

TSP Cut?

Civilians May See Reduction If Furloughed

By Claudette Roulo
American Forces Press Service

Federal civilian employees could see their Thrift Savings Plan contributions reduced if furloughs take effect.

The Thrift Savings Plan is a retirement savings and investment plan for federal employees and members of the uniformed services, including the Ready Reserve.

"Employees who have selected their TSP contribution to be a percentage of their pay will see smaller contributions during the furlough period due to their reduced pay," said Navy Cmdr. Leslie Hull-Ryde, a Defense Department spokeswoman.

For example, an employee who earns \$1,000 of basic pay every two-week pay period and contributes 10 percent of it to the TSP would make a \$100 TSP contribution during a normal pay period. However, if the employee is furloughed for two days per pay period, his or her basic pay would decrease to \$800. As a result, the TSP contribution would be \$80 per pay period.

Employees who contribute a set dollar amount won't see that amount change with a reduction in pay, Hull-Ryde said. For this reason, now is a good time to review TSP contribution amounts to see if they are appropriate, Thrift Savings Plan officials said.

Basic pay reductions also will affect the matching funds contributed by the Defense Department and other agencies. According to a Thrift Savings Plan news release, any reduction in pay will proportionally decrease the matching funds contribution, regardless of whether employees contribute a percentage of their pay or a set dollar amount.

The furloughs may cause financial hardship for some employees, and in those cases they may consider making a hardship withdrawal from their TSP fund. Such withdrawals have several restrictions:

- If you take a hardship withdrawal, you will not be able to make any TSP contributions for six months after having received your funds.

- You may withdraw only your contributions and the earnings associated with them, and the total amount cannot

See TSP, Page 9

New Detour For Improvements

From Staff

Naval Station Mayport will close a portion of Bailey Avenue in front of the Mayport Gym starting March 25 for curb improvements to the roadway.

According to Public Works Supervisory Engineering Technician Milton Harris, the project will include the installation of new concrete curbs and sidewalks along the road.

Expected to continue through March 29, Harris said the road will be closed to traffic from Bon Homme Richard and just before the Uniform Shop/Subway/Taco Bell parking ingress. The parking area will remain open and accessible, as will the parking area for the Mayport Gym and Oasis Galley.

JTA bus service will also be rerouted during the improvement project.

There are two stops on Bailey Avenue that are temporarily suspended during the construction. Bus riders can catch a JTA bus on Massey Avenue instead. Signs have been posted at the Bailey bus routes to notify riders of the upcoming change.

Detour signs will be in place along Bailey Avenue to help direct the traffic flow. Once the construction is com-

plete, the road will be reopened.

Mayport drivers have also been impacted by detours due to construction on the first phase of the Massey Avenue Corridor Improvement project.

Since January, the intersection of Moale Avenue and Baltimore Street has been closed to vehicular traffic. The intersection is being reconstructed into a

roundabout, a type of circular intersection in which road traffic flows in one direction around a central island. Completion time has been pushed back to April.

During the construction, the Hanna Park/Seminole Gate has also been closed for inbound and outbound traffic.

MWR Expo Informs Sailors Of Local Deals



-Photo by MC3 Damian Berg

Lt. Luke Wilson, a Chaplain for Commander, Naval Surface Forces Atlantic Ministry Center Mayport, receives information about travel and tours from Jordan Mums during the Morale, Welfare and Recreation (MWR) Expo and Travel Show on Naval Station Mayport. MWR offers several support and leisure services to active duty military, their families, Department of Defense civilian and contract employees, military retirees and other eligible participants.

Meritorious Civilian Service Award Given To NAVFAC Manager

From NAVFACSE

Naval Facilities Engineering Command (NAVFAC) Southeast Commanding Officer Capt. Christopher Kiwus presented the Meritorious Civilian Service Award to Bruce Pastorini, senior construction manager, in front of his family and co-workers March 11.

Pastorini was recognized for outstanding performance while serving as NAVFAC Southeast's Senior Construction Manager in the Capital Improvements Business Line Core, Construction Management Branch at Naval Air Station Jacksonville from March 2008 through September 2012.

"Pastorini developed a plan to provide the required training to NAVFAC Southeast's construction managers



-Photo by MC1 Erica R. Gardner

Bruce B. Pastorini, Naval Facilities Engineering Command (NAVFAC) Southeast senior construction manager is presented the Meritorious Civilian Service Award by NAVFAC Southeast Commanding Officer Capt. Christopher Kiwus March 11.

(CMs) and construction engineering technicians (ETs), developing a cooperative agreement with the University of North Florida (UNF) to teach the eight hour Construction Quality Management for Contractors (CQM-C) course, which is a

requirement for the principals of NAVFAC's Construction Contractor Partners as well as our CMs and ETs," said Capt. Christopher Kiwus, NAVFAC commanding officer.

Pastorini also facilitated the current

See Service, Page 8

Egg Hunt At Base Chapel

From Staff

Naval Station Mayport Chapel is inviting Mayport families to enjoy a day of food, games and Easter celebration on March 30 from 11 a.m.-2 p.m. at the Chapel grounds on Massey Avenue.

The Easter Bunny will be hopping in to visit with children and take

photos. There will also be a Moonwalk, crafts, games and free food available at the event.

There will be an Easter egg hunt for children ages infant through 10 years old starting at 2 p.m.

This year's event will take the place of MWR's Easter Eggstravaganza which was cancelled.

Hydrant Testing

From Staff

First Coast Navy Fire & Emergency Services, Mayport Division will conduct annual inspection and testing of fire hydrants in base housing from April 1-19, except weekends.

Housing residents are encouraged to refrain from performing household laundry during these periods to preclude accidental damage to clothing as a result of disturbed sediment in the water sys-

tem. Inspection dates and times for each generalized housing area are:

Officer Housing (housing east of Lake Wonderwood) 1-5 April 1-5, 1-4 p.m.

Enlisted Housing (housing west of Lake Wonderwood) April 8-12, 1-4 p.m.

Ribault Bay Housing April 15-19, 1-4 p.m.

If you have any questions, contact the duty Assistant Fire Chief at 904-270-5334 ext. 19.

USS Hué City
Trains In 5th/6th AOR
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Mayport Honors
Iwo Jima
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Commissary Hours
The Mayport Commissary will be open on
Easter Sunday from 10 a.m.-4 p.m. hours only.



mayportmirror.com



Chap Calvin B. Gardner
Surface Force Ministry Center

Homelessness is a very complex issue to understand. According to the National Alliance to End Homelessness (TNAEH), some of the variables of homelessness include poverty, lack of affordable housing, and mental/physical disabilities.

To fully appreciate this epidemic it should be

CHAPLAIN'S CORNER

understood that there are 633,782 people experiencing homelessness each night in the United States. An analysis of this figure reveals that 233,403 are families and 392,945 are individuals.

Veterans comprise approximately 10 percent, or 62,000, of the homeless population in our country. Additionally, 16 percent of the homeless population is considered chronically homeless, which involves either long-term and/or repeated bouts of homelessness coupled with disability (physical or mental).

As you can see, this issue affects families,

youth, and veterans. Having nowhere to live is a very serious issue in our country. It is an issue that should provoke us to help anyway we can. It should also mute our complaints and aid us in adopting a heart of thanksgiving and an attitude of contentment.

There is a spiritual parallel/lesson that flows from our Messiah's life concerning this issue of homelessness.

Luke 9:57-58 reads, "As they were walking along the road, a man said to him, 'I will follow you wherever you go.'"

Jesus replied, "Foxes have dens and birds have

dens, but the Son of Man has no place to lay his head."

In Matthew 8:18-19, which is the parallel of this passage, we learn that the "man" reported by Luke was actually a "teacher of the law."

Nonetheless, both Gospels report that the "Son of Man has no place to lay his head."

The key to interpreting what Jesus said begins first with the examination of what provoked him to speak. If you look closely at this passage, you will notice that prior to Jesus making the statement about having no place to lay his head, "a man" "person"/"teacher of the law" stated that he would follow Jesus "wherever he would go." I am not sure if the man was caught up

in the moment, but there does not appear to be any justification for his proclamation.

To his proclamation, Jesus' response is unusual. Notice that he does not say, "Well thank you" or "I am glad to know you will be here with me." Instead, Jesus says to this person, you need to know that there is a hefty price tag attached to those words. In other words, following Jesus could mean a life of challenges and discomfort.

The good news is Jesus has promised to be with us every step of the way (Hebrews 13:5). Additionally, the larger context of this passage suggests another important aspect of following Jesus (Luke 9:59-62). That is, once we decide to fol-

low Jesus, we must guard our hearts and minds against distractions.

Do you currently have any distractions in your life? Here are a few questions to help you contemplate and identify possible distractions. Are there any comforts in my life precluding me from following Jesus? What about conveniences? How about recent choices?

Once we decide to follow Jesus, then we must commit to staying the course of our faith. Thus, becoming a child of God begins with simple faith but matures as we spend time in prayer and the Word of God. Militarily speaking, God's "end state" for us is discipleship (Matthew 28:19).

Motivating The Student With Spring Fever



Judy Cromartie
School Liaison Officer

Spring has sprung! We are finally getting some nice weather, our yards desperately need help, and spring fever is about to be caught by students all over. Is your child starting to show signs? Forgetting to do his homework? Didn't know he had a test on Chapter 21? Tardies and absences are increasing? Hmm! Sounds like a serious case of spring fever.

Are you at your wit's end? How can you deal with this? Of course, as a parent, you recognize the value and importance of education to your child's future. Spring fever can be a complicated issue, however, and generally no amount of lecturing,

Knowing THE ROPES

pleading, or threatening will change a child's point of view. First and foremost, then, you need to understand the causes of the "disease."

Causes of the "Disease"

1. Tiredness

With the time change and the longer days, students may not be getting the rest they really need 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 weariness with the same old school stuff.

2. Boredom

It has been a long year. Homework, handouts, and hurry to get them all

done correctly and on time week after week have taken their toll. After 27 weeks of school doing the same thing over and over with no end, they believe, in sight, they begin to think, "What's the point?"

3. Frustration

Students who have been making "D's" and "F's" all year and can't seem to change that test grade or report card grade no matter how hard they study or how many extra credit assignments they turn in are more apt to tune out, stop trying, and fail. Their somewhat positive attitude turns to frustration this time of year since they keep getting the same grade over and over. Parents and teachers may pile on saying, "Why don't you study harder? Why don't you ask for help" when that may be exactly what the students thought they were doing.

Cures for the "Disease"

1. Provide an Encouraging and Secure

Home Environment

Children need to feel that their parents value them and their 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. You just may be in those same shoes at your job!

2. Work Together to Develop a Plan

Find an area in which your child remains motivated and focus on it. If he can determine why he still loves computer games or dancing or playing baseball, brainstorm with him to figure out what aspects of that activity continue to motivate him. Perhaps you and your child will be able to formulate a recipe for success and apply the ingredients to school. For homework help consider using www.tutor.com/navy. This website is free for active duty military and their dependents. A carefully screened tutor

will assist your child with any type of homework - live.

3. Use Rewards Carefully

Students who possess intrinsic motivation take on activities because of the feelings of enjoyment and accomplishment they evoke. Students who possess extrinsic motivation perform to gain a reward or avoid a punishment. Students with extrinsic motivation will generally put out the minimal amount of effort to complete tasks in the easiest way possible. In addition, external motivation only exists as long as there is external compensation. In other words, extrinsic motivation is likely to result in limited progress that vanishes when the reward disappears. So be careful when offering rewards for school success.

4. Avoid Power Struggles

Choose your battles wisely. Make a clear-cut list of unacceptable behaviors and resulting consequences. For instance, a failing grade in

a class might result in the loss of a favorite privilege until the grade is raised. Resist the temptation to ground your child indefinitely or to take away all prized possessions. 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 see the light at the end of the tunnel. With patience and understanding, you can help your child work through a case of spring fever and enjoy 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.

To Heel, Or Not To Heel, That Is The Sandwich



Lisa Smith Molinari
Military Spouse Columnist

"Welcome to Subway, may I take your order?"
"Sure, I'll take a tuna on

The Meat&Potatoes OF LIFE

wheat, toasted, please." While the polite, but pierced teen prepared my favorite sub, I chatted with my husband, who was next up.

