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THURSDAY, July 25, 2013

CNO Updates Status Of The Navy

By MCSN
Jennifer Lebron
Defense Media Activity - Navy

Chief of Naval Operations (CNO) Adm. Jonathan Greenert discussed the status of the fleet, readiness impact due to sequestration, and modifications to Navy policies at a press conference July 19 at the Pentagon.

"Presence remains our mandate," Greenert said. "This is what we are mostly about, and it's an essential element of our

"Presence Remains Our Mandate"

-CNO Greenert

defense strategic guidance."

Greenert pointed out that the Navy has about 95 ships deployed and about 3,700 operational aircraft. The current ship count in the Mediterranean has been higher than it has

been through the years.

USS Kearsarge and USS San Antonio are positioned in the Red Sea and stand ready with a range of missions and operations if required. USS Nimitz is deployed to the North Arabian Sea supporting ground operations in Afghanistan with close air support, and piracy in the region is slowly increasing and is becoming more of a concern.

In the Pacific theater, Talisman Saber Exercise,

started July 14, off the coast of Australia and in the Coral Sea. TS13 is an ongoing biennial training exercise with Australia and currently has George Washington Carrier Strike Group and Bonhomme Richard Amphibious Ready Group assets participating.

In the Southern Command, sequestration has caused the reduction to zero combat ships in the region.

"There are other naval forces in the region,"

Greenert said. "Non-combatant ships and other forces."

The Navy's first spearhead class joint high speed vessel will deploy to the Southern Command area of operation in FY 14.

"Presence forward, assuring our allies and deterring potential adversaries is our primary function," Greenert said. "I think we are out there at the, what I call, the maritime crossroads where it matters, when it matters."

CNO addressed the

readiness impact of sequestration for FY 13 and FY 14.

There is one carrier strike group (CSG) and one amphibious ready group (ARG) deployed to the each of the Arabian Gulf and Western Pacific theaters.

However, the surge force is a concern, Greenert said.

Currently, there is only CSG and one ARG ready to surge if needed. A year ago, the Navy had three

See CNO, Page 9

Gettysburg Sets Sail With Ike CSG

By Ensign
Kiley Provenzano
USS Gettysburg PAO

Guided-missile cruiser USS Gettysburg (CG 64) departed Naval Station Mayport Monday to join the Harry S. Truman Carrier Strike Group on a scheduled deployment to the 6th and 5th Fleet areas of responsibility.

Gettysburg has been actively preparing for this deployment with Carrier Strike Group 10 assets, participating in several exercises to prepare the ship and Sailors for deployment overseas.

"Our Sailors have continued to push themselves through these past few months, achieving incredible levels of success and competency with their systems," said Lt. Scott Jones, Gettysburg's combat systems officer.

With a modern AEGIS weapon system and embarked Helicopter Maritime Strike (HSM) 74, Det. 2, Gettysburg's training has developed a unique diversity of capabilities for the upcoming deployment.



The Sailors of USS Gettysburg man the rails as the ship sails past the Jetties heading out to meet the Harry S. Truman Carrier Strike Group on July 22. Gettysburg will be deployed for nine months to the 6th and 5th Fleet areas of responsibility. See more on Gettysburg, Page 11.

"This deployment will give us the opportunity to use the skills we've trained to develop," said Ensign William O'Quinn, anti-submarine warfare officer.

"The crew has participated in several exercises

and looks forward to the port visits and operational experience," O'Quinn added. "This will be my first deployment and, like hundreds of my shipmates, I am ready and eager to go."

While the Sailors are

deployed, families and friends of Gettysburg will continue their support at home. Partnered with the Daytona Navy League, the Navy Wounded Warrior/Safe Harbor Office, Operation Gratitude, United Through Reading

and several other organizations, members of the Gettysburg Family Readiness Group (FRG) will continue to provide support and service.

Gettysburg, named for the Civil War battle, will join aircraft carrier

USS Harry S. Truman (CVN 75), 1st Combined Destroyer Squadron, guided-missile cruiser USS San Jacinto (CG 56), and guided-missile destroyers USS Mason (DDG 87) and USS Bulkeley (DDG 84).

Meteorologist Keeps Watch On Weather

By MC2
Adam Henderson
4th Fleet public affairs

With Hurricane season in full swing Commander, U.S. Naval Southern Command/U.S. Fourth Fleet (COMUSNAVSOC/C4F) Rear Adm. Sinclair M. Harris relies on Meteorologist and Oceanography (METOC) specialists to keep U.S. 4th Fleet updated on current weather situations both in Mayport and downrange.

The C4F METOC division produces threshold-based daily forecasts to keep commanders informed of significant weather in South and Central America and the Caribbean Sea and its expected effects on maritime assets operating

there. The forecasts support daily briefs and is amended or supplemented by the METOC staff when short-term changes in weather occur.

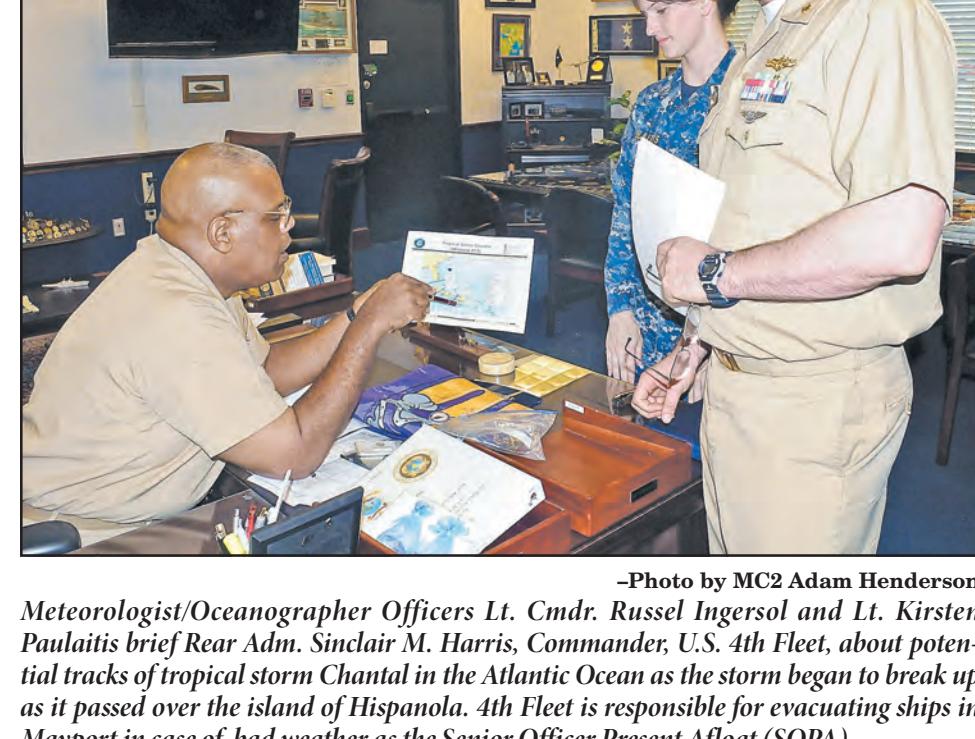
"Like all numbered fleets, 4th Fleet is assigned its own weather staff to support the planning process for future missions and to keep the Admiral informed of emergent weather conditions affecting current naval activities in the U.S. Southern Command operating area," Lt. Cmdr. Russell Ingersoll, 4th Fleet METOC officer, said.

"Our Meteorological team at 4th Fleet is absolutely essential in supporting our mission and lines of operations; conducting security coopera-

tion activities, maritime security and contingency operations," Commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet, Rear Adm. Sinclair M. Harris said. "Marine weather forecasting is vital to 4th Fleet operations and to the safety of the fleet."

4th Fleet METOC works with other agencies to continuously create weather models and predictions.

"There is continuous coordination with the Southern weather office about significant weather in the AOR and how it may affect missions. With respect to hurricanes approaching the Caribbean and/or Florida, where our



Meteorologist/Oceanographer Officers Lt. Cmdr. Russel Ingersoll and Lt. Kirsten Paulaitis brief Rear Adm. Sinclair M. Harris, Commander, U.S. 4th Fleet, about potential tracks of tropical storm Chantal in the Atlantic Ocean as the storm began to break up as it passed over the island of Hispaniola. 4th Fleet is responsible for evacuating ships in Mayport in case of bad weather as the Senior Officer Present Afloat (SOPA).

headquarters is located, the C4F METOC division communicates with the National Hurricane

Center in Miami and Fleet Weather Center Norfolk in order to coordinate hurricane track forecasts and

the anticipated effects those storms may have on naval facilities and afloat

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Hagel Talks Budget

With Sailors, Civilians

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USS The Sullivans

On Patrol In AORs

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Phil Sea Hits

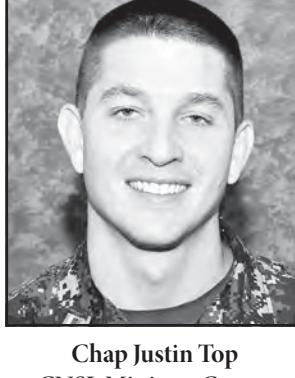
Co-Ed Softball Slammer

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Health, Humor, Faith To Combat Stress



Chap Justin Top
CNSL Ministry Center

Wouldn't it be nice if your job required you to sit on a beach every day sipping some exotic drink while relaxing in the sun? Keep dreaming!

You probably have to work long stressful hours to compensate for manning shortages and constant pushes to "do more with less." You also likely have to deal with the frustration of working in a bureaucracy, with all the red tape and inefficiency. For most of us, the dream of a stress free life will probably stay as just a dream for a long time.

