845 sq. ft.	$154,000

SEDA NEW HOMES

www.SEDA new homes.com

SEDA Construction Company--CGC020880 Price & availability subject to change without notice. $1 Military Move-In can not be combined with any other offer or promotion. SEE AGENT FOR DETAILS. House photos are representative of the elevation and may not be the actual house for sale.

FFSC Schedule Geared To 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.

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

July 21, 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.

July 21, 8 a.m.-noon, **FAP Key Personnel Training**, Building 1 Room 1124

July 21, 10:30 a.m.-12:30p.m., **How To Survive the Holidays Financially**, FFSC Room 719

July 25, 6-8 p.m. **Ombudsman Assembly,** Building 1 Room 104

July 25, 8:30 a.m.-noon **Career and Job Readiness Class**, FFSC Room 702

July 25, 1-3 p.m., **Federal Employment Class**, FFSC Room 702

July 25-28, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building 1 Room 1616

July 26, 9-11 a.m., **Active Parenting Now-Parenting Class,** FFSC Room 719

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class.

July 27, 3-4:30 p.m., **Managing Anger Group,** FFSC, Room 702

July 28, 9-11 a.m., **Car Buying Strategies,** FFSC Room 719

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

July 28, 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.

USO NEWS

Adventure 5K Mudd Run

FL.Roc is sponsoring a running obstacle challenge on Sept. 4 in Jacksonville, Florida. This race is capped at 2,000 participants so register soon. Military Code is "jaxmil25" for 25 percent OFF entry fee, which is good for Individual or Team Race. This is a special offer for military personnel only. Please do not share code with non-military. It will defeat the purpose of your benefit, and the race organizers would have to discontinue the code. For more information or to register please visit www.FL-Roc.com then click on Jacksonville Race.

Blue Cross Blue Shield Facebook Campaign

Blue Cross and Blue Shield of Florida is holding a Facebook campaign, "The Pursuit" for the month of July. They put three non-profits on the page that will compete for the top prize of $3,000. You simply go to www.facebook.com/BCBSFL and "like" their page. Then click on "Pursuit" on the left side of the page to see the non-profits and vote. You may vote every day and share the event with your friends to spread the word. For more information on this campaign please visit their Facebook page.

Back To School Drive

Your Greater Jacksonville Area USO is collecting school supplies for our deserving junior families to help get their children ready for school this year. If you can help, please bring your donated school supplies to either Mayport or NAS Jax USO centers between now and August 9th. ¬†We are asking for any school necessities such as pencils, pens, paper, notebooks, back packs, glue/sticks, two pocket three prong folders, rulers, etc.

Brown Bag Roundtable Discussion And Workshop

The U.S. Small Business Administration and Jacksonville Women,Äôs Business Center present and opportunity to get real answers to your question if you are a: veteran owned small business (male or female) or service disabled veteran owned small business. This will take place Friday, July 22 from 11:45 a.m.-2 p.m. at the Neptune Beach Branch Public Library, Community Room (600 Third Street, Neptune Beach, FL 32266). Bring your lunch and business cards, networking time available before and after the event. The program is FREE but seating is limited, a reservation is required. Please email Donna Padgug at donna.padgug@sba.gov or call 904-443-1971 to make your reservation or inquire about this great event.

Smiles Over Miles

Smiles Over Miles gives all active duty military service members the opportunity to send video messages back home for free, easily from any computer with an internet connection and webcam. The technology also comes with built in security, so messages are kept private and delivered via secure transmission. Sign-up now via the following link: http://smilesovermiles.com/har risteeter/index.asp?uso=FL

Mayport USO Center "No Dough Dinner"

Looking for a great night with the family? Don't want to cook/clean up? Come to the Mayport USO Center Monday, July 25 from 5-7 p.m. The volunteers will serve Wings, chips, salad, and dessert. This dinner is free to active duty service members and their immediate families. Come on out and enjoy food and friends.