"So Hon, did you like that new club deli meat I put in your lunch today?"

"That sandwich had meat in it?" he asked sarcastically.

"What are you talking about? I made you a nice big sandwich with that new club deli meat I got at the commissary. You know, the one made of both ham and turkey with bacon wrapped around it. Geeze, I thought you'd like it!" I declared incredulously.

"Well, Hon, it was kind

of hard to taste anything inside the sandwich because the strong flavor of the two heels of bread you gave me overpowered everything else."

I grumbled, but he was right. After making the kids' sandwiches that morning, I noticed that two heels of bread were left.

I could've opened a new loaf and thrown the heels away, but my mother had instilled a certain frugality in me.

I thought my husband would appreciate the fact that I was not wasting two perfectly edible bread heels that his hard-earned military salary had purchased.

Besides, I thought, he must be grateful that I'm the kind of wife that gets up every morning and packs him a nice lunch, right?

"What would you like on your tuna, Ma'am?" As I selected toppings that were salty, sour, crunchy

and spicy, all I could taste was bitterness.

"That's it," I ruminated. "He can make his own stinking sandwiches from now on."

As my sub was being salt-and-peppered, I remembered a conversation I'd had with a salt-and-pepper-haired lady in the YMCA locker room two tours ago in Virginia. We had just finished our morning exercise classes

See Heel, Page 16

Lenten, Easter Schedule At Chapel

Roman Catholic Schedule

Stations of the Cross: All Fridays of Lent (Small Chapel), 6:30 p.m., followed by a potluck in the Fellowship Hall

Passion (Palm) Sunday, March 24: Mass at 8:45 a.m.

Holy Thursday, March 28: Mass of the Lord's Supper at 7:30 p.m.

Good Friday, March 29: Good Friday of the Lord's Passion at 3 p.m. with fish fry following service

Holy Saturday, March 30: Easter Vigil Mass at 8 p.m.

Easter Sunday, March 31: Resurrection of the Lord Mass at 7 a.m. at Sea Gull Pavilion with breakfast following at Oasis Galley; Mass at the Main Chapel at 9 a.m.

Protestant Schedule

Palm Sunday, March 24 at 10:30 a.m.

Maundy Thursday, March 28 at 6 p.m.

Good Friday Service, March 29 at noon

Easter Sunrise Service, March 31 behind Ocean Breeze at 7 a.m. with a breakfast following at Oasis Galley

Easter morning service and Cantata at 10:30 a.m.

There will be a Spring Festival & Easter Egg Hunt on March 30 at 11 a.m. There will be an egg hunt for children ages infant through 10 years old starting at 2 p.m.



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 Thursday, 9:30 a.m.

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



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Celebrating 2013 Women's History Month

By OSC Jessica Myers
Navy Office of Women's Policy

The Navy joins the nation in celebrating Women's History Month during the month of March, as announced in Naval Administrative message 039/13, released Feb. 22.

Commands are strongly encouraged to increase their knowledge and awareness of the contributions of women to our Navy and nation by celebrating the national Women's History Month theme, "Women Inspiring Innovation through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics (STEM)" through programs, exhibits, publications, and participation in military and community events.

One Navy STEM pioneer includes Grace Murray Hopper, who wanted to put her Ph.D. in Mathematics to use for her nation in the midst of World War II. In 1943, she joined the Naval Reserves and was commissioned as a lieutenant in 1944. During World War II she worked at the Bureau of Ordnance Computation Project at Harvard University and at the end of the war joined the Harvard faculty.

Retiring as a rear admiral, Hopper, was recognized as a pioneer computer programmer, the co-inventor of Common Business Oriented Language (COBOL), and for coining the term "bug" for computer malfunctions. Hopper was buried at Arlington National Cemetery in 1992. USS



U.S. Navy Photo
Mayport's first WAVES, Lt. Anita Withrell and Ensign Irene Poole, helped pave the way for women in the military.

Hopper (DDG 70) was commissioned as her namesake in 1997; this was only the second Navy warship to be named after a woman. Also during World War II, the Navy launched the Women Accepted for Volunteer Emergency Service (WAVES) program.

Along with Hopper, more than 85,000 WAVES worked in STEM fields as air traffic controllers, cryptologists, draftsmen, meteorologists, and translators during World War II. In December 2012, history was made in the Navy's nuclear community when Lieutenant Junior Grade Marquette Leveque, assigned to the gold crew of USS Wyoming (SSBN 742), and Lieutenants Junior

Grade Amber Cowan and Jennifer Noonan of USS Maine (SSBN 741) blue crew became the first female unrestricted line officers to qualify in submarines and receive their Submarine Warfare Insignia, also known as "dolphins."

Today in the Navy, female officers fill 10 percent of STEM positions, including engineering duty officers and information warfare professionals. Female enlisted Sailors make up 22 percent of the cryptology and intelligence community and 21 percent of operational ratings, including aviation warfare systems operators and sonar technicians. Female Sailors continue to excel both ashore and afloat, serving

in various STEM related fields. More than 54,000 active duty women and more than 10,000 female Reservists are serving in the Navy.

They make up 17.3 percent of the force and make indispensable contributions to our mission and operations. Nearly 59,000 women serve in a wide range of specialties as Navy civilians. The current Navy Total Force includes 33 active and Reserve female flag officers, 67 female senior executive service members, 56 female command master chiefs, and 6 female command senior chiefs leading from the front.

Currently, the top three highest-ranking female officers in the

Navy are Vice Adm. Carol Pottenger, Vice Adm. Michelle Howard, and Vice Adm. Robin Braun. Pottenger, a surface warfare officer, was one of the first women selected for sea duty and went on to become the third commander, Navy Expeditionary Combat Command.

Howard, also a surface warfare officer, was the first African American woman to command a ship in the U.S. Navy when she took command of USS Rushmore (LSD 47), and in 2012 she became the first African-American woman to receive a third star in flag rank within the Department of Defense when she was promoted Aug. 24. Braun, a career naval aviator and former commanding officer of VR-48, has more than 5,800 flight hours in Navy aircraft.

The top three highest-ranking female enlisted leaders in the Navy are Fleet Master Chief Joann Ortloff, Fleet Master Chief April Beldo, and Force Master Chief Nancy Hollingsworth. Force Master Chief April Beldo, currently the Naval Education and Training Command Force Master Chief, will make history as the Navy's first female African American Fleet Master Chief when she assumes her position as the Manpower, Personnel, Training and Education (MPT&E) fleet master chief later this month.

The Navy's 67-strong Senior Executive Service also has a strong STEM presence amongst its seniormost women. Carla

Lucchino, Department of Navy Assistant for Administration is the top female civilian SES. Steffanie Easter, executive director for the F-35 Lightning II Joint Program Office, holds a bachelor's degree in chemical engineering and master's degree in engineering management. Easter is currently leading the F-35 Lightning II Joint Program, the Department of Defense's initiative for defining affordable and sustainable fifth-generation strike aircraft.

For more information about the history of women and their numerous contributions to the Navy, visit <http://www.history.navy.mil/special%20highlights/women/women-index.htm>.

For more news from Chief of Naval Personnel - Navy Office of Women's Policy, visit <http://www.npc.navy.mil/AboutUs/BUPERS/WomensPolicy>.

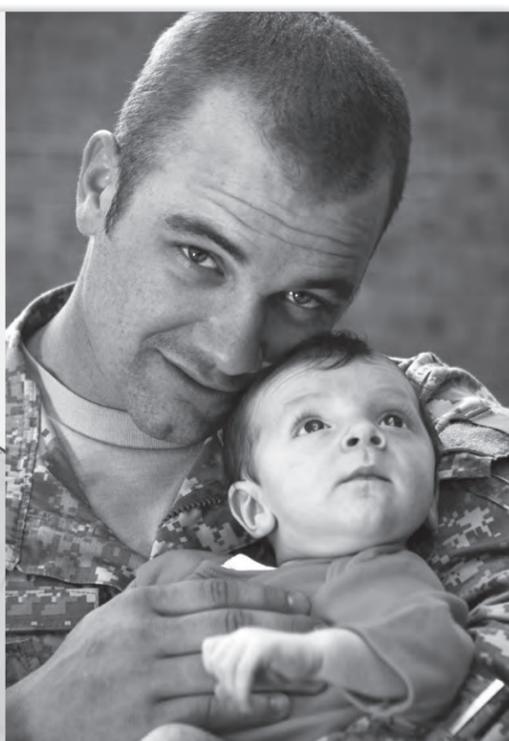
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Sailors assigned to the guided-missile cruiser USS Hué City (CG 66) switch nozzle handlers during a mock fire on the flight deck during damage control crash and salvage training.

6th Fleet Commander Visits Hué City

By MCSN
Brian Wilbur

USS Dwight D. Eisenhower Public Affairs

The commander of U.S. 6th Fleet visited Sailors aboard USS Dwight D. Eisenhower (CVN 69), USS Hué City (CG 66) and the German navy frigate FGS Hamburg (F220), while the ships were conducting operations in the 6th Fleet Area of Responsibility March 12.

Vice Adm. Frank C. Pandolfe's visit to Hamburg included meeting with the ship's commanding officer, German navy Cmdr. Ralf Kuchler, and touring the ship. Having a German ship accompany an American strike group on deployment is a unique event.

"It is a rare honor for me to visit a German warship at sea conducting its



-Photos by MC2 Matthew R. Cole

Vice Adm. Frank Pandolfe, commander of the U.S. 6th Fleet, meets with Sailors assigned to the Ticonderoga-class guided-missile cruiser USS Hué City (CG 66) in the ship's pilot-house during a tour of the ship. Hué City is on a deployment to support maritime security operations and theater security cooperation efforts in the U.S. Navy's 5th and 6th Fleet areas of responsibility.

mission," said Pandolfe. "Your ship is an integral part of this carrier strike

group. We have tremendous faith and confidence in the capabilities of this

ship, and we are very proud to sail alongside you."

Pandolfe also visited Sailors aboard Eisenhower. After meeting with Rear Adm. Mike Manazir, commander, Carrier Strike Group (CSG) 8, and senior leadership, he addressed the crew.

"I thank you for your successful engagements in France and Spain, where you represented the Navy very well," said Vice Adm. Pandolfe. "We wish you every success as you sail forward to 5th Fleet and look forward to your return."

During his visit to Hué City, Pandolfe addressed the ship's wardroom and chief's mess, and spoke to the crew from the bridge, where he expressed his gratitude for the crew's hard work on back-to-back deployments. Hué City, along with Eisenhower, had returned

early from a previously scheduled nine-month deployment in order to make preparations to redeploy in late February for additional operations in the U.S. 5th and U.S. 6th Fleet.

"We appreciate your hard work in getting ready for the deployment," said Pandolfe. "No strike group is more capable or more prepared."

Dwight D. Eisenhower, homeported in Norfolk, Va., and Hué City homeported in Mayport, Fla., along with the German frigate FGS Hamburg, from Kiel, Germany, are on a scheduled deployment in support of maritime security operations and theater security cooperation efforts in the 5th and 6th Fleet areas of responsibility.



Command Master Chief of USS Hué City (CG 66), Master Chief Raymond F. Charest (left), discusses mission readiness with Sailors after a division uniform inspection on the ship's fantail.



Rear Adm. Mike Manazir, right, commander of Carrier Strike Group (CSG) 8, speaks with Charest during a visit to the ship.



Quartermaster 2nd Class Armen Taymazyan assigned to the guided-missile cruiser USS Hué City (CG 66) uses a parallel motion protector to plot a course update while on the bridge.



Seaman Anna M. Collins assigned to the guided-missile cruiser USS Hué City (CG 66) steers the ship as it steams through the Atlantic ocean.



Sailors fight a mock fire on the flight deck during damage control crash and salvage training aboard the guided-missile cruiser USS Hué City (CG 66).



Damage Controlman 1st Class Larry D. Ellington instructs Sailors on the flight deck how to check for hot spots on a downed helicopter during damage control crash and salvage training aboard the guided-missile cruiser USS Hué City (CG 66).



Sailors assigned to the guided-missile cruiser USS Hué City (CG 66) fight a mock fire on the flight deck during damage control crash and salvage training.



