

Mayport Moves Ahead On Citadel Shield

From Staff

Naval Station Mayport is moving forward on plans for a base-wide security exercise scheduled for Feb. 19-22.

The four-day exercise will focus on anti-terrorism/force protection measures on the base.

"Citadel Shield is an installation-

driven exercise," said Willie Green, Naval Station Mayport Installation Training and Readiness Officer. "It gives us an opportunity to test a few things local at the installation."

Green said commuters should expect travel delays during the exercise.

"We've talked with Medical, PSD

and other commands so they can plan and schedule their appointments appropriately during the exercise, Green added.

A second week of exercises, Solid Curtain, was cancelled late last week due to DoD-wide budget issues.

Pay Raises, Major Cuts In Budget Proposal

By Jim Garamone
American Forces Press Service

Defense Secretary Leon E. Panetta revealed that the proposed military pay raise for 2014 is 1 percent, and that the department is proceeding in a logical, careful way to do its part to cut the deficit and preserve military capabilities.

Panetta and Army Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, spoke at the Pentagon during a reporters roundtable about what the 2014 budget proposal would look like and what the threat of budget uncertainty - including the looming threat of sequester - would mean to it.

In a normal year, defense officials would be discussing the fiscal 2014 DOD budget request now. But this year is far from normal, and officials do not expect the budget to even go to Congress until late in March.

The budget the secretary outlined includes the \$487 billion in cuts that were proposed in 2011. The budget also is based on the defense strategy unveiled in January 2012. It "really does set a framework for what the force of the 21st century should look like," Panetta said.

What's most important is the budget proposal would "protect the strongest military on Earth," he said.

The fiscal year 2014 budget proposal also requests a military pay raise of 1 percent.

"No one is getting a pay cut, but we will provide a pay raise that's smaller than we've seen in past years in order to achieve some savings by virtue of what we confront in the compensation area," Panetta said.

The DOD will ask for money for new investment in transition assistance, sexual assault prevention, suicide prevention, and family programs to boost support for the all-volunteer force.

The department needs to get personnel costs under control, Panetta said. These accounts have grown 80 percent since 2003, and if steps are not taken now it would force the department to cut military end strength and sacrifice readiness.

Congress has approved a DOD request for a commission to look at military retirement, the secretary said.

"We will stress that retirement benefits would be

See Budget, Page 3

Deployment Delay

From American Forces Press Service

The deployment of the U.S. Navy's aircraft carrier USS Harry S. Truman and the guided-missile cruiser USS Gettysburg to the U.S. Central Command area of operations has been delayed, according to a statement issued Feb. 6 by Pentagon Press Secretary George Little.

Little's statement reads as follows:

"The Secretary of Defense has delayed the deployment of the USS Harry S. Truman (CVN-75) and the USS Gettysburg (CG-64), which were scheduled to depart Norfolk, Virginia, later this week for the U.S. Central Command (CENTCOM) Area of Responsibility.

"Facing budget uncertainty - including a Continuing Resolution and the looming potential for across-the-board sequestration cuts - the U.S. Navy made this request to the Secretary and he approved. This prudent decision enables the U.S. Navy to maintain these ships to deploy on short notice in the event they are needed to respond to national security contingencies.

"The United States will continue to maintain a robust military presence in the CENTCOM region, including the current carrier presence and a mix of other assets, to fulfill enduring commitments to our partners. The U.S. military continues to stand ready to respond to any contingency and to confront any threat in the region."



-Photo by FC2 George A. DeCoste III

Ensign Dillan Thomas and the Sales Division team present a check for \$20,000 to Chief Fire Controlman (SW) Danny Fontaine and the MWR committee onboard guided-missile cruiser USS Vicksburg (CG 69). Vicksburg is underway as a part of the opposition force in a Composite Training Unit Exercise (COMPTUEX) for the Harry S. Truman Carrier Strike Group and Kearsarge Expeditionary Strike Group.

Vburg MWR Gets 'Pay Day'

By FC2 George A. DeCoste III
USS Vicksburg Public Affairs

The Morale, Welfare, and Recreation (MWR) program on board guided-missile cruiser USS Vicksburg (CG 69) had a great day on Feb. 3. Over the past year, Vicksburg's Sales Division (S-3) has generated more than \$350,000 in revenue, and continues a long-standing trend of passing significant profits on to the crew.

S-3 Division, the MWR Committee, and other key USS Vicksburg leaders were on hand for the celebration during which the Sales Officer, Ensign Dillan Thomas, presented Capt. Logan Jones with a check for \$20,000 for use in the MWR operating fund.

"I think it's amazing the amount of work that Supply Department puts into providing quality services to the crew. I can't wait to get this money put

to good use; to gather the crew and families together for morale and recreational activities," said Jones.

MWR funds are used for many activities throughout the command to include Single Sailor liberty programs, divisional gatherings, subsidizing tour costs during port visits, and various recreational activities that help build crew camaraderie and ease the stress of being away from loved

ones while underway.

S-3 Division does a presentation like this every four months, and over the last year the division has contributed \$56,500 toward the command's MWR fund. Sailors contribute daily to the fund via ship store and vending machine purchases. USS Vicksburg returned from a 5th Fleet deployment in November 2012 and on that deployment alone, S-3 division sold more

See Vicksburg, Page 11

Farragut Keeps Moving Mission Forward



-Photo by MCommunication Specialist 2nd Class A.J. Jones

Boatswain's Mate 3rd Class Ernest Obengmanu and Seaman Lucas Foley prepare to receive supplies aboard the guided-missile destroyer USS Farragut (DDG 99) during a replenishment-at-sea. Farragut is deployed with the John C. Stennis Strike Group to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions for Operation Enduring Freedom.

Want To See More?

Go online to www.mayportmirror.com photo gallery to see all the pictures that didn't make this week's *The Mirror*.

Welcome Home
USS Halyburton

Pages 4-5

Check us out Online!



mayportmirror.com

What Do Actions Say About You?



Chap Karen Rector
Surface Force Ministry Center

I recently read a devotional that told the following story;

One night a clergyman was walking to church

CHAPLAIN'S CORNER

when a thief pulled a gun on him and demanded his money or his life.

When he reached in his pocket to hand over his wallet, the robber saw his clerical collar and said: "I see you are a priest. Never mind, you can go."

The clergyman, surprised by the robber's unexpected act of piety, offered him a candy bar.

The robber said, "No thank you. I don't eat

candy during Lent."

Funny, this guy had given up candy as his sacrifice for Lent, which is the period of 40 weekdays before Easter observed in some Christian churches as a period of prayer, penance, fasting, and self-denial.

This period, starting on Ash Wednesday in Western churches, commemorates the 40 days that Jesus Christ spent

fasting in the wilderness. This man's lifestyle, however, showed his true character.

What do your actions say about you? Proverbs 10:21 tells us that "Even children are known by the way they act, whether their conduct is pure, and whether it is right."

If someone talks the talk, but doesn't walk the walk, they soon lose any and all credibility with people.

In Jesus' day, there were a few Pharisees, the preachers and teachers of Jewish law, that were suf-

fering from this.

In Matthew's gospel in chapter 23, Jesus is calling them on it, "What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For you are like white-washed tombs—beautiful on the outside but filled on the inside with dead people's bones and all sorts of impurity. Outwardly you look like righteous people, but inwardly your hearts are filled with hypocrisy and lawlessness."

Ouch! Harsh words to hear, but do we need to

hear those words sometimes? I wish I could say I didn't, but sometimes I do need to hear them.

If we say we love God, we demonstrate our love for Him - not just by what we say, but more importantly, by what we do.

Marvin Williams wrote: "Spiritual words are mere distractions. If not backed up by our godly actions,

And all our good and beautiful creeds

Are nothing without God-honoring deeds.

Motivating Your Child Toward School Success



Judy Cromartie
School Liaison Officer

Now that second semester is in full swing having begun January 22 and students have their second quarter report card, is your child settling into the school routine? Or is he still reluctant to get back into any kind of routine? Is he still forgetting that weekly spelling/vocabulary test? Is it hard to get him up in the morning for school like it was back in August? Are the number of tardies and absences increasing?

Are you at your wit's end? You just don't know if you can deal with this! Of course, as a parent, you recognize the value

Knowing THE ROPES

and importance of education to your child's future. But no amount of lecturing, pleading, or disciplining has gotten your child excited about the return to school. There are some positive steps you can take. 1. Determine if he is getting enough rest to be successful in school. Students today are involved in a myriad of activities in addition to school, including youth sports, dance, music, or karate classes; cheerleading, band, or JROTC practice; faith-based youth activities; and home computer games. Older students work many hours a week to assist with car and insurance payments. With physical tiredness comes a weariness that makes it hard to stay awake at school to deal with assignments, homework, and time management. 2. Talk to

your child about his busy schedule. Try to determine whether it is due to activities or work. 3. Then map out a plan to insure that he gets the sleep he needs. A rested student is a more interested and engaged student. Look over that second quarter report card. Students making "D's" and "F's" no matter how hard they have studied or how many extra credit assignments they turned in are more apt to tune out and stop trying. If this continues for any length of time, it can lead to failure. Their somewhat positive attitude at the beginning of the school year turns to frustration after a semester of really trying, but getting the same grade over and over. 4. Don't add to the frustration by piling on saying, "Why don't you study harder? Why don't you ask for help?"

when that may be exactly what he thought he was doing. 5. Instead, talk to your child about how you value him and his efforts. To do this you need to have some quiet - no yelling or blaming - dialogue about the problem. During the discussion you will probably hear many of the above excuses: tiredness, boredom, and frustration. Be an active listener. Genuinely express sympathy for the causes. 6. To correct this, you will need to map out an academic plan that could include you getting him help or him getting help for himself. Joining a study group or getting tutoring are two ways to receive help.

For active duty military dependents, www.TUTOR.com provides professional tutors to help with all math, science, social studies, and English subjects from elementary to advanced levels. The tutor will work with your child in a one-to-one secure online classroom where every-

thing is anonymous. The tutors use an interactive whiteboard, file sharing, and instant messaging to work through the problem. Because of this, I frequently advise parents that students younger than 3rd grade may need parental assistance to work with the tutor. Older students should have no problem working with the tutor, and each tutor is screened, certified, and background-checked. No personal information is ever shared between tutor and student.

7. If the problem is more behavioral than academic, make a clear-cut list of unacceptable behaviors and resulting consequences. For instance, continually forgetting to complete homework in a class might result in the loss of a favorite privilege until the resulting lower grade is raised. Resist the temptation to ground your child indefinitely or to take away all prized possessions. However, if you do not follow through

on the promised consequences, your child will quickly realize that you are not serious about school success, and he will remain unchanged.

Students do want to succeed, but as children they aren't always able to figure out by themselves what the actual problem is. With patience and understanding, you can take these suggested actions to help your child figure out how he can achieve academic success.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at Judith.cromartie@navy.mil or by phone at (904) 270-6289 ext. 1305 [office] or (904) 993-5860 [cell]. Or you can schedule a meeting with her in her office in Building One.



Lisa Smith Molinari
Military Spouse Columnist

When I met my husband almost 20 years ago, he had a couch. It was his "bachelor couch," and even though it may have looked cool back in 1990 when he bought it to furnish his bachelor pad, the upholstery pattern on that piece of furniture can only be described as a cross between a Bill Cosby sweater and the wallpaper in a gynecologist's office.

However, I came into the marriage without a couch, so on our limited budget, I was thankful to have one at all. For the first couple years of marriage, the couch was a useful piece of furniture, despite her crisscrossing shades of teal, gray and mauve, and the outdated honey oak embellishments on the armrests.

