THE Mirror
NS MAYPORT, FLORIDA
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Helping At Home

Mayport Holds Bone Marrow Drive To Benefit One Of Their Own

From Staff

Naval Station Mayport is hosting a bone marrow drive in honor of Master-at-Arms Seaman Brian Van Fleet of NS Mayport Security.

The active duty Sailor is diagnosed with Acute Lymphocytic Leukemia (ALL). He has had eight cycles of chemotherapy and is in dire need of a bone marrow transplant.

He needs a match right now.

The bone marrow drive is scheduled for Feb. 15-17 from 8 a.m.-4 p.m. in Building One Security Training Room.

The process is simple, Deputy Security Officer Ron Novak said. To register, potential donors join the National Marrow Donor Program Registry by taking a simple swab of their mouth. Potential donors must be between the ages of 18 and 60, meet the health guidelines and be willing to donate to any patient in need.

"We really want to pull together and help Brian," Novak said. "He's got a young daughter who just turned one [Feb. 4] and his wife Katherine."

A bone marrow transplant will give hima chance to see his daughter grow up and continue his life with his family and his Navy career, he added.

For more information, call 270-5261.

-Photos submitted by Mayport Security

Master-at-Arms Seaman Brian Van Fleet holds his young daughter, Elaina, while in his dress whites.

Van Fleet pictured with his wife, Katherine, and daughter, Elaina. Brian is in need of a bone marrow transplant.

Updated Eval, Fitness Report Software Out

From Navy Personnel Command Public Affairs

Navy is deploying a new version of the performance evaluation software used throughout the fleet, officials said Feb. 6.

"NMCI (Navy Marine Corps Internet) will begin deploying NAVFIT98A Version 30 throughout the Non-Classified Internet Protocol Router Network (NIPRNET) during scheduled maintenance periods starting February and concluding mid-March," said Jim Price, director, Performance Evaluation Division, Navy Personnel Command.

Version 30 supports the lieutenant force distribution policy change announced in NAVADMIN 219/11, incorporates the chief evaluation (CHIEFEVAL), previously available only through PDF and provides additional lines to the comments block for FITREPS, CHIEFEVALS, and EVALS.

In addition, this version is a complete technology refreshment to increase compatibility across various workstation configurations. The NAVFIT98A Version 30 update will be pushed to all NMCI NIPR workstations throughout the Navy as a core application; however the new software will not be automatically loaded on the Secret Internet Protocol Router Network (SIPRNET).

"It will not be listed as a core application for SIPR computers, but will be available by request," said Price. Beginning Feb. 28 the old version of NAVFIT98A will be removed from all SIPR workstations.

Commands that require NAVFIT98 Version 30 on their SIPR workstations can submit a Move/Add/Change (MAC) request through their command information systems technician.

Non-NMCI users may download NAVFIT98A Version 30 along with frequently asked questions and a reference guide on using the application at http://www.npc.navy.mil/careerinfo/performanceevaluation/softwareforms.

NAVFIT98A is used by Navy to create, store, organize, validate and print officer fitness reports and enlisted evaluation reports for signature as well as the summary sheet required for each reporting group to be mailed to the NPC. The reports are saved to Sailors official military personnel file and may be reviewed by selection and promotion boards.

Users will receive an NMCI User Alert email providing the dates of the upgrade and any actions required by the user.

For more information visit www.npc.navy.mil and read NAVADMIN 047/12.

USS Simpson Enjoys Visit To Casablanca

By MC2 Felicito Rustique
Navy Public Affairs Support Element-East Detachment Europe

Guided-missile frigate USS Simpson (FFG 56) and senior staff members from U.S. Naval Forces Europe-Africa concluded a three-day port visit of training, band engagements, and senior staff talks in Casablanca, Feb. 2.

During the visit, Simpson conducted visit, board, search and seizure training with Royal Moroccan Navy personnel and received a tour of the Royal Moroccan Navy vessel Tarek Ben Zayid. Staff members from U.S. Naval Forces Europe-Africa met with senior leaders from the Royal Moroccan Navy to strengthen maritime partnerships, while members from the Commander, U.S. Naval Forces Europe Band conducted two community service projects at a girls' orphanage and boys' center in the city.

Rear Adm. Kenneth Norton, deputy chief of staff for Strategy, Resources, and Plans at U.S. Naval Forces Europe-Africa, along with his staff and the crew of Simpson, hosted the U.S. ambassador to Morocco, Samuel Kaplan, his wife and his staff, and top commanders from the Royal Moroccan Navy and Army, honoring the relationship between Morocco and their U.S. partners.

Royal Moroccan Army Col. Mohammed Amharouch said he was happy to have the Simpson crew visit his city.

-Photo by MC2 Felicito Rustique

Royal Moroccan Navy sailors direct Damage Controlman 3rd Class Brandon Watkins, simulating a captive, past the quarterdeck of the guided-missile frigate USS Simpson (FFG 56) during a visit, board, search and seizure training session. Simpson is conducting theater security cooperation and maritime security operations in the Naval Forces Africa area of responsibility.

"It's good to form bridges between our two nations," said Amharouch. "More visits, like the Simpson's, will help our navies and countries move together into the future with vision."

Cmdr. Leonard Milliken, USS Simpson commanding officer, commented on the events and training the two countries completed during their time in Casablanca.

"Today was a great day," said Milliken. "We had tours where we provided training aboard to members of the Royal Moroccan Navy and some of our Sailors visited and boarded a Moroccan vessel as well. Our visit to Morocco has been a success."

Norton also spoke to the guests by offering praise to the Simpson's crew and stressing the importance of partnership between the U.S. and countries like Morocco.

"I'd like to conclude [the evening] with this thought: maritime secu-

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Sea Turtle Meeting

NS Mayport beach walkers are encouraged to attend the sea turtle nesting team meeting on March 7 at 5 pm. in Building One Security Classroom. For more information, call Art Burt at 219-6375.

Check us out Online!
mayportmirror.com

Heart Attacks Happen At All Ages

Paige Gnann
The Mirror editor

Editor's Note

For the past four years I have put off writing this article. It a subject that I find easy to talk about with my friends, family. Even with complete strangers, I can have a conversation about it.

But for some reason, it has been hard for me to write. So here it goes... four years ago on Feb. 7 my husband had a massive heart attack - the dreaded Widow Maker. He was only 36 years old.

Yep, that's right.

Only 36. And guess what? His grandfather died at 35. Too young for a heart attack.

I remember standing in the emergency room. It was frantic. My husband was barely conscious and they were trying to get his vitals when a doctor asked "the patient's" age. When they told her, she was stunned.

"Don't you mean 46?" I heard her ask.

"No," I yelled at her. "He's only 36."

Only 36, with a wife and two young sons at home.

In that emergency room, I didn't realize how bad the situation really was. I knew he was alive. I knew I didn't have to go to my boys and tell them daddy wasn't coming home.

My husband was more than lucky that day. He is one of a very FEW men and women in our age group to recognize the signs of a heart attack and survive. (For the Widow Maker, the percentage of surviving is between 3-10 percent.)

Early sign recognition saved him. We were able to get an ambulance to him in time. In fact, he actually had the heart attack while en route to the hospital. Paramedics had to defib him twice to revive him.

If I had picked him up -which I was on my way to do - I would have dropped off a corpse. With the Widow Maker, you only have about a five minute window to revive the patient before death.

That same year, I lost three classmates (all women - it doesn't just happen to men) to heart attacks. Their families weren't lucky.

Of course at the time of the Widow Maker, we didn't know how lucky we were. It took being visited by almost every nurse in ICU coming by to congratulate my husband on being alive for the situation to sink in.

It's not called Widow Maker for nothing.

Ok, so why am I telling you this story now? Two reasons actually.

The first is that I believe strongly that people should practice heart healthy habits starting at a very young age...think your children.

My husband had a very strong family history of heart disease that we ignored. (Remember, his grandfather died at 35) But his father also died in his early 60s from congestive heart failure after several heart attacks and strokes starting in his 40s.

I guess because we were so young, we figured we had "time" to be heart healthy. I cooked right at home and I was active, but he wasn't. He ignored the early warning signs of heart disease - his risk factors. By 30, he already had high cholesterol levels, high blood pressure and for the past few years he had become sedentary and overweight. He had all the risk factors for a potential heart attack.

Second is because February is Heart Health Month. (Ironic that he would have his heart attack in February, isn't it?)

According to TRICARE, patients should also consider tobacco and alcohol use, diabetes, and diet as risk factors.

For active duty military, regular check ups and blood work are mandatory.

If you are not active duty, it is up to you to take the initiative for your heart health.

Little things like replacing 100 calorie processed snacks with fresh fruit and vegetables can go a long way to controlling your weight. Taking advantage of MWR's Fitness programs and Sports program can keep you in shape (and social) without breaking your wallet.

And make sure you know the signs of a heart attack. The five main signs are:

•Pain or discomfort in the jaw, neck or back. For women, it might feel like your bra is on too tight.

•Feeling weak, lightheaded or faint

•Chest pain or discomfort. My husband said it was like a thumb being pressed hard into his chest. Some patients say it feels like an elephant sitting on you.

•Pain or discomfort in arms or shoulder. Both of his arms were so numb it was hard for him to hold the phone as he was telling me to hurry and call the ambulance.

•Shortness of breath

So there it is. Now I have a husband who is a "heart patient" and I have children who could one day be heart patients as well. That's why I preach and practice healthy eating habits and activities to them on a daily basis.

Think you're too young for a heart attack? So did we.

For detailed information on heart disease, risk factors and prevention visit www.cdc.gov/heartdisease.

The National Forum for Heart Disease and Stroke Prevention are working together for a heart-healthy and stroke-free world, if you're interested in learning more go to www.hearthealthystrokefree.org

TRICARE covers several preventive care services, to learn more visit www.tricare.mil/preventiveservices.

Teaching Children, Adults To Get Along

Judy Cromartie
School Liaison Officer

Knowing THE ROPES

Whether at work or play, conflicts can occur. These can go unresolved if the child or adult involved in the conflict does not have the necessary skills for cooperation, collaboration, or compromise.

While older children and adults spend most of their day at school or on the job working together to successfully complete a task, younger children do not always get the necessary practice. They may need additional practice at school by sharing supplies or at home sharing responsibilities for completion of a chore. Cooperation is a necessary skill required for conflict resolution.

Children and adults also need the skill of compromise. Without the ability to compromise, arguments or hurt feelings can result. But even very young children can be taught strategies which allow them to successfully make group decisions. For example if they must decide which fast food restaurant they would agree to, they look for common ground, discuss the final alternatives, and make a mutual decision.