Sailors assigned to the guided-missile cruiser USS Hué City (CG 66) fight a mock fire on the flight deck during damage control crash and salvage training.



Seaman Natt K. Slober uses a disc sander to remove rust and chipped paint before repainting a bulkhead aboard the guided-missile cruiser USS Hué City (CG 66).



Seaman Caleb Duarte assigned to the guided-missile cruiser USS Hué City (CG 66) uses binoculars observing the surrounding area while standing watch on the bridge-wing.



Hull Technician 2nd Class William Shevlin, assigned to guided-missile cruiser USS Hué City (CG 66), puts on crash and salvage gear in the hangar bay during a drill.



Sailors assigned to the crash and salvage team aboard the guided-missile cruiser USS Hué City (CG 66) rescue survivors of a simulated downed SH-60B helicopter on the ship's flight deck during a drill.



Seaman Brenti L. Franklin (left) and Seaman Moses Aseda assigned to the guided-missile cruiser USS Hué City (CG 66) continue ship efforts preservation by painting on the fore-castle.

Early Career Transition Program Suspended

From Navy Personnel Command Public Affairs

The Navy announced suspension of the Early Career Transition Program (ECTP) in a Navy message released March 14.

According to NAVADMIN 063/13 Navy Personnel Command (NPC) will no longer

accept requests to transition to the Selected Reserve under this program.

Requests submitted and received at NPC prior to March 14 will be accepted and processed. Requests received after March 14 will be returned without action. Previously approved requests are

unaffected.

Established in 2011, ECTP allowed active duty and Full Time Support (FTS) Sailors with at least two, but less than 16 years of service to leave active duty and affiliate with the Selected Reserve to finish out the remainder of their Navy contract.

It provided Sailors an

early transition opportunity to continue their Naval service and pursue educational or personal goals at a time when the Navy was experiencing record high retention and low attrition.

When the program was activated, active duty Navy had 35 overmanned ratings while the

Selected Reserve had 22 undermanned ratings, so the ECTP helped reduce overmanning in the active component while filling the Selected Reserve ranks with highly trained and qualified Sailors.

Since 2011, the Navy has made significant progress in balancing the force, eliminating the cur-

rent need for the ECTP voluntary early separation program. ECTP may be reinstated in the future as required.

For more information, read the NAVADMIN 063/13 at the NPC website www.npc.navy.mil

Country Singer Dierks Bentley Helps Honor Military For THE PLAYERS Championship

From THE PLAYERS Championship

Continuing a PGA TOUR tradition of honoring men and women in uniform, THE PLAYERS Championship unveiled a full slate of activities and programs that will take place during the 2013 event as part of Birdies for the Brave, a military outreach initiative proudly supported by the PGA TOUR.

Highlighting the military appreciation activities in the tradition of years past, THE PLAYERS announced, along with Capitol Records Nashville, that country music star Dierks Bentley will give a special performance on Wednesday, May 8, during Military Appreciation Day, as the tournament returns to THE PLAYERS Stadium Course at TPC Sawgrass, May 6-12.

On Wednesday, May 8, Bentley will be a part of the Military Appreciation Day ceremony, this year themed, "A Salute to the United States Navy." The program on the TPC Sawgrass Clubhouse

Lawn will include pageantry by military personnel, performance by the Jacksonville Children's Chorus, as well as remarks from PGA TOUR Commissioner Tim Finchem and other dignitaries.

Multi-platinum selling singer/songwriter Dierks Bentley has forged his own brand of country music, combining classic country songwriting, influences of bluegrass instrumentation and the energy of rock 'n' roll. Bentley's sixth studio album, Home, released in 2012, debuted at No. 1 and has spawned three consecutive chart-topping hits, marking 10 career No. 1 songs for Bentley as a singer and songwriter. His five previous studio albums have sold more than 5 million copies, garnered 11 GRAMMY nominations and earned him an invitation to join the Grand Ole Opry. Bentley is currently out on the road with Miranda Lambert for their Miranda Lambert and Dierks Bentley: Locked &

Reloaded Tour through October.

In addition to the performance, THE PLAYERS will provide all active duty, retired, and Reserve military personnel along with their dependents with complimentary admission to the tournament all week. THE PLAYERS also offers discounted admission to veterans. Military members who are interested in the complimentary admission should go to PGATOUR.COM/THEPLAYERS and click on the ticket link for instructions about how to gain complimentary access to the tournament, which is a different process than the past. Non-career military veterans should also log on to PGATOUR.COM/THEPLAYERS and find instructions about how to obtain discounted tickets to the tournament.

Also as part of Birdies for the Brave, THE PLAYERS will once again host an Operation Shower group baby shower for 30 military moms-to-be whose spouses are

deployed members of the U.S. military on Saturday, May 4, from 2- 4 p.m. in the Birdies for the Brave Patriots' Outpost located on the 18th fairway of THE PLAYERS Stadium Course. This private event will feature lunch, an opportunity for the moms to share stories and gain comfort from other military moms who are experiencing pregnancy during deployment, and the highlight of the event, the distribution of Operation Shower's signature Showers In A Box -gifts of high-quality products for the babies and moms that have been donated by sponsors and supporters. Holly Finchem, wife of PGA TOUR Commissioner Tim Finchem, and Tabitha Furyk, wife of PGA TOUR player Jim Furyk, will be hosting the event, with Navy Admiral Jack Scorby, Commander of Navy Region Southeast, and his wife, Chris, among the special guests who will be attending.

On Sunday, May 5, THE PLAYERS will host the second annual

Military Veterans Job Fair from noon to 3 p.m. in "The Turn" hospitality structure located to players' left on the hill next to the 18th green of THE PLAYERS Stadium Course. Conducted in partnership with the Jacksonville Military Veterans Coalition, the event is open to active duty, retired and Reserve military members, military spouses and veterans, with 50 local companies expected to participate -doubling the number who participated in 2012. Companies with hiring opportunities who are interested in participating in the job fair may contact Bill Hickey at (904) 363-4651 or bill.hickey@incepture.com.

On Wednesday, Military Appreciation Day, THE PLAYERS will kick off the opening of the Birdies for the Brave Patriots' Outpost military hospitality chalet with an opening ceremony at 11:00 am that will include the presentation of an honorary TPC membership to a wounded warrior. The Patriots'

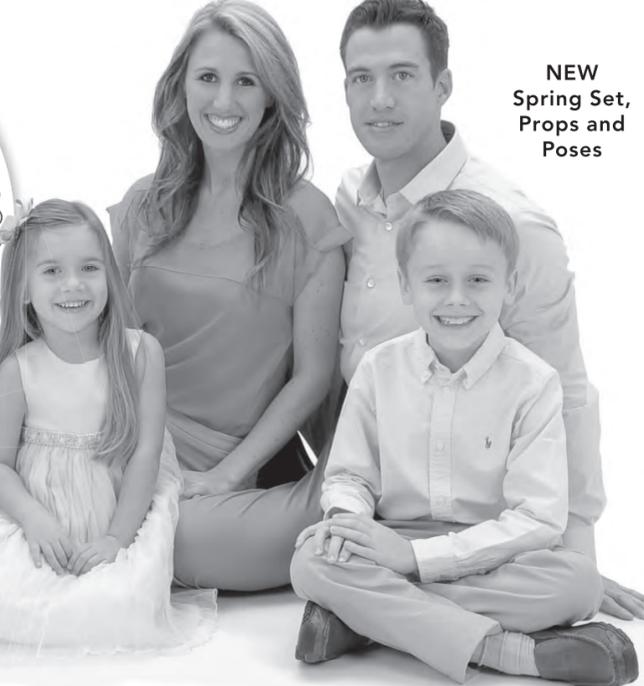
Outpost will provide military guests with complimentary food and beverages and a relaxing place to view all of the tournament action from 11:30 a.m. to the end of play each day from Wednesday through Sunday.

On-site parking is free (for all fans) Monday-Wednesday, but parking passes must be purchased in advance for Thursday through Sunday. Fans can take advantage of the "Four For Free" parking incentive this year, in which any car with four or more passengers is admitted free of charge. Fans must have a voucher to park for the "Four for Free" program. Visit PGATOUR.COM/THEPLAYERS for more information about downloading a free parking voucher.

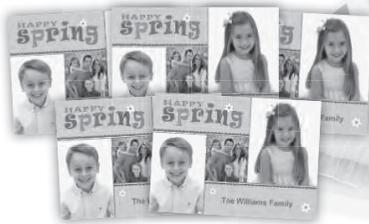
More information about THE PLAYERS is available at PGATOUR.COM/the-players.

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Mayport Goes To War - The Call-up Begins

By Joe Pickett

Former Station Librarian

Editor's note: The following article is a reprint of a June 22, 1990 article that chronicles the history of Naval Station Mayport over the past several decades.

Beneath an overcast sky, the division stepped out into the line-of-march and paraded east on Forsyth Street, which was flanked by a sea of humanity that had turned out to honor the nations dead of previous wars. "Stars and Stripes Forever" was played by the U.S. Army band following close behind. Wearing winter blues, white leggings and hats, the men of the division were one of the smartest looking units that Armistice Day parade of 50 years ago. Several of the men were veterans of World War I.

They were proud. They were ready. They were United States Navy. They were 92 officers and enlisted personnel marching behind their new commanding officer, Lt. Cmdr. Maynard R. Sanders. They were the Organized Second Division from the United States Naval Reserve Armory at Southside in Jacksonville.

The international situation looked none too good on that November day in 1940. Sanders had been called to active duty the month before and assigned to Southside, where he relieved Lt. Cmdr. R. Malcolm Fortson as commanding officer.

The recent call-up of the nation's organized Reserves and National Guard forces, followed by the Selective Training and Service Act passed by



Sailors work outside of the U.S. Naval Reserve Armory, home of the Organized Second Division. Many of these men were destined to lose their lives defending their ships against German Submarine and Japanese kamikaze attacks during WWII.

-Photo by Leo Witt

Congress on Sept. 16, the first in peacetime history, was a portent of things to come.

Except for two neutral countries, Switzerland and Sweden, all of Europe had fallen before the mighty blitzkrieg of Hitler's air and land forces.

The initial call-up of personnel in the Organized Second Division was selective. Several vacant billets existed that had to be filled prior to the general activation of the Unit. The initial call to active duty was of individuals who were trained and experienced veterans of World War I, men who were

retired from the Navy, or reservists in the unit who had achieved petty officer status in their fields. Many of these men would later find themselves assigned to Mayport as a training cadre - shipfitters, radio-men, carpenters and electricians, security personnel, and last, but not least, subchaser, patrol boat and minesweeper skippers and crewmen.

The selective call-up of individuals began with Chief Petty Officer J.W. Nunn and Petty Officer 1st. Class W. Frank McGrath in August 1940. Both men were immediately assigned to recruiting duty, during which time they enlisted 40

men into the ranks of the Second Division. One of these men, Petty Officer 3rd class Edward C. Hoban, would later distinguish himself as one of a five-man gun crew and win the Silver Star.

Hoban, Petty Officer 3rd Class T.J. Dixon, Petty Officer 1st Class E.P. Decottes, Petty Officer 3rd Class G.W. Schill, and Coxswain E.B. "Sea Gull" Newman, all local boys, were called to active duty in December 1940.

In the summer of 1941, these men, none of whom served at Mayport, were sent to the Armed Guard Training School. They

were reassigned to the Armed Guard forces and were the first of the gun crews in World War II. By spring of 1942, when the U-boats were decimating North Atlantic convoys, the five men were fighting submarines, aircraft and torpedo-laden destroyers of the Third Reich.

Chief Petty Officer James N. Williams enlisted in the Navy in 1915, served in World War I and retired from the Navy on Sept. 7, 1936. On Nov. 26, 1940, Williams was called to active duty, and found himself at Southside the following month. He was reassigned to Mayport in

December 1941, where he was stationed throughout the war.

Naval Reserve Lt. William M. Gordon received the call in October 1940, and, at first, reported to Naval Air Station Jacksonville. He was reassigned to Mayport as the resident officer in charge of construction.

Reserve Lt. Karl H. Anderson, an electrical engineer, received his marching orders to report to Southside in late 1940. Anderson was reassigned to Mayport in early 1941, where he played a major role in the construction of the base. He, too, remained at Mayport for the duration of the war.

