

USS Theodore Roosevelt conducts combined manned, unmanned operations

From USS Theodore Roosevelt (CVN 71) Public Affairs

The Navy's unmanned X-47B returned to carrier operations aboard USS Theodore Roosevelt (CVN 71) Aug. 17 and completed a series of tests, operating safely and seamlessly with manned aircraft.

Building on lessons learned from its first test period aboard TR in November 2013, the X-47B team is now focused on perfecting deck operations and performing maneuvers with manned aircraft in the flight pattern.

"Today we showed that the X-47B could take off, land and fly in the carrier pattern with manned aircraft while maintaining normal flight deck operations," said Capt. Beau Duarte, program manager for the Navy's Unmanned Carrier Aviation office.

"This is key for the future Carrier Air Wing."

See **X-47B**, Page 7



Photo by MCSA Alex Millar

The Navy's unmanned X-47B lands aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). The aircraft completed a series of tests on Aug. 17 over the Atlantic, demonstrating its ability to operate safely and seamlessly with manned aircraft, such as the F/A-18 Hornet.

NJROTC basic training wraps up at VP-45

By Lt. j.g. Anthony Montes
VP-45 Public Affairs Officer

A formal graduation ceremony took place Aug. 5 aboard NAS Jax for 67 incoming freshmen enrolled in the Navy Junior Reserve Officers Training Corps (NJROTC program at Nease High School in Ponte Vedra.

The new cadets completed a rigorous six-day NJROTC military indoctrination and training program known as BCT (Basic Cadet Training).

Designed to jump-start the incoming freshmen's JROTC training, the cadets learn how to wear their uniforms, how to march in formation, military customs and courtesies, as well as undergo intensive physical fitness training.

Upper classmen instruct all phases of the BCT program under the guidance and supervision of two NJROTC naval science instructors, in this case, retired AECM John Duffy and retired USMC Gunnery Sgt. D.D. Hanson.

On the final day of BCT, cadets visited the VP-45 "Pelicans" for an informative brief by VP-45 Commanding Officer Cmdr. T.J. Grady. Following the presentation, the cadets

were divided into smaller groups for a closer look at each squadron work center, as well as a tour of the new P-8A Poseidon.

Student questions for the tour guides ranged from general flight characteristics to the specific aircraft systems.

Members of the Pelicans aircrew were impressed by the students' background knowledge and overall enthusiasm for the event.

Lt. j.g. Joseph Johannes reflected, "It was very motivating to see young adults so interested in a career in the military."

The graduation ceremony culminated with the cadets' parents pinning on the collar device rank of E-2 on their cadets' uniforms.

Cadets Sydney Washington and Lily Short were selected as the Honor Graduates - an award given to the cadets with the highest academic and physical fitness average during the training.

The Nease High School NJROTC unit was commissioned in 1993 and its current officer in charge is retired USCG Capt. Scott LaRochelle.

See more photos of **NJROTC**, Page 9



Photo by Carol Blair

Cadet Cali Vaughn (right) briefs incoming cadets on NJROTC standards during Basic Cadet Training at Nease High School in Ponte Vedra.



Photos by MC2 Damian Berg

The Wasp-class amphibious assault ship USS Iwo Jima (LHD-7) arrives at its new homeport at Naval Station Mayport on Aug. 17.



The amphibious dock landing ship USS Fort McHenry (LSD 43) arrives at its new homeport at Naval Station Mayport. The homeport change is part of the Iwo Jima Amphibious Ready Group homeport change in support of strategic dispersal.

Naval Station Mayport welcomes Iwo Jima Amphibious Ready Group

By Lt. j.g. Lily Hinz
Amphibious Squadron 8 Public Affairs Officer

Naval Station Mayport's pier was filled with friends, families and the local community to welcome the newest ships to the basin. More than 1,300 Sailors can officially call Mayport and Jacksonville "home" as of Sunday afternoon when USS Iwo Jima (LHD 7) and USS Fort McHenry

(LSD 43) changed homeport from Naval Station Norfolk to Naval Station Mayport on Aug. 17. All three ships that make up the Iwo Jima Amphibious Ready Group (ARG) have made the shift to NS Mayport after much preparation and planning. USS New York (LPD 21) was the first to make the move in December and received a similar welcome from the Mayport and Jacksonville communities.

Excitement filled the air as Iwo Jima and Fort McHenry arrived in the Mayport basin Sunday afternoon. The two ships moored within a couple hours of each other, and the events culminated with a ceremony on the pier to honor the ARG's Sailors and their families.

See **MAYPORT**, Page 10

INSIDE

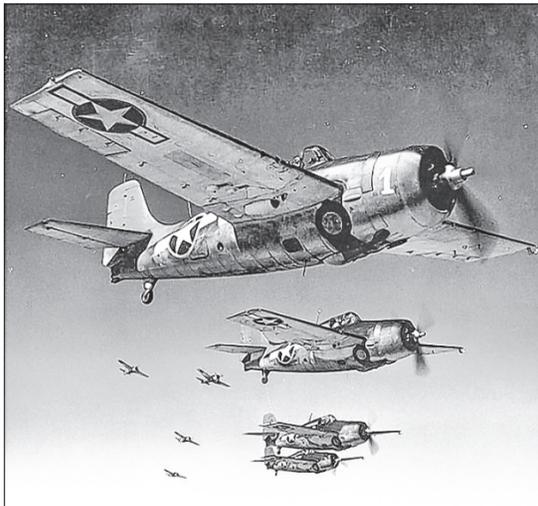
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US Navy photos

The Grumman F4F Wildcat was the primary Navy and Marine Corps fighter during the first year and a half of World War II. Its rugged construction and six .50 caliber Browning machine guns ensured the Wildcat gave as good as it got when fighting the faster and more maneuverable Japanese "Zero." Here, Navy pilots fly in tactical formation of four-plane divisions, comprised of two-plane sections.