Involvement with sports, board games, crafts, or even volunteering will teach the skills of collaboration and cooperation with others. Appropriate social skills can also be learned during these activities - no matter what the age of the individual. One particularly important social skill which may need practice is agreeing to disagree, meaning that individuals can express and retain their own opinions on things without arguing, fighting, or otherwise becoming disagreeable. This skill can resolve many conflicts.

Children and adults can learn and remember strategies that may work for them in the next situational conflict by reflecting on which strategies have worked best for them in similar situations. By asking themselves questions such as, "How did we both decide that?" or "How did I get the group or my fellow workers to decide on that course of actions?" they can build a library of conflict resolution strategies.

But can these skills work if the child or adult is being bullied? Both bullies and chronic victims can be helped by those same skills of cooperation, collaboration, and compromising, in addition to empathy and self-respect.

Empathy will allow the individual to feel compassion and caring for others. And recognizing that they have something to offer others helps one to feel good about ones self. This easily translates to feeling good about helping others.

Want to learn more about teaching children and adults how to get along with others, including strategies for dealing with bullying? Attend tonight's parent program at the new CDC, Building 2287 at 6 pm facilitated by the Military Family Life Consultant. The building is located at 1650 America St., Atlantic Beach, FL 32233 [phone (904) 241-4075].

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

Core Values Center Around Your Character

Lt. Buster Williams
Surface Force Ministry Center

CHAPLAIN'S CORNER

As we think about the constant changes in the world we live in, such as technological, cultural, political, personal, etc., we can almost be overwhelmed at trying to keep up. In the midst of all this change, it is comforting to know that some things don't change.

It is those core values that will carry us through the winds of change in our lives. As members of the greatest Navy in the world, we all share the core values of "Honor, Courage, and Commitment."

I think at least one major reason these values are considered "core" is because over the years it has been demonstrated that the character of our Sailors and Marines is an absolutely essential component for mission accomplishment.

This is one of the things that makes our Navy the "greatest" in the world.

You see, greatness is not just about what you have the power to do, but also about the manner in which you choose to employ that power. And that has to do with character and character is based on values.

Take the Super Bowl for example. Both the New York Giants and the New England Patriots can be considered "great" football teams because of their talent - which they demonstrated in achieving championship victories to get to the Super Bowl. They proved to be powerhouses on the field, which enabled them to make it to the Big Dance.

But beneath the surface of all that talent is the issue of character. And that character is what each of those players will take with them for the rest of their lives.

Yes, the winning team will always have that Super Bowl ring to wear on their finger. But wearing a Super Bowl ring can never replace the character demonstrated day in and day out in - how we treat others and how we choose to live your lives.

The difference can be seen in the contrast between two important football celebrities: O.J. Simpson and Tony Dungy. O.J. Simpson was a great football player (one of the best running backs to ever play the game). But poor decisions later in life resulted in him being convicted of serious crimes and he is now serving time behind bars.

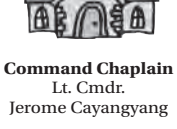
In the end, flaws in his character have determined his future more than his talent on the football field.

On the other hand, Tony Dungy is one of the most revered coaches in the history of the NFL and was the first African American coach to lead his team to a Super Bowl victory.

What was it that inspired so many NFL greats to want to play for Tony Dungy? Was it just that he knew how to lead his team to victory? Surely that was part of it, but just as significant as that was the issue of character.

Players and coaches alike have testified that it was Tony Dungy's character that was the secret to his greatness as a coach.

In the end, character counted and our character is based on what we value in life. What about you? What are your core values?



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Lt. Cmdr.
Jerome Cayangyang

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11:30 a.m.
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before & after mass or upon request
CCD, RCIA & Adult Ed:
Sunday 10:30 a.m.
Baptisms
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Catholic Youth Group
2nd & 4th Sunday 11:30 a.m-1 p.m.
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.
Protestant Youth Group
1st Friday Youth Quak Trip 6:30 p.m.
3rd Friday at Chapel 7-10:30 p.m.
PWOC
2nd Saturday 9:30 a.m.
PMOC
3rd Saturday Prayer Breakfast 9 a.m.
MOPS
1st & 3rd Thursday, 9:30 a.m.

For more information or other worship opportunities and religious organizations in Jacksonville, call 270-5212.

The Mirror
NS MAYPORT, FLORIDA

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NEX Rewards Students For Good Grades

From NEX

The Navy Exchange wants to help its customers pay for their children's college education through its A-OK Student Reward Program. Four times per school year, four students will be the recipients of a $5,000, $3,000 $2,000 or $1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of February 2012.

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

-Photo by Paige Gnann

Navy Exchange (NEX) Mayport General Manager Bill Hockenberry presents a $5,000 U.S. savings bond, certificate and medal to 13-year-old Ryan Taylor. Taylor's good grades made him eligible for the NEX A-OK Student Reward Program in which active military, reservist or retiree dependent students with a B-grade average report card can enter the drawing. Students must be first through 12th grade.

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

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

Become a Facebook fan and follow the NEX on Twitter.

Recognizing Mayport's Ombudsmen

-Photos by Paige Gnann

Above, Naval Station Mayport Commanding Officer, Capt. Doug Cochrane presents a plaque to outgoing Command Ombudsman Debbie Pound during the monthly Ombudsman Assembly Jan. 30. Olivia Gardell, center, is stepping into the position. Also pictured is base Command Master Chief Wayne Welch and Executive Officer, Cmdr. Pat Pickard. Left, Cochrane congratulates USS Taylor Ombudsman Dawn Foster as the Ombudsman of the Quarter. Her name will be included on the Ombudsman of the Quarter plaque on display in Building 1.

Donate Your 'Locks' For Charity

From Staff

Naval Station Mayport and Balfour Beatty Communities are hosting a "Locks of Love" charity event on Feb. 25 from 11 a.m.-3 p.m. at the Ribault Bay Community Center off base.

Locks of Love is a non-profit organization that turns donated hair into fitted hairpieces for financially disadvantaged children suffering from long-term medical hair loss.

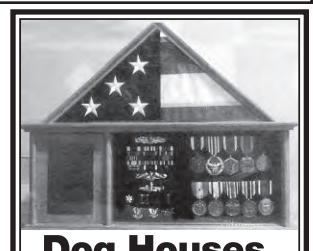
According to their press release, most of the children who are helped by Locks have lost their hair due to a medical condition called alopecia areata. Others have suffered severe burns or injuries or endured radiation treatment to the brain stem or other dermatological conditions that result in permanent hair loss.

Locks has been in place since 1998 and provides t he hair pieces for children under age 21. Because of the high quality of the pieces, it takes between 6-10 ponytails and take approximately 4-6 months to manufacture.

Balfour Beatty is bringing in two Locks of Love approved hair stylists to take donations for the charity and will have food and drinks, along with take-home bags frilled with beauty products for donators.

To donate to Locks of Love, hair must be at least 10 inches log, clean and dry. It must be bundled in a ponytail or a braid. Bleached hair cannot be used. Hair that has been dyed or permed can be u sed.

For more information about the event, contact Jessica Ennis at 372-4702 or 742-6036.



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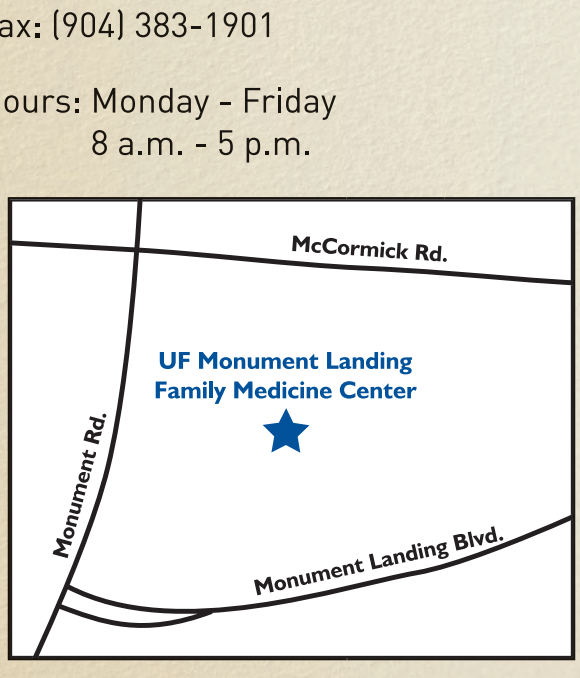

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Taylor Families Spend Day At Sea

By Paige Gnann
The Mirror editor

Friends and families of USS Taylor (FFG 50) got the opportunity to experience a day in the life of their Sailor while underway with the ship during a Friends and Family Day Cruise on Feb. 2.

The day was also highlighted with special visitors, Greg and Beth Taylor, the ship's namesake's son and daughter-in-law.

USS Taylor was named for Cmdr. Jesse Junior Taylor, who died on Nov. 17, 1965 after being shot down over North Vietnam while trying to rescue a downed pilot.

The Taylors live in Southern California and it was their first visit to the ship since its commissioning 27 years ago.

"I was very nervous to come on the ship," said Greg Taylor. "I didn't feel worthy to step onto a ship that people are here serving their country. But every single person on this ship has made us feel comfortable."

The Taylors spent the day visiting with crew members and their families, as well as exploring the ship and its memorabilia. Beth Taylor gifted the ship with an album with pictures of Cmdr. Taylor during his years of service.

"I remember my dad as just a dad," Greg said. "[His service] is one of the strongest things that's defined my life."

Greg said he also remembers living in Jacksonville while his father was stationed as a pilot at NAS Jacksonville and Cecil Field. His mother, Taylor's widow, is still alive. She never remarried after losing her husband in the war.

"He was her soulmate," Greg said. "She was a great Navy wife."

Before setting sail, Commanding Officer, Cmdr. J.R. Hill, welcomed the group on board and thanked them for supporting their Sailors from the homefront.

"Having Greg and Beth Taylor on board for the Friends and Family Day cruise was an honor and privilege for me, the crew, and the families that joined us for the event," Hill said. "With more than 150 friends and family members

See Taylor, Page 5

USS Taylor (FFG 50) pulls past the Jetties and into port after a family day cruise Feb. 2. The ship deployed with friends and family of the crew and special guests Greg and Beth Taylor, the ship's namesake's son and daughter-in-law.

Friends and family wave to an SH-60B helicopter from HSL-48. The crew performed helo maneuvers for Taylor's family day cruise.

Fire Controlman 1st Class Christopher Carr lets mom, Susie Carr Barber, look through the "Big Eyes" binoculars on the Bridge wing.