Stress is a normal part

CHAPLAIN'S CORNER

of life. A little is good for us, but often we deal with more than is healthy. Unfortunately it is sometimes difficult to reduce stressors in our lives. As a result we may just try to tough it out and carry the extra load. The problem is that if you carry your load (even if it is not overwhelming) for too long without some sort of rest, eventually you will begin to break down emotionally. Whether the stress comes from difficult life events (such as relationship problems, death of a loved one, or work related issues), burnout (from persistent stress in the daily routine), or from compassion fatigue (from constantly pouring yourself into others emotionally), it can have negative effects and diminish your level of functioning.

Many people deal with stress by distract-

ing themselves from it. It is common for people to turn to alcohol, drugs, gambling, sexual diversions, unhealthy eating habits, or other damaging behavior to cope with stress. Unfortunately these do not alleviate stress. They simply postpone it and may actually increase the stress.

While there are many healthy and effective ways to deal with stress in the moment when it hits hardest, it is much more effective to start dealing with stress before it hits. Since you can plan on stress being part of your life, why not adjust your lifestyle to prepare for stress? In much the same way that physical training helps you to prepare physically for running a marathon, it is also possible to get yourself "in shape" emotionally to increase mental endur-

ance and emotional stamina. Here are four evidence based lifestyle changes you can make to increase your stress resilience:

Health- Everyone knows that exercising can help reduce stress, but it also can increase your capacity to carry stress and still feel good. In addition to exercise, other healthy practices such as a nutritious diet, good sleep hygiene, and avoidance of addictive chemicals can improve physical and psychological endurance, and generate a feeling of wellbeing. We all know the things we should be doing to be healthier. The challenge is getting the motivation to do them. You can start by making simple goals that can increase your momentum such as "Eat breakfast," or "Take the stairs instead of the elevator." As you see success with your small goals, gradually make them bigger.

Humor- Sometimes

laughter really is the best medicine. Studies have shown that laughter can boost the immune and circulatory systems, improve digestion, stimulate the release of endorphins, relax muscles, relieve pain, balance blood pressure, and improve mental functioning. It also relieves stress, improves sleep, uplifts your attitude, strengthens relationships, and makes you feel good. Smiling has many of the same effects as laughter, and they both work even if you are faking it! Increase the amount of laughter in your day and your ability to deal with stress will improve.

Spirituality- Studies show that people who have strong spirituality are healthier, happier, more confident, do better in school and work, and are more resilient to stress. Spirituality is not necessarily the same as religion. Religion can be a great source of spirituality, but there are other

ways to be a spiritual person. Spirituality helps you find meaning and direction in life. It creates a sense of awe and appreciation in life and connection to something greater than yourself. In a world where we are surrounded by noise, it is vital to take time to quiet your mind so that you can focus on what is important.

Self Care- Used here, "self care" simply means intentionally making time to take care of yourself emotionally. This may include prayer/meditation, yoga, guided relaxation, or other types of therapeutic relaxation. Or it may be something as simple as taking walks, stargazing, or spending time in nature.

The important thing is that you create rituals that will help you recharge and refocus. Make them a regular part of your lifestyle, and you will build your stress resilience.

Resources For Family Deployment Issues



Judy Cromartie
School Liaison Officer

With so many commands deployed or about to be deployed at this time, the emotional effects may be impacting your child. While most military dependents are able to deal well with a deployment of a parent, other children may exhibit behavioral changes. While a military parent may understand a child's reactions to deployment and have learned to spot these reactions, the parent may not know how to

address them.

First and foremost you need to seek help for the child. While emotional responses vary from child to child, there are some similarities in how children feel when their lives are impacted by a deployment, especially to a war zone.

Some common responses include the following:

- fear,
- loss of control,
- anger,
- loss of stability, and
- isolation.

Limiting exposure to media coverage of the war will help the child feel encouraged and safe at a time when the world seems a dangerous place.

If the child is exhibiting these responses

Knowing THE ROPES

and seems to need help beyond what you can provide or the school, there are resources available to the military family to provide help for your child and you.

Take advantage of existing supports which are provided by a number of organizations. **The Fleet and Family Support Centers** (FFSC) offer various programs which range from crisis and information, to stress management and parenting workshops. Each center has professional counselors available for individual and family consultations. It is part of the Fleet and Family Support Center's mission to ensure that Navy families have the support they

need to deal with a child's response to deployment. Contact the FFSC at NS Mayport by calling 904-270-6600.

Military OneSource provides access to face-to-face counseling; short-term solution-focused telephone consultation; and online consultation for Active Duty, Guard, Reserve (regardless of activation status), and their families. Contact Military OneSource 24 hours a day, 7 days a week at 1-800-342-9647 or www.militaryonesource.com.

The Military and Family Life Consultant Program also provides short-term, situational, problem-solving counseling services to Active Duty, Guard, Reserve, and their families. This program addresses the military's impact on children, and their services can be

provided on or off military installations. Contact Dr. Mia Wilson, Child and Youth Specialist MFLC, at 904-741-7842.

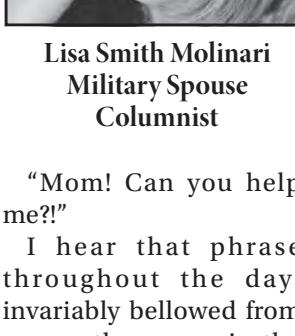
Extra support, consistency, empathy, and patience will help your child to return to his/her more usual behavior patterns. And while it is difficult to do during the summer, try to keep to an existing schedule. Children of all ages thrive on routine, but this is especially important during times of change. Bedtimes, mealtimes, and required chores should remain predictable.

But while you are providing extra help to your child, don't forget to take time for yourself. You, too, are dealing with your own reactions to the situation. The organizations indicated above will also provide assistance to you in dealing with not only

your child's reactions but yours too. Self care is one of the most important - and often the most forgotten - things you can do as a parent who is carrying the load while a spouse is deployed. When your needs are taken care of, your child will benefit as well.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at judith.cromartie@navy.mil or by phone at (904) 270-6289 X1305 [office] or (904) 993-5860 [cell]. Or you can schedule a meeting with her in her office in Building One.

'Indispensable Me' Can Be Highly Overrated



Lisa Smith Molinari
Military Spouse
Columnist

"Mom! Can you help me?"

I hear that phrase throughout the day, invariably bellowed from some other room in the house while I'm trying to cook, clean, answer emails, put away groceries, fold laundry, take a shower, write my column, or watch a DVRed episode of The Bachelorette while savoring an afternoon cup of microwaved coffee.

Summertime exacerbates this annoying phenomenon, because I can't drop my kids off at school to get them out of my hair for a few cotton-picking minutes. Ironically, the two teens, while claiming complete autonomy, seem particularly dependent on me to wake them, feed them, entertain them, stop them from frying their brains in front of the television, and remind them to shower.

There's no doubt about

The Meat&Potatoes OF LIFE

it: my husband works very hard to support our family. However, he tends to add to my burden at home by being endlessly hungry, inordinately hairy, and pretty much clueless when it comes to using the remote.

To make matters a tad [read: a gazillion times] worse, we just moved from Florida to Rhode Island a few weeks ago. It is our ninth military move, so you'd think we'd have it down pat by now.

However, here it is, nearly three weeks after the movers dropped off all of our worldly possessions, and we're still eating off of paper plates because no one has volunteered to unpack the dish box. We're drying ourselves with washclothes because no one has found the towels. We've even resorted to writing down Googled information on something called a piece of paper, with something called a pencil, because no one's hooked up the printer yet.

Sure, it will all get sorted out, assembled, installed, and put away. It always does. But it will

take many weeks longer than I thought it would, because everyone relies on me to figure it all out.

You see, my family lives under the false premise that I am the manager, the foreman, the safety net, the principal engi-

neer, the scullery maid, and the Grand Pubah of all things tedious, arduous and annoying. Despite the considerable responsibility of my multi-faceted position; there are no benefits of which to speak, unless "being needed" can be perceived as advantageous.

If you ask me, it's highly overrated.

But I cannot protest too

much, because this unfortunate set of circumstances is my own doing. Back when the kids were mere munchkins and my husband's hairline had not begun to recede, I reveled in my Supermom status.

I was younger, stronger, more energetic, less forgetful, and significantly less dependent on caffeine to keep me awake during the day. I consid-

ered mothering an exciting challenge to conquer, and I did so with fierce determination.

I planned and cooked balance meals, I whipped up Halloween costumes from felt and pipe cleaners, I landscaped the yard with a baby wrapped around my midsection, I orchestrated elaborate birthday parties with

See Molinari, Page 3

	Command Chaplain Lt. Cmdr. Jerome Cayangyang
Roman Catholic Mass	Sunday 9 a.m. Monday-Thursday 11:30 a.m. Holy Day of Obligation (call chapel for schedule)
Confessions:	before & after mass or upon request
CDC, 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 9:30 a.m. Protestant Youth Group 1st Friday Youth Quak Trip 6:30 p.m.
2nd & 4th Friday at Chapel 5-8:30 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, call 270-5212.

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Hagel Talks Budget with Sailors, Civilians

By Clark Pierce

Jax Air News

During his first visit to Naval Air Station (NAS) Jacksonville July 16, Defense Secretary Chuck Hagel called on Congress to work with DoD to avoid sequestration in fiscal 2014.

Otherwise, DoD will be forced to cut \$52 billion from its budget that only could be accomplished by putting together an extremely severe package of military and civilian personnel actions.

With U.S. Reps. Corrine Brown, Ander Crenshaw and Ted Yoho joining the audience at a town hall meeting with civilians and Sailors at Fleet Readiness Center Southeast (FRCSE) aboard base, Hagel called on Congress to work with DoD to avoid sequestration in fiscal 2014.