From Staff

Aug. 21

1800 - U.S. Marine Corps Band performs its first concert in Washington, D.C.

1883 - Installation of the first electric lighting on a Navy ship completed on USS Trenton, a wooden hull screw steamer.

1951 - First contract for a nuclear-powered submarine, USS Nautilus (SSN-571), awarded to Electric Boat Company in Groton, Conn.

1965 - Launch of Gemini 5, piloted by Lt. Cmdr. Charles Conrad Jr., completed 120 orbits in almost eight days at an altitude of 349.8 km. Recovery was by helicopter from USS Lake Champlain (CVS-39).

1980 - USS Truxtun (CGN-35) rescues 42 Vietnamese refugees and USS Merrill (DD-976) rescues 62 Vietnamese refugees, over 200 miles southeast of Saigon.

Aug. 22

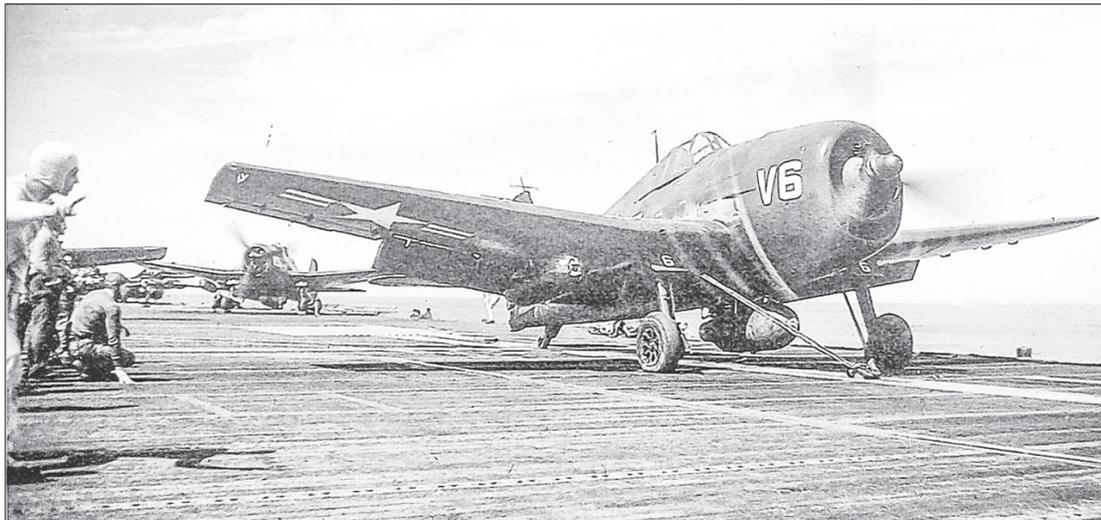
1912 - Birthday of U.S. Navy Dental Corps

1945 - First surrender of Japanese garrison at end of World War II; USS Levy receives surrender of Mille Atoll in Marshall Islands.

1980 - Fleet replenishment oiler USS Passumpsic (AO-107) rescues 28 Vietnamese refugees.

Aug. 23

1864 - Rear Adm. David Farragut's squadron captures Fort Morgan at Mobile Bay, Ala.



Grumman F6F-5K Hellcat drones are launched from the port catapult of the aircraft carrier USS Boxer (CV-21) during the Korean War in August 1952. The F6F-5Ks were used as "guided missiles" and were directed to their targets by Douglas AD-2D Skyraider control planes. The attacks produced only meager results. Note the 1,000-pound bomb attached to the belly of the Hellcat.

This Week in Navy History

1958 - In Taiwan Straits crisis, ships of 7th Fleet move into Taiwan area to support the nationalist Chinese island against Chinese communists.

1963 - The first satellite communications ship, USNS Kingsport (T-AG-164) in Lagos, Nigeria, connected President John F. Kennedy with Nigerian Prime Minister Balewa, who was on board for the first satellite (Syncom II) relayed telephone conversation between heads of state.

Aug. 24

1814 - British invasion of Maryland and Washington, D.C. caused Washington Navy Yard and ships to be burned to prevent capture by the British.

1912 - Launching of USS Jupiter (AC-3), a collier, later converted into the Navy's first aircraft carrier and renamed USS Langley (CV-1) in 1920.

1942 - U.S. carrier aircraft begin two-day Battle of Eastern Solomons, where Japanese task force is defeated and one Japanese carrier sunk, forcing the Japanese to recall their expedition to recapture Guadalcanal.

1960 - Attack transport USS Bexar (APA-237) deploys to Pangahan Province, Philippines in response to emergency request for aid from the provincial governor.