Lt.j.g. Greg Crum, the Main Propulsion Assistant (MPA), left, explains equipment located on the bridge to friends and family of USS Taylor's crew during the family day cruise.

Lt. Michael Modeer enjoys a quiet moment with wife Hanna and Newman Gersin.

Coast Guard Fireman Jeff Wooding and Danielle Wooding enjoy the steel beach picnic with Electronics Technician 2nd Class (SW) Joe Wooding.

Friends and family got a chance to purchase memorabilia from a booth set up in the hangar bay.

-Photos by Paige Gnann

Greg Taylor, son of USS Taylor's namesake Cmdr. Jesse Junior Taylor, and his wife Beth pin the Enlisted Surface Warfare pin on Chief Aviation Machinist's Mate Luis Deloreyes during a brief ceremony aboard the ship while underway for a family day cruise.

Damage Controlman 1st Class (SW) Todod Thomas talks with the family of Seaman Apprentice Kyle Weatherman at the Damage Control display.

USS Taylor Commanding Officer, Cmdr. J.R. Hill, welcomes aboard all visitors before the ship pulls out for the day.

Taylor

From Page 4

underway with us, we had the opportunity to show our guests what a basic day in the Navy is like. It also gave the families a chance to see that the crew is highly proficient in operating the ship as we prepare for a deployment overseas. The crew takes a lot of pride in their ship and I believe the Taylor namesake family saw that in them."

Seaman Apprentice Kyle Weatherman brought his father Tim, and grandfather, Robert Landry, out for the day cruise. It was old times for Landry, who served in the Navy as a Machinist's Mate during the 50s on the destroyer USS Cone.

Landry started a tradition of military service, followed by three sons and two grandchildren joining different branches of the military.

"We tried to lead [Kyle] the way to go," Landry said.

The day was also filled with activities such as a tour of the main areas of the ship, including the bridge. There was a Visit, Board, Search and Seizure (VBSS) exhibit, and a chance for everyone to relax during a Steel Beach picnic on the fantail.

"This is great," laughed Karen Cardona, sister of Logistics Specialist 2nd Class (SW/AW) Franklin Cardona. "It's awesome. I diidn't know he had gourment lunches and dinners!"

"I'm having a blast," Jim Selby, father of Boatswain's Mate Seaman Josh Selby said. "He's walked me around all the different spaces. I'm very proud [of Josh]. He's out there for a reason."

Culinary Specialist 2nd Class (SW/AW) Waltine Nauta and Chief Culinary Specialist (SW/AW) Vincent Hogans cook up some good eats for the Steel Beach picnic.

Engineman 2nd Class (SW) Michael Byrd takes his family for a tour of the ship.

Tim Grace, Boatswain's Mate 3rd Class Justin Plank, Boatswain's Mate Seaman Josh Selby and his dad Jim Selby enjoy a meal on the flight deck.

Randi Davis suits up in safety gear worn by the ship's Visit, Board, Search and Seizure (VBSS) team.

Matthew Cardona, 16, tries on the VBSS gear. Cardona was a guest of older brother, Seaman Sebastian Velez. Also pictured is mom Alexie Restrepo and sister Veronica Cardona, 12.

Chief Gunner's Mate Kirby Dickerson explains the various weapons on display to Jonathan Reglado at the Weapons station.

Friends and family of the ship's crew enjoy the warm weather and calm seas during the family day cruise hosted by USS Taylor.

MWR
HAPPENINGS

Feb. 9: Xtreme Bowling. 8 p.m. to Midnight every Friday at Mayport Bowling Center. $10 include 2 hours of black light bowling, shoe rental, prizes and dazzling laser light show. 270-5377

Feb. 10: No Clu. 9 p.m. Live at Castaways. FREE. 270-7205

Feb 14: Valentine's Day 3K Walk/ 5K Run. 8:10 a.m. in front of the gym.

Feb. 14: Captain's Cup Men's Intramural Softball Organizational Meeting. 11 a.m. at the Gym. League begins March 5. 270-5451

Feb. 14: Bingo Valentine's Extravaganza. 6:30 p.m. at Beachside Bingo. Free Italian buffet, double pay-outs on all hand cards, and more! 270-7204

Feb. 15: Youth Spring Baseball & Soccer Registration Opens. Open to military, DOD and civilians children, Soccer ages 7-13 (age determined as of Aug. 1, 2012) and Baseball ages 4-18 (age determined as of Apr. 30, 2012). Registration can be done at the Youth Center Mon.-Fri. 11:30 a.m.-6:30 p.m. For more information, please call (904) 270-5680 or email the Youth Sports Coordinator at victor.e.miller@navy.mil.

Feb. 20: Presidents Day Holiday Bowling Special. 11 a.m-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, one item off Fast Lanes Grille's menu and a soda for only $15 (non-food option $12; a la carte option also available). 270-5377

Feb. 21: Captain's Cup Men's Intramural Basketball Organizational Meeting. 11 a.m. at the Gym. League begins March 19. 270-5451

Feb. 22: All-Hands Steak Night. 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 FLC Jax. For tickets, call SHCM Brad Watson at (904) 270-7178.

Feb. 24: Ron Perry Connection. 9 p.m. Live at Castaways. FREE. 270-7205

Feb. 26: UFC 144. 9 p.m. at Castaways. FREE

LIBERTY
CALL

The following activities target single or unaccompanied Sailors. For more information, call 270-7788/89 or stop by the Mayport Liberty Center and pick up the monthly activity calendar with a complete listing of all upcoming Liberty events.

Feb. 9: Xtreme Bowling. 8 p.m. to Midnight every Friday at Mayport Bowling Center. $10 include 2 hours of black light bowling, shoe rental, prizes and dazzling laser light show. 270-5377

Feb. 10: No Clu. 9 p.m. Live at Castaways. FREE. 270-7205

Feb. 10: Jeff Dunham Live. Van Departs Liberty Center 5:30 p.m. Cost $25.

Feb 14: Valentine's Day 3K Walk/ 5K Run. 8:10 a.m. in front of the gym.

Feb. 14: Captain's Cup Men's Intramural Softball Organizational Meeting. 11 a.m. at the Gym. League begins March 5. 270-5451

Feb. 15: Ping Pong Tournament. 6 p.m. at Liberty Center.

Feb. 17: Movie Trip. Van departs 5 p.m. Transportation Only. Cost $5.

Feb. 18: Dave & Buster's Trip. Van departs 7 p.m. Transportation Only. FREE

Feb. 19: Paintball. Van departs Liberty Center at 9 a.m. Cost $5 (includes paintballs, gear and transportation)

Feb. 20: Minute to Win It. 5 p.m. at Liberty Center.

Feb. 20: Presidents Day Holiday Bowling Special. 11 a.m-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, one item off Fast Lanes Grille's menu and a soda for only $15 (non-food option $12; a la carte option also available). 270-5377

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Feb. 22: Pool Tournament Finals. 6 p.m. at the Liberty Center.

Feb. 23: Killer Bunny. 6 p.m. at Liberty Center. Refreshments Provided.

Feb. 24: Ron Perry Connection. 9 p.m. Live at Castaways. FREE. 270-7205

Feb 25: Ping Pong Tournament. 6 p.m. at Liberty Center.

Feb. 26: UFC 144. 9 p.m. at Castaways. FREE

Feb. 28: Texas Hold 'Em Tournament. 6 p.m. at Liberty Center.

KID
ZONE

Feb. 14: Teen Valentine Social. 2-6:30 p.m. at the Teen Center. 246-0347.

Feb. 15: Youth Spring Baseball & Soccer Registration Opens. Open to military, DOD and civilians children, Soccer ages 7-13 (age determined as of Aug. 1, 2012) and Baseball ages 4-18 (age determined as of Apr. 30, 2012). Registration can be done at the Youth Center Mon.-Fri. 11:30 a.m.-6:30 p.m. For more information, please call (904) 270-5680 or email the Youth Sports Coordinator at victor.e.miller@navy.mil.

Feb. 17: Freedom Friday Movie Night. 7-11 p.m. at the Youth Center. Cost is $8 advanced sign-up and $10 day of, space permitting. 270-5680

Feb. 17: Fire Pit Friday. 2-11 p.m. Bring your Blankets and chairs and sit around the fire pit for s'mores and music. 246-0347

Feb. 18: Youth Sponsorship Mardis Gras Dance Party. 7-10 p.m. at the Teen Center. Your chances to win the drawing for a Pack Prize will increase with every new member you bring to this event! 246-0347

Feb. 20: Presidents Day Holiday Bowling Special. 11 a.m-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, one item off Fast Lanes Grille's menu and a soda for only $15 (non-food option $12; a la carte option also available). 270-5377

Feb 23: Drama Club Presents "The Hunchback of Notre Dame." 4:15 p.m. at the Youth Center. 270-5680.

Feb. 25: Cici's Pizza Night. 1-3:30 p.m. Bring money for dinner. Permission slip required. 270-5680.

Operation: Identification

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MWR
Sports/Fitness

Sports

Bring your sweetheart out for our upcoming Valentine's Day 3K Walk and 5K Run on Feb. 14. Registration begins at 7:30am run begins at 8:10 am in front of the gym. Open to everyone. For more information call 904-270-5451.

This week in Tennis USCG BM2 Christopher Hunt beat Navy Housing CSSN Dustin Snyder in a 3 set 6-3, 4-6,6-4 match. Navy Housing CSSN Dustin Snyder beat USCG BMCS George Zitzewitz in another 3 set match 2-6, 6-3, 7-5. If you are interested in joining our Men's tennis league contact Rita at 904-270-5451. Matches played at player availability.

Dust off your gloves and pull your bats out of the closet. It's time for the 2012 Captain's Cup Men's Softball league. League meeting will be held in the gym on Feb. 14 at 11 a.m. The league is open to Active Duty only. To register your command or for more information contact Rita at 270-5451.