One day in December 1940, Sanders had 100 officers and enlisted men of the unit march out to the parade field at Southside where he proceeded to read the commissioning orders for the new Frontier Section Base at Mayport. Meanwhile, more reservists were being called to active duty and assigned to the Second Division.

By the close of 1940, all of the division's vacant billets had been filled. If war was to come, the unit would be ready. They didn't have long to wait - the call-up came on Dec. 26, 1940.

The next article in this series on the history of the Naval Station will cover the activities of the division at Southside and the nucleus of men sent to Mayport during the initial stages of construction. Time was of the essence. When the attack on Pearl Harbor came a year later, Mayport went to war.



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DoD Requires More Base Closings

By Nick Simeone

American Forces Press Service

The Defense Department has more real estate than it needs in the United States and abroad, a senior DoD official told a House panel March 14.

Another round of base realignments and closings should be an essential part of any overall strategy for reshaping the military, John Conger, the acting deputy undersecretary of defense for installations and environment, told the House Armed Services Committee in prepared testimony.

"Force structure is declining relative to that which existed in 2005, thereby continuing to add to aggregate excess capacity," Conger said, noting that the

U.S. Army is reducing its active duty end strength from 570,000 to 490,000 by 2020, and the Marine Corps from about 202,000 to 182,000.

"If we assume our bases were either appropriately loaded or were carrying excess capacity," he said, "these force reductions will increase that surplus."

In last year's budget request, the Pentagon asked Congress for permission to initiate two more rounds of base closings, under what is known as BRAC, the Base Realignment and Closure authority. Conger said the last round of BRAC closings, in 2005, produced \$4 billion in annual recurring savings.

He stopped short of saying whether a request for another round will be includ-

ed in the Obama Administration's FY14 budget, which is expected to be delivered to Congress in the coming days, but left no doubt he believes there is excess installation capacity.

By law, under the BRAC process, an independent commission submits to Congress a list of military installations it believes should be closed or realigned, with lawmakers and the president then required to approve or reject the recommendations without change.

Conger referred to a 2004 DOD study which he said found the military had 24 percent excess capacity "and that the BRAC 2005 recommendations reduced capacity by only 3.4 percent."

The Defense Department is examining

further reductions in U.S. military bases in Europe, where Conger said more than 100 sites have already been returned to host governments since 2003, and where no authority from Congress is required for recommending additional closures.

"By the end of this year, we plan to conclude with a fully vetted list of options from which the Secretary [of Defense] can make strategic decisions for eliminating excess, preserving and even enhancing our ability to meet strategic and operational commitments," Conger said in his prepared remarks.

The U.S. Army already plans to close 33 additional sites in Europe associated with the decision to reduce brigade combat teams based on the continent.

Navy Lays Keel For PCU John Warner

By Team Submarine Public Affairs

The Navy celebrated the keel laying of Pre-Commissioning Unit (PCU) John Warner (SSN 785) at Huntington Ingalls Industries - Newport News Shipbuilding (HII-NNS) in Newport News, Va., March 16.

The submarine is named for former five-term U.S. Senator from Virginia and Secretary of the Navy John Warner. In a time-honored Navy tradition, the initials of Jeanne Warner, the submarine's sponsor, were welded onto a steel plate that will be permanently affixed to the submarine's hull. Mrs. Warner is a long-time supporter of military families and is active in many local Virginia-based charities. Making the ceremony unique, the submarine's namesake also had his initials welded onto the plate.

"The Navy and the submarine force are honored to have Mrs. Warner serve as the sponsor for the future USS John Warner,"



-Photo by MCSN Scott Barnes

Commander, Submarine Forces Vice Adm. Michael Connor, Newport News Shipbuilding employee Mathew Shilling, President of Newport News Shipbuilding Matt Mulherin, former Sen. John Warner and his wife Jeanne Warner stand behind a welded steel plate bearing the initials of the submarine's namesake and sponsor during the keel laying ceremony for Pre-Commissioning Unit John Warner (SSN 785). John Warner is the 12th Virginia-class attack submarine and the sixth to be delivered to the U.S. Navy by Newport News Shipbuilding.

said Capt. David Goggins, Virginia-class program manager. "The event marks the first major construction milestone for the submarine and helps forge a special bond between Mrs. Warner, her submarine, and her crew that will last for years to come."

John Warner's keel laying is the submarine's first major event since it began construction in March 2010. The submarine is on track to continue the Virginia-class program's trend of delivering submarines early to their contract delivery dates and meeting the incred-

ibly stringent standards expected of U.S. submarines.

"John Warner's keel laying is a special day for our

Navy, the Commonwealth of Virginia and our shipbuilding partners," said Rear Adm. David Johnson, Program Executive Officer for Submarines. "Building the Virginia class is a team effort and the skill and commitment of the entire shipbuilding team is evident in the first-time quality and operational successes of these front-line platforms."

John Warner is the 12th submarine of the Virginia class and the second of the block III construction contract. Virginia-class submarines are built under a unique construction contract between HII-NNS and General Dynamics Electric Boat.

Warner's keel laying is the first of several major shipbuilding milestones for the Virginia-class program in 2013. PCU Minnesota's (SSN 783)

commissioning is scheduled for Sept. 7 and PCU North Dakota's (SSN 784) christening is expected this fall. PCU Delaware (SSN 791) will begin construction Sept. 2.

Virginia Class submarines are designed to dominate the world's littoral and deep waters while conducting anti-submarine warfare; anti-surface ship warfare; strike warfare; special operation forces support; intelligence, surveillance, and reconnaissance; irregular warfare; and mine warfare missions. Their inherent stealth, endurance, mobility, and firepower directly enable them to support five of the six Maritime Strategy Core Capabilities - sea control, power projection, forward presence, maritime security, and deterrence.

Service

Construction Community of Practice (CoP) meetings that help tie construction field offices together by using best practices and lessons learned in the pursuit of common construction business practices.

"During this time, Pastorini was integral to rebuilding the Construction Management Branch staff while going through the BRAC process when

NAVFAC Southern Division, Navy Public Works Center Jacksonville and the Engineering Field Activity Jacksonville disestablished and NAVFAC Southeast was established," said Doug Dangerfield, NAVFAC Southeast Capital Improvements Business Line Coordinator and Chief Engineer.

Pastorini's initiative, professionalism, and dedication to duty reflect

great credit upon him and are in keeping with the highest traditions of the United States Navy.

NAVFAC is the Systems Command that delivers and maintains quality, sustainable facilities, acquires and manages capabilities for the Navy's expeditionary combat forces, provides contingency engineering response, and enables energy security and environmental stewardship.

From Page 1



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Memorial Held For Fallen Navy Divers

By EOD Group Two Public Affairs

Mobile Diving and Salvage Unit (MDSU) 2 held a memorial service for two navy divers aboard Joint Expeditionary Base Little Creek-Ft. Story March 14.

The ceremony honored Navy Diver 1st Class James Reyher, 28, of Caldwell, Ohio, and Navy Diver 2nd Class Ryan Harris, 23, of Gladstone, Mo., who both died while conducting dive operations at Aberdeen Proving Grounds in Maryland last month.

Reyher and Harris died while diving at Aberdeen Proving Ground's Underwater Explosion Test Facility also known as the Super Pond, Feb. 26. Cmdr. Michael Runkle, commanding officer, MDSU 2, spoke of the challenges Navy Divers face and offered words of comfort to the crowd of more than 400 service members, civilians, families and friends.

"We come together to honor ND1 James Reyher and ND2 Ryan Harris, two extraordinary men who made the ultimate sacrifice serving as Navy divers," said Runkle. "These



-Photo by MC2 Steven C. Hoskins
 Cmdr. Michael Runkle, commanding officer of Mobile Diving and Salvage Unit (MDSU) 2, delivers remarks during a memorial service at Joint Expeditionary Base Little Creek-Ft. Story for Navy Diver 1st Class James Reyher and Navy Diver 2nd Class Ryan Harris, from MDSU-2, who died Feb. 26. MDSU-2 is an expeditionary mobile diving unit homeported at Joint Expeditionary Base Little Creek-Ft. Story and has successfully conducted salvage operations to support TWA Flight 800, Swiss Air Flight 111, the space shuttles Challenger and Colombia.

heroes and those like them understand and accepted dangers, not for fame or fortune, but for their friends, for their families, and for their country."

The memorial included remembrances and sea stories of Reyher and Harris from fellow Navy Divers and concluded with the playing of taps.

An investigation to determine the cause of the accident is currently ongoing and is being

conducted by Explosive Ordnance Disposal Group (EODGRU) 2.

MDSU 2 is an expeditionary mobile diving unit homeported at Joint Expeditionary Base, Little Creek-Ft. Story in Virginia Beach, Va. and has successfully conducted salvage operations to support TWA Flight 800, Swiss Air Flight 111, the space shuttles Challenger and Columbia, and the Civil War ironclad USS Monitor.

Mayport To Remember Battle Of Iwo Jima

From Staff

Naval Station Mayport will hold a Battle of Iwo Jima Medal of Honor Recipients Memorial today (March 21) at the Memorial Park, corner of Maine Street and Moale Avenue.

Bob Buehn, adjunct professor with the U.S. Naval War College, retired Navy captain and former chief of Military Affairs with the city of Jacksonville, will be guest speaker at the event. Dress is uniform of the day/appropriate civilian attire. The memorial will begin at 10 a.m.

The Battle of Iwo Jima was fought from Feb. 19-March 25, 1945 and was a major operation fought by the U.S. Navy and Marine Corps against the Japanese Empire in World War II.

DLA Disposition Services Jax Closed For Training

By Staff

Defense Logistics Agency (DLA) Disposition Services Jacksonville, located on Roosevelt Blvd. near Collins Road, will be closed April 1 - 12 to prepare for a systems upgrade. The facility is scheduled to reopen April 15 as training continues and the computer system is deployed.

The organization is replacing its legacy computer system, known as DAISY, with its Reutilization Business Integration (RBI) solution.

RBI is expected to provide real-time asset visibility throughout the Defense Logistics Agency

supply chain. There is little or no delay between when data is entered and when it is available to other users. Items available for reutilization, transfer, donation and sales will also have increased visibility.

Military units that use DLA Disposition Services save their units and taxpayers millions of dollars each year. Excess property and material turned in from the military services is first offered for reuse within the Department of Defense at no cost and with free shipping.

Remaining items can be transferred to federal agencies or donated to

state and local governments and other qualified agencies or used to aid humanitarian relief efforts. Safe and appropriate items can be sold to the general public. DLA Disposition Services also provides disposal solutions for hazardous waste and other materials.

For more information or questions pertaining to the disposition services available at DLA Jacksonville, contact Leroy Flynn at 542-3411 x110 or at the website <http://www.disposition-services.dla.mil/>.

From Page 1

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exceed your financial hardship.

- You must pay income tax on the taxable portion of any withdrawal, and you may also be subject to a 10 percent early withdrawal penalty tax.

- If you are a Federal Employees Retirement

System participant, you will not receive agency matching contributions.

- A hardship withdrawal cannot be repaid, so your TSP account is permanently reduced by the amount of your withdrawal.

A better option may be

taking a loan against your TSP, officials said. Loans can be repaid - plus interest - but the account continues to accrue earnings as the loan is paid back.

TSP officials recommend that employees think carefully before decreasing or stopping

their traditional TSP contributions. Those contributions are subtracted from pre-tax income, and terminating the contributions could increase income tax liability. Roth TSP contributions are subtracted from employees' after-tax income, and

changes will not affect tax liability.

"One of the great things about your TSP contributions, no matter how small, is that the earnings compound over time. If you stop your contributions, even for a short time, you'll miss this

opportunity altogether," the news release said.

Federal Employees Retirement System participants would, in effect, be losing free money by stopping their contributions, because matching contributions also would stop, officials said.



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USS Farragut Visits Montenegro

By MC2 A.J. Jones
USS Farragut Public Affairs

The guided-missile destroyer USS Farragut (DDG 99) visited Bar, Montenegro, for a port visit March 11-14.

Sailors had the opportunity to experience Montenegro's culture and spend time engaging with the community, including sporting events with Montenegrin sailors, tours of the towns of Perast, Kotor and Skadar Lake, and a tour of Montenegro's vineyards.