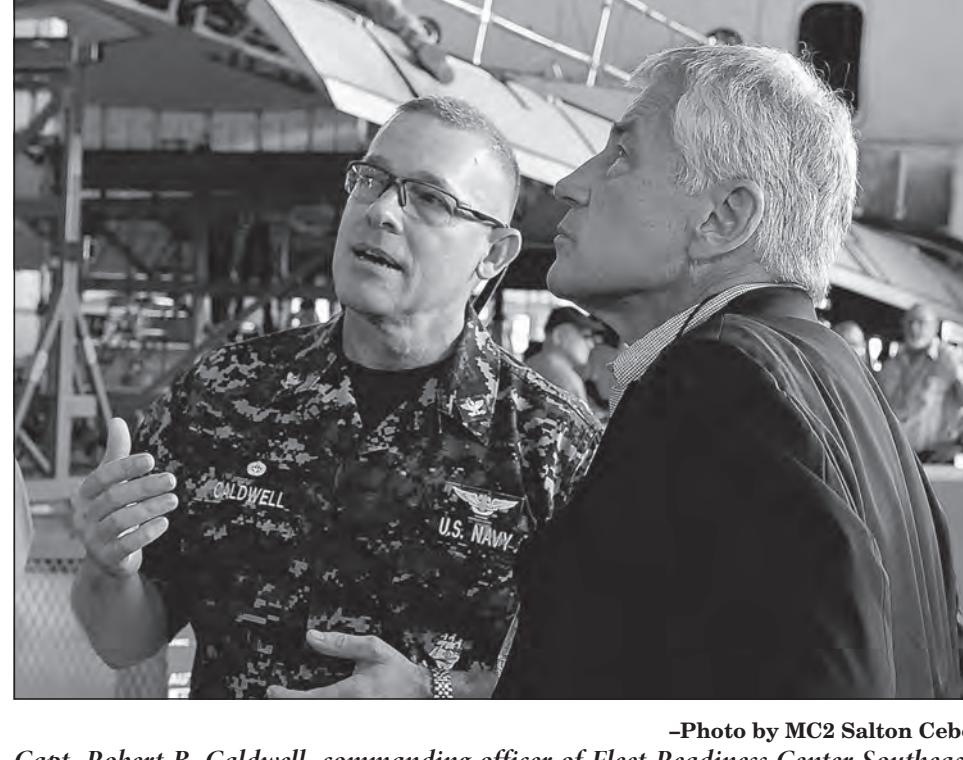
"If the cuts continue, the department will have to make sharp reductions with far-reaching consequences - including limited combat power and reduced readiness that will undermine our country's national security interests," Hagel told the audience.

Hagel remarked that if

sequestration remains in effect, the size, readiness and technological superiority of America's armed forces will begin a downward spiral that will be costly to reverse.

"If Congress can't find a way to avoid sequestration in 2014 - DoD will have to consider involuntary reductions in force to reduce civilian personnel costs," said Hagel. "Hiring freezes will continue and facilities maintenance funds will further erode."

He added that DoD could meet further reductions only through a severe package of military



Capt. Robert B. Caldwell, commanding officer of Fleet Readiness Center Southeast leads Secretary of Defense Chuck Hagel on a tour of the center at Naval Air Station Jacksonville. Hagel toured Naval Air Station Jacksonville and addressed concerns over sequestration within the Department of Defense.

-Photo by MC2 Salton Cebe

personnel actions, including halting all accessions, ending all permanent-change-of-station moves, stopping discretionary bonuses and freezing promotions.

"This was a great opportunity for SECDEF to learn about our aviation maintenance mission and to gain a better understanding of our numerous contributions to the warfighter," said FRCSE Commanding Officer Capt. Robert

Caldwell.

"At the town hall meeting attended by our civilian federal employees, the secretary said, 'You can't buy back readiness,' - and that is so true. What we do here and in the field is very important to Sailors and Marines operating forward. Mr. Hagel's message was clear - we can expect another round of budget cuts. The FRCSE team has been cost-conscious for a very long time, but what the

SECDEF said only reinforces our resolve to continue finding innovative and cost-effective solutions to better meet warfighter demands," added Caldwell.

Hagel recently called on Congress to work with DoD to approve the president's defense budget request.

The president's budget request slows military pay raises and raises fees for some military retirees' health care. It also looks to retire older Air Force and Navy assets, as well as calling for a new base realignment and closure program.

He said, "Uncertainty is a tremendous enemy - when military families live in a state of uncertainty, it impacts their concentration and that impacts their job. Ultimately, it can create a loss of skill sets that are vital to our national security and our readiness."

Hagel, an Army combat veteran in Vietnam and a former member of the U.S. Senate, stressed that service members do more than just put on a uniform, and civilians do more than just show up for work.

"Everyone connected with DoD is part of something bigger than

themselves. We're helping build a new world - a more free and fair world because tolerance, respect and dignity still anchor the human condition," said Hagel.

In addition to Fleet Readiness Center Southeast, Hagel's tour of NAS Jacksonville included: a luncheon with regional business and civic leaders; a media roundtable; a commissary tour; a P-8A Integrated Training Center tour; and a flight line tour of a VP-30 P-8A Poseidon aircraft.

At the NAS Jacksonville Commissary, store manager Larry Bentley welcomed the secretary of defense to the ninth-largest (in sales volume) store in the world.

"It was an honor to take Mr. Hagel on a tour - he was greeting patrons as we walked the aisles. Active duty and retired shoppers were pleasantly surprised to meet him," said Bentley. According to Bentley, the secretary was very impressed with the store and the warm welcome from the staff.



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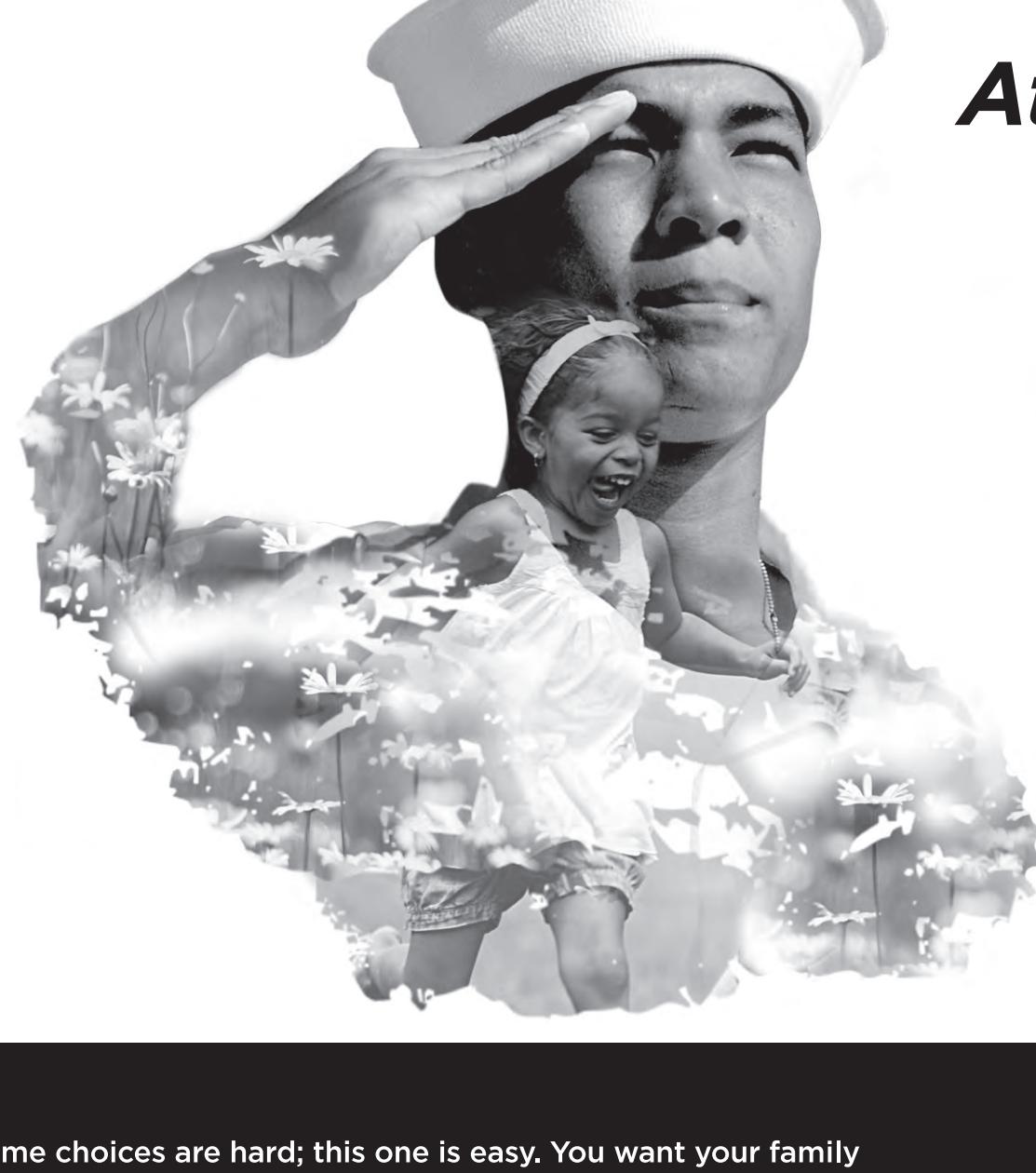
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From Page 2

So, to all you younger stay-at-home moms, let this rant serve as a warning: Dispense with any fantasies of becoming a Supermom now, or later, your family may decide that you've become indispensable.

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

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USS The Sullivans On Patrol



-Photo taken by Lt.j.g. Paul Moe

Lt. Erin Connor, Ensign Elizabeth Decker and Lt.j.g. Kevin Garlington stand bridge watch during Sea and Anchor detail of entering Reykjavik, Iceland.

By Lt.j.g. Paul Moe
USS The Sullivans PAO

Only one month into deployment, USS The Sullivans (DDG 68) has fulfilled a plethora of special evolutions and port visits in the 6th and 5th Fleet Areas of Responsibility.