2ND Annual FRA Kids Day

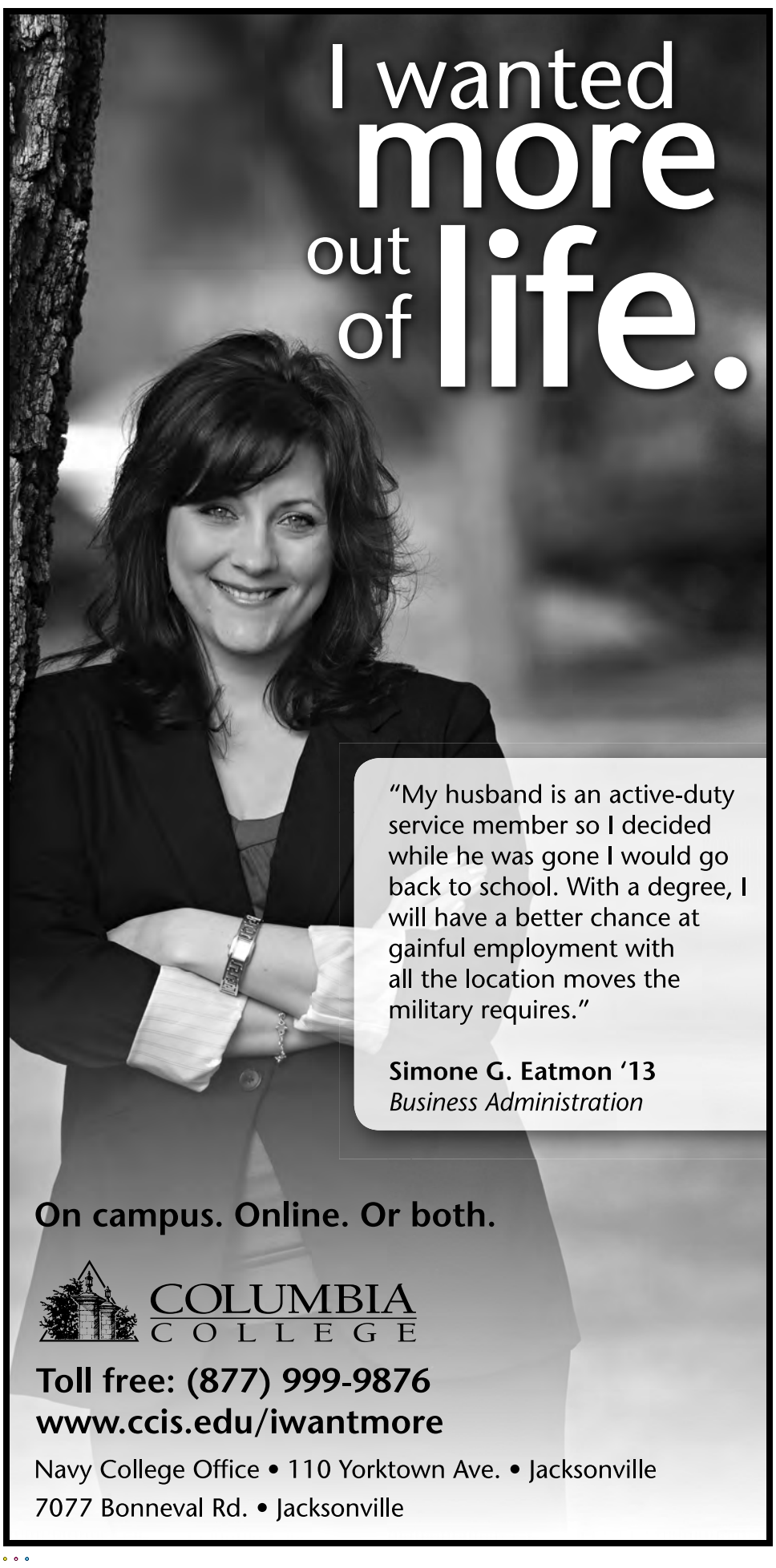
The Fleet Reserve Club of Jacksonville (5391 Collins Road, Jacksonville) is holding their 2nd annual Free Kids Day on July 30. There will be bounce houses, food, snow cones, Child ID program and much more. Bring your children young and old out from 11 am to 5 pm and enjoy the festivities! Please call 904-264-2833 with any questions.

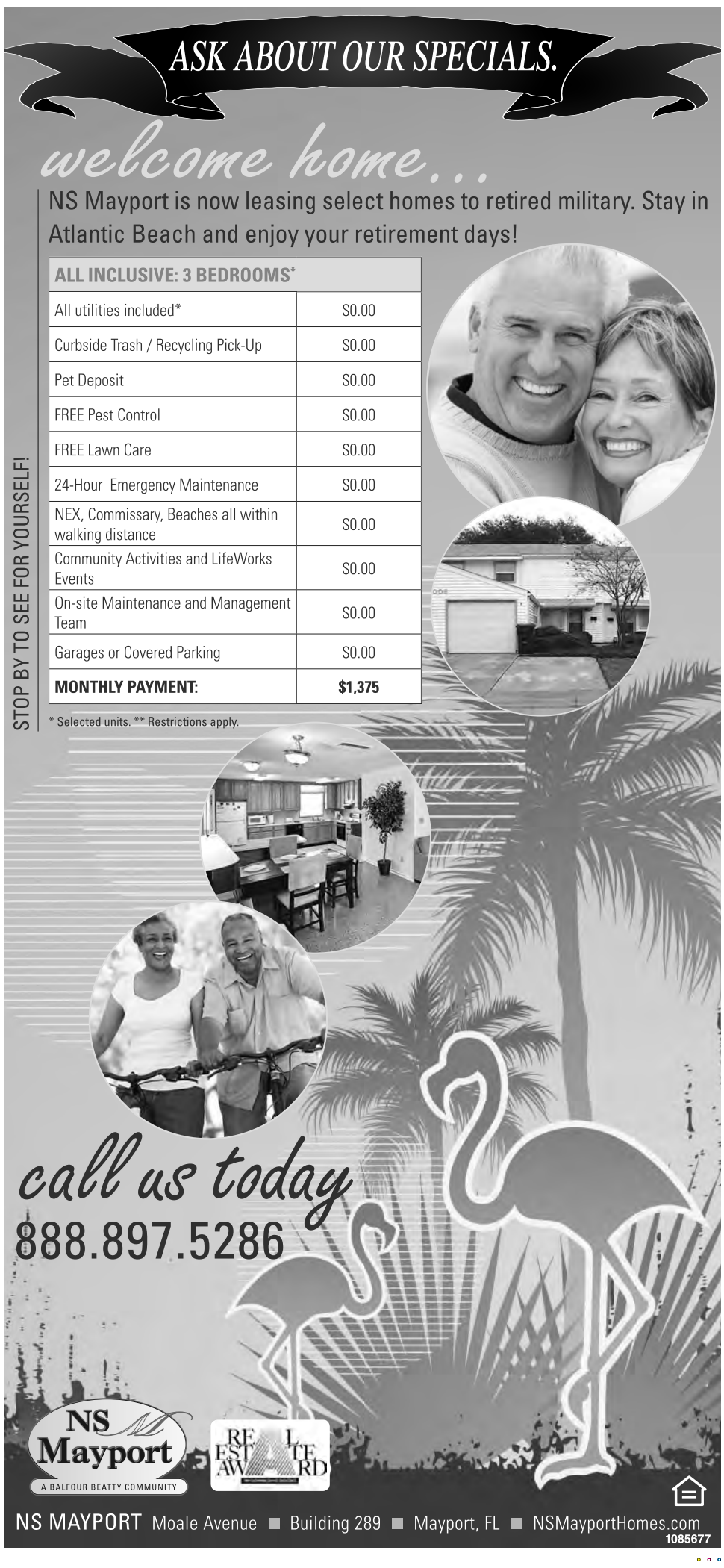
The U.S. Army's Spirit Of America

This freepatriotic live-action musical performance show will be in Jacksonville on Sept. 23-24. Free tickets are available now by visiting the Veterans Memorial Arena box office or by picking up an order form at your local USO Office. You may also visit www.soa.mdw.army.mil.com ¬†or www.jaxevent.com for more information or to download the order form. Your local USO does not have tickets you must get them from The Veterans Memorial Arena. If you have family/friends coming from out of town for this show or just to visit, please visit our website, www.jaxuso.org for a list of hotels that support your USO.