"Montenegro is a beautiful country," said Seaman Christian Riendeau. "The towns were full of old architecture, and the mountains were amazing. It really gave me a sense of seren-



-Photo by MC2 A.J. Jones
Ensign Bianca Lovdahl uses a Pelorus to find a relative bearing as she stands the conning officer watch on the bridge of the guided-missile destroyer USS Farragut (DDG 99). Farragut is deployed with the John C. Stennis Carrier 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.

ity."

Farragut also sent several of their Sailors to observe a boarding exercise with Montenegrin sailors.

"I was extremely impressed by the professionalism and training displayed by the Montenegrin navy," said Farragut's commanding officer, Cmdr. Glen B. Quast. "I look forward to conducting more joint operations in the future."

Farragut Sailors planted trees in two community engagement projects while in Bar, one event was held in a sporting complex and the other at a local elementary school. Both projects were joint efforts between the U.S. and Montenegrin navies.

Over the three-day port visit, Sailors provided shipboard tours for the U.S. Ambassador to Montenegro, the Honorable Sue K. Brown and ambassadors from Hungary, Romania and Slovenia, as well as Montenegrin military and civilians. The tours provided visitors the opportunity to explore the ship with Sailors while learning about the U.S. Navy.

Farragut, homeported out of Mayport, Fla., is on a scheduled deployment supporting maritime security operations and theater security cooperation efforts in the U.S. 6th Fleet area of responsibility.

Farragut Sails Thru Suez Canal

By MC2 A.J. Jones
USS Farragut Public Affairs

Guided-missile destroyer USS Farragut (DDG 99) transited the Suez Canal departing the U.S. 5th Fleet Area of Responsibility March 8.

Farragut was on station for six months conducting maritime security operations, theater security cooperation efforts and support missions for Operation Enduring Freedom, while serving as part of the Dwight D. Eisenhower Carrier Strike Group then the John C. Stennis Carrier Strike Group. Farragut also served as an escort for special mission ships and conducted several engagements with coalition and partner nations.

"It is incredible to

reflect upon the various missions we've completed in the time Farragut was assigned to 5th Fleet," said Cmdr. Glen B. Quast, Farragut commanding officer. "I am extremely proud of all of our Sailors for a job well done this deployment, and I know that our ship has had a positive impact on ensuring the seas remain free and safe for all mariners."

In December, Farragut was assigned to be the flagship for Combined Task Force (CTF) 151, a coalition task force concerned with maritime security and counter-piracy in the region. During this time, the Commander of CTF 151, Pakistani Rear Adm. Muhammad Hisham, and 16 members of his international

staff were embarked aboard the U.S. destroyer. Farragut also worked closely with other forces including the Royal Australian Navy and other regional naval forces to ensure safety of navigation throughout the Red Sea, Arabian Gulf, and Gulf of Aden.

"I am very proud of the multifaceted missions that we accomplished," said Lt. James Gensheimer, Farragut public affairs officer. "During this deployment we proved that a DDG is capable of performing in an array of missions, and we all take pride in the

positive impact we made on this very important region of the world."

In addition, Farragut gathered information to help predict, identify, and disrupt smuggling and piracy, took part in rescue and assistance operations for two vessels in distress, patrolled for suspicious maritime activity, and made port visits to Bahrain; Jebel Ali, U.A.E.; and Muscat, Oman.

Farragut is now operating in the U.S. 6th Fleet Area of Responsibility.



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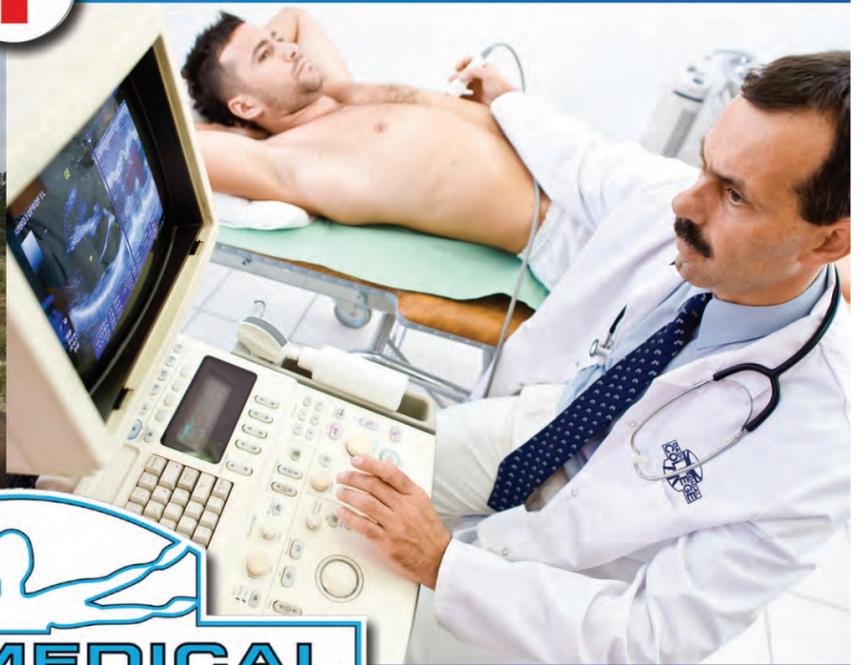
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Auto Skills Center
March Special: Tire Balance, pay for 3, get the fourth one free and 4-wheel brake job \$150 (most vehicles). 270-5392
Tire Special: Buy four tires and receive free alignment on those tires for life (must show receipt to receive alignment). 270-5392
Beachside Bingo
Tuesdays: Special Pricing! Every Tuesday at 6:30 p.m. at Beachside Bingo. \$18 for a 3 pack, \$20 for a 6 pack, and computers are just \$50 for a 3-6 pack. Plus door prizes nightly, lots of surprises and an additional \$5 off

for all active duty military (must show valid ID). 270-7204

Wednesdays:
Lunchtime Bingo. Every Wednesday at 11:30 a.m. at Beachside Bingo. Two \$500 payouts every week. Buy two, get one free. Still only \$13 per pack. 270-7204

March 31: Beachside Bingo will be closed for Easter Sunday

Castaway's Lounge
March 15: Luck O' the Irish St. Patrick's Day Weekend Party. 8 p.m. at Castaway's Lounge. Wear your best green outfit and enjoy DJ entertainment, drink specials, and more.

270-7205
Beginning March 19: March Madness. Watch all your favorite teams at Castaway's Lounge! 270-7205

Foc'sle Lounge CPO Club

Every Tuesday: All Khaki Wings and Trivia Night. 3-7 p.m. every Tuesday at Foc'sle CPO Club with 40-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431

Chicken Wednesdays. Every Wednesday, 11

a.m.-2 p.m., at Foc'sle Lounge. Enjoy a two-piece fried chicken plate with two sides for only \$7.00. 270-5431

ITT

Discover Disney Florida Resident Special: 3-Day Discovery Disney pass starts at \$117. Tickets valid through June 17, 2013. Blackout dates apply. 270-5145

Universal Military Salute: All active duty military, retirees, reserves or national guard can receive one complimentary Park-to-Park pass for Universal Studios Orlando or Islands of Adventure (while sup-

plies lasts). All three days must be used within a 14 consecutive day window. Tickets valid through June 30, 2013. Must have valid military ID to activate ticket at front gate. 270-5145

Blue Man Group at Universal Studios: Active duty, retirees, reservists and children only pay \$29 per ticket; Regular tickets \$44 per person. 270-5145

St. Augustine Trolley Tours: Adult tickets buy one, get one free. 270-5145

Wet 'n Wild Special: Purchase any one-day ticket to Wet 'n Wild Orlando From your local

ITT office and upgrade for free to a Length of Stay Pass (unlimited visits within a 14-day consecutive window). FL residents can buy a one day admission ticket at their local ITT office and get the rest of the year for free (formerly called a splash pass)! Unlimited visits good until Dec. 31, 2013; some restrictions may apply, upgrades must be done on first visit of stay. Proof of residency must be shown if necessary. 270-5145

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.

March 21: Help Feed the Homeless. Van departs 3:15 p.m. Sign up deadline March 18

March 22: Mall Trip: Town Center. Van departs Liberty Center at 5 p.m.



March 27: Help Feed the Homeless. Van departs 3:15 p.m. Sign up deadline March 22

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

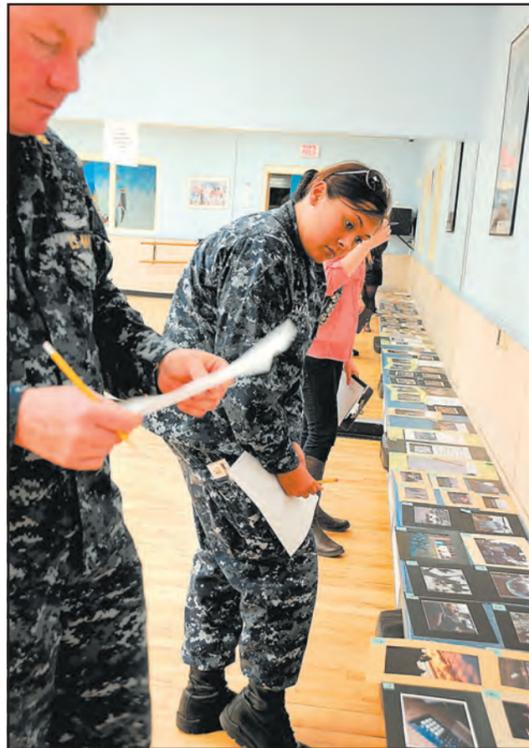
March 29: Movie Trip. Van departs 6 p.m. Cost \$5.

March 30: Billiards Tournament. 6 p.m. at Liberty Center.



Kid Zone

March 26-27: Teen Career Launch. 9 am-3:30 pm at the Youth Center. Teens will learn the ins and outs of the hiring process including how to write a resume, mock interviews, judging experience and skills and much more. This program is highly recommended for anyone interested in the Teen Employment Program. Open to all active duty dependents ages 15-17 by Apr. 30, 2013. 270-5680



-Photo by Paige Gnann
 MCC William Townsend and ET3 Michelle Maltese judge photos taken by youth in the Photography Club at YAC.

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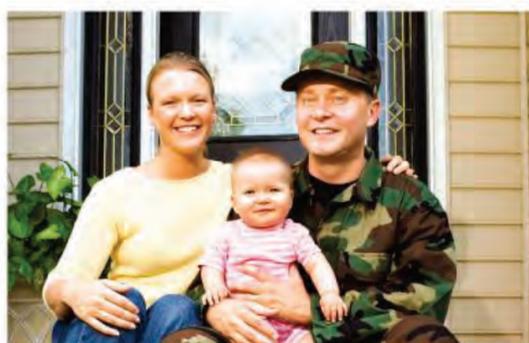
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On The Messdeck

Bogey's Specials Thursday, March 21

Chicken Caesar Wrap, \$ 7.95
Blackened Tilapia Sandwich, \$ 6.95
Spinach, Turkey, Avocado Wheat Wrap, \$7.95
Chicken Cobb Salad, \$7.95
Soup: Chicken & Rice

Friday, March 22

BBQ Pulled Pork Sandwich, \$ 6.50
Blackened Tilapia Sandwich, \$6.95
Pot Roast with Potatoes, Vegetable and a Roll, \$7.95

Egg Salad Sandwich, \$4.25

Soup: Crab Bisque

Monday, March 25

California Chicken Club Sandwich with a Side, \$8.95
Chicken Caesar Wrap, \$7.95

BBQ Pulled Pork Sandwich, \$6.50

Blackened Tilapia Sandwich, \$6.95
Chicken Cobb Salad, \$7.95

Soup: Beef Noodle

Tuesday, March 26

Shrimp Chicken Caesar Wrap with Side, \$7.95

BBQ Pulled Pork Sandwich with Fries, Chips Or Slaw, \$ 6.50

Blackened Tilapia Sandwich with Fries, Chips Or Slaw, \$ 6.50

Chicken Cobb Salad, \$7.95

Soup: Chili

Wednesday, March 27

8 Oz NY Strip Steak Teriyaki, Rice, Stir Fried Vegetables & Roll, \$10.95

BBQ Pulled Pork Sandwich with Fries, Chips Or Slaw, \$ 6.95

Blackened Tilapia Sandwich with Fries, Chips Or Slaw, \$ 6.95

Steak Caesar Salad, \$ 10.95

Soup: Potato Bacon

Mayport Bowling Center

Thursday
Cheeseburger with fries and 20 oz soda, \$6

Friday
2 chili dogs, fries, and 20 oz. soda, \$5

2-pieces fish, fries, and 20 oz. soda, \$6.25

Fish sandwich (2 pieces), fries, and 20 oz. soda, \$6.25.