Moving with the military every few years, I thought my husband's bachelor couch would eventually be jettisoned like our outdated items from our past - my black and white TV, his old girlfriend's wine glasses, the kids' worn out stuffed animals, my stirrup pants - but somehow, that old bachelor couch just never went away. Sure, we bought other furniture, but the old bachelor

The Meat&Potatoes OF LIFE



A four-legged member of Lisa's family enjoys a nap on the "bachelor couch."

couch stuck around in a spare bedroom, or waited in a storage unit until we could find another use for her.

More than a decade into the marriage, I suggested that we donate my husband's bachelor couch to charity.

"But she's so well built and still has so much use - we can't get rid of her!" he replied, incredulously.

I never brought it up again, and as I sit here in my office writing this column at my desk, that 22-year-old bachelor couch sits just two feet away, made tolerable with a striped slipcover.

I could feel threatened by the fact that my husband has had a longer relationship with his bachelor couch than with his own wife; in fact, when I am alone in the room with his couch, I sometimes feel her mocking me. But I have learned that, as much as I dislike her distasteful appearance, my husband's bachelor couch symbolizes something

for him, something with which he is not yet willing to part.

Perhaps, the couch that my husband purchased in

his mid-20s reminds him of his youth, his virility, his long-gone full head of hair and former waistline. Or perhaps, she reminds my husband of buddies from his squadron days, who sat upon its sturdy cushions to watch football in unspoken camaraderie.

And as much as I don't like to think about it, perhaps she reminds my husband of old girlfriends, who were probably tacky, wore too much make up, drank wine coolers and did God-knows-what with him while lying on her garish upholstery.

I guess I can't blame him for grasping onto bygone virtues. Heck, I have two file boxes out in the garage that contain a useless jumble of high

school yearbooks, photos, diaries, artwork, playbills, swimming ribbons, and even the bronze Junior Firefighter Badge I sent away for from a Smokey the Bear advertisement in the back of Highlights magazine. If anyone tried to throw those file boxes away, I'd turn from middle-aged housewife into vicious cage fighter faster than you can say "aggravated assault."

Why? Because those scraps of crumpled paper and corroding metal symbolize a simple, carefree time. A time when my greatest worry was curling my bangs right or whether my parents were going to let me have the car on Friday night. So, on days when the minutia

of my middle-aged life as military spouse bogs me down, it's nice to know that I still have in my possession, in two moldy file boxes in the garage, the hope that life can be simple and carefree again.

So, I will not begrudge my husband his reminder of days gone by, even if his "little memento" has had a longer relationship with him than I have and takes up eight feet of wall space in my office. Besides, she has provided the rest of the family some consolation by facilitating many an afternoon nap.

Get more wit and observations from Lisa at her blog, The Meat and Potatoes of Life, www.themeatandpotatoesoflife.com



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 & Adult Ed:
Sunday 10:30 a.m.
Baptisms
3rd Sunday of month 10:30 a.m.
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 Tuesday, 9:30 a.m.

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



Naval Station Mayport

Capt. Douglas F. Cochrane..... Commanding Officer
Cmdr. Patrick Pickard..... Executive Officer
CMDCM Robert L. White..... Command Master Chief

Naval Station Mayport Editorial Staff

MCC William Townsend..... Public Affairs Officer
FC2 Robert Leonard..... 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: 270-7817 Ext. 1012
Commercial FAX (904) 270-5329 DSN FAX: 270-5329
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. 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
Advertising Sales
(904) 359-4336 • FAX: (904) 366-6230
Pat Waterman • Territory Sales Representative • (904) 359-4680

2013 Deployed Military, Property Tax Exemptions Deadline Approaches

From the Jacksonville Office of the Property Appraiser

March 1 is the deadline for members of the service who meet the statutory qualifications to apply for the Deployed Servicemember Property Tax Exemption for the 2013 tax year as well as other exemptions.

The Deployed Servicemember Property Tax Exemption is available for 2013 to members of the service who receive a homestead exemption and who were deployed outside the continental United States, Alaska or Hawaii during the preceding calendar year (2012)

in support of designated operations.

Though the operations have not been officially designated for the 2013 exemption, applicants are encouraged to file before the March 1 deadline and they will be notified if they do not qualify.

Applications are available in the Duval County Property Appraiser's Office at 231 East Forsyth Street, Suite 260 or at www.duvalpa.com. Those applying for the 2013 exemption must also supply **deployment orders or other proofs of the qualifying deployment(s)** that

include **dates of the deployment(s) and that clearly identify the supported operation(s) and the days during which the servicemember was outside the continental United States, Alaska or Hawaii**. The amount of the exemption is based on the number of days deployed in the previous calendar year.

Applicants who miss the March 1 deadline, may file late up to the 25th day following the mailing of the Notices of Proposed Property Taxes in mid-August. Applications will not be accepted after this deadline. Servicemembers whose deployment spans over two or more calendar years must apply

each year. This exemption is not automatically renewed, and applicants must have a homestead exemption on their property to qualify.

For forms or more information, visit www.duvalpa.com or call the Customer Service/Exemptions Division at (904) 630-2020.

JOIN TODAY!



ducks.org 800-45-DUCKS
A CFC participant - provided as a public service



Dog Houses, Shadow Boxes Made to order

Manuel Bello Woodworking
bellovincent1927@att.net

904-645-7767
904-654-2665
www.JaxMilitaryShadowBoxes.com



Lunch Time Class With ERAU

From ERAU

Embry-Riddle Aeronautical University (ERAU) will be organizing a series of Lunch Time classes if a minimum of students show interest. The requirements to launch this project is a minimum of seven students.

All classes offered will be business core related and could be used in any general education core. We will like to begin these classes in the spring term on May 31 in Building 1553 (FRC) near the base helicopter squadrons. Classes will run from

Monday to Thursday from 11 a.m.-noon in the training room. There are some general requirements that need to be completed if you are not currently enrolled in ERAU.

Please contact us if you have any questions or need more information at 904-249-6700/mayport@erau.edu Bring in a new student referral and you could be eligible for a textbook reimbursement of up to \$50. Go to <http://worldwide.erau.edu/admissions/finance/scholarships/index.html> for current scholarships available.

Budget

From Page 1

grandfathered," Panetta said, noting the department will continue to look for savings in the military's TRICARE health program.

The secretary stressed that the budget would find savings in overhead and efficiencies.

"We have identified \$30 billion in new initiatives over the next five years to eliminate overhead and duplication," he said. The department will consolidate capabilities and look to new technologies for more savings.

In the budget, the secretary proposes another round of base closures and realignments. "We will have to because ... you can't have a huge infrastructure supporting a reduced force," he said.

The budget continues the glide path for reductions in land, naval and air forces detailed last year. Ultimately, the Army will go down to 490,000 active duty soldiers and the Marine Corps to 182,000 troops.

The department will propose some additional cuts to the Air Force and "we will resubmit some of our proposed cuts to the Navy," Panetta said. These are proposals that Congress rejected last year.

The department will continue to push for growth in special operations capability and cyber warfare experts.

The department must continue to modernize the force and the budget continues the push for tactical fighters, aerial refueling capabilities,

ballistic-missile subs and bombers, Panetta said. New capabilities include sea-based unmanned aerial vehicles, cyber tools and space systems.

This is the bare bones of the fiscal year 2014 budget, but it would all go out the window if sequestration occurs on March 1.

DOD is taking steps to confront sequestration "because at the spend rate we're on now ... if we continue it will be that much more of a blow," Panetta said. The department has ordered hiring freezes, cutting back on maintenance and in other areas.

And, budget uncertainty -- including a continuing resolution and the looming potential for across-the-board sequestration cuts -- has caused DOD to delay the deployment of the aircraft carrier USS Harry S. Truman and the guided-missile cruiser USS Gettysburg to the U.S. Central Command area of operations.

If sequester happens, DOD is looking at furloughs for as many as 800,000 civilian employees. This would mean a 20-percent pay cut.

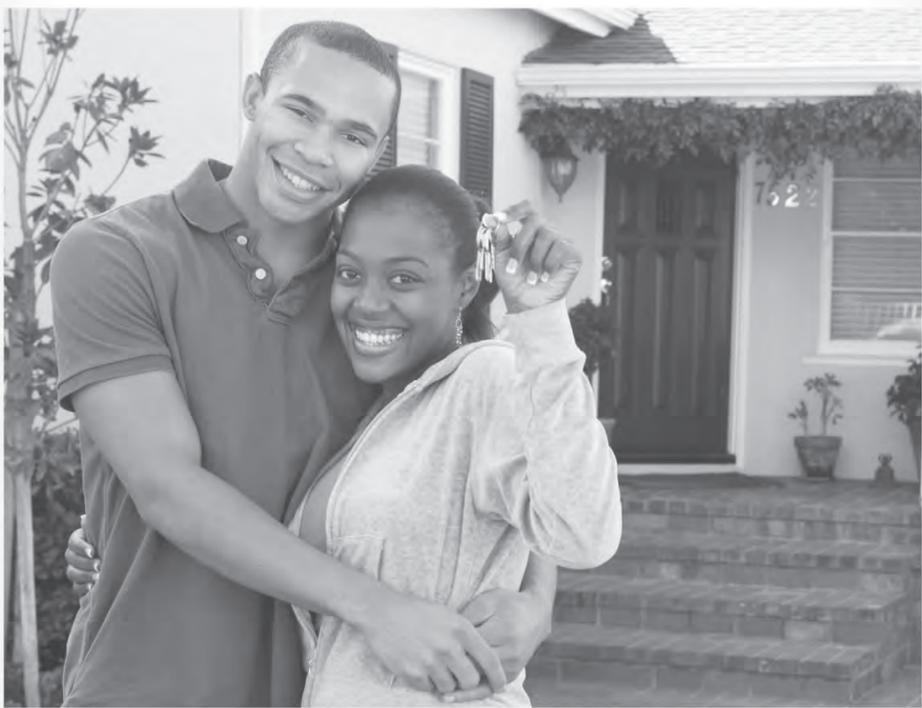
"It's a lousy, lousy way to treat people frankly," the secretary said.

Sequestration cuts Army training, Air Force and Navy flight hours, and shrinks ship operations.

"These are real consequences and our fear is that it really is going to cause a readiness crisis for the military to respond to the crises that we still have to confront in the world," Panetta said.

DISCOVER THE COMFORT OF HOME

Let Navy Federal get you into your new home with low loan rates, 100% financing, personal guidance seven days a week, and servicing for the life of the loan. Contact us today to find out more about our exceptional mortgage solutions.



NAVY FEDERAL Credit Union

ARMY MARINE CORPS NAVY AIR FORCE DoD

APPLY TODAY!

navyfederal.org 1.888.842.6328



"My type 1 diabetes tests me. Every day." But JDRF has my back.

— Bret Michaels
DIAGNOSED AT AGE 6

Please visit JDRF.org today.

JDRF

A CFC participant. Provided as a public service.

Federally insured by NCUA. App Store is a service mark of Apple, Inc. Android is a trademark of Google, Inc. © 2013 Navy Federal NF CU 12342 (1-13)





-Photo by MC1 Ian W. Anderson
 Engineman 1st Class Cory Ondrusek embraces his wife Brandi after a six-month deployment on USS Halyburton (FFG-40). Halyburton was deployed in support of North Atlantic Treaty Organization (NATO) conducting counter-piracy operations in the 5th Fleet Area of Responsibility.



-Photo by MC1 Ian W. Anderson
 Cryptologic Technician Technical 2nd Class Daniel Moore hugs his wife, Spring, after returning home from a six-month deployment onboard USS Halyburton (FFG-40).

Halyburton Returns To Mayport

By OS3(SW) Quintrel R. Brown

USS Halyburton Public Affairs

USS Halyburton returned home Saturday after completing a six month deployment to the COMFIFTHFLT and COMSIXTHFLT areas of responsibility with focused operations off the Horn of Africa.