First stop while transiting the Atlantic Ocean was in Reykjavik, Iceland. While in port, The Sullivans had the distinct privilege of sending 28 Midshipmen from the United States Naval Academy to a tour of the

Icelandic Coast Guard's vessel "Thor". In addition to this tour, ship's company, including Commanding Officer, Cmdr. Samuel de Castro, Executive Officer, Lt. Cmdr. Jennifer Blakeslee, along with Department heads and Second Tour Division Officers, met with Embassy personnel for a formal get together at the recently built Reykjavik Opera House.

In the days prior to departing for the Mediterranean, and eventually, 5th Fleet.

Before transiting through the Straights of Gibraltar, The Sullivans made a brief port visit in Rota, Spain to receive fuel and allow ship's company some leisure time before beginning the busy days ahead.

Rota will homeport four Ballistic Missile Destroyers of the same Arleigh Burke Class as USS The Sullivans in the

coming two years as a part of the phased adaptive approach. While in port, the crew said goodbye to the 28 Midshipmen on board for summer training.

Shortly after departing from Rota, Spain, The Sullivans made transit through the Straights of Gibraltar. Traffic was light, and many of the new personnel on board had the opportunity to see the unique passage with breathtaking views of Africa and Europe on either side,

in addition to the Rock of Gibraltar. After a roughly two hour transit through the Straights of Gibraltar, the crew shifted their sights on intensive Damage Control and Anti-Terrorism Force Protection training to prepare for the 5th Fleet Area of Responsibility.

In the moonlight hours of July 18, The Sullivans drifted in the vicinity of Port Said, patiently waiting her turn to enter the Suez Canal. At roughly 4:30 a.m. local time, they made their approach to

the Canal and began the 14-hour transit. During this transit, they hosted four different pilots, and saw a myriad of Egyptian sites. The safe transit was slow and steady, allowing for beautiful views and another new experience for many of the Officers and Enlisted personnel.

USS The Sullivans will continue her mission in the 6th Fleet and 5th Fleet operational areas as part of her six-month deployment.



-Photo taken by Lt.j.g. Paul Moe

Executive Officer, Lt. Cmdr. Jennifer Blakeslee, Gunner's Mate 2nd Class Rosario, Fire Controlman 2nd Class Warren, and Fire Controlman 3rd Class Welch take part in a Burial at Sea Ceremony while underway en route to the Mediterranean.



-Photo taken by Midshipmen 1st Class Micala Mignealt

A Midshipmen from the US Naval Academy on Summer Cruise takes aim on the .50 Caliber machine gun under the instruction of Crew Serve Weapons Instructor STC2 Rusty Howe.



-Photo taken by Lt.j.g. Paul Moe



-Photo taken by IS1 Ryan Taylor
Above, USS The Sullivans (DDG 68) close up the Battle Ensign and 5 Star Ensign while getting underway on deployment from Mayport, Florida on June 24, 2013. Left, Crew of USS The Sullivans (DDG 68) mans the rails while coming alongside USNS Leroy Grumman during Replenishment at Sea.



-Photo taken by Midshipmen 1st Class Micala Mignealt



-Photo taken by Lt.j.g. Paul Moe
Above, Newly appointed Senior Chiefs, Senior Chief Fire Controlman Dave Fowler and Senior Chief Master-at-Arms Danny Moreaux, are pinned by Senior Chief Fire Controlman Michael Poole, Chief Navy Counselor Melissa Cyr and Chief Operations Specialist Jorge Martinez while underway en route to the Mediterranean. Left, Midshipmen onboard USS The Sullivans (DDG 68) take turns driving the ship from After Steering under the instruction of Ship's Serviceman 2nd Class David Jackson, Lt.j.g. Paul Moe, and Ensign Christina Gatti.



-Photo taken by Lt.j.g. Paul Moe
Lt.j.g. Rachel Warren (Nozzelman) leads a group of Midshipmen alongside Damage Controlman 1st Class Hakim Ahmed and Boatswain's Mate 3rd Class Vernon Brown during firefighting and damage control drills while underway en route to the Mediterranean.



-Photo taken by Lt.j.g. Paul Moe
Midshipmen and Crew of USS The Sullivans (DDG 68) take part in damage control and firefighting drills on the flight deck. Training conducted by Boatswain's Mate 3rd Class Vernon Brown (Left) and Damage Controlman 1st Class Hakim Ahmed (right).



-Photo taken by Midshipmen 1st Class Micala Mignealt
View of a waterfall during an MWR tour outside of Reykjavik, Iceland.



-Photo taken by Lt.j.g. Paul Moe
USS The Sullivans (DDG 68) departs Naval Station Rota, Spain.



-Photo taken by Lt.j.g. Paul Moe
Damage Control Assistant, Lt.j.g. Kevin Garlington, takes time to train Midshipmen and crew members onboard USS The Sullivans (DDG 68) while underway en route to the Mediterranean.



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Auxiliary Member Reunited With Woman He Saved, Awarded For Heroic Action

By Petty Officer 1st Class Lauren Jorgensen
U.S. Coast Guard Public Affairs

A Jacksonville, Fla., man and member of the Coast Guard Auxiliary was awarded a Coast Guard Auxiliary Commendation Medal Saturday morning for saving a woman's life during a St. Patrick's Day parade in St. Augustine, Fla.

Before the ceremony, David Hensel was reunited with Sherry Hartman, of St. Augustine, for the first time since he performed CPR on her March 9, 2013, after she experienced complete heart



-Photo by Petty Officer 1st Class Lauren Jorgensen
Sherry Hartman (center) embraces the man who saved her life, Coast Guard Auxiliary member David Hensel, before an award presentation for Hensel in St. Augustine, Fla., Saturday, July 20, 2013. Since Hartman was unconscious when Hensel performed CPR on her March 9, 2013, this was her first time meeting him.

failure, pneumonia symptoms and blood poisoning.

Hensel was with three other Auxiliary members who were preparing to represent the Coast Guard in the parade when he noticed Hartman had collapsed so he leapt into action and began performing CPR on her while instructing others to get help. He performed CPR for more than 13 minutes before EMTs arrived. Hartman was taken to a local hospital for treatment, where she remained in a coma for the next six days before

recovering.

During the ceremony, Hartman said with teary eyes she couldn't find the words to express her gratitude for what Hensel did for her, but she would be eternally grateful.

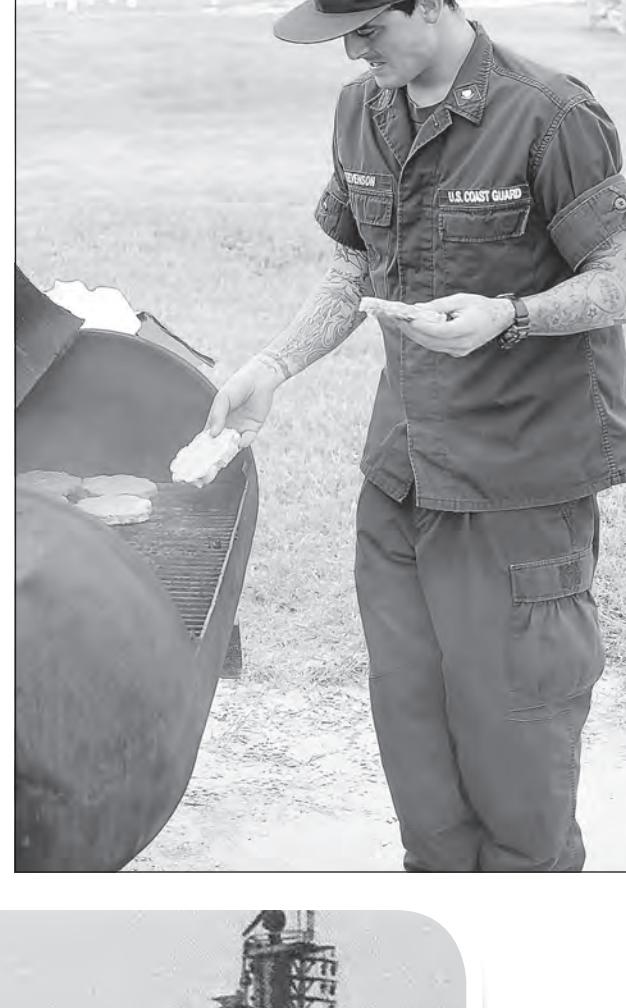
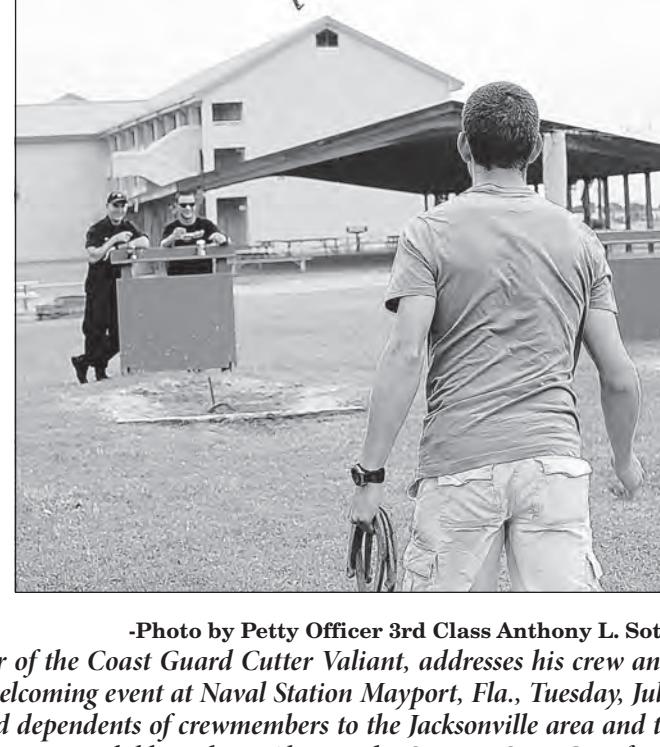
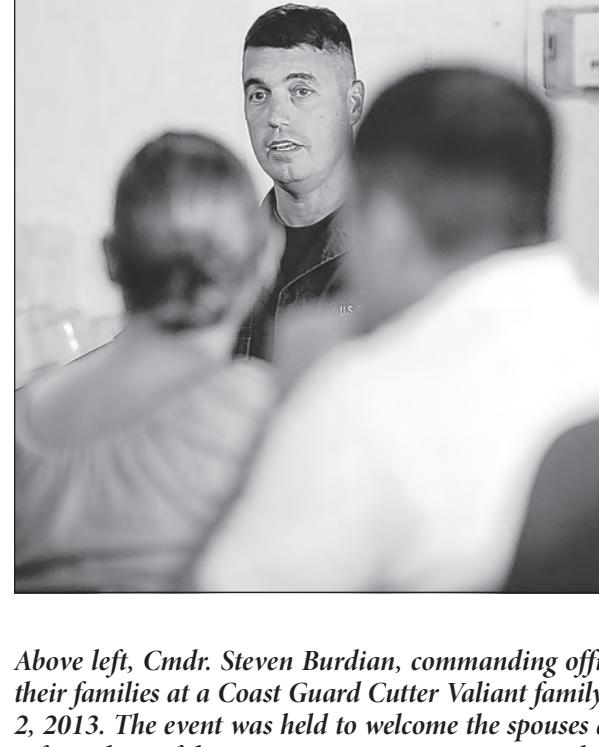
Aside from needing a pacemaker now, she is otherwise healthy. The hospital staff said David's swift response is what kept Hartman alive.