Monday
Chicken patty sandwich with lettuce, tomato, onion, pickles, fries and 20 oz. soda, \$6.25

Tuesday
BBQ beef sandwich, fries and 20 oz. soda, \$5

Wednesday
Hamburger with jalapenos, grilled onions, fries and 20 oz soda, \$5.75

Foc'sle Lounge Spring Specials

S m a s h e d Sandwich, \$8

Chicken Breast & Spinach Panini, \$8

S t r a w b e r r y Chicken Salad, \$7.50

Big Chief Grilled Cheese Sandwich, \$7

Shrimp & Bacon Pita, \$8.50

Every Wednesday:
Fried Chicken Buffet, \$ 8

Include Ice Tea or Water

MWR Sports/Fitness

March 23: Women's Beach Volleyball Tournament. Volleyball Courts behind Beachside Community Center. All-military teams \$40, military/civilian teams \$45, all-civilian teams \$50. Register by March 1. Check in 8:30 a.m.; games start at 9 a.m. 270-5451.

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

Xtreme Bowling. 8-11 p.m. every Saturday at Mayport Bowling Center. \$10 include 2 hours of black light bowling, shoe rental, prizes and dazzling laser light show. 270-5377
Sunday Nights: Bowling Family Fun Night. 4-7 p.m. at Mayport Bowling Center.

Cost is \$10 per person and includes your choice of a ¼ lb hamburger or a hot-dog with fries and a soda, All-You-Can Bowl with shoes, music videos, light show and colored head-pin bowling for prizes.
Windy Harbor Golf Club

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

MWR Hosts Men's Volleyball Tournament

By Rita Hammerstad
MWR Sports Coordinator

Saturday Castaway's hosted their first Men's Beach Volleyball tournament with nine teams participating in the one-day event.

Two person teams from SERMC Divers, NAS JAX, Branch Medical, Coast Guard, and a civilian team entered the tournament. First up were Coast Guard (Hairy Men) versus NAS Jax (Off Constantly). The teams went into a tiebreak set where Hairy Men overcame Off Constantly with a 15-13 final to win the match.

Branch Medical team (Berdecia/Mueller) swept the Coast Guard (Dirty Oars) in two straight sets. SERMC (Top Gun) volleyed up against SERMC (Base Housing) taking on three sets for a 15-10 Top Gun victory. NAS Jax (Hot Tamales) spiked the match in two straight games against Hairy Men.



-Photo courtesy of MWR
Teams go head to head during MWR's first Men's Beach Volleyball tournament held March 9. A Women's Beach Volleyball tournament is scheduled for March 23.

The Civilian (Dirty Seamen) served up their first win against SERMC (Forklifts and Unicorns) in their two set match. Dirty Oars won their next two matches against Off Constantly 15-12 in three sets and Base Housing in

two straight sets moving them up in the tournament.

Berdecia/Mueller came up with their second win, beating Top Gun and sending them into the loser bracket.

Dirty Seamen turned

up the heat against Hot Tamales beating them in two close matches 22-20 and 21-19. Hairy Men got a streak going after their first loss and beat Forklifts and Unicorns in three sets and Top Gun in two sets, moving them up in the

ladder.

Hot Tamales ended the winning streaks of the Hairy Men, Dirty Oars to put them into the semi-finals against Berdecia/Mueller. The match ended in two sets with Hot Tamales taking the win and Berdecia/Mueller taking third place. This put Hot Tamales back up against Dirty Seamen in the finals.

Both teams played hard and had a lot of long points, but Dirty Seamen finished the tournament undefeated with a final score of 21-14, 21-18 to win the event.

The Women's Beach Volleyball tournament is scheduled for March 23. The two-person team event is open to anyone ages 18 and up. If you are interested in participating in this exciting event please contact Rita at the gym at 904-270-5451.

Big Changes To MWR Fitness Schedule

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
Learn basic kicks, punches and balance moves in this calorie burning, sweat producing knock out of a workout.

Tuesday
9:30 a.m., Yoga
Come experience the many physical, emotional and spiritual benefits of developing a yoga practice. This class focuses on the basics for those entirely new to yoga; it also provides a review for anyone who wants to deepen their understanding of alignment and participate in a slower paced yoga regimen. This class focuses on introductory poses to stretch and strengthen all major muscles and joints, as well as develop greater relaxation in the entire body.

Wednesday
11:30 a.m., Zumba
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.

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

Friday
9:30 a.m., Zumba Basics
11:30 a.m., Strength Training For Women

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
7-8:30 a.m., Open Sandbox

7:30 a.m., Command Bootcamp

Take your entire command to the next level, oceanfront! This command class is packed full of challenging cardio drills, muscular resistance training and explosive intervals. Meets at the Sandbox and can accommodate 200+ personnel, weather permitting. Hooyah Mayport!

11 a.m.-12:30 p.m., Open Sandbox

Tuesday
11 a.m.-12:30 p.m., Open Sandbox

Wednesday
7-8:30 a.m., Open Sandbox

7 a.m., NOFFS

9:30 a.m., 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.-12:30 p.m., Open Sandbox

Thursday
7 a.m., Sunrise Yoga

Oceanfront Yoga (weather permitting) will transform your body and your attitude. Start your busy day with stretch, strength and stress relief.

7-8:30 a.m.
Open Sandbox

11 a.m.-12:30 p.m.
Open Sandbox

Friday
7-8:30 a.m., Open Sandbox

7 a.m., Command Bootcamp

11 a.m.-12:30 p.m.
Open Sandbox

Saturday

9:30-11:30 a.m.
Open Sandbox

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 program 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
5:30 p.m., Steel Anchor

Friday
7:30 a.m., Spinning

11:30 a.m., Rowing

MWR SPRING 2013 SPORTS CHALLENGE

TUESDAY, APRIL 16

0830 - **CO Challenge Canoe Race (Lake Wonderwood)
*0900 - Experienced Canoe Race (Lake Wonderwood)
*0930 - 3 Point Basketball Shoot Out (Outdoor Court 1 Tennis Complex)
*1000 - Dodgeball (Outdoor Court 2 Tennis Complex)
1100 - Bowling (Mayport Bowling Center)

WEDNESDAY, APRIL 17

*0830 - Swim Relay (Pool Complex)
*0900 - Strongman Competition (Behind Surfside Fitness Center)
*0900 - Homerun Derby (Softball Complex Fields 4)
*1030 - Kickball (Field 1 & 2 behind Branch Medical Center)

THURSDAY, APRIL 18

*0830 - 3 V 3 Soccer (Field 6)
*0900 - Darts (Beachside Community Center)
*0900 - Tennis (Tennis Complex)
*1000 - Cornhole (Beachside Community Center)
*1100 - 8 Ball Pool (Beachside Community Center)

FRIDAY, APRIL 19

*0830 - Volleyball (Beachside Community Center)
*0900 - Balloon Launch (Beachside Community Center)
*0930 - Arm Wrestling (Sea Otter Pavilion)
*1000 - 4-Person Plank Walk (Beachside Community Center)
*1130 - Auto Racing (Beachside Community Center)
*1200 - **Tug-o-War (Beach behind Sea Otter Pavilion)

1230 - Awards (Beachside Community Center)
** BONUS POINT EVENT

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IN THE EVENT OF AN OVERALL TIE, A TIE BREAK EVENT WILL DETERMINE THE WINNER.
*SIGN-UPS FOR THESE EVENTS MUST BE TURNED IN BY NOON MONDAY 5 APRIL SO THAT BRACKETS CAN BE MADE AND EVENTS CAN START ON TIME. FOR ADDITIONAL INFORMATION CONTACT RITA AT 904-270-5451

Navy Looks For Recipes For New Cookbook

From Navy Personnel Command Public Affairs

The Navy is looking for recipes that are easy, healthy and created with Sailors living in bachelor quarters in mind. To inspire a little "healthy" competition, Navy Nutrition is holding a recipe contest to compile an online barracks cookbook officials said March 6.

"This cookbook contest is meant to be a fun way to encourage Sailors to showcase the creative ways they eat well with limited resources," said Lt. Cmdr. Jennifer Wallinger, a dietitian with the Navy Physical Readiness Office. "Many Sailors are finding ways to make easy and tasty meals, without a full size kitchen and pantry. We want you to share these ideas!"

The goal of the contest is to compile a collection of recipes that are compatible with barracks life. A recipe may con-

sist of cooking foods in a microwave or as simple as assembling ingredients. If you are making it and it is healthful, we want it in the cookbook. Each recipe may only be submitted once, but you may enter as many recipes as you like.

The rules include a limit on the number of ingredients, pieces of equipment and recipe steps.

"If you live in the barracks, you have limited storage space, limited utensils and, in compliance with housing rules, a microwave for a heating element," explained Wallinger.

With the recipe contest running in conjunction with Navy Nutrition Month, there is also focus on nutritional value.

"The number of ingredients will be limited, but there is no limit to the flavor, herbs and spices are

encouraged" Wallinger continued. "We are just limiting added components such as sodium, which affects many prone to high blood pressure, and fat to keep in line with dietary guidelines. We have included an explanation on how to determine the amount of sodium and fat for each recipe in the rules."

Entries to the contest will be accepted in seven categories, which are broken down by when you are likely to eat them, for instance; breakfast, sandwich/wrap, snack, vegetables, starchy side, main course (entrée) and sweet treat.

The contest will run from now until 31 March at 11:59 p.m. Eastern time zone. For more information and contest rules visit <http://www.public.navy.mil/bupers-npc/support/navynutrition/Pages/default2.aspx>.

Ask Kate Your Energy ??

Dear Kate,
How much energy do you think I can really save from habit changes?

Signed,
Skeptical

Dear Skeptical,
I hate to say it because it sounds unpatriotic, but frankly, Americans waste a lot of energy. Studies show that 50% of the energy that is delivered to the home via electricity wires or natural gas lines is wasted. For example, how many times have you had lights on in a room with no

one in it? That's waste!
So, we find that 10% savings from habit changes is not hard to achieve. Many of our customers actually save 20% or more each month. Sometimes, visitors stay with you or there is a heat wave, but 10 - 20% average savings over a year is really doable.
Time to get started!
Kate
Do you have a question for Kate? Email her at askkate@watton.com.

Mayport Runs For Pot O' Gold



-Photos courtesy of MWR

Above, runners sign up to participate in MWR's "Catch A Leprechaun" 5K/3k Fun Run Walk on March 12. Right, fastest runner, Anthony Vasquez receives his pot o' gold from "leprechaun" Kristin Lokken, manager at Beachside Community Center. Each month, MWR sponsors a Fun Run and Walk beginning at 8:10 a.m. on Bailey Avenue, in front of the Mayport Gym. The next run is scheduled for April 9.



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USS Arlington Makes Port Visit



-Photo by Lt. Sonny Lorrius

The San Antonio-class amphibious transport dock USS Arlington (LPD 24), arrives at Naval Station Mayport. Arlington, the third ship in the U.S. Navy history is named after Arlington, Virginia, the location of the Pentagon, makes a scheduled stop at Mayport Fla., before continuing to Naval Station Norfolk for its commissioning date of April 6, 2013.

USS Gary, CG, Seize Ton of Cocaine Worth \$81 Mil

By Ensign Ian McConaughy

USS Gary Public Affairs

The Oliver Hazard Perry-class Frigate USS Gary (FFG-51) and embarked U.S. Coast Guard Law Enforcement Detachment Team (LEDET) recently seized more than 2,200 lbs of cocaine in the Eastern Pacific Ocean in support of the ongoing Operation Martillo.

The seizure is the largest made by Gary while operating in U.S. 4th Fleet area of operations and is worth an estimated street value of \$81 Million.