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

There is a full kitchen, showers, a quiet reading room and a meeting room available at the USO.For more information about activities or meeting availabilities, call 246-3481 or stop by the center at 2560 Mayport Road.





THE NS MAYPORT, FLORIDA **Mirror** Classified

PLACE YOUR MILITARY CLASSIFIED AD

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

CLASSIFIED INDEX

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

MasterCard VISA AMERICAN EXPRESS DISCOVER NETWORK **904-366-6300**

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

Announcements

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

Georgia Real Estate

GLENVILLE GEORGIA ON HIGHWAY 301S. 41 ACRES OF CULTIVATED LAND & 123 ACRES OF GREAT HUNTING LAND for deer, turkey, hogs, & quail. Call 912-237-0557 for details.

Southside

2959 LANTANA LAKES DR. E. GREAT LAKE VIEW NEAR TOWN CENTER Reduced to $129,900. 3br/2.5br large kitchen, large closets, large garage, spa, tub, screen porch, fenced yd, fireplace, ceiling fans throughout, cathedral ceiling, new roof, community pool. Call 904-237-9270

Arlington

FABULOUS POOL HOME IN MARINER POINT. WOOD & TILE FLOORING. GRANITE KITCHEN C-TOP. LARGE FAMILY ROOM. L/R, D/R, & SUNROOM. BOAT SLIP OPTION IN PRIVATE YACHT CLUB. 4BR/2.5BA 2539 SQ.FT. $269,000 MLS#570959 CALL 904-565-9225 ANTHONY C. MAROTTA, Realtor® Magnolia Properties www.anthonycmarotta.com

Baker County

Country Living In Baker County 4/2, 2400SF Mobile Home on one acre in Glen St. Mary. Above ground pool with deck, outside work or storage building with awning on side. Beautifully landscaped, located near I-10. $124,900. Call 904-707-5807

Waterfront

MAJESTIC SUNSETS Large riverfront lot, south of Palatka w/ boat ramp access, fixer upper mobile home, screen room, carport, underground utilities, deepwater, $150,000. 386-916-9410

Manufactured Homes

DO YOU OWN A MOBILE HOME?? Lot rent starting at $199. **I will pay for the move!** Many Great Communities To Choose From! **904-400-0421**

FORECLOSURE **3/2 on Half Acre $55,000. 4/2 on 2.5 Acres $69,900. REMODELED Owner Fin Avail. Call Jared or Greg 904-259-4663**

MOBILE HOME FOR SALE ON MAYPORT RD. 3/2 Split floor plan, carport, handicap ramp, 1454sf in Admirals Walk Park. $15,000 Call 904-372-0330

NEW MOBILE HOMES AROUND $800 MONTH Payment includes lot rent Used singles /doubles **Great Locations near Beaches! Quick Easy Credit** 904 955 9413

RENT TO OWN Select Beautiful Manufactured Homes, 3 & 4 Bedrooms As low as $800 deposit Call 877-232-1465

Real Estate For Rent

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

Apartments Furnished

NORTH WEST JAX efficiency apartment $155/per week included electric and cable, near store w/ laundry and bus. **Call 904-418-8077 or 904-210-7541**

Westside **Small 1 Br Apts** mostly furn., incls utils, cable $175wk + $500 dep. Call 904-695-1412

Apartments Unfurnished

ARLINGTON ADOBE APTS Studio $410. 1Br $455. 2Br $655. near Twn &Ctry Shop Ctr 904-745-0450 Clean, convenient & affordable, HURRY

ORANGE PARK - IMMACULATE 2BR/1.5BA, w/d hookups, Sr. discount, no pets, $650/mo. 644-8366

Riverside - 1 Bdrm $425 Westside- 1 Br $450 2 Br $550 $35 App. Fee! 771-1243 $200 OFF 1st Month Rent

WESTSIDE/MURRAY HILL 1BR SPECIAL $395.00 $99.00 Security Deposit 904-329-1985

Condominiums

SOUTHSIDE - Kernan Blvd. 1 mile UNF, 2br / 2.5ba gated/pool, avail 8/1. No security $900mo. 772-529-3855

Houses Unfurnished

3br/3ba+ofc; LR/fple, DR, FR, eat-in kit.; indr lndry; 2cgar, 18x20 cov/scrnd patio; fncd byd; EXTRAS. No pets. 14min Mayport base. $1300 mo. ($1250 bank drafted). 904-642-4679 or 708-0534-lv msg

⚓ **Charming 3/1 in historic Avondale, just minutes to the base. Walk to shops and restaurants. Hdwd floors, W/D, great deck on corner lot of quaint street. Pets OK. $1000 mth. (904)891-1059**

FLEMING ISLAND 3/2.5 TH 2-story, A-rated schools, 2 pools, tennis $1000/mo +dep avl immed. 451-5572

⚓ **For rent in Fleming Isd 5 Br/4.5 Ba** on private 1 acre lot surrounded by Eagle Harbor. Beautiful 2 stry custom built 3 yr old house.(northside of 220) 3150 sq ft. Designer kit w stnless steal app.$2500. PCS orders. Call Amy-9046543502 or **akelleymt@hotmail.com**

⚓ **For Rent: 2,348 Sqft home in** Yulee, Fl. 4 bedrooms, 3 baths, split bedroom floor plan. 2 walk-in closets for MBR. 1/2 acre fenced in lot, water softener, laundry room located inside the home. 30 minutes to Kings Bay, 50 minutes to NAS JAX, and 45 minutes to Mayport. 1 year lease minimum, $1,650 rent. Requires 1,650 Depsit and 1,650 last months rent. If interested call (904) 335-1326. PCS Orders.