Aug. 25

1843 - The side-wheel steam frigate USS Missouri arrives at Gibraltar completing the first trans-Atlantic crossing by U.S. steam powered ship. The next day she

was accidentally set afire, exploded and sank - fortunately without loss of life.

1942 - Five Navy nurses who were POWs on Guam are repatriated.

1951 - Because the target was beyond range of land-based fighters, 23 fighters from USS Essex (CV-9) escort USAF heavy bombers attacking Najin, Korea.

Aug. 26

1775 - Rhode Island Resolve: Rhode Island delegates to the Continental Congress press for creation of Continental Navy to protect the colonies from the British.

1839 - U.S. Brig Washington seizes Spanish slaver, Amistad, near Montauk Point, N.Y. The case was a defining moment in the struggle to abolish slavery in the United States.

1861 - Union amphibious force lands near Hatteras, N.C.

1865 - Civil War ends with Naval strength of more than 58,500 men and 600 ships.

Aug. 27

1917 - Squadron of minesweepers departs U.S. for service off the coast of France.

1944 - USS Stingray (SS-186) lands men and supplies on Luzon, Philippines to support guerilla operations against the Japanese.

1959 - Off Cape Canaveral, Fla., USNS Observation Island (EAG-154) completes first shipboard launching of a Polaris missile.

How my husband helped me through depression

By Sarah Smiley
Special Contributor

From the Homefront

Robin Williams' tragic death fortunately brings depression back into focus. I say "fortunately" because the more we talk about it, the more people we help.

In January, and again in April, I shared with you my own struggles with depression. This past winter, I experienced one of my worst episodes. I'm doing much better today, with the help of medication, diet and daily walks - but I owe the biggest thanks for my recovery to my husband, Dustin.

I'm a big proponent of treating depression with medication. For many of us, it's the only way, and diet and exercise serve to augment the medication's effects. None of us, however, can get better without the help of our closest loved ones. For me, that is Dustin.

Today, when people ask how I got through that dark period (it truly is like a dark cloud that hovers), I tell them that Dustin, naturally nurturing and a born problem solver, was smart. I don't know how he knew exactly what to do. I'm not even sure he knew what he was doing at the time. But when I look back on those months, I realize there were steps Dustin took that led to the dark cloud lifting.

He took charge.

Dustin was in Washington, D.C., when he realized things were bad and that he needed to come home. He took 14 days of leave and flew home to Maine at midnight. All I remember is him coming upstairs, pulling the blankets up around my shoulders and kissing my forehead.

The next morning, I awoke to the sounds of him putting our home back in order. Things - dishes, laundry, cleaning - had taken a back seat when I was struggling just to get out of bed. That morning, Dustin was taking out the trash, folding laundry, picking up shoes and books in the living room, and emptying the dishwasher. He was also making doctor appointments for me and figuring out our insurance.

When you feel like the world is caving in on you, it helps if someone digs in a bit with their own shovel. They can't (and probably shouldn't) do everything for you, but making a dent helps the light in the tunnel shine through a bit easier.

He pushed me.

When Dustin got back from taking the kids to school, however, the pampering abruptly stopped. "Get up," he said, throwing back the covers. "We're

going to the YMCA to exercise."

I tried to crawl back under the sheets, but Dustin literally pulled me out of bed. Then he brought me my running shoes. "Let's go," he said. "And when we get back, you're going to fold the next load of laundry."

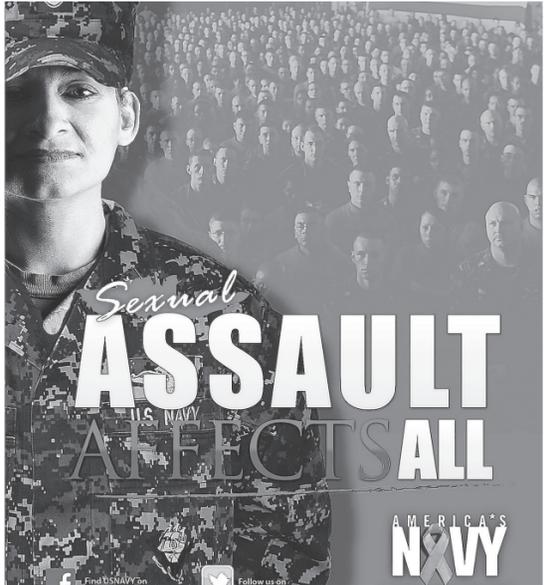
I must say, I wasn't very fond of Dustin that day. Or the next one either. The last thing I wanted was to go to the YMCA and exercise. And couldn't we just continue taking clothes directly out of the laundry basket? Why fold them?

But Dustin was persistent. He kept me moving - and making progress - those first difficult mornings. I might have screamed, "You just don't get it," a few times, but that didn't matter. Dustin knew staying in bed solves nothing.

After I did 30 minutes on the treadmill, he said, without an ounce of sarcasm, "Tomorrow, try to bump up your speed above 1 mph, okay?"

Then he backed off.

I sort of wanted Dustin to go back to D.C. when he was making me get up in the morning. I felt mentally and physically ill. Depression will do that to you. After a day of doing more than I had managed to do for at least a month, I couldn't imagine making it through the evening - dinner, dishes, more laundry, too. So I



was surprised when 7 p.m. rolled around and Dustin said, "Go to bed. Get rest. I'll wake you in the morning."