"It was a complex operation involving a law enforcement boarding, boat and helicopter searches, precision driving, detainee handling, and multiple deck operations, but Gary's crew proved they were fully capable of handling it and scored a big win," said Gary's Navigator, Lieutenant Junior Grade Christian Gotcher.

"This was a great day for USS Gary. Everyone on board did their part in making this a successful interdiction. Each department helped in one way or another, from finding the suspect vessel to confiscating the contraband. The men and women of Gary will continue to work hard while we are assigned to Fourth Fleet and hopefully get a few more busts before we return to San Diego," said the ship's Executive Officer, Lt. Drew Greenlees.

Gary is homeported in San Diego, and is currently deployed to Central and South America in support of Operation Martillo and U.S. Fourth Fleet's mission, Southern Seas 2012. Operation Martillo (Spanish for "hammer") is a U.S., European and Western Hemisphere partner nation effort targeting illicit trafficking routes in coastal waters along the Central American isthmus. U.S. military participation is being led by Joint Interagency Task Force (JIATF) South, a component of U.S. Southern Command (SOUTHCOM).

"Overall coordination of counter-drug patrols and surveillance in the Eastern Pacific is done by the Joint Interagency Task Force, South (JIATF-S) a component of U.S. Southern Command (SOUTHCOM), headquartered in Key West, Fla. U.S. maritime law enforcement and the interdiction phase of operations in the region occur under the tactical control of the 11th Coast Guard District headquartered in Alameda, Calif.

Operation Martillo is part of the U.S. government's coordinated regional security strategy in support of the White House strategy to combat transnational organized crime and the U.S. Central America Security Initiative."

Is Your Pet Microchipped?

From Mayport Vet Clinic

What is a microchip?

The microchip is a tiny computer chip, similar in size to a grain of rice, programmed with an identification number.

Once an animal has been microchipped, it can be identified through out its life with this unique number.

How is the microchip implanted?

Microchips are implanted with a sterile hypodermic needle beneath the

skin between the shoulder blades. Anesthesia is not required or recommended.

How does the microchip identification work?

A special scanner is used to read the identification number. The number is displayed on the scanner, and the person reading the scanner can contact the national registry to find out who the pet belongs to.

What are the benefits of microchipping my pet?

Lost or stolen pets can be identified and reunited with their owners.

Microchips are required for most overseas travel.

For more informa-

tion on microchipping or to schedule an appointment for your pet, call the Mayport Veterinary Treatment Facility at 270-2004.

The Officers Club

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\$2 DRAFTS

EVERY NIGHT
\$12 BUCKETS OF BEER

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DOD, VA Make Progress In Integrating Health Records

By Jim Garamone

American Forces Press Service

The Defense and Veterans Affairs departments are making progress on integrating the health records of service members and veterans, senior government officials told the House Veterans Affairs Committee yesterday.

President Barack Obama directed the two departments to create a seamless system of integration for medical records.

"The direction was clear: When a member of the armed forces separates from the military, their electronic records, medical, personnel and benefits will transition and remain with them forever," said Dr. Jonathan Woodson, assistant secretary of defense for health affairs.

Woodson detailed the tasks the two departments need to complete. First, they need to integrate health data for individuals into a single electronic health record. Second, they need to modernize the departments' legacy health information systems.

"We have made tangible progress on a number of critical elements necessary to achieve our vision on the integrated record," Woodson said. This includes creating a joint health data dictionary, ensuring the two departments use the same precise language to describe health data elements and fields in the

combined health record system.

It also means moving VA data centers to the Defense Information System Agency. Woodson called this an important step for efficiency in operations and creating a single repository of data. The two departments also selected a single DOD-VA joint single sign-on and contact management solution that accurately identifies clients in both systems, he reported.

Finally, Woodson said, the two Cabinet agencies are implementing a joint graphical user interface that displays information from both the DOD and VA systems at the same time.

"We also completed an initial life-cycle cost estimate for the integrated electronic health record," Woodson said. "The cost estimate was significant. And given the increasingly constrained federal budget environment, our secretary has directed us to re-evaluate the planned approach and consider alternatives that could accelerate timelines for interoperability at reduced cost and reduced risk."

The scope of this project is huge. Valerie C. Melvin, the Government Accounting Office's director of information management and technology resources issues, said the records are projected to provide coverage to about 9.6 million service members and their beneficia-

ries and to 6.3 million veterans.

"VA's and DOD's systems have many common business needs for providing health care coverage to these individuals," Melvin told the representatives. "Toward this end, the two departments have an extensive history of working to achieve shared health care resources. Our work has examined the departments' efforts over the last 15 years to share data between their individual systems and to develop interoperable electronic health record capabilities."

They have made progress, but problems remain, she acknowledged. "Overall, VA and DOD have relied on a patchwork of initiatives involving their separate health information systems to achieve varying degrees of electronic health record interoperability," Melvin said.

Circumstances require decisive action, Woodson said, and delay would only increase the cost and risk of this program.

"We believe the path we have chosen best serves the departments, the special populations whom we jointly are responsible for, and the American taxpayer," he said.

Out in Town

Friday, March 22

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a Fashion Show and Luncheon at 11:30 a.m. as part of Garden Month 2013. Preview the hottest Spring looks for men and women as Krista Eberle Boutique presents Nicole Miller and Timo Weiland. In addition, there will also be on display several organic or up-cycled pieces by local designers. The fashion show is part of Garden Month 2013, a month long celebration of the historic gardens the Cummer family designed over 100 years ago and that are listed in the National Register of Historic Places. Events throughout the month of March include Garden Tours, activities and classes for children and adults, lectures, lunches and a Farm to Table Moonlight Dinner in the Gardens. Cost is \$65 for members and \$70 for non-members. For more information or to purchase tickets, please call (904) 899-6038 or visit www.cummer.org.

Saturday, March 23

The Ladies Auxillary Fleet Reserve Association #290 will hold a benefit

Heel

- I, advanced step; she, senior water aerobics - and the women's locker room was steamy and abuzz with conversation.

I regularly got a chuckle out of listening to the water aerobics group as they pulled on their support hose, stretch gabardine pants and embroidered tops.

All the old women would cackle away about their ailments, medications, aches and pains. I always noticed that the salt-and-pepper-haired lady would listen and show concern for her friends' self-absorbed grievances, but never complained herself.

I thought she was a real class act, and made a mental note to myself to try to become that kind of old lady, rather than the kind that went on and on about things like glucosamine and chondroitin.

On this particular day,

COMMUNITY CALENDAR

BBQ dinner at 2 p.m. at the branch home, 390 Mayport Road. Donations are \$8. Take out orders welcome. The dinner is open to the public. For more information, call 246-6855.

Why are we fascinated with monsters and the mysterious? They creep into our dreams and thoughts; we seek out souvenirs and keep our eyes on the horizon for a glimpse of them. Come learn about these mysterious creatures of the deep with a Park Ranger. Join a park ranger at 2 p.m. for a discussion on the different types of shark teeth that can be found on the area's beaches. 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.

Wednesday, March 27

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting its first Farm to Table Dinner in the Gardens as part of Garden Month 2013. Join us from 6 to 9 p.m. as we feature locally sourced and sea-

sonal fresh foods that will showcase some of Jacksonville's best chefs. The collaboration between North Florida farms, local fisheries, artisans and some of the city's most talented chefs will make for an unforgettable dining experience. Cost is \$150 for members and \$160 for non-members. For more information or to purchase tickets, please call (904) 899-6038 or visit www.cummer.org.

Saturday, March 30

Go on a nature hike with a park ranger at 2 p.m. through the forests of Fort George Island and learn about the history, people, and places that once called this island home. 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, April 6 and Sunday, April 7

The Florida Department of Environmental Protection's Fort Clinch State Park will host a Union Garrison event on.

melancholy.

Of course, my immediate reaction was to get mad at my own husband, who never put gas in my minivan. Just as I was mentally making plans for real doozy of a husband-wife argument, the salt-and-pepper-haired lady continued:

"I never asked him; he wanted to do that for me, so he did. And there were things I always did for him - cooking his meals, gardening, and such. I must say, we loved taking care of each other."

I stood, mouth half agape, staring at the lady in the shared mirror. Like a scene from "Cocoon," it was as if she had just bestowed upon me the secret to a happy marriage.

"Will that be all?" the bolt-studded Subway employee said, jolting me back to the present. I realized that making my

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 per person Fort admission. For additional information, contact the park at (904) 277-7274 or visit www.FloridaStateParks.org.

Wednesday, April 10

Duval County Extension staff are offering a workshop on spring gardening from 10 a.m.-1 p.m. at Mandarin Garden Club, 2892 Loretto Rd. Learn about the Good, Bad and Ugly Insects, Landscape Tips and Keeping Tools in Shape. This is a free program. Pre-registration requested to beckyd@coj.net or 904-255-7450.

From Page 2

husband's sandwich every day didn't render me subservient to him. It was something I did to take care of him because he takes care of me.

With a fresh outlook on my marriage and a fresh tuna sub in my hand, I decided that there was no reason for me to dig my heels in.

I'd continue making my husband sandwiches for the rest of our lives, and hopefully he'll endure a heel or two along the way.

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



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Pick up your copy at any of these off-base sites

Fleet Landing

Mayport Rd., Mayport

Citgo-Express Lube

2584-4 Mayport Rd., Mayport

Mayport Tavern

Mayport Rd., Mayport

Singleton's Seafood Shop

Mayport Rd., Mayport

Coast Guard Station Exchange Store

Mayport

Coast. Guard Main Gate Sec Check-In

Mayport

USO Center

2560 Mayport Rd., Mayport

Dick's Wings

Mayport Rd., Mayport

Otter Run Apts.

Assisi, Mayport

Community Center

Assisi At End, Mayport

Rainbow Child Development

1137 Cove Landing Mayport

Navy Exchange/Commissary

2292 Mayport Rd., Mayport

Home Finder's Realty

2294 Mayport Rd., Mayport

Subway

2294 Mayport Rd., Mayport

Brass Anchor

Mayport Rd., Mayport

Terry's Country Store

2198 Mayport Rd., Mayport

Fleet Reserve Assoc. #290

390 Mayport Rd., Mayport

American Legion Post 316

1127 Atlantic Blvd., Mayport

Advance Auto Parts

14045 Beach Blvd., Jax Beach

2350 3rd St. S., Jax Beach

Beach Diner

501 Atlantic Blvd., Atlantic Beach

Beside Publix

600 Sawgrass Village Dr., Ponte Vedra Beach

Best Western

2389 Mayport Rd., Atlantic Beach

BP Food Shop

7961 Arlington Expwy, Jax

BP Food Shop

14070 Beach Blvd., Jax

BP Food Shop

1628 N 3rd St. @ 16th Ave., Jax Beach

BP Food Shop

605 New Berlin Rd., Jax

Cap'n Odies

2206 Mayport Rd., Atlantic Beach

Chevron

1540 Mayport Rd., Atlantic Beach

Comfort Inn Mayport

2401 Mayport Rd., Atlantic Beach

Days Inn

1401 Atlantic Blvd., Neptune Beach

Family Dollar

10732 Atlantic Blvd., Jax

Famous Amos

1111 Cesery Blvd., Jax

FCE - Shell

7150 Merrill Rd., Jax

10716 Atlantic/St. Johns Bluff, Jax

1001 2500 Mayport Rd/A1A, Atlantic Beach

1539 3rd St. S., Jax Beach

FCE - Shell (Daily's)

9115 Merrill Rd./9-A, Jax

13490 Atlantic Blvd./San Pablo, Jax

14294 Beach Blvd./San Pablo, Jax Beach

4755 Hodges Blvd./JTB, Jax

Gate

1721 University Blvd. N., Jax

7211 Merrill Rd., Jax

1001 Monument Rd., Jax

10044 Atlantic Blvd., Jax

8070 Atlantic Blvd., Jax

2520 3rd St. S., Jax Beach

220 A1A N., Ponte Vedra Beach

619 A1A N., Ponte Vedra Beach

319 S 3rd St., Jax Beach

570 Busch Dr., Jax

4100 Heckscher Dr., Jax

463779 SR 200/A1A, Yulee

Girvin Coin Laundry

12777 Atlantic Blvd. #2, Jax

Holiday Inn Express

1101 Beach Blvd., Jax Beach

Holiday Inn Express

2040 Mayport Rd., Atlantic Beach

Jiffy Lube

2837 Townsend Blvd., Jax

10430 Atlantic Blvd., Jax

1672 3rd St. S., Jax Beach

13560 Atlantic Blvd., Jax

1067 Atlantic Blvd., Atlantic Beach

La Pizzeria

2158 Mayport Rd., Jax

Navy Exchange (Side Of Pan Am Plaza)

2294 Mayport Rd., Atlantic Beach

T's Stop & Shop

2051 Mayport Rd., Atlantic Beach

Walgreen

4715 Hodges Blvd., Jax

Wok Express

1301 Monument Rd., Jax

FFSC Workshops Geared To Sailor, Families

From FFSC

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and childcare is not available. For more information about the classes or to register call 270-6600, ext. 1701. FFSC is located in Building One on Massey.