⚓ **KINGSBAY, GA- 3bd/2ba, tile flrs,** jacuzzi MTB, 2cgar, ammenities, pool, tennis, open flpl, S/S appls, 1mi/base, water softner, fncd bckyd Avail 7/15. $1350/m. PCS. 912-674-1281

MAYPORT - 2bd/2ba, W/D, wood flrs, CH/A $700/mo 1139 Mayport Landing Circle. Call 305-668-9516

ORANGE PARK/ARGYLE AREA 3br/2ba, 2 car garage, fireplace, cathedral ceilings, jacuzzi, sprinkler sys, privacy fenced back yrd $1200 mo. Cross Timber sub-div. 8272 Hamden Rd. W. 904-716-7766

PAXON 2 bedroom unit, $350 dep, $650/month. 904-716-6609

PCS'g FOR RENT MANADARIN 4BR, 2BA, 2 car garage, fenced yard, w/d, 1 story, 3yr old house $1900 includes yard maintenance. **Call Karen (407)925-5316 or flanagankaren@yahoo.com**

⚓ **PCS ORDERS-$975mo. Close to** boat ramp, 30min's to NAS Jax. 3/2, 2car, priv. fncd bkyd. Great for small family or single person. 904-616-5055

Houses Unfurnished

⚓ **Nice 3/2 house in Argyle for** rent for $900. Freshly painted Great Room with Fireplace,indoor laundry room,ceramic tile flooring with carpet in bedrooms.Close to Mall,Oakleaf, and 10 minutes from Base. Call 757-285-9997. PCS

WESTSIDE RENTALS **1st MONTH FREE RENT** Indian Lakes 2/2 $600 Melissa Ct. 2/2 $675 HUD ok on all properties. Call Andre Robinson 226-4459 www.westsiderentalproperty.com

WESTSIDE 3BR/2BA LRG LR & DR COMBO new kitchen and baths, great neighborhood 7458 Proxima Rd. $895mo. 904-716-7766

Wonderwood/ Mayport area 3/2, 2 car gar, quiet neighborhood, near shopping, 5 mi. from Mayport NS 2000sf, new appl's, eat in kit, tile flrs, priv fenced bk yd. 12367 Gately Oaks Ln. W. 32225. $1,325mo+dep. pet ok w/ dep. Call 352-342-4120

Manufactured Homes

NORTHSIDE - 3br/2ba For rent, 2 acres, fenced, country settings, $900. lease Call 904-757-2346

Roommates

Mayport Roommate Wanted-master bedrm w/priv. bath $550mo includes utils, military pref'd. 904-626-3853

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

Professional Office Space For Rent on San Jose Blvd in South Mandarin, for information call 904-861-5233

HOME FINDER REALTY 241-5501 RENTALS AVAILABLE

BEACHES
ACQUATIC GARDENS- 2/2 $ avail 7/6 **$795month**
NORTHPOINT- 2/1 apt. avail now- **$550.00/month**

JACKSONVILLE
ARLINGWOOD- 4/2 (pool), avail 8/20--**$1200.00/month**
LOVEGROVE ACRES- 4/2.5, 2 car gar, lawn service included, avail 8/20 **--$1430.00/month**
LAKEWOOD- 3/1.5, very nice, 1470sf, avail 7/1-**$1095/month**
HUNTER'S GREEN- 3/2 avail 8/15 **$1295/month**

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

Business & Financial

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

Business Opportunities

HELP WANTED 50 people needed to become independent distributors for a 30 year company. Earn between 500-5000 per month. If interested contact **Keith Elliott at 877-529-2645.** 1119272

Education & Training

Private Instruction
Schools
Specialty Training/ Events

Schools

40/hr Class D Sec. Course $74.99 LIC DS1100004 Concealed Weapons Course $29.95 LIC K1000125 **Lock & Load 253-7934**

Employment

Job Fairs
Resume Services
Accounting/Bookkeeping
Advertising/Media
Architecture/Interior Design/Graphics Design
Automotive Sales/Service
Aviation
Civil Service/Government/ Public Administration
Computer Hardware/ Software/Programming
Construction
Customer Service
Dental
Domestic Services/ Caregiving
Delivery Driver
Education/Teaching/ Training
Engineering
Entertainment
Executive/Management
Finance/Investment
General Employment
Hotel/Hospitality/Tourism
Industrial Trades
Insurance
Landscaping/Grounds Maintenance
Law Enforcement/ Security/Safety
Legal
Maintenance/Janitorial Services
Management/Professional
Marketing
Mechanics
Medical/Health Care
Marine/Trade
Nurses/Nurses Aides
Office/Clerical/ Administration
Part-Time
Personal Services/Beauty
Real Estate/Property Management
Recreation/Sports/Fitness
Restaurant/Bar/Club/ Food/Beverages
Retail
Sales
Science/Research
Social Services/Counseling
Technical Support
Telemarketing
Transportation
Warehouse/Inventory
Work at Home
Positions Wanted

Industrial Trades

MACHINIST: Experienced engine lather operator. Previous history with stainless steel. Must have own tools. Health insurance and 401K. or E-mail: sales@schurco.com

Technical Trades

RADIO TECHNICIAN NEEDED Diagnose, locate & repair malfunctions in mobile and portable radio units, install new equipment for initial use, transfer equipment to other vehicles or fixed locations. 1 -2 years of radio tech exp. Exp. with public safety vehicle electronic equipment, portables, mobiles and backbone equipment, a plus. Must pass extensive bkground inc. drug test and physical. Must have HS diploma / GED. EEO Drug-Free Workplace For application & information: Clay County Sheriffs Office, P O Box 548, GCS FL 32043, (904) 213-6040, www.clay sheriff.com. Deadline to apply 07/29/11

AC and Heating

We will beat any written estimate on new systems & repairs by 10%. 904-588-5222 bestacjax.com~CAC1814887

Child Care

⚓ **HOME DAY CARE Airport** area. M-F 7a-5p. First Aide. Meals provided. Dawn 904-751-9149

⚓ **Child Care O.P. High School** area. M-F 5am-6pm. CPR, First Aide, USDA Food pro. Lic#F04CL0014. Kari 904-955-1965

⚓ **Westside-Normandy Now Enrolling SATURDAY CHILD CARE!!! $25 All Ages Included...**No contract! Pay As You Go! Breakfast, Lunch & Snack provided for 2yrs. & older! We are here to serve you! New Dimension Christian E.E.P. Lic#C04DU0832 5505 Normandy Blvd., 32205 Mrs. Mosby (904)683-9647

Cleaning Service

Call Janie 904-234-0099 for all your cleaning needs. The beaches area.