The new Surfside Fitness class schedule is as follows:

Monday
9:30 a.m., Zumba Basic
11:30 a.m., Cardio, Combat and Core
4:30 p.m., TRX CORE Fusion

Tuesday
11:30 a.m., Zumba
1 p.m., Strength Solutions & Flexibility Fix-Ups
4:30 p.m., Yoga

Wednesday
6:30 a.m., NOFFS Nutrition & Fitness Series
9:30 a.m., 20/20/20
11:30 a.m., Strength Training For Women
4:30 p.m., Zumba Basics

Thursday
6:30 a.m., NOFFS Nutrition & Fitness Series
9:30 a.m., Yoga
11:30 a.m., Zumba Basics
1 p.m., Strength Solutions & Flexibility Fix-Ups
4:30 p.m., Kickboxing

Friday
9:30 a.m., Advanced Strength Training for Women
11:30 a.m., Yoga

Mayport Sandbox

Monday
7 a.m., HIT 1
11 a.m., HIT 1
11:30 a.m., TRX

Tuesday
7 a.m., Command Bootcamp
9:30 a.m., Bootcamp Basics
11:30 a.m., HIT

Wednesday
11 a.m., HIT

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Thursday
11 a.m., HIT

Friday
7 a.m., Command Bootcamp
11:30 a.m., HIT

The new Gymnasium class schedule is as follows:

Monday
5:45 p.m., Kids Clinic

Tuesday
11:30 a.m., Spinning
5 p.m., Spinning

Wednesday
11:30 a.m., Spinning

Thursday
11:30 a.m., Rowing 101
5:30 p.m., Spinning

Friday
6:30 a.m., Spinning

Jumping To New Heights

-Photo by Rita Hammerstad

Ensign Molly Hanas goes up for the block as the Phil Sea Lady War Dawgs turned it up a notch this week in the Women's Volleyball league as they beat the number 1 Lady Aces in a 3 game tie breaker 20-21, 21-14, 15-11. The team continued to tear up the floor in their second match-up against the Mamacitas winning 21-6, 21-3. The Angels continued their win streak beating Mamacitas 21-17, 21-18 in this week's match-up. Next week 12 February at 3PM the Lady Aces take on the Angels, 3:45 Mamacitas take on the Lady Aces and 4:30 Angels take on the Lady War Dawgs.

Take A New Route To PRT

-Photo by MC1 William Townsend

Lori Leggett and Joseph Belt of MWR hold the repositioned PRT start/finish sign. The PRT course has been redirected due to on-going construction at the Base Gym.

By MCSA Damian Berg
Navy Public Affairs Support Element East, Detachment Southeast

The PRT course is going in a new direction throughout the completion of the new fitness center in May 2013.

The start, as well as the finish line, is on the east side of the paved running trail. From there, runners will run north around the trail and exit the track onto Jetty Road. The route will then follow Jetty Road to Baltimore Street.

Runners will remain on Balitimore Street until they reach the turn-around point adjacent to Building 413 (Combat Systems Detachment). Runner will head back to the running trail on Jetty Road and south to the finish line.

Please follow all instructions regarding the previous PRT course and keep safety of all participants the number one priority.

To view a map of the new course, visit MWR Mayport's Facebook page.

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Mayport Recognizes Top Civilians

NS Mayport Commanding Officer, Capt. Doug Cochrane, stands with the nominees and winners of the Employee of the Year and Supervisor of the Year 2011 during a presentation/ luncheon on Jan. 31 at Ocean Breeze Conference Center. Employee Mara Humphres of MWR and supervisor Ron Novak of Security were announced as the 2011 winners. Pictured from left is Cochrane, Mia Kuhn of MWR, Novak, Wendy Sawyer of MWR, Tom Douget of Air Ops, Tegwen McNeal of Air Ops, Christie Miller of Security and Humphres.

-Photo by MCSA Damian Berg

Welcome To LDO Community

-Photo by Paige Gnann

Newly commissioned Ensign Johnny Ortiz hugs his daughter after she and her brothers helped him don his new jacket during the commissioning ceremony.

Raddler Transitions To CWO

-Photo by MCSA Damian Berg

Retired CWO5 Cornelius Mitchem hears the oath of office by newly commissioned CWO Samuel Raddler during his commissioning ceremony on Feb. 3.

USNAVSO Foreign Liaison Officers, SOUTHCOM DVs Embark Enterprise

From U.S. Naval Forces Southern Command and U.S. 4th Fleet Public Affairs

Six foreign liaison officers (FLOs) and Inter-American Naval Telecommunications Network (IANTN) Officers from U.S. Naval Forces Southern Command (USNAVSO) and three U.S. Southern Command (USSOUTHCOM) distinguished visitors embarked aboard USS Enterprise (CVN 65) Feb. 1, for an overnight familiarization tour of the U.S. Navy's first nuclear aircraft carrier.

The international representatives and distinguished visitors were hosted and escorted to the ship by USNAVSO/C4F Deputy Commander, Rear Adm. A. B. Cruz with the purpose of showing them the distinct capabilities and complexities of an aircraft carrier strike group operating at sea. The guests embarked the ship while conducting exercises off the coast of Northern Florida in preparation for the aircraft carrier's last scheduled deployment later this year.

"This embark to Enterprise is a unique opportunity for our partner nation representatives and distinguished visitors to experience life on an aircraft carrier and better understand the immeasurable maritime capabilities of a carrier strike group. Even more importantly, our guests can now further recognize how to integrate aircraft carriers into combined operations in theater if needed," Cruz said. "I know firsthand that they truly appreciate and understand what a special privilege this has been. It is a moment in time that I hope each of our guests will pass on to their colleagues and discuss the experiences that we shared with this great, great crew and famous warship."

The opportunity to better understand the capabilities was also echoed by Chilean Navy Capt. Luis Bravo, USSOUTHCOM FLO. "The Chilean Navy and U.S. Navy have been good friends for a long time so it is a good thing to know each other's capabilities when we operate together at sea. This was an enlightening experience to see an aircraft carrier in so much detail," Bravo said.

During the embark, the guests observed sea-and-anchor detail, day and night flight operations, underway replenishment and received briefings from many of the support departments and aviation squadrons aboard the ship. The military-to-military liaisons from Chile, Ecuador, Peru, Argentina and Brazil all commented how complex the operations and day-to-day life were aboard the ship.

Ecuadorian Navy Capt. Manuel Caamano, USNAVSOFLO said, "We have a small Navy and my surprise from observing Sailors on the flight deck and hangar bay is everyone knows what to do without any visible direct supervision. I am impressed with the level of responsibility that is empowered to the crew to do their jobs."

-Photo by Lt. Cmdr. Corey Barker

Lt. Cmdr. Charlie Ardinger, USS Enterprise (CVN 65) Aircraft Handling Officer explains to distinguished visitors from U.S. Southern Command and U.S. Naval Forces Southern Command the purpose of the ship's Ouija board in Flight Deck Control aboard the aircraft carrier Feb. 2.

Caamano referred flight deck operations to that of a clock.

"The aircraft carrier is like a timepiece. Every Sailor is an essential part of an intricate machine that must work in harmony to be accurate and function correctly. There is obviously no time for mistakes on an aircraft carrier," he said.

The group departed the ship Feb. 2 after Rear Adm. Walter E. "Ted" Carter, Jr., Commander, Carrier Strike Group TWELVE.

"It is a pleasure to have the chance to show off one our greatest warships in U.S. Naval aviation history to our coalition partners throughout all of our friends in South America. I think they had their eyes opened up to what I would consider one of the centerpieces of our Navy," said Carter.

Enterprise is the world's first nuclear-powered aircraft carrier and is the oldest aircraft carrier in the Navy with a rich history reaching back 50 years. The Enterprise is the only ship of her class and is the second-oldest vessel in commission in the U.S. Navy, after the wooden-hulled, three-masted frigate USS Constitution.

U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F) supports U.S. Southern Command joint and combined full-spectrum military operations by providing principally sea-based, forward presence to ensure freedom of maneuver in the maritime domain, to foster and sustain cooperative relationships with international partners and to fully exploit the sea as maneuver space in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

For more information, please contact COMUSNAVSO/C4F Public Affairs by email at comusnavso-c4f_mypt_pao@navy.mil, visit www.public.navy.mil/comusnavso-c4f, on Facebook at www.facebook.com/NAVSOUS4THFLT, or on Twitter at www.twitter.com/NAVSOUS4THFLT.

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-Photo by MC2 Felicito Rustique

Royal Moroccan Naval Ensign Nabil Elkorchi gives a briefing to Sailors from the guided-missile frigate USS Simpson (FFG 56) during a tour of the bridge on the Royal Moroccan Navy vessel Tarek Ben Zayid.

-Photo by MC2 Felicito Rustique

Royal Moroccan Navy 1st Sgt. Hamid Karada checks the identification papers of Chief Gunner's Mate Sean Holmes, simulating a captive, on the bridge of the guided-missile frigate USS Simpson (FFG 56) during a visit, board, search and seizure training session. Simpson is conducting theater security cooperation and maritime security operations in the Naval Forces Africa area of responsibility.

-Photo by MC2 Felicito Rustique

Senior Chief Sonar Technician (Surface) Victor Meza, left, and Ensign Joseph Schnieders, center, greet Nigerian Petty Officer Ahula Tiza, right, an Africa Partnership Station (APS) 2012 shiprider, as he arrives aboard the guided-missile frigate USS Simpson (FFG 56). 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.

Simpson

From Page 1

rity allows for economic opportunity," said Norton. "And economic opportunity allows for prosperity, and I think that's in all our best interest."

USS Simpson, homeported out of Mayport, Fla., is currently conducting theater security cooperation and maritime security operations in the Naval Forces Africa area of responsibility.

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French Takes Helm At CNIC

By Patrick Foughty
CNIC Public Affairs

–Photo by MC1(SW/AW) Monique Hilley

Vice Adm. Bill French (right) relieves Vice Adm. Michael Vitale (left) as Commander, Navy Installations Command (CNIC) at the Washington Navy Yard February 3, 2012. CNIC is a global enterprise tasked with managing the Navy's entire shore infrastructure and oversees a $12 billion budget, more than 83,000 facilities, and 58,000 personnel.

Vice Adm. William D. French relieved Vice Adm. Michael C. Vitale as Commander, Navy Installations Command (CNIC) during a Change of Command ceremony in CNIC Headquarters at the Washington Navy Yard, Feb. 3, 2012.

Vitale has served as the chief officer leading the Navy's entire shore infrastructure for nearly three years and was the third Commander in the history of CNIC. This infrastructure, also known as the CNIC Enterprise; includes 11 Navy Regions, 70 Installations, and 127 Naval Operations Support Centers, and is responsible for 31 business lines and 122 critical shore capabilities across three major categories; operations, quality of life, and facilities management.

Throughout his tenure Vitale lead efforts to standardize, align, synchronize and innovate new methods and processes that furthered CNIC's mission to deliver effective and efficient readiness from the shore that sustain the fleet, enable the fighter, and support families.

Vitale praised the numerous accomplishments of the personnel under his command and of the entire CNIC Enterprise; from molding the Navy Family Accountability and Assessment System (NFAAS) into the model Personnel Accountability System used across the services, to the development of new shore integration methods and a Total Workforce, capable of continuously supporting operations and services.