In other words, Dustin knew when to push and when to back off.

He also didn't bother me with any details about doctor appointments or insurance. I simply didn't have the capacity at the time to make any sense of it. Even today, when bills from that period come, he whisks them away and takes care of it. All he wanted - all he ever expected - was for me focus on getting better.

He showed me my progress.

We are not the best judge of our own progress. By the time Dustin's 14 days of leave were over, I was on my way to feeling "normal" (whatever that is) again. It was easy for me to forget how far I'd come. Suddenly I was hard on myself for not doing more.

When I got discouraged about walking only 30 minutes instead of an hour, or for ordering pizza instead of making lasagna, that's when Dustin did perhaps the best thing of all. He put it into perspective.

"If you walked faster than 1 mph, Sarah," he said, "I think you're doing great. And I'm proud of you."

SAPR Assistance Available 24/7



The DOD Safe Helpline may be reached by phone 1-877-995-5247, text 55-247 or via the app on iOS.

The Naval Air Station Jacksonville Civilian SAPR Victim Advocate 24/7 Duty phone is (904) 910-9075.

The Naval Air Station Jacksonville Sexual Assault Response Coordinator (SARC) Duty phone is (904)548-7789.

The Naval Station Mayport Sexual Assault Response Coordinator (SARC) Duty phone is (904)548-8392.

Civilian Community Sexual Assault Services may be obtained by calling (904) 721-RAPE or 721-7273.

Commands are encouraged to post their Unit SAPR Victim Advocates name and after hours Duty phone number visible in the commands to be accessible to sexual assault victims.

Victims' Legal Counsel (904) 542-5455

Chaplains may be reached for support (904) 542-3051 or Duty phone (904) 614-7385

Fleet and Family Support Center may be reached for counseling services 1-866-293-2776



Commanding Officer
Capt. Roy Undersander

Public Affairs Officer
Miriam S. Gallet

Executive Officer
Capt. Howard Wanamaker

Editor
Clark Pierce

Command Master Chief
CMD/CM(SW/AW)
Teri McIntyre

Staff Writer
AE2 Samantha Jones

Design/Layout
George Atchley

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'Red Lancers' at work in Bahrain



In Bahrain, AT3 Brown of VP-10 completes a full plane walk around inspection on Aug. 15, ensuring the integrity of the P-3C Orion aircraft meets the proper requirements for flight.

Photos by MC3 Julie Cox

PR3 Shepherd of VP-10, teaches AA Mccann the importance of manning fire bottles on the flight line. Knowing the proper way to operate a fire bottle will allow the crew members to safely disembark from a P-3C Orion aircraft. VP-10 is currently forward deployed to Bahrain on a seven-month deployment to support U.S. 5th Fleet Operations.



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U.S. military conducts airstrikes near Sinjar, Irbil

Compiled from U.S. Central Command News Releases

U.S. military forces continued to attack ISIL (Islamic State of Iraq and the Levant) terrorists in Iraq Aug. 16, with remotely piloted aircraft successfully conducting airstrikes on two armed vehicles south of the village of Sinjar.

After receiving reports from Kurdish forces that ISIL terrorists were attacking civilians in Kawju, a village located south of Sinjar, U.S. aircraft identified and followed an ISIL armed vehicle to a roadside area. At approximately 10:10 a.m. EDT, U.S. aircraft struck and destroyed two vehicles in the area.

All aircraft exited the area safely.

On Aug. 14, U.S. military forces attacked ISIL terrorists with a mix of fighter and remotely piloted aircraft northwest of Irbil.

The aircraft successfully conducted airstrikes on two ISIL-armed vehicles and an ISIL-operated mine-resistant ambush-protected (MRAP) vehicle.

At approximately 11:05 a.m. EDT, U.S. aircraft struck and destroyed the first of two armed vehicles after following them from a position where they had been firing on nearby Kurdish forces. At 11:07 a.m. EDT, U.S. aircraft struck and destroyed the second armed vehicle.

At approximately 11:40 a.m. EDT, U.S. aircraft struck an ISIL-operated MRAP, located near the site of the previous strikes against the two armed vehicles. After initial assessment, U.S. aircraft returned at approximately 12:55 p.m. EDT and destroyed the MRAP.

Community Calendar

Florida Master Naturalist Program for adults is sponsored by St. Johns County Recreation & Parks and Duval County Extension Aug. 21 and 28 at Trout Creek Park in Orangedale. For details and registration, go to: www.masternaturalist.org or call 904-220-0232.

USS Iwo Jima (LPH2/LHD7) Reunion, Aug. 27-31 at Crowne Plaza Hotel in Jacksonville. Call 757-723-0317 or <http://ussiwjojimashipmates.cfns.net/>

Military Officers Association of America (MOAA) Northeast Florida Chapter 18 will meet Aug. 20 at NAS Jacksonville Officers' Club at 11 a.m. RSVP by Aug.17 to CW4 Kenneth Snyder at (904) 215- 8560. Membership is open to all active duty officers and retirees from all military branches. Call Johnnie Walsh at (904) 282-4650 for membership info.

The Florida Branch of the 2nd Infantry (Indianhead) Division Association holds its annual reunion in Titusville, Fla., Oct. 17-19, at the Best Western Space Shuttle Inn. For more information, call Mike Davino at (919) 498-1910 or email to 2ida.mail@charter.net.