Halyburton with NATO and main tasking was counter piracy operations in support of Operation Ocean Shield off the coast of Africa and the



-Photo by MC1 Ian W. Anderson
 A Sailor's daughter waits pierside as USS Halyburton (FFG-40) returns to her homeport of Naval Station Mayport Fla. following a six month deployment.

Somali Basin. Assigned to Standing NATO Maritime Group One, Halyburton's primary mission was to deter piracy and provide maritime security. Halyburton conducted Maritime Interdiction Operations and Intelligence, Surveillance, and Reconnaissance missions to gather information on local piracy.

While Halyburton was on station, one event in particular caught the attention of the international communities.

Halyburton responded to a distress call from a cargo ship, Motor Vessel (M/V) Jasmine, who reported being shot at by possible pirates with assault rifles and a Rocket Propelled Grenade (RPG). Halyburton tracked down the suspected pirates, who were traveling in a small skiff, and boarded the craft to question the crew about their recent activity. Using the information obtained by the Visit Board Search and Seizure (VBSS) team,

Halyburton passed the skiff off to a European Union asset who was able to detain the suspected pirates.

In a welcome home message sent from Commander, Destroyer Squadron 14 to Halyburton, Commodore Paul Flood wrote, "I commend you for tremendous efforts in executing Maritime Security Operations during Operation Ocean Shield

See Haly, Page 5



-Photo by Paige Gnann
 Operations Specialist 3rd Class Colin Doty reunites with his wife, Mary, pierside and receives the first kiss off the ship.



-Photo by MC1 Ian W. Anderson
 Engineman 2nd Class Dustin Fort proposes to Amy Williams, his girlfriend and now fiancée, following a six-month deployment onboard USS Halyburton (FFG-40).



-Photo by Paige Gnann
 New dad Sonar Technician (Surface) 2nd Class (SW) Charles Brandon meets his daughter for the first time after reuniting with his family at the Halyburton homecoming.



-Photo by Paige Gnann
 Aaron Walters, 8, waves at his father, Cryptologic Technician (Technical) 1st Class (SW) Patrick Walters after USS Halyburton pulls pierside Saturday.



-Photo by Paige Gnann
Tears flow as Chief Petty Officer Danny Anderson reunites with his family during USS Halyburton's homecoming celebration on Saturday.



-Photo by Paige Gnann
Quartermaster 2nd Class Patrick Cherry gets big hugs from his three-year-old daughter, Isabella, after reuniting pierside at USS Halyburton's homecoming.



-Photo by Paige Gnann
Operations Specialist 3rd Class Trevor Kinsella hugs his girlfriend Alexsa Chesser before giving her flowers. Kinsella returned from deployment with USS Halyburton.



-Photo by MC1 Ian W. Anderson
Family and friends wait pierside as USS Halyburton (FFG-40) returns to her homeport of Naval Station Mayport Fla. following a six month deployment. Halyburton was deployed in support of North Atlantic Treaty Organization (NATO) conducting counter-piracy operations in the 5th Fleet Area of Responsibility.



-Photo by Paige Gnann
Seaman Simon Cheruiyot is welcomed home Saturday after returning to NS Mayport with USS Halyburton.

Haly

From Page 4

and Operation Active Endeavour. From counter piracy to escort operations, you did an outstanding job as exemplified in 20 maritime security assistance approaches, four boardings, and more than 346 operational flight hours."

Besides conducting counter piracy operations, the crew of Halyburton had to maintain their proficiency in all areas of Surface Warfare. Many drills and exercises were conducted in the areas of Damage Control, VBSS, small boat operations, Air Defense, Anti-Submarine Warfare, Electronic Warfare and live gunnery firing exercises.

But when time permit-

ted, Halyburton planned and executed many celebrations and events to keep morale high. Over the last six months, the crew enjoyed five steel beach picnics on the flight deck, eight ice cream socials, Thanksgiving and Christmas Dinners, and multiple raffles and game nights giving away thousands of dollars in prizes. The hard work of the crew was rewarded with four award ceremonies totaling 56 awards, including 25 Navy Achievement Medals.

The Halyburton Sailors are excited to be home and will enjoy up to two weeks of leave before they begin training for their upcoming deployment.



-Photo by MC1 Ian W. Anderson
Chief Gas Turbine Systems Technician Timothy Johnson embraces his newborn child after returning home from a six-month deployment onboard USS Halyburton (FFG-40).

Get Financially Fit With FFSC

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. 19, 9-11 a.m., **Active Parenting Class**, FFSC Room 702

Feb. 19, 1-3 p.m., **Financial Leadership Seminar**, Building 1 Room 104

Feb. 20, 9-11 a.m., **Thrift Savings Plan Workshop**, Building 1 Room 104

Feb. 20, 9 a.m.-noon, **Employment Seminar**, FFSC Room 719

Feb. 21, 11 a.m.-noon, **Savings and Investment Class**, Building 1 Room 104

Feb. 21, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

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 inter-

act with other children their child's age. All children age four and below are invited to attend.

Feb. 22, 11:30 a.m.-12:30 p.m., **Banking and Financial Services Class**, Building 1 Room 104

Feb. 25, 8:30 a.m.-12:30 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. 25-March 1, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building 1 Room 1616

Designed for Military personnel within 90-180 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job mar-

ket and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

Feb. 26-27, 7:30 a.m.-4 p.m., **Million Dollar Sailor Workshop**, Building 1 Room 104

Feb. 26, 6-8 p.m., **Ombudsman Assembly**, Building 1, Room 104

Feb. 26, 9-11 a.m., **Active Parenting Class**, FFSC Room 702

Feb. 27, 9 a.m.-noon, **Employment Seminar**, FFSC Room 719

Feb. 28, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

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.

Out in Town

Saturday, Feb. 16

Want to find out how to lawn bowl or play bocce ball? Join a ranger at 2 p.m. on the green to learn about these fun outdoor games. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Thursday, Feb. 21

Join us as we explore a new definition of beauty for girls while examining our own at the Growing Great Girls Workshop Series from 9-11 a.m. at 6850 Belfort Oaks Place Upstairs Conference Room in the Northeast Regional Council Building. Registration begins at 8:30 a.m. You will learn clear strategies to help shift a girl's focus from external characteris-

COMMUNITY CALENDAR

tics to a deeper awareness of themselves. Register online: www.fcgijax.org. Cost is \$15 members; \$20 nonmembers. Register by Feb. 15.

The Beaches Museum & History Park announces that the next Whistle Talk will feature author Maurice Robinson, who will speak about his new book, "Hidden History of Ponte Vedra," from 5:30-7:30 p.m. Lecture is \$5 per person and free for museum members. Refreshments will begin at 5:30 p.m. and the lecture will begin at 6 p.m. After the lecture, the author will be available for book signings. Copies of the book will be available through the museum bookstore.

Saturday, Feb. 23

Join a ranger at 2 p.m. as they re-enact a first-person sales pitch for the Ribault Club in its hey day. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Saturday, March 2

The Florida Department of Environmental Protection's Fort Clinch State Park will host a Union Garrison event on Saturday, March 2 and Sunday, March 3 at Fort Clinch State Park, 2601 Atlantic Avenue, Fernandina Beach. This program will allow visitors to interact with living

historians to experience life in the fort as it was in 1864. The grounds will be bustling with soldiers in period costumes involved in firing demonstrations, marching drills, cooking and daily activities. Ladies in their dresses, sutlers displaying their wares and drummer boys bring every part of the civil war era to life. Come join in this unique, family friendly event. Fees include the \$6 per vehicle Park entrance fee plus \$2.00 per person Fort admission. For additional infor-

mation, contact the park at (904) 277-7274 or visit www.FloridaStateParks.org.

Saturday, March 9

Orlando Harley-Davidson will host a pair of events benefiting Operation Giveback www.operation-giveback.org to honor the heroic sacrifice of America's veterans and their families. Starting at 11:45 a.m., a large motorcycle convoy will travel on surface roads from the Orlando Harley-Davidson South Dealership on 192 in Kissimmee to

the Orlando Harley-Davidson Historic Factory Dealership. Starting at 1 p.m., hundreds of riders and members of the public will be treated to entertainment and food. A \$10 donation (cash or check) per rider and a \$5 donation per passenger will be required. All proceeds will benefit wounded warriors, their families and the children of our fallen heroes. For more information, visit www.orlando-harley.com

JACKSONVILLE
CHRYSLER • JEEP • DODGE • RAM

www.jaxcjd.com

15% Military Discount off All Parts and Service

9A & Baymeadows

facebook
Follow Us On Facebook

Brand New 2013 Dodge Avenger

Starting at only **\$14,988**

Dodge Avenger

ACTIVE OR RETIRED MILITARY PRICING ONLY

ALL ACTIVE DUTY AND RETIRED MILITARY BUY THIS YEAR'S HOTTEST VEHICLE ON THE MARKET FOR INVOICE MINUS ALL APPLICABLE INCENTIVES.

Buy any wrangler in stock for invoice, minus 1%, and then subtract any and all applicable rebates. Active or retired military only.

Starting at **\$21,259**

2013 Jeep Wrangler

Up To **\$10,000 OFF** MSRP

BRAND NEW 2012 Dodge Ram

1500's reg cabs, quad cabs, crew cabs, 4x4 or 2 wheel drive Active duty or retired military only.

Up To **\$6,000 OFF** MSRP

BRAND NEW 2013 Dodge Chargers

Active duty or retired military only.

Starting at **\$25,487**

Every BRAND NEW 2013 Jeep Grand Cherokee

Any model, any equipment you want, priced at 1% below invoice minus any and all applicable rebates.

CHECK ENGINE LIGHT ON?

Get it diagnosed here at no charge. This month only.

Must present coupon to dealer.

OIL CHANGE \$15.95

NOT IN CONJUNCTION WITH ANY OTHER OFFERS OR PREVIOUS PURCHASES. TAX AND SHOP SUPPLIES NOT INCLUDED. EXCLUDES HEMI'S, DIESELS AND SYNTHETIC OILS.

Must present coupon to dealer.

125 POINT INSPECTION

125 POINT INSPECTION OF ANY VEHICLE, ANY MAKE OR MODEL AT NO CHARGE. 125 POINT INSPECTION WILL COVER ALMOST ALL OPERATING SYSTEMS OF MOST VEHICLES.

Must present coupon to dealer.

Mon-Sat 9am until 9pm, Sunday 10:30am-7pm. 904-493-0000

All pictures are for illustration purposes only. Dealer retains all rebates and incentives. See dealer for additional details. All offers are valid on in stock units, while supplies last. offers are not in conjunction with any other advertised special, and cannot be combined. All offers are plus tax tag and fees. Dealer has right to purchase tires from competitor, tires have to be same brand and model number. *All payments based on 84 month financing at 3.79% APR, with approved credit. Payments plus tax tag and fees. Minimum 725 beacon score to qualify. See dealer for details.

Congratulations!



-Photos by FC2 Robert Leonard

Above, NS Mayport Commanding Officer, Capt. Doug Cochrane congratulates 2012 Supervisor of the Year Pam Larsen of MWR during a luncheon Feb. 5 at Ocean Breeze Conference Center. Below, Percy Williams of Security is named Civilian Employee of the year for 2012.



BBC Wants Your 'Locks'

From BBC

Balfour Beatty Communities at Naval Station Mayport is hosting its second annual Locks of Love event on Feb. 24 from 11 a.m. to 2 p.m. at the Ribault Bay Community Center.

During last year's event, Balfour Beatty collected more than 75 ponytails, which contributed to constructing almost eight hairpieces for underprivileged children suffering from permanent hair loss. It typically takes 8-10 ponytails to make one prosthetic hairpiece.

Locks of Love is a public, non-profit organization whose mission is to return a sense of self, confidence and normalcy to children suffering from hair loss by utilizing donated ponytails to provide the highest quality hair prosthetics to financially disadvantaged children. The children receive hair prostheses free of

charge or on a sliding scale, based on financial need.