"The personnel here at the Headquarters, and throughout the entire Enterprise have faced growing numbers of issues and challenges," said Vitale, "I've had the pleasure of witnessing this Enterprise solve complex and dynamic problems, some self-imposed, some caused by outside forces, and forge a way ahead toward a model of shore integration that has forever changed how we do business and provide service the Fleet, Fighter and Family."

Vitale also thanked the many Navy communities throughout the world that support and allow the Navy to operate in close proximity to their homes and livelihoods, acknowledging the importance of maintaining close ties from the smallest Installation to the Headquarters level.

"It's the communities, both in the U.S. and abroad, that invite us to live and operate in their backyard, and it's the communities, both within the Navy and outside, that are the anchor of our ability to maintain and operate the best Naval force in the world, and I want to thank each one for their support, patience, and welcoming spirit," said Vitale.

French thanked Vitale for his wisdom and guidance and spoke briefly about his optimism and vision for the future of CNIC.

"During the last 6 years I have been with the CNIC Enterprise I have learned that we have some of the best, brightest, and most talented professionals in the Navy," said French. "Under Vice Admiral Vitale's leadership the CNIC team has set the example for how an Enterprise should function and have established immense credibility on how you are meeting customer needs. I'm honored to be taking command at this point in the history of the command."

Vice Adm. French was promoted shortly before the event after having a successful tour at Navy Region Southwest in San Diego, Calif., where he accomplished major milestones towards energy and water conservation and numerous other green initiatives. French, the son of an Air Force officer and native of San Antonio, is a graduate of Vanderbilt University where he received commission through the Naval Reserve Officer Training Corps program in May, 1979. He earned a Master of Science degree from Naval Postgraduate School in 1985 and a Master of Arts from the Naval War College in 1999.

A career submarine officer, French has served on a number of submarines and commanded USS Salt Lake City (SSN 716) and Submarine Squadron 3 in Pearl Harbor. His prior Flag Officer commands include tours at Navy Region Northwest, Navy Region Marianas in Guam, and Navy Region Southwest.

"I am proud to be part of such a superb organization, and look I forward to working with you over the next few years," added French.

CNIC oversees a $10 billion budget, more than 83,000 facilities and 58,000 personnel, all managed from a single unified enterprise.

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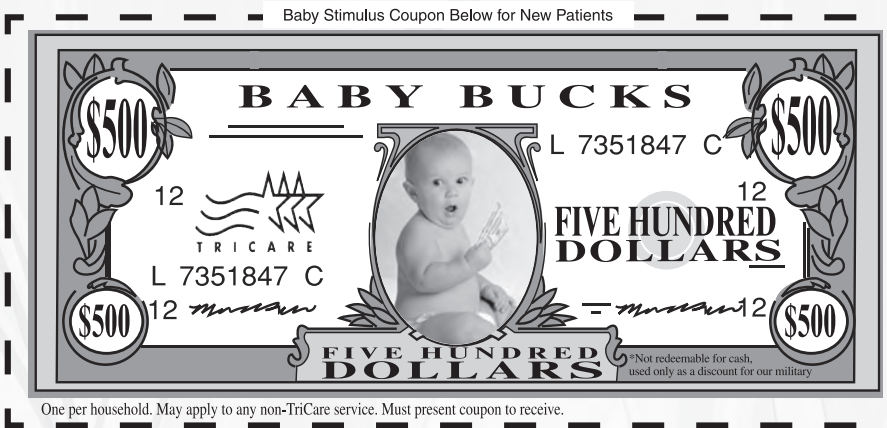

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Strategic Directive To The Joint Force

Army Gen. Martin E. Dempsey Chairman of the Joint Chiefs of Staff

From The Joint Chiefs

The past 10 years have been some of the most challenging in our military's history. Our service members and their families have endured every hardship and met every challenge with courage and dignity throughout.

The responsibility for defending our nation is one we have proudly carried for centuries. As we examine how the past 10 years have affected our military, the Joint Force faces three points of transition which will test our leadership and shape our future: the transition from two large land wars to a complex security environment with many challenges, the transition from abundant to constrained resources, and, as our active force shrinks in size, the transition of many service members and families into civilian life.

In October, I published my Letter to the Joint Force, which outlined four focus areas as we face the future. These focus areas will guide us through the transitions:

- Achieving our national objectives in our current conflicts;
- Developing a Joint Force for 2020;
- Recommitting ourselves to the Profession of Arms; and
- Keeping faith with the Military Family.

As a follow up, I've just released my Strategic Direction to the Joint Force. This document goes into greater detail of the key efforts in each of our focus areas. Read these with a critical eye and ask yourself what you can do to contribute to these efforts and make them better.

I invite you to comment on my blog, my Facebook page or on Twitter. Share your thoughts with me on how we can improve the Strategic Direction and together address the needs of our future.

Naval Academy 2012 Chooses First Ships

By Jessica Clark
U.S. Naval Academy Public Affairs

More than 250 future surface warfare officers (SWO) in the Naval Academy's Class of 2012 chose their first ships during a ceremony in Mahan Hall, Feb. 2. Ship selection is one of the most significant events for the senior class. Senior SWO leaders from around the fleet attend the ceremony, joining ship commanding officers, executive officers and command master chiefs in welcoming the Navy's future ensigns into the surface warfare community.

The midshipmen choose their ships according to their order of merit, which takes into account their academic performance, physical fitness and professionalism throughout their four years at the Naval Academy.

Listed are the top ten midshipmen from the 2012 Surface Warfare Community and the ships and homeports they chose.

Midshipman 1st Class Michael Haydell USS Momsen (DDG 92) in Everett, Wash.

Midshipman 1st Class Thomas Paul USS Chafee (DDG 90) in Pearl Harbor, Hawaii

Midshipman 1st Class Tyler Reed USS Green Bay (LPD 20) in San Diego Midshipman 1st Class Patrick Yu USS Mustin (DDG 89) in Yokosuka, Japan

Midshipman 1st Class Ros Lary USS Mustin (DDG 89) in Yokosuka, Japan

Midshipman 1st Class Katherine Bollino USS Carney (DDG 64) in Mayport, Fla.

Midshipman 1st Class Anand Jantzen USS Mustin (DDG 89) in Yokosuka, Japan

Midshipman 1st Class Erin Jedlicka USS Shoup (DDG 86) in Everett, Wash.

Midshipman 1st Class Matthew Hein USS McCampbell (DDG 85) in Yokosuka, Japan

Midshipman 1st Class Coria Buck USS Dewey (DDG 105) in San Diego

DoD Official Provides Tax Tips For Troops

By Lisa Daniel
American Forces Press Service

Mayport VITA Tax Center is open from 8 a.m.-4 p.m., Tuesday-Saturday at 70A Evergades Ct. in base housing.

As service members begin preparing for the annual tax season, they may want to consider a new savings plan designed for young people, a Defense Department tax official said Feb. 3.

"Service members and their dependents who earn less income today than they expect to earn in the future, such as those in junior ranks who look forward to getting promoted to higher grades, should consider investing in the Thrift Savings Plan's new Roth option, said Army Lt. Col. Evan Stone, director of the Armed Forces Tax Council."

"The Roth TSP is a good option for service members who are paying less tax now than they expect to pay later," Stone said during an interview with the Pentagon Channel and American Forces Press Service.

"The traditional Thrift Savings Plan defers taxes on earned income until the money is withdrawn, Stone explained. The Roth option allows a member to contribute after-tax dollars that grow tax free and are not taxed upon withdrawal, he said. "Both plans allow a maximum annual contribution of $17,000, he said, up from $16,500 last year."

"There are few other changes that apply to service members and their dependents this tax season, Stone said.

A new calculation for Imminent Danger Pay does not change service members' eligibility for income tax exclusions. The pay was changed from a flat $225 per month, to an amount prorated per day.

Stone said there has been no change to federal income tax brackets in the past two years. They remain at 10, 15, 25, 28, 33 and 35 percent of taxable income, he said.

Still, Stone said, many people don't realize that income is taxed on a progressive scale, so as a person's income increases and they move into a higher tax bracket, only the new proportion of pay is taxed at the higher rate, not all of their income.

While few people enjoy writing a check to Uncle Sam, Stone also noted that the military is a good employer come tax time because military allowances, such as those for housing and meals, are not taxable.

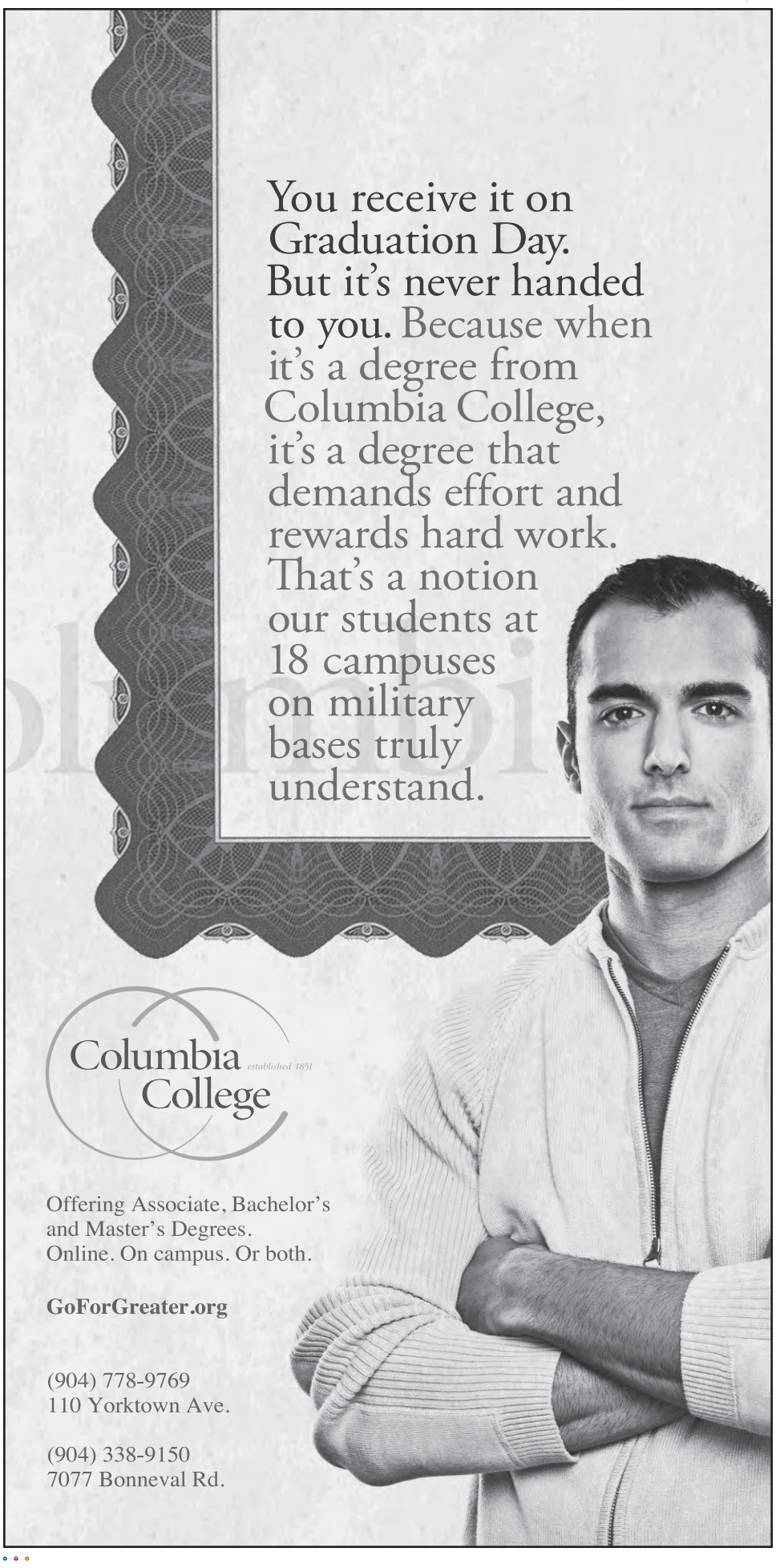
"Military members have a tax advantage by having a chunk of their regular pay as tax-exempt income," he said.