National Naval Officers Association (NNOA) meets the fourth Thursday of each month at 5 p.m. at Jacksonville Urban League 903 Union Street West Jacksonville. For information, contact Lt. Mark Jean-Pierre at 910-459-6858 or retired Lt. Cmdr. Paul Nix at 542-2518 or paul.nix@navy.mil.

Marine Corps League Det. 059 meets the first Thursday of each month at 7:30 P.M. at Five Star Veterans Center at 40 Acme St in Arlington. For information visit <https://mcljacksonville.org/> or call Dwayne Enos (904) 693-0280.

Association of Aviation Ordnancemen meets the third Thursday of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, visit www.aao9.com.

Orange Park Veterans of Foreign Wars (VFW) Post 5968 and its Auxiliary located at 187 Aurora Blvd. meets on the second Wednesday of the month at 7:30 p.m. VFW is a non-profit veterans service organization composed of combat veterans and eligible service members from the Active, Guard or Reserve forces. Go to www.vfwpost5968.org or call 276-5968.

Retired Activities Office (RAO) at NAS Jax Fleet and Family Support Center (FFSC) needs volunteers to assist military retirees and dependents. Work four hours a day, one day per week. Call 542-5790 from 10 a.m. to 2 p.m. weekdays to volunteer.

Ribbons & Roses, a breast cancer support group at Naval Hospital Jacksonville, meets on the second Tuesday of the month at 7 p.m. Call 542-7857 for more info.

Navy Jacksonville Yacht Club is open to active duty, reserve and retired military, plus, active or retired DoD civilians. Call 778-0805 or email commodore@njyc.org.

COMPASS Spouse-to-Spouse Military Mentoring Program. Helping others help themselves. Visit www.gocompass.org for more info.

Navy Wives Clubs of America DID No. 300 meets the second Thursday of each month at 7 p.m. at Lakeshore Methodist Church, 2246 Blanding Blvd. Call 272-9489.

Navy Wives Clubs of America No. 86 meets the first Wednesday at 7 p.m. next to the Thrift Store at the NAS Jax Yorktown gate.

Fleet Reserve Association Branch 290 monthly meeting is the first Thursday at 8 p.m., 390 Mayport Rd., Atlantic Beach. Call 246-6855.

National Active and Retired Federal Employees Westside Jacksonville Chapter 1984 meets at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. Call 786-7083.

Retired Enlisted Association meets the fourth Wednesday of each month at 1 p.m. at the Fleet Reserve Hall at 7673 Blanding Blvd. Call 772-8622.

VFW Post 5968 meets the second Wednesday of each month at 7:30 p.m. at 187 Arora Blvd., Orange Park. Call 276-5968.

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Commander, Navy Region Southeast Rear Adm. Mary Jackson is escorted by NAS Jax Commanding Officer Capt. Roy Undersander to the NAS Jax Black Point Interpretive Center near Mulberry Cove, the first stop during her tour of the base.

CNRSE learns about NAS Jax and tenant commands

From Staff

Rear Adm. Mary Jackson, commander, Navy Region Southeast visited Naval Air Station Jacksonville Aug. 13 for her installation orientation tour.

She assumed command July 18 and leads a region that guides and supports 17 installations throughout the Southeastern United States and the Caribbean.

As the third-largest installation in the Navy, the NAS Jacksonville tour featured a number of interesting commands and departments, including:



NAS Jax Assistant Natural Resources Manager Angela Glass describes community outreach programs for area schools at Black Point Interpretive Center – as CNRSE Rear Adm. peruses the station's Integrated Natural Resources Management Plan.

★ **BLACK POINT INTERPRETIVE CENTER**

★ **NAS JAX AIR OPERATIONS DEPARTMENT**

★ **NAS JAX BOAT HOUSE DIVISION**

★ **NAS JAX AIRFIELD CRASH CREW**

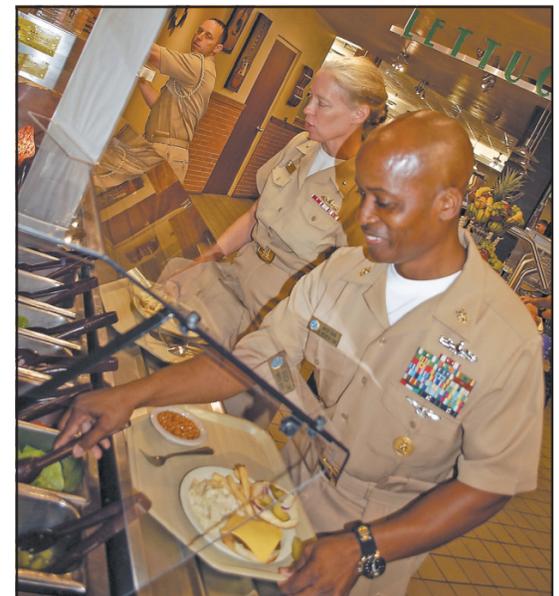
★ **BASE WASTEWATER TREATMENT FACILITY**

★ **VP-30 P-8A INTEGRATED TRAINING CENTER**

★ **NAS JAX FLIGHT LINE CAFÉ**

★ **NAS JAX UNACCOMPANIED HOUSING**

★ **NAS JAX CHILD DEVELOPMENT CENTER**



CNRSE Command Master Chief (CMDCM) Mack Ellis and CNRSE Rear Adm. Mary Jackson top off their plates at the award-winning NAS Jax Flight Line Café.