Hair donations must be at least 10 inches long and cannot have been bleached (highlighted). Hair that has been colored or permed can be used and dreadlocks, extensions, synthetic hair or wigs cannot be used.

Those who donate will receive a trim and style from master stylists Renee Pendlay and Kristin Greco of Victoria's Hair and Nails, a gift bag for participation and be entered to win a gift basket filled with gift cards, health and beauty products and other surprises.

The event will be held at the Ribault Bay Community Center located at 1201 Assisi Lane, Atlantic Beach, Fla. 32233.

For more information about the event, please call Jessica at 904-372-4702.

Financial Management

Financial management is a key quality of life issue that affects every Sailor, family member and the command.

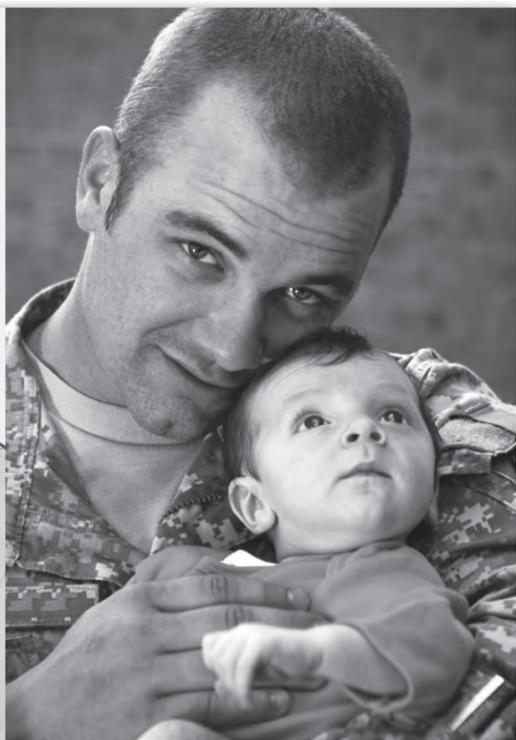
Sailors experiencing financial challenges should notify their chain of command and work with their command financial specialist to develop a budget, explore options for military relief societies, eligibility for interest rate reductions and other strategies.

Visit www.MilitarySaves.org to learn more.

INSURANCE • SURVIVOR ASSISTANCE

AAFMAA's Career Assistance Program

**For Army, Navy, Air Force, Marines, and Coast Guard
Active Duty E-5 thru E-9, WO1, CW2, O-1 thru O-3**



\$4,000 Loan with a 1.5% APR

48 month repayment schedule paid by military allotment. No penalty for early repayment.

Tuition Assistance? Moving? Major purchase? Growing family? AAFMAA's 'CAP' can help with a low cost loan.

Now available to E-5's for the first time. To qualify, you must be an AAFMAA member. For complete details about all terms and conditions of loan call a Membership Coordinator today. It's simple. Members have relied on AAFMAA for over 134 years. We look forward to serving you.

Call Now 1-877-398-2263

AAFMAA

www.aafmaa.com/cap

Army and Air Force Mutual Aid Association, 102 Sheridan Avenue, Fort Myer, VA 22211-1110



Same-Sex Couples Can Claim New Benefits by October

By Karen Parrish
American Forces Press Service

Military members and retirees with same-sex partners will qualify for up to 24 new benefits under policy changes Defense Secretary Leon E. Panetta announced today.

In a memo to the service chiefs outlining the new policy, Panetta noted the department has “essentially completed” repeal of the so-called “Don’t Ask, Don’t Tell” law that barred gay and lesbian military members from serving openly.

Now, the secretary wrote to the chiefs, military leaders’ work must “expand to changing our policies and practices to ensure fairness and equal treatment and to taking

care of all of our service members and their families, to the extent allowable under law.”

Two of the new benefits are available at the service member’s election: hospital visitation and Family Readiness Group membership. For 22 other benefits, service members and their same-sex partners may file a “declaration of domestic partnership.” That declaration entitles same-sex partners to military identification cards, commissary and exchange shopping privileges, child care and

youth programs, sexual assault counseling and other benefits.

Housing, medical and dental care, and overseas command sponsorship for same-sex partners are not included in this round of policy changes. As Panetta noted in a statement, those benefits are restricted under the Defense of Marriage Act, commonly known as DOMA, which defines “spouse” as someone married to a person of the opposite sex. The Supreme Court is reviewing the law, and is expect-

ed to rule on it later this year.

The secretary wrote, “In the event that the Defense of Marriage Act is no longer applicable to the Department of Defense, it will be the policy of the department to construe the words ‘spouse’ and ‘marriage’ without regard to sexual orientation, and married couples, irrespective of sexual orientation, and their dependents, will be granted full military benefits.”

A senior Pentagon official emphasized in a briefing to Pentagon reporters today that benefit changes will happen as soon as possible. Panetta’s guidance to the services directed they make “every effort” to have systems in

place to accept same-sex benefit requests by Aug. 31. In no case, he wrote, may the services delay beyond Oct. 1 in rolling out the benefits.

Rolling out a new benefit takes time, the official said, as regulations and instructions, systems and software all have to be updated, and workers will need to be trained in new processes. “Normally, we’re looking at a year” to make such changes, the official noted. “This is a very ambitious schedule; we’re really pressing hard to do this.”

Another official said the Defense Department is working to see if the housing benefit can be added to the list and is developing a mechanism to allow

burial of same-sex partners at Arlington National Cemetery. The domestic partnership declaration isn’t feasible in cases where one or both partners have died, the second official added.

Retirees and their same-sex partners will be able to file the declaration once the new systems are in place. The first official estimated that 5,600 same-sex couples include an active-duty service member, 3,400 include a Reserve or National Guard member, and 8,000 include a retired military member. The cost of implementing the new benefits, the official added, would be negligible.

Canadian Admiral Visits 4th Fleet in Mayport



-Photo by Lt. Cmdr. Corey Barker

Commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet, Rear Adm. Sinclair M. Harris, discusses his mission in South and Central America and the Caribbean with Commander, Maritime Forces Atlantic/Joint Task Force Atlantic Royal Canadian Navy Rear Adm. David Gardam during a visit to the headquarters Feb 5, 2013.

DOD, VA Improve Online Access To Benefits Information

From a Department of Veterans Affairs News Release

The Defense and Veterans Affairs departments have released improvements to the functionality of eBenefits, a joint, self-service Web portal that provides registered users with secure online information and access to a variety of benefits resources for service members and veterans.

“The increasing capa-

bilities of eBenefits give veterans and service members greater flexibility in securing the information they are looking for,” said Allison A. Hickey, the undersecretary of veterans affairs for benefits.

The latest release, eBenefits 4.3, allows for easy navigation of the online disability compensation claim submission process using interview-

style questions and drop-down menus similar to tax-preparation software.

Veterans also can view processing times for each phase of their claim.

To access eBenefits, veterans and service members must obtain a DOD Self-Service Logon. The service is free and may be obtained in person at a VA Regional Office, DOD ID Card station or online at www.ebenefits.va.gov.



AUTO SERVICE
GRAND OPENING

MILITARY SPECIAL - FRONT BRAKE JOB \$75 (MOST CARS) INCLUDES WEAREVER CERAMIC BRAKE PADS, DISC RESURFACE IF NEEDED, TEST DRIVE

PREMIUM OIL CHANGE \$45
INCLUDES 5 QT OF MOBILE 1 SYNTHETIC · OIL FILTER SERVICE OF ALL FLUIDS (EXCLUDING BRAKE FLUID)
904-265-8590
CELL 904-327-0017

A01 RETIRED (BUTLER)
147 LEVY RD ATLANTIC BEACH
HOUSE CALLS AVAILABLE





**YOU’VE DEFENDED YOUR COUNTRY.
NOW HONOR YOUR PASSION.**



At The Art Institute of Jacksonville, a branch of Miami International University of Art & Design, we appreciate your service in defending our nation. Let us help you take the next step in your career. If you want to put your creativity to work, an education at The Art Institute of Jacksonville can help you gain 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

WE OFFER PROGRAMS IN
DESIGN MEDIA ARTS FASHION CULINARY



8775 Baypine Road
Jacksonville, FL 32256-8528

Licensed by the Florida Commission on Independent Education, License No. 3427.

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

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

CREATE TOMORROW

Chilean Sub Departs NS Mayport After Completing Exercise With U.S. Navy



-Photos by MC2 Salt Cebe

Commander U.S. Naval Forces Southern Command and U.S. Fourth Fleet Rear Adm. Sinclair Harris bids the Commanding Officer of Chilean Submarine CS Simpson (SS-21) Capitán de Fragata Eduardo Torres Figueroa and his crew fair winds and following seas. Simpson has been participating in the Navy's Diesel Electric Submarine Initiative which provides training opportunities against the real world threat of a modern, quiet, diesel-electric submarine.



Chilean Submarine CS Simpson (SS-21) departs from Naval Station Mayport after participating in the Navy's Diesel Electric Submarine Initiative.

By MC1 Sean Allen
4th Fleet Public Affairs

Chilean Submarine (CS) Simpson (SS-21) departed for Chile from Naval Station Mayport Feb. 7, after taking part in the Diesel Electric Submarine Initiative (DESI), and CHILEMAR IV with the U.S. Navy.

DESI is a partnership that allows the United States and other partner navies to work together to train and test underwater warfare capabilities through engagement tactics, weapon system tests and close encounter operations.

This particular training evolution helps the American and Peruvian navies to train their crews and test capabilities while helping foster bilateral cooperation and further improve joint interoperability.

CHILEMAR is an annual bilateral exercise between the U.S. and Chile, which is designed to demonstrate interoperability between U.S. submarine rescue systems and Chilean submarines. The exercise also promotes greater understanding and cooperation between the U.S. and Chile.

During its three-month deployment, Simpson conducted training with both surface and air units.

Shortly after Simpson arrived in Mayport, the submarine participated in Independent Deployed Certification Exercises with various units from the USS Kearsarge Amphibious Readiness Group.

In January, she took part in CHILEMAR IV, which focused on the notification and local-

ization phases of a bot-tomed, disabled subma-rine. Several U.S. Atlantic Fleet air and surface units also participated in the exercise, employing side-scan sonar, an undersea unmanned vehicle, and several P-3 Orion and SH-60 aircraft.

Simpson then partici-pated in an ASW Exercise with Helicopter Maritime Strike Weapons School, and excelled in her role in USS Harry S. Truman Carrier Strike Group Composite Training Unit Exercise. (COMPTUEX).

Rear Admiral Joseph Tofalo, Commander Submarine Group 10 was at the closing ceremony for DESI, held aboard

Naval Station Mayport, and talked about the importance of exercises such as DESI.

"I was actually in the audience when former U.S. Chief of Naval Operations Admiral Gary Roughead rolled out the Cooperative Strategy for 21st Century Sea power, and I'll never forget his words where he stated, "you can't surge trust." Rather, it takes long term relationships, built upon interactions like CHILEMAR and DESI, to foster the important bond between our great nations."

Also attending the closing ceremony was Vicealmirante José

Romero, Commander Naval Operations of Chile, and talked about the importance of the U.S. Navy and Chilean Navy continuing to work together.

"Exercises such as this will only continue to improve the inoperabil-ity of our navies, which is important for our nations."

Commander Eduardo Torres, Commanding Officer of Simpson thanked his crew and Naval Station Mayport during his speech.

"To the crew of Simpson, thank you for your hard work, I would like to thank Naval Station Mayport for giving us the support we needed when we were in port."



INSTANT
★ CREDIT ★
APPROVAL

NO CREDIT?
NEED CREDIT?
NO PROBLEM!

MILITARY AND GOVERNMENT
EMPLOYEES
ALWAYS APPROVED!