Merchandise

AC, Heating, Fuel
Antiques
Appliances
Arts & Crafts
Auctions
Building Supplies
Business/Office Equipment
Clothes
Collectibles
Computer
Craft/Thrift Stores
Electronics
Estate Sales
Farm/Planting
Fruits/Vegetables
Furniture/Household
Garage Sales
Garden/Lawn
Hot Tubs/Spas
Jewelry/Watches
Kid's Stuff
Machinery & Tools
Medical
Miscellaneous Merchandise
Musical Merchandise
Photography
Portable Buildings
Public Sales
Sporting Goods
Tickets
Trailers
Wanted to Buy or Trade

Appliances

⚓ **G Profile. Side-by-side refrig**erator. White. 31 cubic feet. Good cond, very clean. W/ice maker & water filter. 904-994-6450

⚓ **GE space-maker. Over the** Range Microwave, with turn table. White. Works great. $150. Call: 904-994-6450

Appliances, buy, sell, trade & repair W/Ds, Refrigs., stove, $65-up wrnty. Mon- Sun 9-7. Delivery 904-695-1412

Start Your New Career Today as a
PHARMACY TECHNICIAN
For Assistance Call Now!
888-415-5833
The University of Florida is now offering a unique Career Training Program:
PHARMACY TECHNICIAN Online Course: $2,795
Online courses can be accessed from anywhere with internet access
(Uses Same Curriculum as UF Live Class)
Includes an Externship at a local Pharmacy
ENROLLMENT IS LIMITED! SO CALL NOW!
Loan application assistance and placement services available
UF College of Pharmacy UNIVERSITY of FLORIDA
Call today to find out more and enroll
888-415-5833
For additional program details, visit www.UFpharm.org

• FREE • FREE • FREE • FREE • FREE • FREE • FREE • FREE • FREE • FREE •

Navy Classified Ads

THE FLEET MARKET

ADVERTISING RULES

Please fill out this form in black or blue ink.

DEADLINES

THE MIRROR

Noon Friday

Rank/Grade:_____ **Work Phone#**_____ **Organization:** _____ **Date Submitted:**_____

Name(please print):_____ **Signature:**_____

1. Free advertising in the Fleet Market is restricted to active duty and retired military personnel (or their dependents) and civilian employees assigned to the Mayport Naval Station.
2. Advertising in the Fleet Market is a free service provided by the publisher to help qualified personnel dispose of unwanted personal articles. **Service ads such as sharing rides to work or on leave, announcing lost and found items, and garage sales will be accepted. ADS PERTAINING TO GUN SALES WILL NOT BE ACCEPTED. ANIMAL OR PET ADS WILL ONLY BE ACCEPTED IF THE ANIMALS ARE OFFERED FREE. CHILD CARE PROVIDERS CANNOT DISCRIMINATE. REAL ESTATE ADS WILL BE LIMITED TO ANNOUNCEMENT OF HOMES FOR SALE OR RENT BY QUALIFIED INDIVIDUALS WITH PERMANENT CHANGE OF STATION (PCS) OR "OFFICIALLY REASSIGNED" ORDERS. REAL ESTATE ADS MUST CONTAIN ONE OF THOSE STATEMENTS IN THE BODY OF THE AD– OTHERWISE THEY WILL BE BILLED.**
3. All information requested must be included and readable. All ads should be written independent of other information contained on this form.
4. Ads received after the above time will run in the following week's issue.
5. Completed forms should be delivered or mailed to the Fleet Market, Bldg. 3. Box 280032, Mayport Naval Station, Mayport, FL 32228-0032, or to The Mirror, One Riverside Avenue, Jacksonville, FL 32202
6. Ads appearing to be in the promotion of a business or which do not meet the above requirements will be billed. The publisher reserves the right to omit any or all ads.
7. Additional readership in other publications can be arranged for a nominal fee by calling 1-800-258-4637 (toll free), or enclosing your phone number.
8. Faxed ads will be accepted at 904-366-6230, however, they must be completed on an original form.

Select the number of weeks ad is to run: ❑ 1 wk ❑ 2 wks ❑ 3 wks ❑ 4 wks

To renew your ad after the allotted time, you must re-submit your ad to The Mirror. NOTE: (1) This form must be clipped (not torn) along the outside border. (2) No more than one word (or abbreviation for one word) per block. (3) Only two free ads per family, per week. (4) Select the category for the ad by referring to the Classified Index.