P-8A FIT Assistant OIC Cmdr. Pat McCormick answers questions about the weapon tactics trainer and its instructor operator stations to Commander, Navy Region Southeast Rear Adm. Mary Jackson.



As AC2 Cory Jordan and AC2 Alexis Ray man their stations in the control tower, the admiral's party observes aircraft takeoffs and landings. (From right) Air Operations Officer Cmdr. Mark McManus, Commander Navy Region Southeast Rear Adm. Mary Jackson, NAS Jax Commanding Officer Capt. Roy Undersander and NAS Jax Public Works Officer Cmdr. Joel Van Essen.



Commanding Officer Capt. Roy Undersander discusses station improvements for the year ahead with Commander, Navy Region Southeast Rear Adm. Mary Jackson, during her Aug. 13 orientation visit.



NAS Jax Air Operations Officer Cmdr. Mark McManus described the airfield, its runways and the support provided to home-based and visiting squadrons.

Photos by Clark Pierce



VP-30 Commanding Officer Capt. Curtis Phillips (second from right) talks about the advantages of electronic classrooms with the admiral. Each student sits at a keyboard and monitor – because there are no paper-and-ink manuals.



Commander Navy Region Southeast Rear Adm. Mary Jackson and VP-30 Commanding Officer Capt. Curtis Phillips listen to the post-flight (simulated) analysis by P-8A flight instructor Lt. Jacob Pitchford.



On a mostly rainy day, (from left) VP-30 Commanding Officer Capt. Curtis Phillips greeted the admiral and her party under the portico of the P-8A Integrated Training Center.



(From left) NAS Jax Airfield Facilities Manager Doug Chaney; Commander, Navy Region Southeast Rear Adm. Mary Jackson; NAS Jax Assistant Operations Officer Lt. Cmdr. Jay Haddock; NAS Jax Commanding Officer Capt. Roy Undersander; and NAS Jax Public Works Officer Cmdr. Joel Van Essen talk about the upcoming runway and airfield improvements.



(From left) AMAR Addison Lavie, BU2 Milton Curry, and HN Austin Knox each load six magazines before entering the range to qualify on the 9mm pistol.



Photos by AE2 Samantha Jones

Sailors are required to fire five rounds aiming for the middle left target from the kneeling position during the Rifle Lowlight Course.

Weapons proficiency: ASF live fire qualification

By AE2 Samantha Jones

Every three months, new members to the Auxiliary Security Force (ASF) are trained in order to supplement the civilian security force aboard NAS Jax.

ASF guard entry control points and assist the civilian security force in checking military IDs at all three gates.

During the NAS Jax Air Show in October, more than 100 ASF members will serve as crowd and traffic control, as well as provide watch standers for the flight line and fuel farm.

Sailors who join the ASF, are required to complete a fire arms instruction course to train in marksmanship, safety, and weapons familiarization for the 9mm pistol, shotgun and M-16.

The weapons training also includes use of force and deadly force training, weapon condition codes, clearing bar-



AWF1 Stephen Albino fires a 9mm pistol from the prone position during the Practical Weapons Course (PWC).

rel procedures, discretionary target acquisition, characteristics/ nomenclature, cycle of operation, remedial actions, assembly/ disassembly, marksmanship fundamentals, and weapon presentation.

During this course, the students are repeatedly required to demonstrate their ability to present the weapon, engage the target, and perform remedial actions before live fire qualifications.

In order to become comfortable with handling their assigned weapon, Sailors dry fire their weapons in a sterile environment with no ammunition present prior to their live fire qualification.

"We take weapons training very seriously. Many hours of train-



(From left) ADAA Logan Rausch, ET2 Pedro Amparo, and GM3 Daniel Smith dry fire a shotgun during the firearms instructions course in order to become more familiar with their assigned weapon before their live fire qualification. Dry firing is the action of "firing" a firearm without ammunition.

ing are documented before range day," said NAS Jax Security Range Operations Manager Michael McAninch.

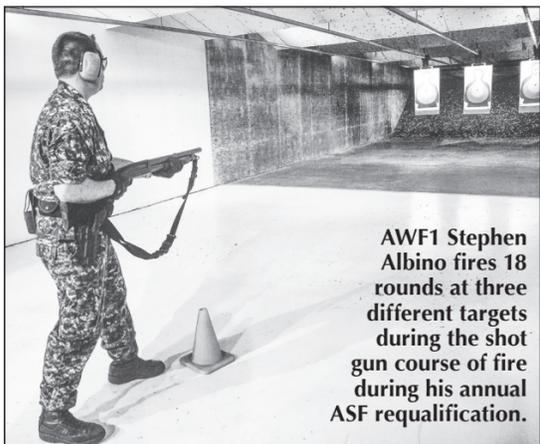
At the range, the Sailors qualify on the 9mm pistol and then are required to pass a low light course.

During this course, they are taught to shoot in a minimal lighting environment with blue and red strobe lights to simulate a squad car.

Next, the students get their heart rates elevated by running in place and engage multiple targets downrange during the Practical Weapons Course (PWC).