THE **10**
20 SALE
30 SAVE 10-30% OFF
NOW THROUGH MONDAY

10% OFF* TVs, GAMING SYSTEMS, COMPUTERS, TABLETS

20% OFF* FURNITURE, APPLIANCES, SOUND SYSTEMS, HOME ACCESSORIES, MATTRESS SETS, TIRES AND RIMS

30% OFF* SELECT JEWELRY

ZERO INTEREST!

ON ANY PURCHASE WHEN PAID WITHIN 6 MONTHS!!![†]

USA DISCOUNTERS
Your Incredible Credit Store[®]

FLETCHER'S JEWELERS
FletchersJewelers.com
The Jewelry You Want... The Credit You Deserve[®]

JACKSONVILLE, FL
WESTLAND PARK PLAZA
6000 LAKE GRAY BLVD
904-772-6440

STORE HOURS: M-F 10AM-9PM SAT 10AM-8PM • SUN 12PM-5PM WWW.USADISCOUNTERS.NET

WHY RENT WHEN YOU CAN OWN?

SUPERIOR CUSTOMER SERVICE • QUALITY MERCHANDISE • IMMEDIATE DELIVERY • PAYROLL AND ALLOTMENT EXPERTS • POWER OF ATTORNEY ACCEPTED

*Limited to in-stock regularly priced and clearance merchandise only. Discount does not apply to advertised merchandise or Super Value items. Limited time offer. Taxes, delivery, installation charges not included. No discount credit for purchases outside this offer date. Cannot be combined with any other offer or advertisement. Discount does not apply to watches or diamond solitaire rings. Offer expires 2/18/2013. See store for details. †Subject to credit approval. Other terms may apply. Offer not valid on previous purchases or a refinance of or add-on to a current account. Any late payment nullifies the zero interest offer. Minimum payments required. Limited time offer. See store for details.



FRCSE Backdrop For Training Film

From FRCSE

Video cameras began rolling Jan. 22 at Fleet Readiness Center Southeast (FRCSE) as airframe mechanics, engineers and technical experts collaborated to document the exacting work required to maintain and repair sophisticated military aircraft. Specialists from FRCSE, Airborne Electronic Attack/EA-6B Program Manager Air (PMA-234), Marine Tactical Electronic Warfare Squadron ONE (VMAQ-1), Naval Air Technical Data & Engineering Service Command (NATEC) and Job Performance Associates (JPA) concluded a two-week effort to videotape rigging procedures for the main landing gear of an EA-6B Prowler Feb. 1.

The Navy is creating multimedia training aids to provide Fleet maintainers—Sailors and Marines—with visual tools to augment text-based instruction, predicted to reduce repair errors and improve mission readiness. Engineer Becky Thacker, the P-8 Poseidon Fleet Support Team (FST) lead, said this integrated technology is the “wave of the future.”

Thacker worked closely with Andy Porter, PMA 234 Air Vehicle, Deputy Assistant Program Manager, Logistics (DAPML), who she said “did the heavy lifting for the manpower and support.”

“We brought a team of two Marines from Cherry Point,” said Porter. “We’ve been having issues with (Prowler) nose and main



-U.S. Navy photo

Ken Nakanishi (from left), film segment executive producer; Sgt. Jonathan B. Williams, a U.S. Marine airframe mechanic; Nick Solorzano, a videographer; Air Vehicle, Deputy Assistant Program Manager, Logistics Andy Porter with Program Manager Air (PMA) 234; and Winston E. Scott, a retired Navy captain and former astronaut, discuss the technical aspects of videotaping maintenance procedures on an EA-6B Prowler at Fleet Readiness Center Southeast Jan. 31. A team of Navy and Marine Corps specialists gathered to document repairs and update technical publications for a multimedia training aid to enhance Fleet maintainers’ skills.

landing gears for quite a while. We are relying on the expertise of the FRCSE artisans. This airplane is 30 years old. The training track is robust, but students can’t possibly cover all aircraft subsystems in a three-week period.”

Sgt. Jonathan B. Williams and Cpl. Victor H. Lopez, both airframe mechanics with VMAQ-1 at Marine Corps Air Station Cherry Point, N.C., demonstrated the maintenance procedures as the video cameras rolled. Lopez said the aids will clarify some of the more detailed aspects

involved in rigging landing gear and provide a better understanding of specific techniques not covered extensively in the military trade school or technical publications. Matt Waters, JPA chief executive officer, said his company has been creating job performance aids for the Navy contracted through the Defense Logistics Agency (Document Services) since 2004. He said JPA puts visual and audio tools at the fingertips of the maintainer to improve accuracy, save time and reduce cost.

“This is the first effort at Jax, but we’ve been doing JPAs at Cherry Point for a long time,” said Waters. “The Marine Corps is one of the most aggressive agencies. We are collaborating to introduce the same kinds of learning tools for the Navy. We are leveraging so much from FRCSE’s expertise. We are capturing knowledge from experts for mentoring segments and turning text-based manuals into multimedia tools, step by step, to read, see, hear and do.”

NATEC field service representative,

Bob Szarmach who has worked with the Marines as a civilian since 1995 at Cherry Point, said the team laid out “step by step” rigging procedures for the main landing gear before each session and conducted a dry run before filming each day.

“We targeted 19 paragraphs in one work package with one add-on,” said Szarmach of the team’s efforts to update the technical publications.

Steve Faulk, the FRCSE EA-6B FST lead, who arranged for the shoot in Jacksonville, said the loca-

tion rested on the availability of a Prowler that could be used during filming.

“We couldn’t get a Fleet aircraft set aside for two weeks,” said Faulk. “It was all about availability. This aircraft wasn’t in work here; prior to being removed from service, it was being used for a landing gear engineering investigation.”

Faulk said the Prowler used for this effort will soon be struck from the Fleet. He is locating another so the team can reassemble this summer to film the nose landing gear rigging procedures.

On the last day of filming at FRCSE, Winston E. Scott, a retired Navy captain and former astronaut, met with the team to observe the technical aspects and JPA filming efforts headed by the executive producer for the segment, Ken Nakanishi and videotaped by Nick Solorzano. Scott reported to the military depot in 1985 as an aerospace engineering duty officer assigned as the F/A-18 Hornet strike fighter project officer and production test pilot flying F/A-18, F-14 Tomcat and A-7 Corsair aircraft.

Today, Scott serves as the senior vice president for external relations and economic development at Florida Institute of Technology in Melbourne, Fla. He hopes to integrate the training tools at the private technical university. The Navy’s multimedia training aid is scheduled for release to Fleet maintainers at the end of 2013.

RNR CUSTOM WHEELS

RENT TO OWN • BUY TODAY

RENT-N-ROLL TIRE EXPRESS

Military Credit Services

AVAILABLE

- NO CREDIT HASSLES
- TOP BRAND NAMES
- FREE FLAT REPAIR

- ROADSIDE ASSISTANCE PROGRAM
- LIFETIME ROTATE & BALANCE
- EXPERIENCED TIRE EXPERTS

WHEELS AS LOW AS

\$19.95

PER WEEK

WHEELS YOU WANT

TIRES YOU NEED!

TIRES AS LOW AS

\$12.95

PER WEEK

Also Included For 12 Months...

ROAD WARRIOR

ROADSIDE ASSISTANCE PROGRAM

HOURS OF OPERATION
M-F 09:00 to 19:00
Sat 09:00 to 17:00
www.RNRWheels.com

- LOCK YOUR KEYS IN YOUR CAR? **WE WILL HELP!**
- RUN OUT OF GAS? **WE GOT YOU COVERED!**
- IF YOUR BATTERY GOES DEAD, **WE GOT YOUR BACK!**
- NEED A TOW? **NOT A PROBLEM.**
- DAMAGED TIRE? **WE WILL REPLACE IT FOR FREE!**

....ADDITIONAL SERVICES INCLUDED.

FREE WEEK

Bring in this coupon and get your second week free on any new RENT-N-ROLL tire agreement. Offer valid on most tires. Not valid with any other special offer or coupon. Some restrictions may apply. See store for details. Offer expires 7/31/13 RNR Wheels & Tires 2013

JACKSONVILLE, 2 Miles East of Regency Mall

10140 Atlantic Blvd.....904.722.0975

JACKSONVILLE, In Wal-Mart Shopping Center

6733 103rd Street #35.....904.317.9888

*Pricing subject to change without notice. Military discount given at time of purchase with valid military ID. Military Credit Services (MCS) - Product and finance terms may vary by state. This is a MCS offer. See store for details of MCS program and finance options. Road Warrior Auto Club services may vary. Additional fee required after promotion period. Ownership of product is obtained once the agreed payment program has been completed. This is a rental agreement transaction. All pictures in ad are representative only. Not responsible for typographical errors in ad. Guaranteed Lowest Price is on identical item in-stock plus installation with written quote. See store for details. Rotate & Balance for Life is available every 3000-6000 miles for the life of the tires. RNR Custom Wheels & Tires Copyright 2013 ©

Vicksburg Gets Ready For Some Football

By FC2 George A. De-Coste III

USS Vicksburg Public Affairs

While many families spend the Super Bowl gathered around the television, sharing a pepperoni pizza, sailors onboard the guided-missile cruiser USS Vicksburg (CG 69) got a chance to experience Super Bowl XLVII while gathered around the helicopter hangar and enjoying a spread of hamburgers, ribs, and BBQ chicken courtesy of the ship's First Class Petty Officers Association (FCPOA).

It was Seaman Aaron Curry's first time away from the United States during the Super Bowl. "Usually I'm at home and my aunt has a big Super Bowl party, so I miss my family but I'm glad to be out here with a lot of my friends and I'm really looking forward to seeing the Super Bowl. Go Ravens!" Curry exclaimed.

Vicksburg's FCPOA not only hosted a steel beach picnic prior to the game, they also served nachos and wings until half-time, and provided other entertainment for members of the crew leading up to kick off.

"I think a Super Bowl party is a really good



-Photos by FC2 George A. DeCoste III
Above, Gas Turbine Systems Technician Mechanical 1st Class (SW) Jonathan Zezulka, Electricians Mate 1st Class (SW) Gustavo Alban, and Electronics Technician 1st Class (SW) Michael Lewis prepare food for the Super Bowl XLVII steel beach picnic onboard guided-missile cruiser USS Vicksburg (CG 69). Right, members of the First Class Petty Officer Association serve food to the crew during the steel beach picnic. Vicksburg is underway as a part of the opposition force in a Composite Training Unit Exercise (COMPTUEX) for the Harry S. Truman Carrier Strike Group and Kearsarge Expeditionary Strike Group.

idea, and I'm glad to see everyone out having a great time. It really helps to build camaraderie amongst the crew and we're happy to have been able to host it," said Electronics Technician 1st Class (SW/AW) Michael Lewis, USS Vicksburg's FCPOA President.

It has only been in recent years that naval ships have been able to enjoy such amenities as live television underway.

Chief Gas Turbine

Systems Technician Electrical (SW) Brent Jakeway said, "In 12 years at sea, I've probably missed about 6 Super Bowls, and as technology has advanced, it has allowed us to do more things like this. I know in my first 3 cruises this wouldn't have been an option, but now we have the opportunities for our sailors to watch events like the Super Bowl and I think it's great for crew morale."



Vicksburg

than 80,000 sodas.

Chief Sonar Technician Surface (SW) Jonathan Hanson, the ship's MWR Officer said, "Plans for future events are currently in the works to include a family oriented summer bash, which is sure to be a great time."

Other events such as a

command sports day and an annual family day picnic are being planned.

USS Vicksburg is underway as a part of the opposition force in a Composite Training Unit Exercise (COMPTUEX) for the Harry S. Truman Carrier Strike Group and Kearsarge Expeditionary

Strike Group. COMPTUEX is designed to bring every part of a strike group together to work effectively and efficiently as one cohesive unit, ensuring overall readiness prior to a regular deployment.

From Page 1

surfside CHIROPRACTIC
A place for health and healing

Tired of taking Vitamin M for back pain? Call Us.