Category: _____

THE NS MAYPORT, FLORIDA **Mirror**
One Riverside Avenue, Jacksonville FL 32202

• FREE • FREE • FREE • FREE • FREE • FREE • FREE • FREE • FREE • FREE •

Appliances

Gas Grill. Weber E320 "Genesis," with side burner. Assembled, never used. Paid $650. Sell for $525. 268-2482

G.E. Refridge w/ice dispenser $100. Matching dishwasher $50. Electric Range $20. 904-292-9274

VACUUM CLEANER. Upright. Riccar brand. U.S. made. Powerful, lightweight, HEPA Filteration. Long cord. Serviced. Super cond. $195. 904-268-2482

Arts and Crafts

PUC Qilt frame w/pair of angler legs $50. Call 904-221-2114

Auctions

Auctions by B. Langston's, LLC Federal & primitive style furn & mirrors Dresden, Spode, Art, designer items, coins, guns, dolls, good glass and rugs, musical Instruments. Preview Fri. @ 5:00pm. Auction starts at 6:30pm. 1671 Atlantic Blvd. Term: 10% BP. au4237/ab3056 www.blangston.com 904-642-1003

Clothes

Tons of Medical Scrubs I have XS-L in both pants and tops asking $5 each or set for $8 all must go please call 912-322-2979 leave message

Estate Sales

B. Langston's Presents FULL HOUSE Furn T/O, Flowblue, silver, cut glass, linens, books, sports memorabilia. 1805 Manchester Ct. S., off Roberts Rd. Thur/Fri/Sat 9-4. www.blangston.com

Furniture / Household

All New Mattess Sets Queen $120 ~Full $110 ~Twin $100~ King $200 Can Deliver Call 727-271-7524

ALMOST NEW 6 Piece Cherry Bed Set, Delivery Avail. $295 727-271-7524

COUCH and LOVESEAT NEW CAN Deliver $350 727-271-7524

Crib for life to full size. Bed, twin mattress, dresser, pine color, $400 for all. 693-2574/868-4644

DINETTE + 4CHAIRS NEW CAN DELIVER $275 727-271-7524

Entertainment center. Distressed oak. Excellent condition. $500 obo. 904-304-4014

I have Free Moving Boxes and Moving Paper, Season 1 of SCI for 10.00 And Children's Toys for .25cents a piece Please call 505-352-4558 if you're interested.

LEATHER CHAIR-Great Distinction brown large with ottoman. Sold new for $2000. Will sell for $650. Excellent condition. 573-9344 or 762-5998.

Love Seat- Beautiful Fairfield Traditional Love Seat with decorative throw pillows. Needle point floral design on front in coral and beige. Excellent condition. Ideal for professional office or home. $600. 573-9344 or 762-5998.

Mocha Queen size Sofa Sleeper with matching chair. Less than 1 year old. Asking $499.00 for both. Kingsland, GA. Contact Dave @ 757-395-7026

MOVING: European beauty glass top tbl, rounded, designer features, fabric seats, polished nickel. Pd $650. Asking $350. 904-583-2251/583-2246

MOVING: Ivy League contemp. sleigh bedrm set. Honey. Pd $1600. Asking $800obo. Exc. cond. 904-583-2307/904-583-2251. CASH.

Queen size oak platform bed with headboard $500. 904-215-3608

Pro 220 weight set, weights steel, bench $125. Oak tbl, 5 chrs. Moving must sell 904-583-2251. $350.00obo.

CHEST, wood. Heavy vinyl covering, padded top for sitting. 29"Lx15"Wx17"H. Exc. $16 904-268-2482

Garden / Lawn

FILL DIRT AND SAND CHEAP!!! Call David at: 416-645 9

Patio , glass top rectangular table with six collapsible chairs, like new, never used. Original cost $120, will sell for $80. 904-264-9333

Jewelry / Watches

High quality Ladies Engagement Ring 1ct. Marquise center stone +.21 cts. Addt'l diamonds appraised $7200. Sell $2600. 904-220-9276

Misc. Merchandise

DIABETIC TEST STRIPS needed. Call Mike (904)712-9015

FILL DIRT AND SAND CHEAP !!! **Call DAVID : 416-6459**

Gemini KM-707 Pre-Amp Mixer & Pro-27 DJ console case with 2 Sony CD players. $450. 912-673-6388

HELP US DISPOSE OF EXCESS LOCAL SQUADRON PATCHES. $1.00 each. Call Global 904-731-8728 or email: globalmil@aol.com

Trunk. Large, flat top, very old, but in solid cond., wheels added, great for storage. $35. 268-2482

4 low profile rims/tires for 325 series BMW. $100 Call 912-467-8550

Kobalt brand tool box for compact truck not double cabs. No drill mount sys. $100. 282-4244

Ladder Jack set $100. Wood Lathe w/stand $175. 5th Wheel hitch $400. Leather cycle jacket 4 for $40. 904-786-9651

SUN-QUEST Pro 165E Wolff sys. tanning bed $800. 912-673-6388 LV MSG

Sporting Goods

Bauer F3 Fitness Rollerblade in-line skates, mens sz 8, womens sz 10, good cond., $50. 904-508-2163

(2) GO-KART'S FOR SALE - 2010 150cc - Brand new 2 seater, never used, fully tuned, ready to go, $1100. **2010, 150cc,** 2 seater, eng. has less than 24hrs, fully tuned $1300. **Or Best Offer. Must see & drive. Must sell-Call Now! 904-849-7694**

60lb. Compound Bow w/over draw & Bow case w/extra arrows & Quiver $200. Call 904-221-2114

Schwinn Suburban 10spd bicycle. 1960's rideable as is. Needs restoration. $225. Bob 904-945-9539

Pets & Animals

Adopt a Pet
Pets & Supplies
Livestock & Supplies
Animals Wanted

Pets and Supplies

Pure Border Collies Unregistered 3 males & 3 females - shots current $250 each. 904-716-2700

CHIHUAHUAS - shots and wormed, 8 weeks, cash $100. 904-722-3164

HAVANESE PUPPIES-Home raised $750 firm. Call 904-221-6652

Labrador Pups, chocolate, yellow, calm, champion pedigree, blocky heads. www.quailmeadowlabs.com $1000-$1200. Call 352-362-7171

MINIATURE SCHNAUZERS AKC Male born 4-18-2011 bl and bl/slver Call Dave 904-477-7032

Olde English Bulldog pups 9W $1500 registered 904-314-7048

POMS- AKC, Adults and puppies available. Call 904-262-6200.