Finally, the Sailors are taught proper breathing techniques and trigger control while operating an M-16.

"I volunteered to do ASF because I believe it's very important to set a good example for the junior Sailors. I believe you should never expect them to do anything you are not willing to do yourself. As a first class petty officer, it's important to make your presence felt on the gate and prove to junior Sailors that this job is important to the safety of our base," said AWF1 Stephen Albino after he completed his annual live fire qualification.



AWF1 Stephen Albino fires 18 rounds at three different targets during the shotgun course of fire during his annual ASF requalification.

It only takes one storm to change the landscape of a community

From Florida Division of Emergency Management

Ten years ago, on Aug. 13, Hurricane Charley made landfall near Port Charlotte in Southwest Florida as a Category 4 storm, making it the strongest storm since Hurricane Andrew to impact Florida.

On the 10th anniversary of Hurricane Charley, Florida's residents and visitors are reminded to have a family emergency plan and a disaster supply kit. It only takes one storm to significantly impact your family, business, and community.

"Hurricane Charley was the first of four hurricanes to impact Florida during the 2004 season. Florida's State Emergency Response Team worked together to provide support during the response and recovery of the storm," said FDEM Director Bryan Koon.

"The 2004 hurricane season produced some of the most devastating hurricanes in Florida's history and serves as a reminder that hurricanes can change the landscape of a community."

Hurricane Charley's impact was felt across the state as it made its way through the Central and Eastern counties before exiting the state near New Smyrna Beach. Charley left behind an estimated \$15 billion in damage and was just the first of four hurricanes to impact Florida that year.

Floridians are encouraged to review and update their family and business emergency plans using the Get A Plan tool available at www.FLGetAPlan.com. It is also important to keep your disaster supply kit stocked with essentials, including canned food and water, to last you and your family for up to seven days after a storm hits.

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NAVFAC reservists execute CERT training

By Lt. Kevin Darmody
NAVFAC-NR Contingency Engineering Unit



Photo by Earl Bittner

Navy Reserve Seabees assigned to Naval Facilities Engineering Command (NAVFAC) Navy Reserve Contingency Engineering Unit from the Washington Naval Yard (NAVFAC) Headquarters, practice contingency engineering response team processes and procedures on Aug. 6 at NAS Jacksonville.

Operations Center for further transmission to higher headquarters for development of repair plans and cost estimates," said Don Maconi, NAVFAC Southeast contingency engineer.

The implementation and certification of a CERT team staffed by reservists is a new milestone for NAVFAC. The CEU CERT team was comprised individuals with significant construction experience in both military and civilian sectors.

"The team brings the capability as a force multiplier to NAVFAC when they need us," said NR NAVFAC CEU Officer in Charge Capt. Darcy Wolfe.

"Our team has really come together and is now operating as a cohesive unit."

Led by Cmdr. Lester Ortiz, the CEU CERT team has now trained, practiced, and demonstrated their capability as an effective engineering response force.

"While most NAVFAC CERTs are comprised of civilian engineers serving as a collateral duty, the CEU CERT is dedicated year-round to the training and

execution of the CERT mission, worldwide, wherever NAVFAC needs us," said Ortiz. "We plan to train in all potential disaster scenarios, not limiting ourselves to the specific hazards of any one region."

The use of the Reservists allows NAVFAC to deploy CERTs to semi-permissive environments inside or outside of the continental United States. Support missions inside the U.S. would also allow the CEU CERT to supplement civilian teams during large contingencies, or relieve them on site, allowing them to return to their regular jobs.

Currently the NR NAVFAC CEU CERT consists of 10 engineers and architects with additional members undergoing training. The team is adaptable and can be customized depending on the event and team members can be deployed in as little as 72 hours after activation.

X-47B

From Page 1

The first series of manned/unmanned operations began this morning when the ship launched an F/A-18 and an X-47B. After an eight-minute flight, the X-47B executed an arrested landing, folded its wings and taxied out of the landing area.

The deck-based operator used newly developed deck handling control to manually move the aircraft out of the way of other aircraft, allowing the F/A-18 to touch down close behind the X-47B's recovery.

This cooperative launch and recovery sequence will be repeated multiple times over the course of the planned test periods. The X-47B performed multiple arrested landings, catapults, flight deck taxiing and deck refueling operations.

"For this test period, we really focused on integration with manned aircraft," said Lt. Cmdr Brian Hall, X-47B flight test director.

"We re-engineered the tailhook retract actuator and updated operating software to expedite wingfold during taxi, both of which reduce time in the landing area post-recovery. Our goal was to minimize the time in the landing area and improve the flow with manned aircraft in the landing pattern."

"The X-47B's air vehicle performance, testing efficiency and safety technologies and procedures developed and tested throughout the program's execution have paved the way for the Navy's future carrier-based unmanned system capability," said Rear Adm. Mat Winter, who oversees the Program Executive Office for Unmanned Aviation and Strike Weapons.

The X-47B will remain aboard CVN 71 for the duration of the underway period.

It will perform additional cooperative deck and flight operations with F/A-18s and complete night deck handling and flying quality evaluations.

The Navy will continue X-47B flight operations over the next year to refine the concept of operations to demonstrate the integration of unmanned carrier-based aircraft within the carrier environment and mature technologies for the future Unmanned Carrier Launched Airborne Surveillance and Strike system.