A firefighter paramedic with the Seminole County Fire Department for 20 years before retiring in 2006, Hartman said she never expected to be on the receiving end of EMT

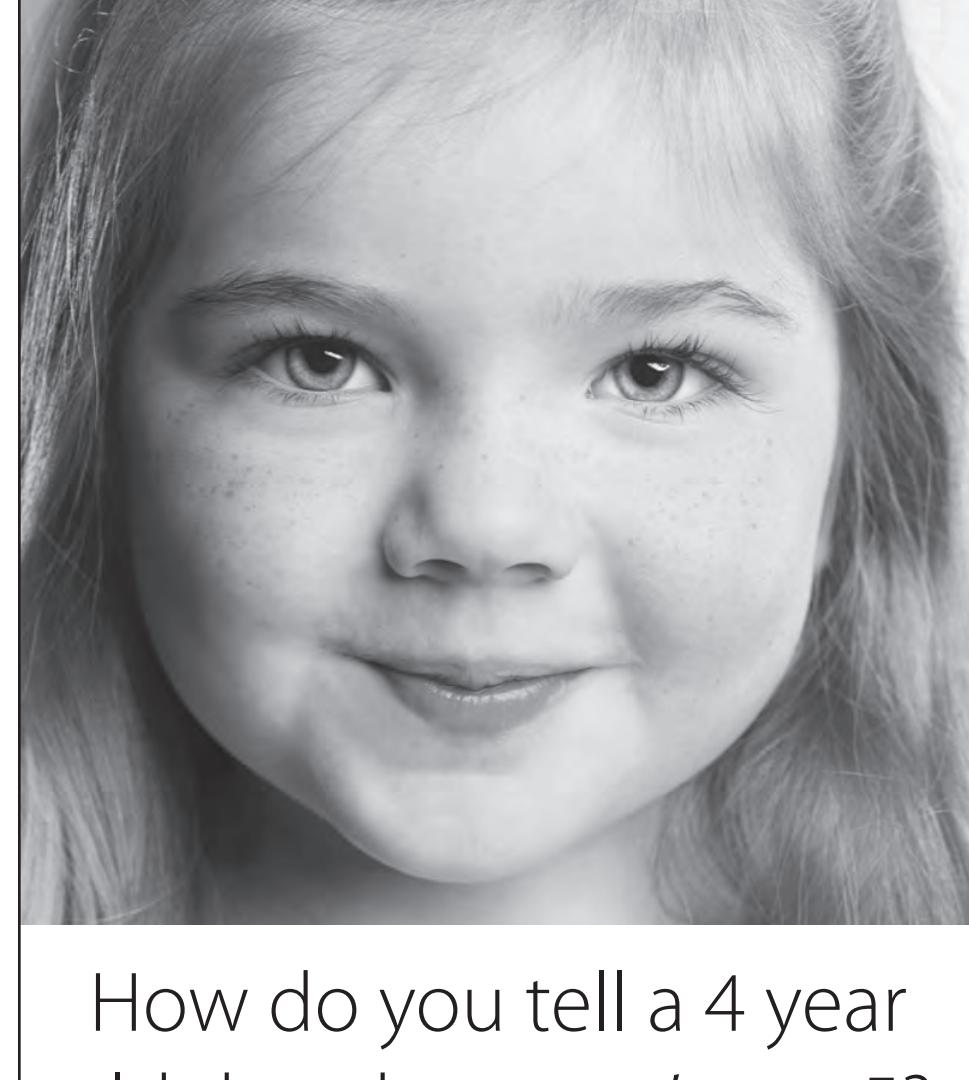
care. She added that she hopes her story will show others the importance of knowing how to perform CPR.

The Coast Guard Auxiliary is the service's volunteer component, and its members assist with safety and security patrols, search and rescue, mass casualty and disasters, pollution response and patrols, homeland security, recreational boating safety, commercial fishing and vessel exams, platforms for boarding parties and recruiting, among other duties.

'Valiant' Effort Welcoming Families To Mayport



Above left: Cmdr. Steven Burdian, commanding officer of the Coast Guard Cutter Valiant, addresses his crew and their families at a Coast Guard Cutter Valiant family welcoming event at Naval Station Mayport, Fla., Tuesday, July 2, 2013. The event was held to welcome the spouses and dependents of crewmembers to the Jacksonville area and to inform them of the various programs, amenities and activities available to them. **Above right:** Seaman Scott Crawford, green shirt, a crewmember stationed aboard the Coast Guard Cutter Valiant, plays a game of horseshoes with several of his shipmates. Petty Officer 3rd Class Christian Stevenson, a food service specialist stationed aboard the Coast Guard Cutter Valiant, prepares hamburgers and hot dogs for attendees at a family welcoming event.



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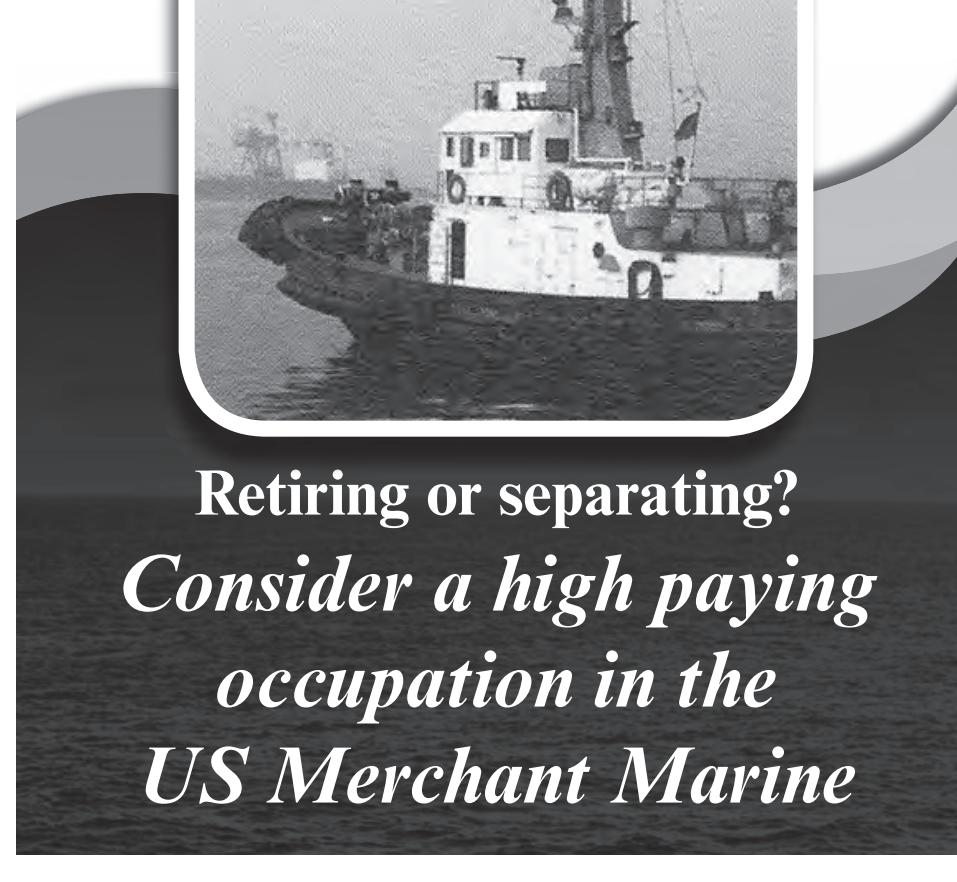
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Weather

assets," Ingersoll said.

This year's hurricane season is predicted to be busy and the C4F METOC officers are working hard to keep 4th Fleet leadership up to date about the possibility of hurricanes and current predictions.

"Pre-season predictions for each hurricane season are generated by organizations such as the National Hurricane Center or supporting professional entities in the weather community. This spring, anomalously warm sea surface temperatures in the tropical Atlantic, along with various other factors, were the basis of predictions for an

From Page 1

above-average season in 2013," Ingersoll said.

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

CNO

From Page 1

CSGs and ARGs ready to surge.

Despite reduced operations and maintenance spending in FY 13, Greenert said the Navy's focus is to keep sea commands ready for deployments scheduled for FY 14.

For FY 14, sequestration could reduce each account by 10 percent. The Navy possibly faces deeper cuts for FY 14, because FY 13 used money available from previous years to help pad the effects of sequestration, Greenert explained.

CNO's goal is to preserve shipbuilding and aviation contracts through this process.

Furlough impacts to the civilian force continue to be a challenge.