Military Discount for Active Duty and Families:
\$50.00 Initial Visit, \$40.00 Follow Up Visits

469-8 Atlantic Blvd. Atlantic Beach (904) 241-8302 www.surfchiro.com

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

JIMMY'S JEWELRY and PAWN

• Top \$\$ for Gold • CASH loans
We buy and sell guns & things of value

(904)249-9970 • 55 Sailfish Dr., Atlantic Beach, FL 32233

Start a Career in Technology!

Network Administration

Computer Drafting and Design

Fast-Paced and High in Demand Fields

Classes Start Monthly
Enroll Today!



SCC | Southern Career College



(904) 724-2229

SouthernCareerCollege.edu



Feb. 14: Bingo Valentine's Special. 6:30 p.m. at Beachside Bingo. There will be double payouts on all warm-ups, \$150 payouts on all hard cards, free desserts and dauber, plus, when you bring your significant other, they will receive a free paper pack. 270-7204

Feb. 18: Presidents' Day Holiday Bowling Special. 11 a.m.-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowl-

ing, 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. 19: Men's Captain's Cup Softball Begins. League ends Apr. 18. 270-5451

Feb. 22: Chocolate Fest. 9 p.m. at Castaways Lounge. Featuring live band Second Tyme Around. Come dress to impress and enjoy all the

chocolate you can eat. 270-7205

Feb. 23: UFC 157-Rousey vs. Carmouche. 10 p.m. at Castaway's Lounge. 270-7205

Feb. 27: All-Hands Seafood Boil. 4-7 p.m. at Foc'sle CPO Club. Cost is \$12 per person. Purchase tickets in advance; limited tickets available at the door. Sponsored by the CDS-14. For tickets, contact ITCS Phil Smith (904) 270-5801 x143.

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. 15: Dinner & a Movie in San Marco. Van departs 5:30 p.m. Transportation Only.

Feb. 16: Disc Golf. Van departs 11 a.m. FREE; equipment provided.

Feb. 18: Liberty Programmer Meeting. 4 p.m. at the Liberty Center. This is a chance to tell the programmer what you want on YOUR Liberty Calendar. Free food for all attendees.

Feb. 18: 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. 19: Men's Captain's Cup Softball Begins. League ends Apr. 18. 270-5451

Feb. 19: Snag Golf. 4 p.m. at Liberty Center. Learn the basics, hone your skills, or just have some fun.

Feb. 20: Pool Tournament. 6 p.m. at Liberty Center.

Feb. 22: Movie Trip. Van departs 5 p.m. Cost \$5. Sign up deadline Feb. 20

Feb. 23: Monster Jam. Van departs 5 p.m. Cost \$15; Sign up deadline Feb. 20

Feb. 22: Chocolate Fest. 9 p.m. at Castaways Lounge. Featuring live band Second Tyme Around. Come dress to impress and enjoy all the

chocolate you can eat.

Feb. 23: UFC 157-Rousey vs. Carmouche. 10 p.m. at Castaway's Lounge. 270-7205

Feb. 24: Jacksonville Giants vs. Fayetteville Flight. Van departs 5:30 p.m. FREE.

Feb. 25: Help Feed the Homeless. Van departs 3:15 p.m. Sign up deadline Feb. 21

Feb. 27: All-Hands Seafood Boil. 4-7 p.m. at Foc'sle CPO Club. Cost is \$12 per person. Purchase tickets in advance; limited tickets available at the door. Sponsored by the CDS-14. For tickets, contact ITCS Phil Smith (904) 270-5801 x143.

Feb. 28: Ping-Pong Tournament. 6 p.m. at Liberty Center.



Teen Lock-In This Saturday



-Photo courtesy of MWR
The Teen Center is hosting a Teen Lock in on Saturday, Feb. 16, from 7 a.m. to 7 p.m. There will be a bonfire, hot dogs, smores, volleyball, corn hole, horseshoes, fear factor, silent library, movies, ice cream sundaes and breakfast in the morning. Permission slip required; \$15 early sign up, \$20 day of - if space permits. Open to eligible teens ages 13-17 or 18 if still attending high school. For more information, please call (904) 246-0347.

Kid Zone

Feb 14: Youth Drama Club Presents "Charlie Brown's Valentine". 4:15 p.m. at the Youth Center. 270-5680

Feb. 15: Freedom Friday- Cupid Shuffle. 7-11 p.m. at the Youth Center. Cost is \$8 advanced sign-up and \$10 day of, space permitting. 270-5680

Feb. 16: Teen Lock In. 7 p.m.- 7 a.m. at the Teen Center. Enjoy a bonfire, s'mores, hot dogs, games, ice cream breakfast and more. Permission slip



required; cost is \$15 advanced sign-up and \$20 day of

Feb. 23: Teen Bowling Trip. Depart Teen Center at 7 p.m.; return 10 p.m. Permission slip required. 246-0347

March 1: Freedom Friday- Arcade Night and Movie. 7-11 p.m. at

the Youth Center. Cost is \$8 advanced sign-up and \$10 day of

March 15: Freedom Friday- Rock Your Shamrock. 7-11 p.m. at the Youth Center. Wear your green and dance with DJ Derek! Cost is \$8 advanced sign-up and \$10 day of

March 20: Teen Employment Orientation. 4-5 p.m. at the Youth Center. This orientation will provide you an overview of the employment program, hiring process, resume help, and more.

Mardi Gras Fun



-Photo courtesy of MWR
Caregivers from the Mayport Child Development Center take the children on a parade of the facility to celebrate Mardi Gras on Friday, Feb. 8.

WIN A COMMAND BOWLING PARTY!

Naval Station Mayport

COMMAND BOWLING CHALLENGE

WEDNESDAY, MARCH 20, 2013 AT 4 PM

Open to all Active Duty Military & DOD Civilians Assigned to Commands

\$75 Entry Fee per Team (5 people per team); includes bowling, shoe rental, & food

Teams will play 3 games of bowling 8 Pin No Tap, 9 Pin No Tap and Conventional Scoring

Total pins knocked down wins the Grand Prize!

Bonus: Captain's Cup Points awarded ★★★★★★

To register your command, please call (904) 270-5377

REGISTRATION DEADLINE MARCH 13, 2013

Grand Prize:
Five Bowling Pins (up to 12 people)
100 Instant Party Bowling Coupons (over 1,000 value)

2nd-5th Place:
75 Instant Party Bowling Coupons (over 1,000 value)

6th-10th Place:
50 Instant Party Bowling Coupons (over 4,100 value)

11th-24th Place:
25 Instant Party Bowling Coupons (over 845 value)

EVERY BODY'S A WINNER!

Mardi Gras Night

Friday, February 15th
4-7pm at the CPO Club

Crawfish Boil & Red Beans and Rice

\$10 per person

With live music presented by Bob Waters!

On The Messdeck

- Foc'sle Lounge's Spring Specials**
- Smashed Sandwich, \$8
 - Chicken Breast & Spinach Panini, \$8
 - Strawberry Chicken Salad, \$7.50
 - Big Chief Grilled Cheese Sandwich, \$7
 - Shrimp & Bacon Pita, \$8.50
- Bogey's Specials**
- Thursday, Feb. 14
- BBQ Pulled Pork Sandwich with Fries, Chips Or Slaw, \$6.50
 - Blackened Tilapia Sandwich with Side, \$6.95
 - Chicken Caesar Wrap with a Side, \$7.95
 - Steak Caesar Salad, \$10.95
- Friday, Feb. 15
- BBQ Pulled Pork Sandwich with Side, \$6.50
 - Blackened Tilapia Sandwich with Side, \$6.95
 - Pot Roast with Potatoes, Vegetable and a Roll, \$7.95
 - Egg Salad Sandwich with Side, \$4.25
- Monday, Feb 18
- Holiday No Specials
- Tuesday, Feb 19
- Chicken Fried Steak with Whipped Potatoes, Vegetable and Roll, \$8.95
 - BBQ Pulled Pork Sandwich Side, \$6.50
 - Blackened Tilapia Sandwich with Side, \$6.50
 - Chicken Caesar Tortellini, \$7.95
- Wednesday, Feb 20
- BBQ Pulled Pork Sandwich with Side, \$6.50
 - Blackened Tilapia Sandwich with Side, \$6.95
 - 8 Oz NY Strip Steak, Garden Rice, Broccoli and Roll, \$10.95
 - Chicken Cobb Salad, \$7.95

2 MONTH'S FREE!



1, 2 and 3 Bedroom Apartments Starting at

\$534

per month

Newly Upgraded • Newly Priced!

UNIVERSITY TOWNHOMES
3239 Justina Road Suite #4, Jacksonville, FL 32277
904-374-1859
www.universitytownhomes-jacksonville.com

MWR Sports/Fitness



Naval Station Mayport has updated its fitness classes effective immediately for Surfside Fitness and the Gymnasium.

The new **Surfside Fitness class schedule** is as follows:

Monday
11:30 a.m., Kickboxing
4:30 p.m., Cut N Core
5:30 p.m., Flex 'N Stretch

Tuesday
9:30 a.m., Intro to Yoga
11:30 a.m., Zumba
4:30 p.m., Yoga

Wednesday
11:30 a.m., Strength Training For Women
12:30 p.m., Flex 'N Stretch

4:30 p.m., Zumba
Thursday
9:30 a.m., Strength Fundamentals

Learn basic strength training with focus on form and proper technique utilizing dumbbells, barbells, resistance bands and medicine balls. The results will be an overall increase in energy and endurance, a more efficient metabolism, healthier posture and much more!

11:30 a.m., Zumba
4 p.m., Kickboxing
Friday
9:30 a.m., Zumba Basics

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

that is great for both the body and the mind.

11:30 a.m., Strength Training For Women

12:30 p.m., Flex 'N Stretch

Mayport Sandbox

The Mayport Sandbox is a high intensity (H.I.T.) outdoor workout area located oceanfront behind Surfside Fitness Center. The area includes a Pull -up Bar and Ring rig, Kettlebells, Sleds, Tires, TRX Suspension Frame, Slam Balls, Ropes, Ab Mats, Sledge Hammers, Farmers Walk, Olympic Lift area and equipment, Monkey Bars, Low Crawl, Sprint and Drag area. H.I.T. training involves functional programming that will take your workout to the next level. Both open Sandbox hours and instructor led classes are provided by Olympic Lift and Crossfit certified Mayport Fitness Team members.

Monday
7:30 a.m., Command Bootcamp

11:30 a.m., TRX Suspension Training

Incorporate this innovative training device invented by a Navy Seal into your workout regimen. The TRX is a suspension training system, used in confined space as well as small group workouts. Build functional and "pillar" strength. Mold your CORE into concrete! Class size limited to 25. Class is held at Mayport Sandbox behind Surfside Fitness Center; weather permitting.

Tuesday

7-8:30 a.m.
Open Sandbox
2:30-4:30 p.m.
Open Sandbox

Wednesday
7 a.m., NOFFS
9:30 a.m., Intro to TRX Suspension Training

Learn how to train using the unique and innovative TRX Suspension Training System. This class is reserved for those entirely new to TRX training. This class will result in increased strength, coordination, balance and CORE-power. Class size limited to 25. Class is held at Mayport Sandbox behind Surfside Fitness Center; weather permitting.