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

March 25, 8:30 a.m.-12:30 p.m., **Anger**

FFSC Plans Tea Party For Soon-to-be Moms

From FFSC

The New Parent Support Program is hosting an English Tea for expectant moms on April 25 from 1-3 p.m. at the base Chapel.

The program is honoring these women in recognition of April's Child Abuse Prevention Month. This is a special opportunity for moms-to-be to meet each other and have a grand day of pampering.

If you are pregnant, you are invited to come out and enjoy the food, tea and good company.

There is no charge for this event, however registration is required. There are limited seats available. Call FFSC at 270-6600 ext. 1700 to save your seat.

Management Workshop, 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.

March 25, 9-11 a.m., **Active Parenting Class,** FFSC Room 702

March 25-29, 8 a.m.-4 p.m., **TAP Separatee**

Fleet and Family Support Center
STROLLER STRUT
When: April 9, 2013
When: 900-1030
Where: FLEET AND FAMILY SUPPORT CENTER
BACK OF BUILDING ONE
CALL 270-6600 FOR MORE INFO
JOIN US FOR SOME SUN, FUN AND EXERCISE!!
LOOKING FOR THE BEST DECORATED STROLLER ON BASE!!
IN SUPPORT OF MONTH OF THE MILITARY CHILD

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 market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days

of leaving the military see your career counselor for a quota for this highly successful program.

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

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

March 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.

Learn How To Market Yourself For Next Career

From FFSC

The Fleet and Family Support Center is sponsoring a once-a-year lecture regarding transition here at Naval Station Mayport.

It will be presented by The Military Officers Association of America (MOAA), and is entitled "Marketing Yourself for a Second Career". The event will be held on Thursday, April 4, 2013, at 9 a.m. in the Ocean Breeze Conference Center.

This top-shelf presenta-

tion is a great professional development opportunity.

Transition is of course ultimately a part of all military careers. Therefore, the lecture is perfect for those who are contemplating retirement in one to five years. However, it doesn't stop there.

Regardless of whether any particular officer or senior enlisted member has reached the point of being in their own transition, they should be edu-

cated about the process in order to mentor and counsel those who work for them and are contemplating or going through their transitions.

This "executive summary" presentation can prepare them for that role as well as many multi-day programs. Simply stated, it's a great fit for any commander, officer, or senior enlisted supervisor -- from the most senior, to the most junior.

The lecture will be

given by retired Capt. Jim O'Keefe, deputy director of transition services on MOAA's national staff. The presentation, given annually at over 150 military installations of all Services worldwide, is universally praised by audiences as, "up-to-date, hard-hitting, and sharply focused—a *must see*".

It includes comprehensive information on the retirement decision itself, employer perceptions, your competition,

resumes, cover letters, job search, networking, career fairs, interview techniques, salary negotiation, benefits packages, the current job market, and other relevant and important transition topics.

The presentation is geared toward officers and senior enlisted, but those of all ranks are warmly welcomed. Spouses are highly encouraged to attend as well!

All who attend will receive a free copy of the lecture's companion book, also titled "Marketing Yourself for a Second Career".

It is an in-depth, all-in-one resource for the transition process.

For further information, contact Stephanie Hoppe at stephanie.hoppe.ctr@navy.mil for call 904-270-6600 ext. 1604.

Mayport USO No Dough Dinner

Monday March 25, from 5-7 p.m., the Mayport USO Center will host a "No Dough Dinner". This is free for active d service members and their immediate families. On the menu is turkey, mashed potatoes, gravy, green beans, roll and dessert.

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.

Greater Jax USO Zoo Night - Wristbands On Sale

Save the date! The Greater Jacksonville USO is having a USO night at the Jacksonville ZOO on Friday, May 3rd. We will begin selling wristbands today at noon. Enjoy a night at the Jacksonville Zoo with the family on Friday, May 3rd (see attached flyer). Wristbands are \$2.50 each; cash only please. Wristbands are open for purchase by Active/Retired/Reservists/National Guard/ and Veterans (with ID). Wristbands can be purchased at the NS Mayport USO, NAS Jacksonville USO. Wristbands will be sold today from noon till 1pm at the Off-Crew Building onboard Naval Submarine Base Kings Bay.

Daytona Spring Turket Run



Military members receive \$2 off a single day ticket or \$5 off a two-day ticket for the 24th Annual Daytona Spring Turkey Run, the most popular car show in the country at the Daytona International Speedway on March 23-24. This special offer is valid for 2 admissions per military ID at the ticket booth. See thousand of classic cars and stroll through a massive swap meet. Enjoy action-packed activities for the whole family. For more information, visit www.daytonabeachcarshows.com.

Buy One Get, One Free Ticket Offers - Florida Theatre
Looking for a deal on a night out? The Florida Theatre is offering buy one, get one free ticket deals on the following shows:
March 21-America (\$45/40)
March 22- One Night of Queen with Gary Mullen and The Works (\$35)
*All tickets must be purchased at the Florida Theatre box office, 128 E. Forsyth, Monday-Friday and day of show, 9 a.m.-5 p.m., 904-355-2787, with a Military I.D. www.florida-theatre.com

USO Yard Sale - April 13

Have some things you'd like to get off your hands? The Mayport USO is having a yard sale Saturday, April 13th from 8 a.m.-3 p.m. Space is limited so call the Mayport USO at (904) 246-2481 today to reserve your table. Tables are \$10 for an inside table and \$5 for an outside table. Table setup begins

at 7 a.m.

Hawaiian Tropic Sunscreen - Free At The USO

Protect your skin this summer. Stop by the NAS Jax and Mayport USO centers for your free bag of Hawaiian Tropic sunscreen and after sun products.

Liberty Mutual Legends Of Golf - Free Admission For Military

Enjoy complimentary admission for all active duty, retirees, reservists, and dependents with military ID to the Liberty Mutual Legends of Golf Tournament in April at The Westin Savannah Harbor Golf Resort & Spa.

Military Wives Vendor Show - May 4

Join the Mayport USO for another wonderful Military Wives Vendor Show. This event is free and open to the public. There will be raffle tickets and food for sale. For more information, or to sign up as a vendor, email: milwivesbusinessesandevents@gmail.com

Disney On Ice Tickets- This Week

The Mayport and NAS USO centers is selling lower level tickets to the Friday, April 5 performance of Disney on Ice. Lower level Tickets are \$10 each and are cash only. Tickets are open to Active/Retired/Reservists/ National Guard/ and Veterans (with ID). Share a great evening with your family. Call the Mayport USO (246-3481) or the NAS USO (778-2821) to reserve your tickets. Sorry, no refunds/exchanges on tickets purchased for the

USO Looks For New Executive Director

From USO

Looking for a recently retired or soon to retire Senior Military Leader to assume the oversight, administrative and fund raising functions for 3 USO centers of operations, 6-8 full time employees and many volunteers who serve 250,000 service members and families annually.

The position requires a visionary who is an energetic self-starter, with substantial relationship management and networking skills and passionate enthusiasm in supporting our active duty and dependent military community.

This position further requires a high level of comfort in meeting with executives of small and large organizations in support of USO functions and funding needs. Further, this organization is governed both tactically and strategically by a

diverse board of community citizens and this position will report directly to this board. Substantial hands-on work in connection with USO sponsored events is a daily requirement of this rewarding position and week-end work and long hours should be expected. Specific skill requirements include: Fundraising, Budget development and control, Business planning; People management and, public speaking.

Salary range of \$72,000-\$80,000 based on qualifications with bonus potential based on performance.

Application must be submitted to the NAS Jax USO, Naval Air Station Jacksonville, Bldg. 1050; P.O. Box 108, Jacksonville, Florida 32212-0108 by no later than April 15, 2013. Applications may be hand delivered in person or emailed to Mr. Bob Ross at brross@usojax.com.

Thursday night performance.

USO Annual Memorial Golf Tournament

The annual USO Golf Tournament will be held at NAS JAX Golf Club on March 22 with a 10 a.m. shotgun start. Lots of fun, prizes on course and refreshments and food after completion of play. Funds raised go directly to support the troops and their families. We are limited to 30 foursomes.

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.

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

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.

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

Business & Financial

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erators, medium voltage
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be resp. for the work assignments
of the building engineers from the
automated work order system &
self generated work orders. Can-
didate is req. to have solid mechani-
cal & electrical background & abil-
ity to learn the buildings systems.
Fax your resume to 904-358-2534 or
email to: Jhawke@elementmtf.com

Management / Professional

ATTN: RETIRED MILITARY AND RECENT COLLEGE GRADS
GCA Services, a national provider of
facility services, is now accepting
resumes for our **Area Manager**
position. Requires a self-starter,
capable of managing multiple sites
in fast-paced environment. Must
be hands on and willing to learn.
Position requires a flexible work
schedule and a passion for success.
Ideal for newly retired military/
service industry professional/recent
college grad. Custodial experience
a plus, but willing to train.
Competitive salary, company
vehicle, 401k, health/vision/dental,
autonomous work environment,
promotion opportunities.
E-mail resume to
custodialmanager@yahoo.com
EOE
Text JAX14821060

Management / Professional

EXECUTIVE DIRECTOR - Greater Jacksonville Area USO
Looking for a recently retired or soon to retire Senior Military Leader to assume the oversight, administrative and fund raising functions for 3 USO centers of operations, 6-8 full time employees and many volunteers who serve 250,000 service members and families annually. The position requires a visionary who is an energetic self-starter, with substantial relationship management and networking skills and passionate enthusiasm in supporting our active duty and dependent military community. This position further requires a high level of comfort in meeting with executives of small and large organizations in support of USO functions and funding needs. Further, this organization is governed both tactically and strategically by a diverse board of community citizens and this position will report directly to this board. Substantial hands-on work in connection with USO sponsored events is a daily requirement of this rewarding position and weekend work and long hours should be expected. Specific skill requirements include: Fundraising, Budget development and control, Business planning; People management and, public speaking. Salary range of \$72,000-\$80,000 based on qualifications with bonus potential based on performance. Application must be submitted to the NAS Jax USO, Naval Air Station Jacksonville, Bldg. 1050; P.O. Box 108, Jacksonville, Florida 32212-0108 by no later than April 15, 2013. Applications may be hand delivered in person or emailed to Mr. Bob Ross at bross@usojax.com.

Part-Time

100 New Donors Needed
Save a life Make a Difference
New donors can donate
life saving plasma
and receive
\$110 compensation in two
donations. Additional
\$10 bonus with military
ID on first two visits
Talecris Plasma
2444 Mayport Rd,
Atlantic Beach 904.241.6376

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repairs, painting. Refs- 904-755-6898

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Almond color \$75. Avail. 3/7/13
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PUBLIC AUCTION
Saturday, March 23rd, 11AM
1801 W. 1st. St. (SR46)
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Great selection of new & near new
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Something for everyone!
Inspection: Fri, March 22nd,
9am-5pm & 9am day of sale.
Terms: cash, cashier check, MC,
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OBO. Ph- 912-674-0815

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Furn. URBANDALE NIGHTSTAND
model number B433-92 will pay
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904-534-0376

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wood dresser \$150. Light col-
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trees 5'-6' \$6. Fig trees \$7. TV
\$50. Girls bike 7-teen \$45.
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trunks, attractive feeling bark.
I bought too many. In con-
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1/4ct Princess Cut 14K white
gold 1-1/2 clarity 1-1/2 Color Size-6
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75 Shrs. Mercruiser 3.04cyl/
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Motorcycles/Mini Bikes

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