"Regrettably, we're enduring furloughs,"

Greenert said. "It's an impact, I felt it last week. I feel it this week. It hurts our readiness and it hurts our productivity as well."

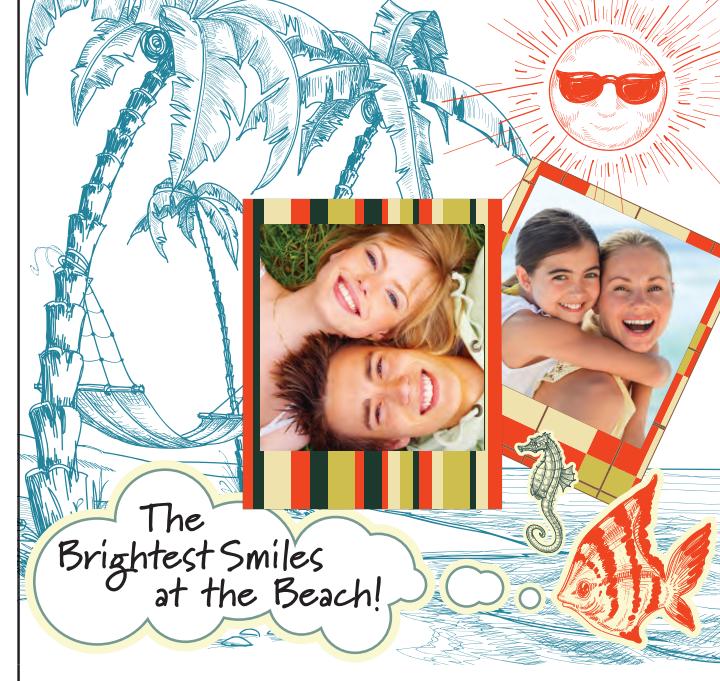
CNO addressed sexual assault organizational changes and a revision to the Navy Exchange alcohol sales policy by further discussing the Navy's newest changes that are taking place fleet-wide. Greenert said with more than half of all sexual assaults involving alcohol, the Navy had to look more critically at the atmosphere and climate of its bases.

Greenert said after a review of Navy Exchange alcohol sales trends at base stores the data showed a high volume of sales occurring late into the night and early morning and were not in line with mainstream retailers.



-Photo by Christopher Tucker

Marcus Miree and Richard Araujo, get ready to enter the First Class Petty Officer's Association Fun Zone at SERMC's annual command picnic held at the Sea Otter Pavilion on July 17.



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2010 NISSAN TITAN
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USS Gettysburg Families Connect With Several National Organizations



-Photo by Ensign Kiley Provenzano

Members of the crew of guided missile cruiser USS Gettysburg hand out battalion buddies to their children. Every child in the command received a bear dressed in the Navy Working Uniform to keep near until their parents return from deployment. Gettysburg is a part of the Harry S. Truman Carrier Strike Group.

**By Ensign
Kiley Provenzano**
USS Gettysburg PAO

As a ship prepares for its deployment, families and friends are left to manage the households of the Sailors who depart to serve the nation.

In a consolidated effort to support these incredible families, guided missile cruiser USS Gettysburg was joined by several national organizations as it took a unique spin on the normal pre-deployment informational meeting.

United through Reading, Families Helping Families, Navy Wounded Warrior, Operation Gratitude, and the Navy League joined Friends and family of the crew of Gettysburg to celebrate the summer season and share important information by the beach at Naval Station Mayport.

In a unique event, families were able to make connections with their Family Readiness Group and Ombudsman while collecting important information concerning the cruiser's upcoming deployment.

Several organizations that Gettysburg has worked closely with were



-Photo by Ensign Kiley Provenzano

Lt. Chet Frith of Navy Wounded Warrior-Safe Harbor introduces his PTSD support dog to children at guided missile cruiser USS Gettysburg's command picnic. Gettysburg and Navy Wounded Warrior-Safe Harbor recently announced a committed partnership of organized volunteer efforts.

present, offering their support to the crew and their families.

"Know that there are so many people in Daytona who care about you, who care about your families. All you have to do is call," said Ted Turowski,

President of the Daytona Navy League.

The Daytona Navy League has been an active part of Gettysburg. They have continuously recognized exceptional Sailors aboard and will host several of those Sailors at a



-Photo by Ensign Kiley Provenzano

Command Master Chief Daniel Hacker of guided missile cruiser USS Gettysburg, braves the dunk tank at the cruiser's command picnic and pre-deployment Fun Fest. Gettysburg is part of the Harry S. Truman Carrier Strike Group.

race this month.

The heart of this event was the Family Readiness Group (FRG) and making connections with the families of the crew.

"It was amazing to meet a lot of new families and for everyone to get excited about our work during deployment," says FRG President Erin Daniels. "We gave out as much information as we could so that we could be as prepared as possible. I'm looking forward to everything we will do with the families during deployment."

The command Fun Fest brought together the entire command for a cook out, games, and sunshine as the sailors

prepared their families for the upcoming deployment.

Gettysburg is a part of the Harry S. Truman Carrier Strike Group.

With the ship deployed, the families remaining in the area need vital contact information and specific connections to the resources available around the base.

This event provided a fun alternative to normal deployment briefings for families, as their children played games, friendly competition was waged, and families met members of their chain of command.

"The best part of the Fun Fest was getting the Gettysburg fam-

ily together and getting to know everyone," says Intelligence Specialist Chief Jessica Zackery, who will remain aboard for the entire deployment.

The command Fun Fest provided well deserved relaxation following two very successful sustainment exercises in preparation for Gettysburg's upcoming deployment.

The organizations present will continue a relationship and partnership with the families once the ship deploys.

The family readiness group is spearhead concerted volunteer efforts with each of the organizations, providing support consistently every month until the crew returns.

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CO-ED Softball League and Playoffs



-Photos courtesy of MWR

USS Philippine Sea pulled out the big guns and put them on the CO-ED Softball field for the 2013 season. The team finished with a 12-1 record for the league and continued their win streak eliminating everyone in their path during the playoffs. The next Softball season begins July 22. For more information on how to get your team involved call 904-270-5451.

Aquatics

Aug. 5: Summer Swim Lesson Session V Begins.

Registration is Aug. 2 & 3 at the pool from 8-10 a.m. Cost is \$45 per child/adult; \$40 if child is enrolled in Youth Summer Camp. 270-5101.

Intramural Sports

Aug. 10: Singles Tennis Tournament.

Sign up by Aug. 2. 270-5451

Aug. 13: Go the Distance 10K/5K Run.

8 a.m. in front of the gym.

Aug. 13: Intramural Flag Football Meeting.

11 a.m. at the Gym. 270-5451

Aug. 20: 3v3 Fall Soccer Meeting.

11 a.m. at the Gym. Season begins Aug. 26; end Oct. 21. 270-5451

Aug. 26-28: Pre-Season Flag Football Tournament.

Sign up by Aug. 19. 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

1/4 lb hamburger or a hot-dog with fries and a soda, All-You-Can Bowl with

shoes, music videos, light show and colored headpin bowling for prizes.

270-5377

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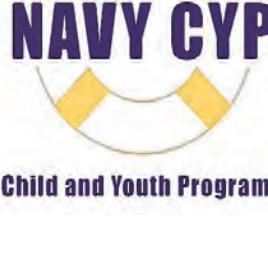
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Child and Youth Programs

July 26: Outdoor Movies- The Lorax (PG).

Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 2: Outdoor Movies- Oz the Great and Powerful (PG).

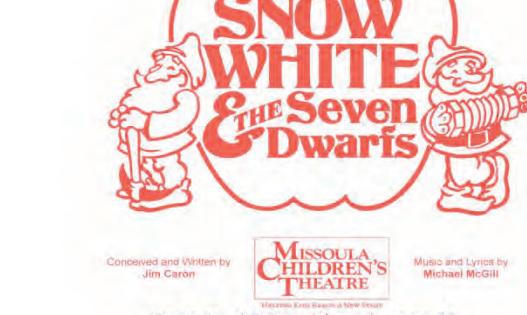
Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 5: Missoula Children's Theatre "Snow White & The Seven Dwarves" Auditions.

10 am-12 pm at the Youth Center.

Rehearsals will run Aug 5-9 12:30-2:30 pm;

Showtimes August 9 at 3:30 pm and 6 pm. 270-



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MISSOULA CHILDREN'S THEATRE

Music and Lyrics by Michael McGill

Open to children 1st grade- age 18
Pre-register to Audition today!

Auditions Monday, Aug. 5 10 am-12 pm
Rehearsals- Aug 5-9 10 am-12 pm and 12:30-2:30 pm*

Showtimes: August 9 at 3:30 pm and 6 pm

Missoula Children's Theatre is a unique experience which allows children to take part in a stage production from beginning to end in just a week. All costumes, set pieces, props and make up are provided. No advanced preparation is required for auditions. Both acting roles and backstage responsibilities will be cast

* Depending on the role your child is cast will determine when they need to attend rehearsals.

For more information, please call the Youth Center at (904) 270-5680

5680

Aug. 9: Outdoor Movies- The Croods (PG).

Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 23: Outdoor Movies- Brave (PG).

Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 16: Outdoor Movies- The Goonies

Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

(PG). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 9: Outdoor Movies- The Croods (PG).

Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 23: Outdoor Movies- Brave (PG).

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**Auto Skills Center**

July Special: 10 percent off all vehicle lifts plus free vehicle diagnostic for most vehicles. 270-5392

August Special: \$2 off brake rotor turning and \$225 for a 4-wheel brake job, turn rotors, tire rotation and balance (most vehicles). 270-5392

Tire Special: Buy four tires and receive free rotation on those tires for life (must show receipt to receive rotation). 270-5392

Beachside Bingo

We d n e s d a y s : Lunchtime Bingo. Every Wednesday at 11:30 a.m. at Beachside Bingo. Two \$500 payouts every week.