Free Cat has been spayed and declawed, gray in color. Good with dogs, cats and kids. 912-882-3257/757-597-4300

Pets and Supplies

Free Beagle to good, gentle home: 7 yrs old, 30lb, potty trained, obeys basic commands, gd w/other animals & kids, submissive. Full medical record, loved her whole life, shots up to date. Loves playing fetch, walking, sleeping next to you. No bad behavior problems, only the usual annoying beagle characteristics. Moving overseas on orders & need to place her ASAP. 360-320-7142

Toy Poodle Puppy AKC female ready now. $500.00. 334-4058.

Transportation

Aviation
Boats
Sailboats
Boat Dockage & Rentals
Marine Equipment & Supplies
RV Rentals
RV's & Suppliers
Motorcycles & Mini Bikes
Auto Brokers
Auto Parts
Antiques/Classics
Automobiles
Trucks/Trailers/SUVs
Vans/Buses
$2000 or Less
Commercial Vehicles
Misc. Auto
Autos/Trucks Wanted
Auto Rent/Lease

Boats

'97 SeaSport 20' Center Console 140hp Suzuki outboard Bimini top, ready to fish, many extras. $9k. 904-215-3608

RVs and Supplies

2000 ALLEGRO BUS Diesel Pusher 33' Turnkey, fully equip., including W/D, electric awning, 2 heat pumps in motion satellite $52,000. 904-285-1034

2000 King of the Road 5th Wheel, 29ft., 2 slides, generator $8800 obo. Good cond. 407-414-5417

2005 SOUTHWIND 37' - 15K miles 3 slides, gas engine, auto awnings excel cond. $69,500. 904-287-8872

Motorcycles/Mini Bikes

2005 V-Star 1100 Custom. 3000mls, garage kept. Asking $4500obo. Have extras also. David 912-322-7189

Antiques / Classics

1979 MG MIDGET approximately 77K miles, $2,800. Call 904-379-8574

Automobiles

2010 Prius 5, 9,647mi's, Nav. Sys, back-up camera, blizzard white, 50+mpg, like brand new $25,970. 904-264-2473

Chrysler Sebring 2008 for sale! 4 dr sedan. <50,000 miles. Wonderful car with regular maintenance performed. Excellent condition. $11,500. Call 912 674 4950. Pictures available.

CRYSLER SEBRING LXi 2002 convertible, black/silver, clean and well maintained, $4,995. 904-502-1509

Lincoln Town Car, new tires Michelin Energy LX4 white stripe P225-60R 1798T $150. Red maple 4' trees $5.00 904-384-7809

'05 Nissan Sentra, low mi's, very good cond., 904-571-2990

'97 Nissan 200 SX 106k mi's, cold A/C, CD plyr, sunroof, PW, PL, runs great $2500. 912-673-1719

'03 CHEVY MALIBU Only 66K mi's, beaut. cond. Silver 4 dr, all pwr $5500 cash. 904-285-9982

'98 HONDA CIVIC runs great, lded, sunroof, complete new A/C sys, great gas mileage. $3000. 904-536-5386

'00 HYUNDAI SONATA 82k, runs & looks great, fully lded, 4cyl, great gas mileage. $3500. 904-536-5386

Volvo S60R `06 Exc Cond., 4wd/awd, AT or manual option, 300hp TBC eng., safety options, sunroof, dark blue w/tan leather, 4 new Runflat tires, 58,945mi. $21,500. 305-710-7785

Trucks / Trailers / SUVs

'94 Ford Ranger ext cab. 3.0L V6, AT, PS, PB, $2000obo. 904-509-1530

JEEP WRANGLER X '05 Hardtop 1 owner, V6, auto, a/c, sat radio michelin tires, 68k gentle mi, perfect cond. $15,500 **904-277-3350**

'97 Jeep Grand Cherokee, 4wd, blue lthr inter., good body, motor & trans, needs alternator. $2000. 912-729-6230

'03 Dodge 1500, 4.7Lt, Quad Cab, Auto, Cold AC, PW, PL, AM/FM/CD, BedLiner, Tow Package, New Tires with less than 5,000 miles, 152,000 miles. Kellie Blue book is 6700.00. Asking 6500.00 OBO. Tracey 904-554-6469.

TOYOTA TACOMA SR5 2004 V6 Trio Off Road 4dr 81,000m Excel cond, call 904-343-3381

650,620

HOURS

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

Thank You!

Jax Air News

THE Mirror NS MAYPORT, FLORIDA

THE Periscope KINGS BAY, GEORGIA

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

Mirror · JaxAir News · Periscope

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

The Times-Union

drive DEALER DIRECTORY

TO LIST YOUR DEALERSHIP, PLEASE CALL 904-359-4193

BUICK
KEY BUICK-GMC
4660 Southside Blvd. 642-6060

NIMNICHT BUICK-GMC
11503 Philips Hwy 685-8820

CADILLAC
CADILLAC-SAAB OF ORANGE PARK
7999 Blanding Blvd. 778-7700
www.cadillacoforangepark.com

CLAUDE NOLAN CADILLAC
4700 Southside Blvd. 642-5111
www.claudenolan.com

CHEVROLET
NIMNICHT CHEVY
1550 Cassat Ave.
904-647-4220
www.nimnichtchevy.com

JERRY HAMM CHEV
3494 Philips Hwy. 398-3036
www.jerryhamm.com

CHRYSLER
ATLANTIC CHRYSLER
www.atlanticjeep.com
2330 US1 South 354-4421

JACKSONVILLE CHRYSLER JEEP DODGE
9A & BAYMEADOWS. 493-0000

RICK KEFFER
I-95 Exit 373, Fern Bch.
1-800-228-7454
www.rickkeffer.com

ORANGE PARK CHRYSLER JEEP DODGE
7233 Blanding Blvd. 777-5500
www.orangeparkdodge.com

DODGE
ATLANTIC DODGE
www.atlanticjeep.com
2330 US1 South 354-4421

JACKSONVILLE CHRYSLER JEEP DODGE
9A & Baymeadows 493-0000

ORANGE PARK CHRYSLER JEEP DODGE
7233 Blanding Blvd. 777-5500
www.orangeparkdodge.com