11 a.m.-1 p.m.
Open Sandbox
Thursday
7 a.m., Sunrise Yoga

7-8:30 a.m.
Open Sandbox
11 a.m.-1 p.m.
Open Sandbox

2:30-4:30 p.m.
Open Sandbox
Friday
7 a.m., Command

Bootcamp
HIT At the Sandbox

Monday
7 a.m., HIT
8 a.m., Intro to HIT

11 a.m., HIT
12 p.m., HIT Skill Review

Tuesday

7:30 a.m., HIT Skill Review

11 a.m., HIT
12 p.m., Intro to HIT
3 p.m., Intro to HIT

Wednesday
7 a.m., HIT
8 a.m., Intro to HIT

Thursday
11:30 a.m., HIT for Women

3 p.m., Intro to HIT
Friday
7 a.m., HIT

8 a.m., HIT Skill Review
11 a.m., HIT
12 p.m., Intro to HIT

Saturday
9:30 a.m., HIT
10:30 a.m.
Intro to HIT

The new **Gymnasium class schedule** is as follows:

Monday
11:30 a.m., Spinning
5:45 p.m., Kids Clinic

This clinic is designed for children ages 10-14. It teaches how to safely use fitness equipment and provides general information on exercise and fitness workouts. Held at Surfside Fitness Center. After completion of the course, participants will be issued a card which will allow them to use the facility when accompanied by a parent or legal guardian.

Tuesday
11:30 a.m., Steel Anchor
This incentive pro-

gram develops muscular strength and power needed to attain the Steel Anchor Award. Structured and progressive training targets muscles to increase your bench press, squat, and dead-lift. Participants will utilize multiple pieces of free weight, selectorized and plate loaded strength equipment in the gym. Workouts will be tracked to provide motivation, guidance and award determination. Steel Anchor award includes a shirt and plaque recognition.

4:30 p.m., Spinning
Wednesday
7 a.m., Rowing

11:30 a.m., Rowing
11:30 a.m., Spinning

Thursday
11:30 a.m., HIT for

Women

3 p.m., Intro to HIT
A 6- part prerequisite training program which will prepare Mayport's personnel for safe and effective incorporation into Mayport's HIT program. All 6 training segments of Intro to HIT must be completed before entry into HIT and participation in the WOD (workout of the day). Intro to HIT includes protocol review, physical assessment, Rowing 101, pillar and movement preparation, flexibility training, tissue management, refueling and the fundamentals of the Olympic lifts, the squat, the pull-up and more.

Friday
7:30 a.m., Spinning
11:30 a.m., Rowing



2013 Running Schedule
All runs begin at the Base Gym

MWR's Fit Trail at the beach

•Fit Trail begins behind the CPO Pavilion at Surfside Fitness Center

•1.25 mile course with 5 exercise station for strength, flexibility, balance and endurance

•5 different training exercises per station

•An Individual workout in the outdoors for the avid runner and fitness enthusiast

•The Ideal tool for any runner in training

For more information, please call (904) 270-5451

Day	Time	Activity
Monday	7:30 a.m.	Command Bootcamp
Monday	11:30 a.m.	TRX Suspension Training
Monday	12:30 p.m.	Flex 'N Stretch
Monday	4:30 p.m.	Cut N Core
Monday	5:30 p.m.	Flex 'N Stretch
Tuesday	9:30 a.m.	Strength Fundamentals
Tuesday	11:30 a.m.	Intro to Yoga
Tuesday	11:30 a.m.	Zumba
Tuesday	4:30 p.m.	Yoga
Wednesday	11:30 a.m.	Strength Training For Women
Wednesday	12:30 p.m.	Flex 'N Stretch
Wednesday	4:30 p.m.	Zumba
Thursday	9:30 a.m.	Strength Fundamentals
Thursday	11:30 a.m.	Intro to HIT
Thursday	11:30 a.m.	HIT for Women
Thursday	3 p.m.	Intro to HIT
Friday	7 a.m.	HIT
Friday	8 a.m.	HIT Skill Review
Friday	11 a.m.	HIT
Friday	12 p.m.	Intro to HIT
Saturday	9:30 a.m.	HIT
Saturday	10:30 a.m.	Intro to HIT
Sunday	11:30 a.m.	Spinning
Sunday	5:45 p.m.	Kids Clinic



NEW MODEL NOW OPEN!

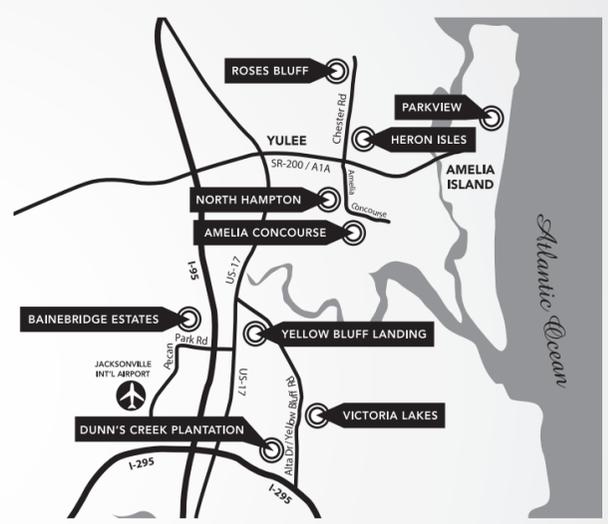
9 D.R.Horton Communities Convenient To Mayport & Kings Bay!

BAINEBRIDGE ESTATES

D.R.Horton's Newest North Jacksonville Community!

- Extravagant resort-style amenity center featuring community pool, spacious clubhouse, pavilion, playground & lighted tennis courts
- Conveniently located minutes from I-95 and I-295, Jacksonville International Airport, shopping and dining at the brand new River City Marketplace

HOMES FROM THE \$110's*
LOW COMMUNITY FEES!



For more information please call (904) 374-5590
Directions: I-95, take exit 366 onto Pecan Park Road and travel west approximately 1 mile. Turn right onto Bainebridge Drive into the Bainebridge Estates community.

D·R·HORTON DHI Listed NYSE
America's Builder
WWW.DRHORTON.COM/NFL

*Home and community information, including pricing, included features, terms, availability and amenities are subject to change and prior sale at any time without notice or obligation. See your new home consultant for details. Pictures, elevations, features, sizes and colors are approximate for illustration purposes only and will vary from the homes as built. CBC058997 ©2013 DR Horton, Inc. All rights reserved.

MLS Soccer Match Coming To Jacksonville

On Feb. 15, the Philadelphia Union will face another MLS team, to be announced in the near future, at Everbank Field starting at 7:30 p.m. Use the link and password listed below and \$2 for every ticket will be donated back to your local Jacksonville USO office. Come out and support this great event and our local Military Men and Women. There will also be a FREE youth clinic at 5:30 p.m before the game. **PASSWORD - USOJAX**

<http://www.ticketmaster.com/event/2200498A00DC6031?did=uso>

COMPASS: A Course For Navy Life - Upcoming Course For Navy Spouses

COMPASS is a 12-hour Team mentoring program developed by spouses for spouses. Come make new friends as you learn about the Navy lifestyle and gain knowledge and skills to successfully meet the challenges ahead. COMPASS is FREE and open to ALL Navy spouses! For more information and to register for the upcoming February session, please visit: <http://www.gocompass.org/jacksonville.html>

2013 Players Championship Birdies For Charity Campaign

The Greater Jacksonville Area USO is pleased once again to be participating in the 2013 Players Championship Birdies for Charity Campaign held in May in conjunction with The



Players Championship. For more information visit www.birdiesforcharity.playerschampionship.com to participate and become eligible to win a fabulous grand prize.

2nd Annual Jax Area USO Chili Cook Off

Do you think you make the best chili around? Would you like a chance to prove it? The 2nd annual Jax Area USO Chili Cook off will be held Feb. 23 from 12:00-5:00pm at the Fleet Reserve on Collins Road. For more information and registration, visit www.jaxusochilicookoff.com.

Rugged Maniac 5k Obstacle Race

How about a day filled with epic obstacles and live bands? Rugged Maniac 5K Obstacle Race on Feb. 16 has got you covered! Here's how it works: Sign up for the race and you'll get a chance to run our 3.1-mile course filled with 25 obstacles designed to push you to your limits! While you're waiting for your turn on the course, you'll get to hang out with thousands of other maniacs in the festival area where you can ride mechanical bulls, play muddy tug-o-war, pretend to be a kid in our adult bounce houses, or just hang out and listen to the bands while enjoying plenty of food and beverages. Not only that,

but each runner gets a high-quality t-shirt with registration! Courses features 25 obstacles; you'll climb over walls up to 20 feet high, slide down a 100 foot water slide, jump over fire, crawl through tunnels of mud and face a host of other challenges all while running through a combination of forests, fields, motocross tracks and ski slopes! Each wave of runners is limited to 250 maniacs to avoid overcrowding. In short, Rugged Maniac strikes the perfect balance between fun and physicality with a day-long party and our award-winning course. Military and student discounts are available. For more information, along with the full 2013 event schedule, go to www.ruggedmaniac.com.

Hiring Our Heroes Military Spouse Employment Program

The Military Spouse Business Alliance presented by Capital One is bringing you a one-of-a-kind Hiring Fair and Career Forum on Feb. 21 for spouses of active duty, guard, reserves and retired veteran population. Veterans, Active Duty Military, and Members of Guard and Reserve Components are also welcome. All are encouraged to attend. See attached flyer for more information. For registration questions, please

contact us at hiringourheroes@uschamber.com or call 202-463-5807.

Relay For Life-NS Mayport

Join Relay For Life and NS Mayport in fighting cancer. NS Mayport will host its first Relay For Life on April 13-14 with the opening ceremony beginning at noon. The theme this year is "Seek and Destroy". This event is open to family, friends, coworkers, and those wishing to join the fight against cancer. For more information, visit www.relayforlife.org/MayportFL.

The Players Military Job Fair-May 5

In partnership with Jacksonville Military Veterans Coalition, The Players will welcome active duty, reservists, retired military, veterans, and military spouses to TPC Sawgrass on Sunday, May 5 to participate in its second annual job fair. Information on local educational institutions with veterans programs, career counseling, and resume writing assistance will also be provided. The job fair at The Players will take place in "The Turn" hospitality venue. Companies interested in participating may contact Bill Hickley at bill.hickley@incepture.com

Supporting America's

Heroes

The American Red Cross is expanding services to provide assistance and resources to veterans of Operation Enduring Freedom and Operation Iraqi Freedom to help support their transition into civilian life. Emergency needs that may warrant assistance may include medical and dental needs, rent assistance, utility payments, and food; access to referral services; or other assistance depending on need. Applicants for these funds must demonstrate financial hardship, and/or lack of other available resources due to participation in OEF or OIF. Eligible veterans include those of all services, the Reserve component and National Guard.

For more information, please contact a Red Cross Military Services caseworker at (904) 246-1395

Recycling

Recycling has come to the Greater Jacksonville Area USO. If you have any office paper, shredded paper, old magazines, and newspapers that you would like to donate, please bring it to either the Mayport or NAS JAX USO Center. This will be a great fundraiser for the USO so please help us fill the bins. Help support the

troops with your unwanted paper!

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you reading a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them.

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

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

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

Support Your Advertisers! They Support You!



SAINT LEO UNIVERSITY

Associate and Bachelor's Degrees

ONLINE, CLASSROOM, OR CD-ROM

A TRADITION OF MILITARY SERVICE

Saint Leo University is a major global provider of higher education to the military. We offer affordable academic excellence with superior academic counseling to active duty military, veterans, and civilians.

- Conveniently located at Mayport, Building 460
- Programs designed to fit your schedule
- Prior Learning Assessment available
- Approved for VA Benefits/GI Bill
- SLU is a participating member of the Yellow Ribbon Program and Navy Partnership



SAINT LEO UNIVERSITY

(904) 249-0911
mayport@saintleo.edu

www.saintleo.edu

Saint Leo University admits students of any race, color, religion, and national or ethnic origin.

"WE BRING THE MILITARY MARKET TO YOU!"