Stone said he wants to remind service members that they and their dependents can get free tax preparation by IRS-trained volunteers at almost every military installation in the world.

"The military has an excellent program for tax preparation worldwide," he said.

Deployed service members, he added, do not have to sign the tax forms if their spouse has power of attorney privileges.

Military OneSource offers free tax-related phone consultations seven days-a-week, from 7 a.m. to 11 p.m., at 1-800-730-3802.



FFSC Classes Focus On Money Management

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.

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

Feb. 9, 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.

Feb. 13, 6 p.m. – 7 p.m., **Individual Augmentee (IA) Discussion Group,** USO

Feb. 13, 8:30 a.m. - 3:30 p.m., **Anger Management Class,** FFSC Room 702 What does *anger* do for you? Communicate for you? Keep people at a safe distance *from* you? Keep *you* in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what

"E + R = O" means, and the roles of stress and forgiveness in anger.

Feb. 13-16, 8 a.m. - 4 p.m., **TAP Retiree Workshop,** Building One Room 1616

Feb. 14, 9 a.m. - 11 a.m., **Active Parenting,** FFSC Room 702

Feb. 14, 6 p.m. – 7 p.m., **Exceptional Family Member Support Group,** Building One Room 104

Feb. 14, 11:30 a.m. - 12:30 p.m., **Couponing 101 (How to Stretch Your Shopping Dollars),** FFSC Room 702

Feb. 15, 3 p.m.-4:30 p.m., **Managing Anger Group,** FFSC Room 702

Feb. 15, 11:30 a.m. - 12:30 p.m., **Banking and Financial Services Seminar,** Building One Room 104

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

Feb. 16, 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.

Feb. 22, 3 p.m.-4:30 p.m., **Managing Anger Group,** FFSC Room 702

Feb. 22, 9 a.m. – noon, **Thrift Savings Plan,** Building One Room 104

Feb. 23, 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.

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

Feb. 27 1 p.m.-4 p.m., **Relationship Communication**, FFSC Room 702

Whether you've been dating for six months or married for 20 years, effective communication is critical to keeping your relationship happy, healthy and strong. Come learn new techniques which will help you build on the strengths of your relationship and learn to identify barriers to effective communication.

Class is a one-time two-hour class. Couples are encouraged but not required to attend class together.

Feb. 27, 6 p.m. - 8 p.m., **Ombudsman Assembly,** Building One Room 104

Feb. 27-Mar. 1, 8 a.m. - 4 p.m., **TAP Separatee Workshop,** Building One Room 1616

Feb. 29, 3 p.m.-4:30 p.m., **Managing Anger Group,** FFSC Room 702

Feb. 29, 9 a.m. - 11:30 a.m., **Marketing Yourself for a Second Career,** Ocean Breeze

Learn To 'Market Yourself'

From FFSC

The Fleet and Family Support Center is sponsoring a once-a-year lecture regarding transition here at Naval Station Mayport. It will be presented by The Military Officers Association of America (MOAA), and is entitled *"Marketing Yourself for a Second Career".* The event will be held on Feb. 29, at 9-11:30 a.m., in the Ocean Breeze Conference Center Grand Ballroom.

This top-shelf presentation is a great professional development opportunity. Transition is of course ultimately a part of all military careers. Therefore, the lecture is perfect for those who are contemplating retirement in one to five years. However, it doesn't stop there. Regardless of whether any particular officer or senior enlisted member has reached the point of being in their own transition, they should be educated about the process in order to mentor and counsel those who work for them and are contemplating or going through their transitions. This "executive summary" presentation can prepare them for that role as well as many multi-day programs. Simply stated, it's a great fit for any commander, officer, or senior enlisted supervisor -- from the most senior, to the most junior.

The lecture will be given by Colonel Dan Koslov, USAF (Ret), now a deputy director of transition services on MOAA's national staff. The presentation, given annually at over 150 military installations of all Services worldwide, is universally praised by audiences as, "up-to-date, hard-hitting, and sharply focused– a *must see* ". It includes comprehensive information on the retirement decision itself, employer perceptions, your competition, resumes, cover letters, job search, networking, career fairs, interview techniques, salary negotiation, benefits packages, the current job market, and other relevant and important transition topics.

The presentation is geared toward officers and senior enlisted, but those of all ranks are warmly welcomed. SPOUSES are highly encouraged to attend as well! All who attend will receive a free copy of the lecture's companion book, also titled "*Marketing Yourself for a Second Career".* It is an in-depth, all-in-one resource for the transition process.

For further information, contact Jose Sanchez, at jose.sanchez3.ctr@navy.mil , or call 904-270-6600, ext. 1700 or 1701.

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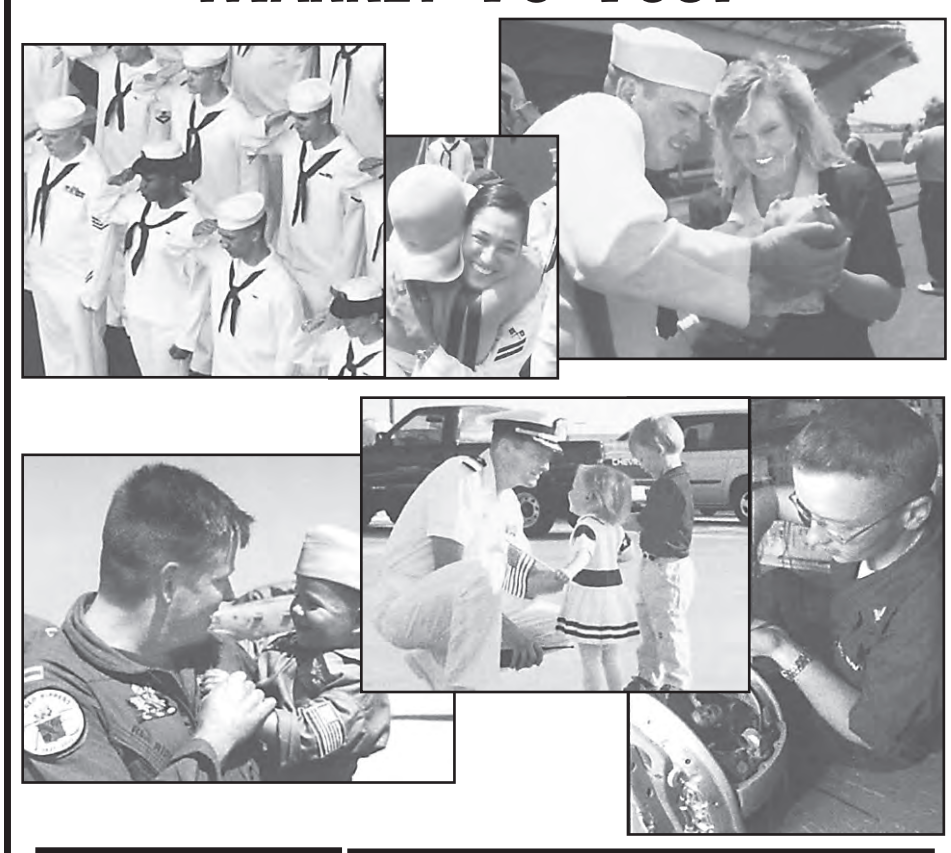