RICK KEFFER
I-95 Exit 373, Fern Bch.
1-800-228-7454
www.rickkeffer.com

FORD
PAUL CLARK FORD-MERCURY
I-95 N. Exit 129 (Yulee)
225-3673

MIKE SHAD FORD
At The Avenues
10720 Philips Hwy.
904-292-3325

MIKE DAVIDSON FORD AT REGENCY
9650 Atlantic Blvd. 725-3060

MIKE SHAD FORD OF ORANGE PARK
7700 Blanding Blvd. 777-3673

GMC TRUCKS
NIMNICHT GMC
11503 Phillips Hwy 685-8820

HONDA
DUVAL HONDA
1325 Cassat Ave. 899-1900

LOU SOBH HONDA OF THE AVENUES
11333 Phillips Hwy. 370-1300

HYUNDAI
KEY HYUNDAI
4660 Southside Blvd. 642-6060

INFINITI
ATLANTIC INFINITI
10980 Atlantic Blvd. 642-0200

JEEP
ATLANTIC JEEP
www.atlanticjeep.com
2330 US 1 South 354-4421

JACKSONVILLE CHRYSLER JEEP DODGE
9A & BAYMEADOWS. 493-0000

RICK KEFFER
I-95 Exit 373, Fern Bch.
1-800-228-7454
www.rickkeffer.com

ORANGE PARK CHRYSLER JEEP DODGE
7233 Blanding Blvd. 777-5500
www.orangeparkdodge.com

KIA
KIA OF ORANGE PARK
6373 Blanding Blvd.
771-6078

LINCOLN
NORTH FLORIDA LINCOLN
4620 Southside Blvd.
642-4100

MIKE SHAD FORD LINCOLN
7700 Blanding Blvd. 777-3673

SAAB
SAAB OF ORANGE PARK
7999 Blanding Blvd. 302-5373
www.saaboforangepark.com

TOYOTA
KEITH PIERSON TOYOTA
6501 Youngerman Circle.
771-9100

ERNIE PALMER TOYOTA
1310 Cassat Ave. 389-4561

VOLKSWAGEN
O'STEEN VOLKSWAGEN
VISIT OSTEENVW.COM TODAY!
904-322-5100

TOM BUSH VOLKSWAGEN
VISIT TOMBUSHVW.COM
904-725-0911

VOLVO
O'STEEN VOLVO
www.osteenvolvo.com
396-5486

PRE-OWNED VEHICLES
AUTO LINE
A Family owned Business
autolinepreowned.com
2126 Mayport Rd., Atlantic Beach
904-242-8000

PRE-OWNED VEHICLES
AUTOS BEACH BLVD. AUTOMOTIVE
Family Owned Since 1967
beachblvdautomotive.com
6833 Beach Blvd.
724-3511

DARCARS WESTSIDE PRE-OWNED SUPERSTORE
1672 Cassat Ave.
904-384-6561
www.westsidedodge.net

O'STEEN VW CERTIFIED PRE-OWNED CENTER
VISIT OSTEENVW.COM TODAY!
904-322-5100

WORLD IMPORTS CERTIFIED PRE-OWNED AUTO CENTER
www.worldimportsusa.com
11650 BEACH BLVD.
998-9992

SUPPORT YOUR LOCAL DEALERSHIPS BY SHOPPING LOCALLY. READ DRIVE EVERY SATURDAY IN THE TIMES-UNION OR GO TO DRIVE.JACKSONVILLE.COM FOR GREAT LOCAL DEALS. LET'S SHOP LOCAL!

1109638

SUMMER SPECIAL SALES EVENT

BMW 2011
328i Sedan
bmwusa.com
1-800-334-4BMW
The Ultimate Driving Machine

New 2011 BMW 328i Sedan
$359
Lease Per Month*

$750 Lease or Finance Cash Available Towards A New 3 Series Sedan.

0.9% APR Available on select BMW Models*

- Automatic
- Premium Package
- Leather
- Cruise Control
- Bluetooth
- And More

MSRP $38,125

$0 Maintenance Costs 4 Years/50,000 Miles

For The Latest Specials Text TBBMWOP to 48696

777-2500
6914 Blanding Blvd.
www.opbmw.com
Sales: 9am-8pm Mon.-Fri. • Sat. 9am-7pm • Closed Sun.
Service/Parts: 7am-7pm Mon.-Fri. • Closed Sat./Sun.

*Lease financing provided by BMW Financial Services NA. LLC/Financial Services Vehicle Trust through August 1, 2011. W.A.C. 2011 BMW 328i Sedan monthly lease payment of $359 for 36 months based on MSRP $38,125. $359 first month payment. $2,500 Down Payment, $0 Security Deposit. $3,584 Cash due at signing. Vehicle may need to be ordered. Total lease payments are $12,924. 0.9% on Select BMW vehicles. Total amount financed includes $725 Acquisition Fee. Excludes tax, license and registration. Program available to qualified customers and not everyone will qualify. Subject to credit approval. See participating dealer for details. Dealer contribution may affect terms. Lessee must cover insurance and all items not covered under the BMW Maintenance Program. At Lease end, lessee will be liable for disposition fee (350.00), any excess wear and use as set forth in the lease agreement and excess mileage charges of $.20 per mile for miles driven in excess of 30,000 miles per year. Purchase option at lease end for $24,781. Lessee acquires no ownership interest unless purchase option is exercised. See participating BMW centers for details and vehicle availability. For more information call 1-800-334-4269. Special lease rates and pricing may not be reflected throughout www.bmwusa.com. All figures presented are estimates only. Actual selling price may vary. Please see your BMW center for details. Ultimate Service covers all factory recommended maintenance on all new vehicles as determined by the Service Level Indicator, for 4 years or 50,000 miles, whichever comes first. Exclusions may apply. See the Service and Warranty information booklet for more details and specific terms, conditions and limitations. ©2011 BMW of North America, LLC. The BMW name, model names and logo are registered trademarks. Not Responsible for typographical errors. Art for illustration purposes only.

3839484-01