ADVERTISE IN THE MILITARY PUBLICATIONS

- Reach 74,000 Readers
- Internet Advertising (Included in Rate)
- Military Publications on www.Jacksonville.com which receives 11 million views per month
- Distributed on three Naval Bases and off-site locations
- Published Thursday weekly

Call Advertising Today
904-359-4336

Regional Economic Impact \$7.8 billion/year

Military Publications reach 81% of the military community

Regional Payroll (all 3 bases) \$2.04 billion/year

Military Community Includes 92,103 Active-Duty, Reserves, Retirees and Contractors

The Navy is the largest employer in Northeast Florida and Southeast Georgia

Working On Base - 50,631

Active-Duty, Reserves, Civilians, Contractors



Published by **The Florida Times-Union**

Furniture / Household

Twin size bed w/mattress & hdbd, exc cond, like new \$100. Stationary bike \$60. 553-3887

Medical

DIABETIC TEST STRIPS NEEDED I BUY sealed / unexpired boxes \$ Call Bob at (904) 712-90150

Misc. Merchandise

1997 CLUB CAR Custom, GA3, 6" lift, AM/FMCD, Bikini top, tender tires, wheel spacers, HD logo, \$3200obo. 912-882-5294.

BANANA PLANT 6" to 6' You dig them \$5.00 per plant. 771-0457

Electric Water Heater bought '06 works great i switched to tankless have receipt 7 manual \$60. 771-0657

ELECTRIC WATER HEATER Purchased '06 works great. I switched to tankless, have receipt & manual. \$10. 771-0457

OFFICER'S SWORD w/Scabbard Knot case & belt. Sells for \$550 at Navex, asking \$250. 786-8164

Sporting Goods

CANOE 14ft, 3 seats, bait box & cooler; fiberglass hull 904-221-7258. \$200.00

HUNTING LEASE on 240 acres near Bunnell. Mature oak hammock, pine and meadow. Plentiful game. Hunting lease \$5 per acre. Contact by email: E.Jackson@alumni.flagler.edu Email should include references.

New Tigershark PowerPod Golf Driver w/headcover Senior flex only \$60. Call Walt 778-9167-1v msa.

Tickets

DAYTONA 500 (2) Tickets Sec. C, Keesh Box 904-249-0816 for price

Wanted To Buy or Trade

WANTED- Indian Artifacts. Spearheads range from \$100-\$1000ea. & smaller arrowheads \$5 to \$100 each. Free appraisals. WANTED - Old brass or copper buttons from War of 1812, Civil War or Civilians from 1800's. 912-576-5945/912-270-6342

Pets & Animals

Adopt a Pet
Pets & Supplies
Livestock & Supplies
Animals Wanted

Pets and Supplies

Canaries - Breeding Red Factor Cage included \$125 call 803-348-4210

English Bulldog AKC Puppies. 229-324-2433 or 229-539-8182.

POODLE PUPS AKC- toy new litter taking deposits now. 904-334-4058

Standard Poodles AKC Puppies, Born 1/28/13. 229-217-0540. \$850

SCHNOODLE PUPS - CKC, Black & brown, F3350, M/\$300 hilt cert. call 386-288-5412, after 6pm 386-963-4324.

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

1997 SEASPORT C/C 20' 140hp Suzuki Bimini Fish Finder 3 blade S/S Prop. Many extras. \$9,000obo. 904-505-7455

RVs and Supplies

5th Wheel Camper 3 Slides Sleep 4 Dix Model Many upgrades one owner exc cond. 16' Awning \$22,000. 904-716-1968

VRI Travel Trlr - tow eg. 2 TV's, bath, new tires, queen bed, slps 6, lanai, slide-out \$12K. 642-0881 716-1768

Motorcycles/Mini Bikes

HARLEY DAVIDSON SPORTSTER EXCEL. COND. \$5900. Black/chrome 6000mi's, like new. 904-310-6321

\$7.8 Billion

The economic impact of the military in Northeast Florida and Southeast Georgia is \$7.8 billion.



Auto Parts

LEER Fiberglass truck cover Dodge \$300. Superchip G or D Dodge 03-07 \$450. Tailgate Dodge 03-07 3500 \$200. 904-278-5091

Automobiles

2003 Jaguar XJ V8 Vanden Plas, mini condition, original owner \$14,000.00 or best offer. If interested please contact Talmage or Marvin at 1-414-378-1602

2011 BUICK REGAL CXL 4cyl, turbo mini cond., midnight blue, 1thr seats, loaded 10,300mi's, \$20,850obo. 904-708-2635

2011 FORD MUSTANG Convert., custom 1thr, V6, 13,400mi's, like new garage kept, \$22K. 904-535-5463

MACK 1 MUSTANG, '72. A/C, P/S, disc brakes, 351 V8, AT, iPod stereo, new paint, 719-963-1414. \$18,500.

SATURN SL 2001 90k mi, exc cond, 38mpg, \$3800 904-259-7867

'01 TOYOTA AVALON SLX 4dr green v6 97k new tires great car \$7500. '97 Nissan Max 4dr white \$3500obo. '98 BMW 740i 4dr white car kept \$7900obo RJ 912-467-3367

Trucks / Trailers / SUVs

1996 CHEVY SILVERADO Truck, 2dr, extra cab, blue w/comper top, new Michalen tires, runs great \$3500. 149k (low miles) Call R.J. 912-467-3376

2003 DODGE RAM 1500 - 200k mi's, 4x4, 4drs, 8' bed, white, \$5000. 904-294-7033

Vans / Buses

2005 DODGE GRAND CARAVAN silver, 7 pass., 3.3L, 101K mi's, new tires & battery. Great vehicle! \$5300. Justin 305-731-9962

The Times-Union
drive
DEALER DIRECTORY

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

<p>BUICK KEY BUICK-GMC 4660 Southside Blvd. 642-6060</p> <p>NIMNIGHT BUICK-GMC 11503 Phillips Hwy 685-8820</p> <p>CADILLAC CLAUDE NOLAN CADILLAC 4700 Southside Blvd.</p> <p>CHEVROLET NIMNIGHT CHEVY 1550 Cassat Ave. 904-647-4220 www.nimnichtchevy.com</p> <p>JERRY HAMM CHEV 3494 Phillips Hwy. 398-3036 www.jerryhamm.com</p> <p>RON ANDERSON CHEVROLET BUICK GMC 464054 State Rd. 200 Yulee, FL 32097 904-261-6821</p> <p>CHRYSLER ATLANTIC CHRYSLER www.atlanticjeep.com 2330 US1 South 354-4421</p> <p>JACKSONVILLE CHRYSLER JEEP DODGE 9A & BAYMEADOWS. 493-0000</p> <p>RICK KEFFER 1-95 Exit 373, Fern Bch. 1-800-228-7454 www.rickkeffer.com</p> <p>ORANGE PARK CHRYSLER JEEP DODGE 7233 Blanding Blvd. 777-5500 www.orangeparkdodge.com</p>	<p>DODGE ATLANTIC DODGE www.atlanticjeep.com 2330 US1 South 354-4421</p> <p>JACKSONVILLE CHRYSLER JEEP DODGE 9A & Baymeadows 493-0000</p> <p>ORANGE PARK CHRYSLER JEEP DODGE 7233 Blanding Blvd. 777-5500 www.orangeparkdodge.com</p> <p>RICK KEFFER 1-95 Exit 373, Fern Bch. 1-800-228-7454 www.rickkeffer.com</p> <p>MIKE SHAD FORD At The Avenues 10720 Phillips Hwy. 904-292-3325</p> <p>MIKE DAVIDSON FORD AT REGENCY 9650 Atlantic Blvd. 725-3060</p> <p>MIKE SHAD FORD OF ORANGE PARK 7700 Blanding Blvd. 777-3673</p> <p>GMC GMC TRUCKS NIMNIGHT GMC 11503 Phillips Hwy 685-8820</p> <p>HONDA DUVAL HONDA 1325 Cassat Ave. 899-1900</p> <p>LOU SOBH HONDA OF THE AVENUES 11333 Phillips Hwy. 370-1300</p>	<p>HYUNDAI KEY HYUNDAI 4660 Southside Blvd. 642-6060</p> <p>JEEP ATLANTIC JEEP www.atlanticjeep.com 2330 US 1 South 354-4421</p> <p>JACKSONVILLE CHRYSLER JEEP DODGE 9A & BAYMEADOWS. 493-0000</p> <p>RICK KEFFER 1-95 Exit 373, Fern Bch. 1-800-228-7454 www.rickkeffer.com</p> <p>ORANGE PARK CHRYSLER JEEP DODGE 7233 Blanding Blvd. 777-5500 www.orangeparkdodge.com</p> <p>KIA KIA KIA OF ORANGE PARK 6373 Blanding Blvd. 771-6078</p> <p>LINCOLN NORTH FLORIDA LINCOLN 4620 Southside Blvd. 642-4100</p> <p>MIKE SHAD FORD LINCOLN 7700 Blanding Blvd. 777-3673</p>	<p>TOYOTA KEITH PIERSON TOYOTA 6501 Youngerman Circle. 771-9100</p> <p>ERNIE PALMER TOYOTA 1310 Cassat Ave. 389-4561</p> <p>VOLKSWAGEN O'STEEN VOLKSWAGEN VISIT OSTEENVW.COM TODAY! 904-322-5100</p> <p>TOM BUSH VOLKSWAGEN VISIT TOMBUSHVW.COM 904-725-0911</p> <p>VOLVO O'STEEN VOLVO www.osteenvolvo.com 396-5486</p>	<p>PRE-OWNED VEHICLES</p> <p>DARCARS WESTSIDE PRE-OWNED SUPERSTORE 1672 Cassat Ave. 904-384-6561 www.westsidedodge.net</p> <p>O'STEEN VW CERTIFIED PRE-OWNED CENTER VISIT OSTEENVW.COM TODAY! 904-322-5100</p> <p>WORLD IMPORTS CERTIFIED PRE-OWNED AUTO CENTER www.worldimportsusa.com 11650 BEACH BLVD. 998-9992</p> <p>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!</p>
--	---	---	---	--

650,620 HOURS

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

Thank You!



BEST SELECTION • BEST DEALS
IN NORTHEAST FLORIDA



2013 MAZDA3

40 MPG*

SKYACTIV TECHNOLOGY

\$159

Per Month*

\$500 Owner Appreciation Cash*

*\$159/Month, 36-Month Lease, \$1,999 due at Lease Signing. Includes 1st Month's Payment and Acquisition Fee. Excludes taxes, title and fees. Estimated 35 hwy mpg. **Must be a current Mazda owner and finance or lease through Mazda Capital Services.

\$249

2014 MAZDA6

38 MPG*

SKYACTIV TECHNOLOGY



Per Month*

\$1000 Owner Appreciation Cash*

*\$249/Month, 36-Month Lease, \$2499 due at Lease Signing. Includes 1st Month's Payment and Acquisition Fee. No security deposit required. Excludes taxes, title and fees. **Estimated 38 HWY MPG. **Must be a current Mazda owner and finance or lease through Mazda Capital Services.



2013 MAZDA CX-5

35 MPG*

SKYACTIV TECHNOLOGY

\$219

Per Month*

\$500 Owner Appreciation Cash*

*\$219/Month, 36-Month Lease, \$2999 due at Lease Signing. Includes 1st Month's Payment and Acquisition Fee. Excludes taxes, title and fees. Estimated 35 hwy mpg. **Must be a current Mazda owner and finance or lease through Mazda Capital Services.

\$279

2013 MAZDA CX-9

Per Month*

\$500 Owner Appreciation Cash*



*\$279/Month, 36-Month Lease, \$2999 due at Lease Signing. Includes 1st Month's Payment and Acquisition Fee. Excludes taxes, title and fees. **Must be a current Mazda owner and finance or lease through Mazda Capital Services.

** Military bonus cash used towards the purchase or lease of a new Mazda. Must be active duty military.

TomBushMazda.com
(877)361-6287
9876 Atlantic Blvd.

MazdaCity.com
(877)372-5235
6916 Blanding Blvd.

Start Your Search at TomBush.com
For What Drives You!