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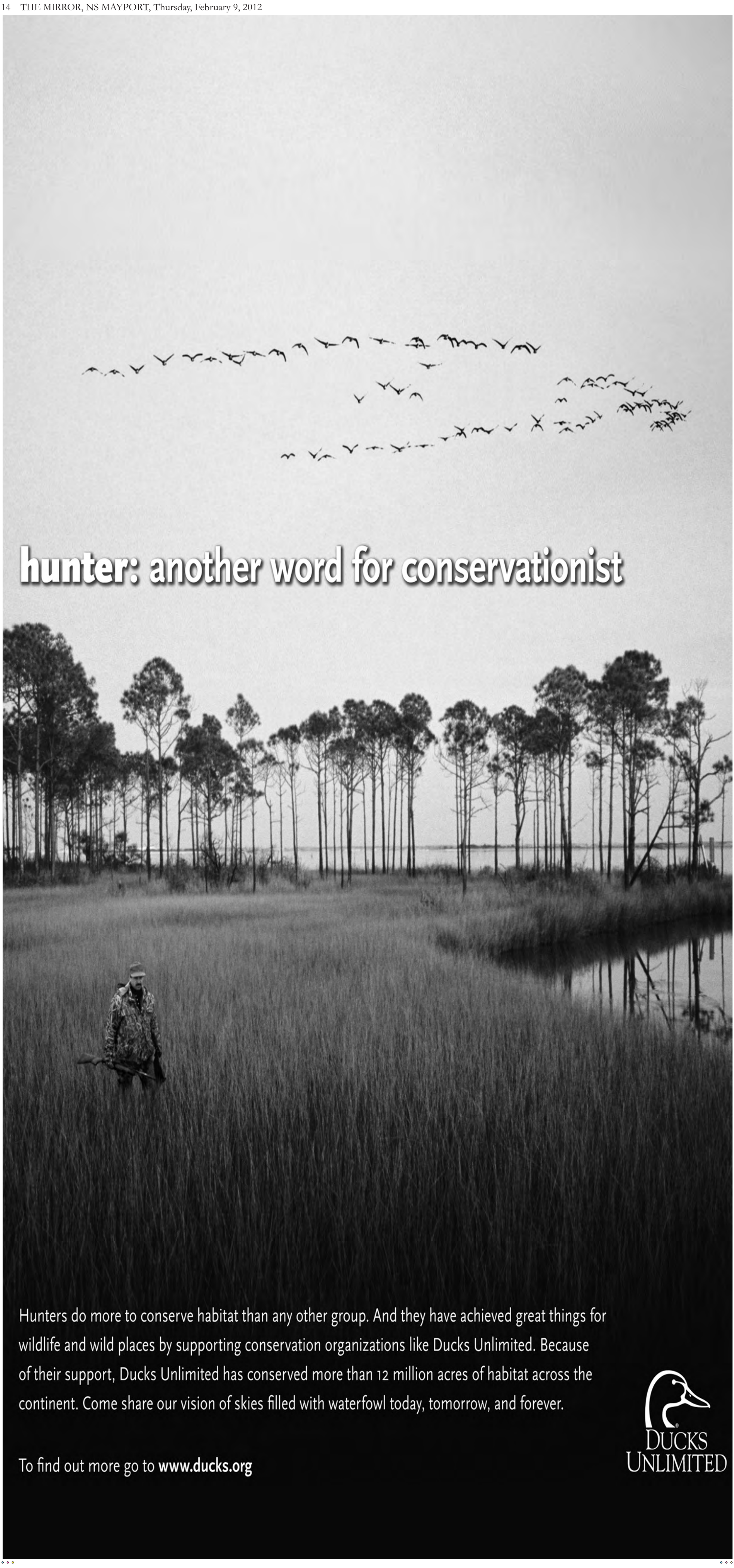
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I-95 & UNIVERSITY BLVD- 2br, all 1st floor, close to schools, H2O incl, Elderly Welcome. $595. **904-349-8706**

MURRAY HILL !!!
Affordable Senior Living - Must be 62 +. Rents are income based. Equal Housing Opportunity Handicap Accessible units available! Call 904-381-4800 TODAY

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

Apartments Unfurnished

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

WESTSIDE - off 103RD,
2BR/1BA, CH&A, water included. $525/mo.
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WESTSIDE
2/1 CH&A Clean, quiet in country setting, washer/dryer hookup, water included.
$475MO. 904 -783 -0288

Be a good tenant get 2 months FREE!
1, 2, & 3 BR apts available.
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Located at 2045 Jammes Road

Houses Unfurnished

ARLINGTON
Single family house
7327 Merrill Road
3 bedroom, 1 bath, living room, dining room, office, utility room.
$850MO. Call Jimmy 904-755-4448

Murray Hill 2 & 3 BDRM HOMES
$700 or $750 month $500 Deposit
CH&A, washer/dryer hookup, fenced back yards.
Please Call 904-535-6935

NORTHSIDE HOUSES 3BR/1BA CH&A, utility room w/d hookup HUD ok, near bus route.
$650mo & $700mo + dep.
Call 219-3902

RIVERSIDE
Beautiful clean remodeled 3/2 Historic District, garage, yard, no pets, $1,100 mo. + dep.
Call 904-318-2592

SOUTHSIDE
2br/2.5ba (2) story townhouse, garage, Open floor plan, avail 2/1, 4441 Windergate Court, 32257.
No pets $895mo. or rent to own.
Call 904-731-1599 or 904-327-7823

WESTSIDE, Rent To Own, Handyman Special, duplex 3/1 available, and 2/1, $392/mo, OR $492/mo, 3 quarters fncd, 2222 W. 2nd St. 32209 904-786-3142 or 379-8188 (to view)

WESTSIDE 7136 Esther St.
3br/1ba CH&A $700mo + $500dep no credit check, call 904-329-1857
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Free credit check with home qualifying.

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RENTALS HOMES AVAILABLE NOW

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EAGLES HAMMOCK	4/2, 3 car	$1395 Avail 4/1
HICKORY HILL	3/2.5	$1350 Avail 2/20
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VILLAS OF TIMBERLIN PARC	2/2	$875 Avail NOW
GREENLAND CHASE	3/2 w/loft	$1750 Avail NOW
SUTTON LAKES	3/2	$1250 Avail 2/20
COACHMAN LAKES	3/2	$1295 Avail 3/10
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2292 Mayport Rd, Suite 1 (Near NEX)

Houses Unfurnished

WESTSIDE 5842 Joy Dr. S.
lg 3000sf brick home 3br/2ba
A must see only $1200mo.
Drive by and call 707-1284

WESTSIDE- Brick home, 3br/2ba, 2 car garage, large back yard $1,150/mo.
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Home Improvement / Remodeling

HANDY MAN - Free Estimates painting tile sheet rock siding pressurewash yard work 904-414-1098

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⚓ **Carrier LCA061P A/C Unit still** in box. Low profile, 6000 BTU. Em: **ogoods11@yahoo.com** for pix and more info. **270-569-7847**

⚓ **Carrier LCA061P A/C unit.** Low profile unit & still in box. Asking $100 obo. Orange Pk, Call 270-569-7847 or email for pics/info: ogoods11@yahoo.com

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

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

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Auctions

AUCTION
GREEN ACRES SPORTING GOODS Annual Inventory Reduction Auction 8774 NORMANDY BLVD, JAX, FL Sat., February 11, 2012 9:00 AM APPROXIMATELY 120 HANDGUNS Colt, Smith& Wesson, Ruger, Taurus, High Point, Cobra North American Arms, Sig Sauer, Beretta, Raven, Springfield, Kimber, OTHERS APPROXIMATELY 145 RIFLES Henry, Savage, Winchester, Remington, Ruger, Marlin, Howa, Browning, Weatherby, Tikka, Mossberg, Rossi New England Arms, H&R, OTHERS APPROXIMATELY 130 SHOTGUNS Winchester, Weatherby, H&R, Benelli, Mossberg, Stevens, Browning, Remington, Rossi, Stoeger, Saiga, Howa, Charles Daly, OTHERS TERMS: Cash, Check, Visa/MC. 10%Buyer's Premium All normal gun sale rules apply. DIRECTIONS: From I- 295 go west on Normandy 2 1/2 miles to sale on left. INSPECTION: Friday, February 10, 9:00 - 4:00 (All items subject to prior sale) ELROD AUCTIONS 904-699-7067 AB1698 www.elrodauctions.com

Clothes

Carhartt Men's Sandstone Ridge Coat. Sz-X-lrg. Camel color w/grey sherpa lining. Asking $75 obo. Em: **ntlwm@yahoo.com. 270-569-7847**

Collectibles

SERAPHIM CLASSICS ANGELS - Exclusively by Roman. Set of 5 Angels. Francesca, Samantha, Isabel Seraphina, Grace. **904-264-6814**

WANTED TO BUY- War souvenirs, medals, patches etc., Old USMC uniforms, also Airline Wings & Badges. 477-6412

Electronics

Klipsch Home Theater 5.1 spkr sys. incl: (2) SB-2 Front Spkrs w/grills. (2) SS-1 rear Surr. Spkrs w/grills. (1) SC-1 Center Channel Spkr w/grill (1) KSW-12 Subwoofer w/pwr cords Still hooked up so you can check out before purchasing. Exc. cond. Asking $500 OBO. Orange Pk. **270-569-7847** Em: **ogoods11@yahoo.com** for pix.

Estate Sales

B. Langston presents OWNER SAYS, IT ALL MUST GO! Including the home. Modern & antique furn. Art glass, books, clocks, Electronics, instruments, Collect's, 1660 Ryar Rd. Thurs./Fri. /Sat. 9-5. **www.blangston.com**

B. LANGSTON PRESENTS Your Mama's house, Mid century Furn, clothing, Jewelry, lighting & access Waterford, Spode & other fine glass & china. Tools, linens. **2603 Caladium Rd. Thurs. 11-6 Fri./Sat. 9-3 www.blangston.com**

Alderman 924 Parkridge Cir W Fri- Sat 9-5 Sun 11-2. www.yesterdayschildinc.com

Furniture / Household

Beautiful 55" Round Solid Wood Dining Table w/4 Side Chairs (Minor Dents & Scratches). Will e-mail pix. - $450. **Keith 904-415-2379**

BED FRAME - Full sz, iron, 2" diameter posts w/brass globes, very old, restored $175. 904-268-2482

BED- NEW 6 Piece Queen Cherry Bed Set, Can deliver $295 904-524-6037

DESK 59"W 29"D 55"H pull-out for keyboard, lots of storage cubby holes, great cond., $95. 264-6814/874-6814

King solid wood cherry fin. headboard & frame for extra heavy deep mattress & box spring. $350. **904-278-9177**

LAWN MOWER $40. Gas Washer & dryer $300. 904-755-6977

Mattress Sets- All New! Queen $150 ~Full $140 ~Twin $120~ King $275 Can Deliver Call 904-524-6037

NEW Simmons Leather sofa Can deliver $375 904-524-6037

Furniture / Household

Vintage Maple dining table (needs refinishing) $100 OBO Lrg mirror cherry fin. frame $50 OBO. Country style wooden potato/onion keeper $25 Desk chair (black, cloth ex. cond.) $35 Em: **ntlwm@yahoo.com. 270-569-7847**

DINNER SET - 4 chairs, table, $100. 904-755-6977

WALL UNIT ENT. CTR 99.5"W 75"T 20.5"D Lighted storage CDs, etc. Glass drs, Adjustable. Like new $299. **264-6814**

Wardrobe Armoire-black, 5 drawer, upright mirrored door. Asking $75 obo. Ross 904-405-4193

Garage Sale

Orange Park Estate Sale Fri. 2/10 9am furniture, appliances, misc. 423 Cody Dr. 904-631-3532 for info.