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.

Every Tuesday in August: Ping Pong Champ Joan Ruggiero. Learn how to play ping pong from the 1998 World Championship Doubles Bronze Medalist. 4-6 p.m. at Liberty Center.

July 26: Movie Trip. Van departs 6 p.m.

July 27: Call of Duty Black Ops Tournament. 6 p.m. at Liberty Center.

July 28: Ichnetucknee Springs Tubing Trip. Cost \$5. Sign up by July 24. Van departs Liberty Center 7 a.m.

July 29: Snag Golf. 6 p.m. at Liberty Center. Learn the basics, hone your skills, or just have some fun.

July 30: Ping Pong Tournament. Let's see what you've learned. 4:30 p.m. at Liberty Center.

July 31: Angry Birds. 5 p.m. at Liberty Center.

Aug. 2: Thrift Shop Trip. Van departs Liberty Center at 4 p.m.

Aug. 4: Call of Duty Black Ops Tournament.

6 p.m. at Liberty Center.

Aug. 5: Chess Tournament. 6 p.m. at Liberty Center.

Aug. 7: Liberty Programmer Meeting. 4:30 p.m. at the Liberty Center. This is a chance to tell the programmer what you want on YOUR Liberty Calendar.

Aug. 9: Jacksonville Jaguars vs. Miami Dolphins. Van Departs 5:30 p.m. at Liberty Center. Cost \$13.

the winning team of four takes home awesome prizes! 270-7204

Castaway's Lounge Every Weekday:

Castaway's After Work, At Ease: Stop into Castaway's every Monday-Friday from 4-6 p.m. for our great nightly specials! Enjoy Margarita Monday, Tuesday's Pint Glass Night, Around-the-World Wednesday, BOGO Thursday and Five Dollar Friday! Plus, Last Buck Bottles on the 14th and last day of every month! 270-7205

Aug. 3: UFC 163-Aldo vs. "Korean Zombie". 10 p.m. at Castaway's Lounge. 270-7205

Aug. 4: NFL Pre-Season Kick Off Party. 8 pm kick-off Miami vs. Dallas. Drink Specials and free prize pool. 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

Jaguars Football Tickets on Sale. Purchase

tickets for the 2013

Jaguars Football Season.

Section 149 \$70. 270-5145

Every Wednesday:

Castaway's After Work, At Ease: Stop

into Castaway's every

Wednesday from 4-6 p.m.

for our great nightly

specials! Enjoy Margarita

Monday, Tuesday's Pint

Glass Night, Around-the-

World Wednesday, BOGO

Thursday and Five Dollar

Friday! Plus, Last Buck

Bottles on the 14th and last

day of every month! 270-

7205

Every Thursday:

Trivia on Tap. 6 p.m. at

Castaway's. Test your

general trivia knowledge!

Every Friday:

Castaway's Lounge Every Friday:

At Ease: Stop into Castaway's every

Friday from 4-6 p.m. for

our great nightly

specials! Enjoy Margarita

Monday, Tuesday's Pint

Glass Night, Around-the-

World Wednesday, BOGO

Thursday and Five Dollar

Friday! Plus, Last Buck

Bottles on the 14th and last

day of every month! 270-

7205

Every Saturday:

Castaway's Lounge Every Saturday:

At Ease: Stop into Castaway's every

Saturday from 4-6 p.m. for

our great nightly

specials! Enjoy Margarita

Monday, Tuesday's Pint

Glass Night, Around-the-

World Wednesday, BOGO

Thursday and Five Dollar

Friday! Plus, Last Buck

Bottles on the 14th and last

day of every month! 270-

7205

Every Sunday:

Castaway's Lounge Every Sunday:

At Ease: Stop into Castaway's every

Sunday from 4-6 p.m. for

our great nightly

specials! Enjoy Margarita

Monday, Tuesday's Pint

Glass Night, Around-the-

World Wednesday, BOGO

Thursday and Five Dollar

Friday! Plus, Last Buck

Bottles on the 14th and last

day of every month! 270-

7205

Every Monday:

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At Ease: Stop into Castaway's every

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Thursday and Five Dollar

Friday! Plus, Last Buck

Bottles on the 14th and last

day of every month! 270-

7205

Every Friday:

Castaway's Lounge Every Friday:

At Ease: Stop into Castaway's every

Friday from 4-6 p.m. for

our great nightly

THE MIRROR Classified

PLACE YOUR MILITARY CLASSIFIED AD

BY PHONE 366-6300

Mon. - Thurs. 7:30 a.m. - 6:00 p.m.
Fri. 7:30 a.m. - 5:30 p.m.

TOLL FREE 800-258-4637

BY FAX 904-359-4180

IN PERSON

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

Deadlines

Run date Call by Fax by

Thursday Tue, Noon Tue, 11 a.m.
Please note: **Fax deadlines are one hour earlier.**
Holiday and Legal deadlines vary and will be supplied upon request. Cancellation and correction deadlines are the same as placement deadlines.

CANCELLATIONS, CHANGES & BILLING

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

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

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

GENERAL INFORMATION

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

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

CLASSIFIED INDEX

Announcements

Auctions

Real Estate for Sale

Real Estate for Rent

Commercial Real Estate

Financial

Instruction

Employment

Services

Merchandise

Pets/Animals

Transportation

904-366-6300

ONLINE

Classified line ads are online at jaxairnews.com

FREE online advertising!

Your Classified in-column ad automatically appears online at **no additional charge**.

Announcements

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

Arlington

Beautiful Harbour Woods Subdiv
11352 Woodsong Lp N, 32225
4br/2.5ba, scrnd porch w/ 5 seat hot tub. **OPEN HOUSE** 7/27, Noon-3pm
R-Griff Rd. Between Hwy 1-95 & Russ-Doe's Sandwich shop. Call Tammie Mathews w/ Monarch Realty Assoc. Inc. 904-507-9647

North Jacksonville

FOR SALE (2) 3br/1ba HOUSES
1979 Ella St. and 1981 Ella St. need a little work \$65,000 each.
ALSO 1578 W. 31st St. 4br/1ba house w/fireplace. \$35,000. Only serious inquiries call 904-935-4555

Nassau County

PICK A LOT PICK A PLAN
RESERVE AT DEER RUN
Large acre + country lots
EASY ACCESS TO LAND
You're West on SR200 I-95
R-Griffin Rd. - North on US-1
R Musselwhite L-Deer Run
Pristine Properties 904-759-1487
ralphbenett@bellsouth.net

Out of Area/Town/State

NEAR ASHEVILLE NC

Owner liquidating a 1232 SF cabin shell on 1.52 private acres has new septic, well and paved access \$62,000 needs finishing. 828-286-2981 Brkr

Investment Property

PHIL'S PLACE
RESTAURANT FOR SALE OR RENT.
\$2000 FOR RENT, 3 MONTHS FREE .
\$275K FOR SALE. 2009 UNIVERSITY
BLVD N JAX, FL 32211 904-612-0830

HOME FINDER REALTY

241-5501

RENTALS HOMES AVAILABLE NOW

JACKSONVILLE

SONOMA SOUTHSIDE 2/2 \$850 Avail 4/15/13
MERRILL PINES 3/2 \$850 Avail 12/1
MEADOWLAKES 4/2 No Pets \$1195 Avail NOW

FOREST CREEK 2/2 \$995 Avail 4/20
SUTTON LAKES 3/2 \$1295 Avail 5/15

SUTTON LAKES 3/2 \$1295 Avail Jul 15

CRESTWICK CROSSING 3/2 \$1095 Avail 7/20

WATERLEAF 5/3 \$1795 Avail 6/20

STONE FIELD at BARTRAM PARK 3/2.5 \$1175 Avail 6/1

THE LANDING at CROSS CREEK 4/2 \$1395 Avail 7/20

VILLAGES OF SAN PABLO 4/2 \$1595 Avail 6/20

CREEKSIDE BEND 3/2 \$1050 Avail 7/20

SUMMER HOUSE OLD PV 2/2 \$950 Avail 6/20

SANDALWOOD 3/2 No Pets \$950 Avail now

VILLAS OF @CROSS CREEK 3/2 \$1195 Avail 7/25

MANY MORE HOMES AVAILABLE

JUST CALL US AT 241-5501

www.hfrjax.com

2292 Mayport Rd, Suite 1 (Near NEX)

650,620 HOURS

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

Thank You!

JaxAirNews
Mirror
Periscope

Real Estate For Rent

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

Apartments Furnished

RIVERSIDE "JUST RIGHT" Walk to river, library, cafe', on park. WATER & ELECTRIC Inc \$695. 904-616-3367, 737-8194

Apartments Unfurnished

ARLINGTON \$650mo. Large 2br/2ba, water & sewer included, fully renovated, tile floors throughout, central heat & air. 904-252-3626

ARLINGTON \$550mo. Large 1br/1ba, water & sewer included, fully renovated, tile floors throughout, central heat & air. 904-252-3626

ARLINGTON \$550mo. Large 1BR/1BA, water & sewer included, fully renovated, no application fee, new tile floor, best location in Arlington 904-252-3626

ARLINGTON \$550mo. Large 1BR/1BA, water & sewer included, fully renovated, no application fee, new tile floor, best location in Arlington 904-252-3626

OCEAN FRONT - Neptune Beach unfurnished historic home 1br w/loft apt \$1800/mo. all inclusive. 904-923-7966

MURRAY HILL !!! Affordable Senior Living - Must be 62+. Studios & 1 bedrooms incl. util. Handicapped accessible units available!
Income based rents Equal housing opportunity. Call 904-381-4800; TTY 800-955-8771

WESTSIDE / MURRAY HILL 1BR \$425.00
2BR \$545.00
\$149.00 Security Deposit
904-329-1985

Condominiums

SAWGRASS LOVE THE BEACH Furnished efficiency. Just across the street from ocean short/long term. Please Call Jan 242-0411

Houses Unfurnished

FOR RENT-Beautiful 5 spacious bedrooms, 2.5 baths, 3,575sq., washer/dryer, 3 family rooms, fenced back yard, 2 car garage, & automatic water sprinkler system. \$15 PER MONTH. \$600 SECURITY. Evelyn 904-294-5114/Delbert 904-514-2243

NORTHSIDE 3br/1ba, 1100sf of living space w/wd floors, ch&da, large covered front porch/court, large fenced yard, great neighborhood centrally located. \$825/mo. \$825/dep. 904-294-2440

Mobile Home Lot Rentals

RV Lots or Mobile Home Lots - Ask about a free months rent! \$288 lot rent only. \$385 lot rent includes electricity. 4 miles west of I-295. 904-781-5645

Rooms to Rent

ARLINGTON/W/side/N/side - Furn., ph., TV, w/d., \$100-\$130 wk 638-4587

Northside nr bus route furn. rm, ch&da w/d \$125wk empl verify/bkrd 672-5337, 219-3902

Storage/Mini-Lockers

Pan Am Mini Storage 2383 Mayport Rd, Atlantic Beach, FL 32233, 241-2300, Free Month & Free Lock!