Misc. Merchandise

7.4 cu. ft. Maytag Gas Dryer Model#MDG600BW. Almost new. Ross 904-405-4193

DIABETIC TEST STRIPS NEEDED $ I BUY sealed / unexpired boxes $ Call Bob at (904) 712-9015

Giant stuffed Pikichu. New with tags. Asking $100 OBO. Near NAS Jax. Em: **ntlwm@yahoo.com 270-569-7847**

MOTORHOME TIRES (2) Michelin good used size: 255/80R 22.5XRV. $75-both. 904-282-3840

Musical

FOR SALE: '65 Fender Deluxe Reverb Reissue. About 1yr old w/less than 20hrs of play time. Perfect condition-all stock. $650 FIRM. Call Tom @ 904-891-9781

Portable Buildings

10'x56' Office Trailer Heat/AC $6,000. delivery and set up incl 904-254-5291

24'x36' Portable Classroom Heat/AC carpet, $16,000. delivery and installation included. Call 904-254-5291

Sporting Goods

CLUB CAR GOLF CART $750obo. Well maint. w/batt. chrgr. 912-673-6888 lv msg

CRAFTSMAN LAWN TRACTOR 21.0hp 42" $450. 912-673-6888 lv msg

FNH5.7 $900. New; 9MM Ruger with laser $400. Fired once; 9MM Browning Model 1911 $650. Fired once. Call 219-746-4475

Tan color Detrek Golf bag mint cond. $40. Walt 778-9167

PROFORM STRIDE-CLIMBER 490 Elliptical sells for $900. Asking $300. 912-674-7089

TURKEY HUNTING - Nebraska private farm 2 birds $250 **303-979-0360**

WORKOUT BENCH. Exc. cond. Uses weights not bands. Asking $300 OBO If interested email: **ogoods11@yahoo.com** for more info and pix. 270-569-7847

Wanted To Buy or Trade

Buying Comic Books. Call 904-631-9439

Pets and Supplies

BICHON FRISE $500. farmgras@comcast.net 250-2988

GOLDEN RETRIEVER PUPS $700. AKC, ready 2/9, taking dep. 904-591-9029 **www.youtube.com/watch?v=w9-njDg-zlc**

HAVANESE PUPS- Hypo-allergenic, non-shedding toy. White females. $800. 386-383-2424

Poodle Toy Puppies. 3 males $500. 1 apricot female, teacup $700.00. AKC + health certificate. Werd91@clearwire.net 334-4058.

PRECIOUS VALENTINE PUPS, Pecan Park Flea Market,768-6063

Pets and Supplies

YORKIES SILKY PUPPIES AKC cert for sale. $450. Call 904-728-0108

Transportation

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Automobiles
Trucks/Trailers/SUVs
Vans/Buses
$2000 or Less
Commercial Vehicles
Misc. Auto
Autos/Trucks Wanted
Auto Rent/Lease

Boats

2009 Carolina Skiff 21.8' Elite. Immaculate and loaded for fishing. Custom T-Top w/full Electronics including Simrad Chartplotter, Boradband Radar and Sounder, VHF, Stereo, separate Electronics Battery and Switch, instruments, wired for trolling motor and Mercury Optimax 115 hp, Loadmater Aluminum Trailer. $21,900. **Call 904-806-1522 or email abcgrc@att.net for details.**

'97 SEASPORT CC 19' Suzuki 140EFI 3 blade S/S prop, bimini top, many extras, $5k under B/B. Jim 505-7455

JET SKI & Trailer $1200obo. HD Sportster exc cond $6800. 904-430-3321

RVs and Supplies

5th Wheel $350, 14"x40" wood lathe $155. Werner ladder jack set $100. Leather cycle jacket 40R, $40. 904-476-7544/786-9651

VRI TRAVEL TRAILER Lg. slide out, tow eqpt, lg bath, TV's, 30'1" ex. shape , cover, 642-0881/716-1968. $18K. Tire cover's

WINNEBAGO '07 ITASCA SUNOVA 35J Class A, 19,118mi's w/2 slideouts, work horse, cust. chassis, 8.1 liter, Vortech eng., 340hp w/455ft lb torgue 5500 Onan generator, $62K. 712-269-8923

Motorcycles/Mini Bikes

'07 Yamaha R6 10kmi's, exc. cond., akropovic slip on muffler, frame sliders, integrated undertail turn signal/break light, 18 month service just performed at dealership, Dunlop Sportmax Q2 tires front/back only 3k mi's on them, $6,000 OBO. 713-487-9082

'09 H-D ROAD GLIDE 3700mi's, ABS sec cruise lowered Klokwork windshield Badlander seat upgrades asking $18,350. 904-716-7197

Auto Parts

LINCOLN TOWNCAR-New Michelin P225/60R-17 $140. Michilin XRadial LT P255/70-R16 $85. King Cobra golf bag w/cover $50. 904-384-7809

Automobiles

'00 Chrysler Town Country 146k, exc. cond, 3.8L, v6, $4500obo. Jim 904-505-7455

1995 FORD ASPIRE 35/40mpg cty/hwy $1100obo., 5spd, ice cold, A/C, AM/FM, 912-656-2249

1997 GMC Safari Van, V6, auto, new tires, avrg miles, dual A/C, PW, PL. **Tom 904-891-2569 after 4pm.**

Automobiles

1999 PLYMOUTH BREEZE 4dr, 4cyc, silver $1800obo. **1995 Toyota Camry** 4dr, red, 4cyc, $3400obo. **912-467-3376**

2002 LINCOLN - Exc. Black-wood, one owner, garaged, 99k miles, $18,000. Extra tow hooks, new tires, manuals, separate **904-384-7809**

2003 PONTIAC SUNFIRE 2.2L, AT, yellow, 115kmi, runs great, new tires, new brakes, $3500obo. 904-860-2202

2005 Crown Victoria LX fully lded, exc. cond. w/remainder of Ford premium warr. $9K. 904-239-0371

2007 JEEP PATRIOT 59k mi's, 25 avg mpg, manual trans, asking $10,500. Very good cond. Nadia 770-783-1897

2007 Ford Mustang for sale by owner. 904-542-3441

'97 GMC Safari Van V6 AT, new tires average mi's, dual AC PW PL Tom 891-2659 aftr 4

CHEVY AVEO LT '11
9,366 miles, Like New! #jv7616
$13,988 or $113.78 bi/wk.
1-877-399-5302 Auctiondirect.com

CHEVY CORVETTE '07
Convertible hard top, 9,545 mi. #jv7478m
$31,988 or $260.21 bi/wk. 877-399-5302
1-877-399-5302 Auctiondirect.com

CHEVY COBALT LS '08
31,999 mi. very clean #jv7621
$10,388 or $84.50 bi/wk.
1-877-399-5302 Auctiondirect.com

CHEVY IMPALA LT '08
40,389 mi. Black, sharp! #jv7045a
$13,988 or $113.78 bi/wk.
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CHEVY MALIBU LTZ '08
23,106 mi. loaded w/options #jvp7057
$16,388 or $133.31 bi/wk.
1-877-399-5302 Auctiondirect.com

CHRYSLER PT CRUISER '09
40,908 mi. sharp! #jv7025
$9,988 or $81.25 bi/wk.
1-877-399-5302 Auctiondirect.com

FORD FREESTAR SES '04
59,805 mi. very clean minivan! #jv7097
$9,388 or $86.49 bi/wk.
1-877-399-5302 Auctiondirect.com

Automobiles

FORD FUSION SE '08
42,850 miles, moonroof, alloys #jv6453
$13,388 or $108.90 bi/wk.
1-877-399-5302 Auctiondirect.com

HONDA ACCORD EX-L '09
28,465 mi. super clean! #jv7409
$18,688 or $152.02 bi/wk
1-877-399-5302 Auctiondirect.com

HONDA CIVIC EX '09
28,009 mi. very sharp! #jv7615
$15,988 or $130.06 bi/wk.
1-877-399-5302 Auctiondirect.com

HYUNDAI SONATA GLS '09
33,231 mi. very clean #jv7654
$13,688 or $111.35 bi/wk
1-877-399-5302 Auctiondirect.com

KIA OPTIMA LX '10
34,084 mi. sharp! #jvr7047
$12,988 or $105.65 bi/wk.
1-877-399-5302 Auctiondirect.com

MAZDA 3i SPORT '10
37,564 mi. white, very sharp! #jv7644
$14,388 or $117.04 bi/wk
1-877-399-5302 Auctiondirect.com

MAZDA 6I SPORT '09
24,888 mi. gorgeous! #jv7337
$15,688 or $127.61 bi/wk.
1-877-399-5302 Auctiondirect.com

MERCURY SABLE LS '03
Premium edition only 37,282 mi.
#jvp7437a $8,988 or $82.80 bi/wk.
1-877-399-5302 Auctiondirect.com

NISSAN ALTIMA 2.5S '08
35,327 mi. sharp! #jv7352
$15,688 or $127.1 bi/wk.
1-877-399-5302 Auctiondirect.com

PONTIAC GRAND PRIX '08
39,093 miles, alloys, sharp! #jv7527
$12,388 or $100.77 bi/wk.
1-877-399-5302 Auctiondirect.com

SATURN L300 '03
Only 52,234 miles! very clean #jv7525
$7,988 or $73.59 bi/wk.
1-877-399-5302 Auctiondirect.com

SCION XD '09
Hatchback, 19,058 mi. #jvc7566
$14,988 or $121.92 bi/wk
1-877-399-5302 Auctiondirect.com

SUBARU IMPREZA '08
Black, 39,668 miles #jv7266
$14,988 or $121.92 bi/wk
1-877-399-5302 Auctiondirect.com

Automobiles

TOYOTA COROLLA LE '09
Only 18,997 miles! very clean #jv7272
$14,688 or $119.48 bi/wk.
1-877-399-5302 Auctiondirect.com

VW BEETLE '09
Hatchback, black, 42,332 mi. #jv7614
$13,388 or $108.90 bi/wk.
1-877-399-5302 Auctiondirect.com

Trucks / Trailers / SUVs

'04 Chevy Colorado Crew Cab, 127k mi's, new tires, Tonneau cover, tow hitch, i-pod ready, radio, exc. $8,994. 904-607-5477

2007 GMC Sierra 2500. Crew Cab, 4x4, Turbo Diesel, price $7000, 407-792-2275.

'94 FORD Ranger Super cab XLT 3.0L, V6, AT, PS, exc work truck 190kmi, $2500. Jim 904-505-7455

DODGE RAM 1500 ST '09
Regular Cab, 25,922 miles, #jv7189
$14,688 or $119.48 bi/wk.
1-877-399-5302 Auctiondirect.com

FORD EDGE SE '08
36,858 mi. super clean! #jvc7569
$17,988 or $146.32 bi/wk.
1-877-399-5302 Auctiondirect.com

NISSAN TITAN SE '08
King Cab, 37k mi. jv7213
$16,988 or $138.19 bi/wk
1-877-399-5302 Auctiondirect.com

TOYOTA RAV4 '10
17,663 mi. very sharp! #jv7123a
$18,988 or $154.46 bi/wk. 877-399-5302
1-877-399-5302 Auctiondirect.com

Vans / Buses

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