Commercial Real Estate

Commercial/Industrial For Sale

Commercial/Industrial For Rent

Businesses For Sale

Office Space For Sale

Office Space For Rent

Retail For Sale

Retail For Rent

St. Johns Commercial/Industrial For Sale

St. Johns Commercial/Industrial For Rent

St. Johns Businesses For Sale

St. Johns Office Space For Sale

St. Johns Office Space For Rent

St. Johns Retail For Sale

St. Johns Retail For Rent

Commercial/Industrial For Rent

Warehouse w/Offices - 3,000 SF and under Great for Ind/Svc/Dist. Grade Level, \$45/NNN & under! Near JIA, 95, 295 & 94A. Units have access to Common Area. Ramps, 3 phase power Call Lisa 493-5555

Business & Financial

Business Opportunities

Distributionships/ Franchises

Fictitious Names

Financial Services

Money to Lend/Borrow

Mortgages Bought/Sold

Education & Training

Private Instruction Schools

Specialty Training/ Events

Child Care

CHILD CARE - Licensed, Orange Park area. Birth to 12yrs. CPR, First Aid. Nationally accredited. Military Discount 904-278-0780 Linda's Daycare

Donnes' Day Care, 3 positions avail., 1-5 yrs old, \$100/wk per child. Orange Park, FL. Licensed. Breakfast, lunch &

Misc. Merchandise

EDGE HOG, Black & Decker 2 in 1 Landscaping, have manual Asking \$15. 904-771-0657

Metal Scaffolding 6' long, 4' wide on wheels. 904-771-0657

Six pc matching 4 poster queen sz brdr set incl. mirror, dresser, extra dresser, high-back cedar chest, night tbd \$1500
904-502-1748

Carved wood cake plate w/lid 16" round, 10" high w/pedestal made in the Philippines. \$30. 904-502-1748

VASES-Lrg Oriental \$100. Sm. \$30. Oriental Wall hangings \$10ea. Various porcelain dolls and figurines \$20ea. 673-5596

Pets & Animals

Adopt a Pet

Pets & Supplies

Livestock & Supplies

Animals Wanted

**Adopt A Pet/
Lost and Found**

POTBELLY PIGLETS - Tiny Baby TRUE Teacup \$50. 904-348-9928

Pets and Supplies

CHIHUAHUA PUPPS 4 mt S/W raised hm, parent 4&6lbs \$100. 904-647-7225

GOLDEN RETRIEVER PUPPIES CKC \$500. Parents AKC Toking Deposits Ready 7/23. 904-591-9029 http://youtu.be/nSwelO9KodY

MINI DONKEYS - 4 SALE 912-284-9767 OR 912-449-2921

Olde English Bulldog Pups \$1200 registered "Blues" 904-314-7048

Boats

1997 Seaport C/C 140hp Suzuki S/S prop depth finder, many extras, price \$6200obo. Jim 904-505-7455

RVs and Supplies

95' ROADSTER 190, very exc. cond., microwave generator LP stove, shower, refrig, solid oak rear dinette, toilet, seat at base sale log \$8900. 804-815-0808

HOLIDAY RAMBLER VACATIONER 35' 2003 MOTOR HOME - FESTP G.A. - 35' L.P. - 10' SWING RAMPED CALIPARS ROTORS LINES PADS- NEW MAPLE HARDWD FLOORS CORIAN COUNTERTOPS - NO SMOKE NO PETS - SHESTERED VERY CLEAN \$55,000. 912-294-0819

VRI Travel Trailer tow eg. 2 TV's, front bath, new tires, an bed, slps 6, lrg slide out, \$12K. H: 904-642-0881/716-1968

Motorcycles/Mini Bikes

'08 BENSHU 49cc Scooter, like new 24 miles. \$9250obo. Call 904-784-4591

HONDA VTX 1300 Retro 2006 - 10,000. miles, \$5000. call 904-285-6771

Automobiles

2010 Chevrolet Camaro LS Mileage: 36,836 One owner \$17,500. 276-252-8449

'13 Scion TC, red, RS/8, D, 23/31, 6spd, auto, 300 watts, 18" black rims, lowered, moonroof, \$20,200. 904-553-5445

'98 CHEV SILVERADO Z71, 4x4, tow pkg, tool box, pwr windows & seats, new tires \$4800. 9 0 4 - 6 1 9 - 7 9 6 0 / 521-8870/521-8820

BMW 328i Conv/Htop '07 58k mi, just tuned, beige/gold w/ white int., great cond \$24,500. 904-644-8539

FORD TAURUS 2006 - NEW tires, 122,000 miles. Good A/C, eng, trans, int/exterior. \$4,600. call 904-405-8999

Automobiles

MAZDA MX5 '08 Auto, retractable hardtop, leather, 7500mi, showroom cond 386-467-3143

MERCEDES BENZ 560 SL 1987 49k orig. miles, hard, soft top, cold A/C, Bluetooth w/CD, all service records, garaged, no mark on her! Classic, best offer over \$15,900 904-803-4014

Trucks / Trailers / SUVs

FORD 250 Super Duty Diesel Xcell cond., Banks exhaust, brakes, Smart Lock Trmsn, Monster exhaust pipe. 1 owner \$19K. 904-771-7295

Vans / Buses

'00 Chevy Van Venture, bar-gain priced \$2195. Last chance, Excel cond, 1st come, 1st served, display 3745 Frye Aven, Jax. 904-772-0489

\$7.8 Billion

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

Local businesses benefit from the military and civilian personnel who buy and rent homes and who purchase goods and services. Let them know what your business has to offer by advertising in one or all of the military publications distributed at the local bases in the area.

For advertising information, please call 904-359-4336. Fax 904-366-6230.

JaxAirNews Mirror Periscope

WE BRING THE MILITARY TO YOU

WE BRING THE



mazda

MAZDA Zero
TO DRIVE
EVENT\$0
DOWN\$0
SECURITY
DEPOSIT\$0
1ST MONTH'S
PAYMENT\$0
DUE AT
LEASE SIGNING

EXCLUDES TAXES, TITLE AND FEES, MONTHLY PAYMENT INCLUDES \$595 ACQUISITION FEE. OFFER EXPIRES 7/31/13.



2013 MAZDA3

40 MPG*

SKYACTIV
TECHNOLOGYSALE PRICE
\$209/Mo* OR **\$17,683**

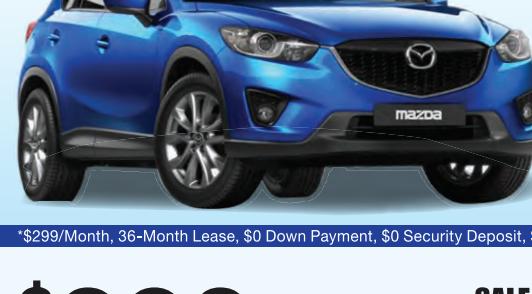
0% Financing Available^

\$500 OWNER LOYALTY & \$500 MILITARY DISCOUNT AVAILABLE**.

\$269/Mo* SALE PRICE
OR **\$23,985**2014 MAZDA6
38 MPG*
SKYACTIV
TECHNOLOGY

\$1,000 CUSTOMER APPRECIATION CASH & \$500 MILITARY DISCOUNT AVAILABLE**.

*\$209/Month, 36-Month Lease, \$0 Down Payment, \$0 Security Deposit, \$0 1st Month's Payment, \$0 due at Lease Signing. Excludes taxes, title and fees. **Must be active duty military to qualify and/or must be a current Mazda owner. Offer expires 7/31/13. ^W.A.C.



2014 MAZDA CX-5

35 MPG*

SKYACTIV
TECHNOLOGYSALE PRICE
\$299/Mo* SALE PRICE
OR **\$23,485**

0.9% Financing Available^

\$500 OWNER LOYALTY & \$500 MILITARY DISCOUNT AVAILABLE**.

*\$269/Month, 36-Month Lease, \$0 Down Payment, \$0 Security Deposit, \$0 1st Month's Payment, \$0 due at Lease Signing. Excludes taxes, title and fees. **Must be active duty military to qualify and/or must be a current Mazda owner. Offer expires 7/31/13. ^W.A.C.

\$209/Mo* SALE PRICE
OR **\$27,571**

0% Financing Available^

\$1,000 OWNER LOYALTY & \$500 MILITARY DISCOUNT AVAILABLE**.

*\$319/Month, 36-Month Lease, \$0 Down Payment, \$0 Security Deposit, \$0 1st Month's Payment, \$0 due at Lease Signing. Excludes taxes, title and fees. **Must be active duty military to qualify and/or must be a current Mazda owner. Offer expires 7/31/13. ^W.A.C.

2013 MAZDA CX-9

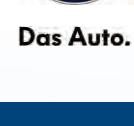
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