Photo by MCSA Alex Millar

The Navy's unmanned X-47B (left) is readied for launch as an F/A-18 Hornet conducts flight operations on Aug. 17 aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). The aircraft completed a series of tests demonstrating its ability to operate safely and seamlessly with manned aircraft.

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Photos from NJROTC training

From Page 1



Photos courtesy of VP-45
 VP-45 Commanding Officer Cmdr. T.J. Grady and squadron leadership brief the cadets upon their arrival at the Pelicans' space in NAS Jax Hangar 511.



Three aspiring aviators get a chance to see first-hand what it's like in a P-8A Poseidon flight station.



Lt. j.g. Bryan Scott and AWO3 Keenan Brunson explain "the rail" to seven cadets in the cabin of a P-8A Poseidon.



Photo courtesy of VP-8

Learning about Poseidon

Lt. Cmdr. Gregory Hinkle (left), assigned to the "Fighting Tigers" of VP-8, conducts a P-8A Poseidon walk-around with three of his fellow Sailors on the VP-30 apron. VP-8 is transitioning from the P-3C Orion to the P-8A Poseidon.



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MAYPORT

From Page 1



Photos by Damian Berg

Tug boats from Naval Station Mayport guide the Wasp-class amphibious assault ship USS Iwo Jima (LHD-7) to its pier.



The amphibious dock landing ship USS Fort McHenry (LSD 43) arrives on Aug. 17 at its new homeport at Naval Station Mayport. The homeport change is part of the Iwo Jima Amphibious Ready Group move in support of strategic dispersal and two viable East Coast surface ship homeports, as well as the preservation of the ship repair industrial base in those areas.

ABH2 Melisa Hawkins, assigned to Naval Station Mayport, signals to an MV-22 Osprey from Marine Medium Tiltrotor Squadron 365, about passengers being walked to the rear of the aircraft. The DV passengers were headed to USS Iwo Jima in preparation for the homeport shift.



Photo by MC2 Adam Henderson

Rear Adm. Mary Jackson, commander, Navy Region Southeast, welcomes families at USS Fort McHenry (LSD 43) and USS Iwo Jima (LHD-7) homeport change ceremony on Aug. 17 at Naval Station Mayport.



"We have been excited about this move since we found out about it in the summer of 2012, and it is great to finally be here. We received a warm welcome from the base and it has been a very positive experience thus far," said Capt. Jim McGovern, USS Iwo Jima Commanding Officer. Not only did Mayport facilities help to make the homeport shift day a success, but they were also on board first thing Monday morning to provide technical assistance which had been requested prior to the arrival of the two ships.

"We have only been here about 15 hours and I am already overwhelmingly impressed by the support Southeastern Regional Maintenance Facility, or SERMC, has provided. I could not believe that we got the support we requested in such a timely and efficient manner. I love SERMC!" said Lt.j.g. Grade Waigei Yau, fire control officer on board Iwo Jima.

Both Iwo Jima and Fort McHenry have been busy all summer preparing for the shift, passing inspections and assessments and conducting training in preparation for deployment, but for many, the shift was truly a light at the end of the tunnel.

For Iwo Jima Sailors like Interior Communications Specialist Seaman Andrew Bradley from Chickamauga, Ga., the homeport shift has brought them closer to their families.

"I am closer to my hometown now, which is nice, but I am honestly pretty excited about being closer to these awesome beaches," Bradley said.

Amphibious ships like USS Iwo Jima and USS Fort McHenry provide the nation a crisis response capability and demonstrate the Navy-Marine Corps team in action. Now together with USS New York, the Iwo Jima ARG is finally together, ready to expertly respond to national tasking alongside their Marine brothers and sisters from the 24th Marine Expeditionary Unit.

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USMC Lance Cpl. Dionel Cabancordero embraces his aunt, Veronica Cordero and his mom, Pilar Cordero, for the first time in 10 months during the Back to School Celebration at Dewey's. His family flew in from Puerto Rico and hid behind a large inflatable and surprised him during the event.



Children enjoy a game of bag toss during the Back to School Celebration at Dewey's.

Back to School celebration is a hit!

By Shannon Leonard
MWR Marketing

Hundreds of military family members enjoyed an afternoon at Dewey's Back to School Celebration presented by NAS Jax Morale, Welfare and Recreation (MWR) Department on Aug. 15.

The free event featured bag toss, inflatables, balloon animals, a magician, face painting and much more. The Navy Exchange provided a lollipop tree with prizes and Balfour Betty Communities provided information along with stickers, bubbles and candy for the children.

"This event began as a way to create awareness for our new children's menu at our Dewey's restaurant in 2013 and has quickly evolved into our largest back to school event for kids here at NAS Jax. It is a way to acknowledge the end of summer and the beginning of a new school year. We had a lot of great sponsors and vendors supporting the event and we could not have put this on without them" said Liberty Program Manager Tom Kubalewski.

"With the threat of thunderstorms, we had to change up our game plan a little bit and move everything inside of Dewey's. So we were not able to have everything we planned on setting up, but the families were very understanding" added Kubalewski.

Local celebrity appearances included Danielle and Katie with the ROAR of the NFL Jacksonville Jaguars and Curious George and Clifford from WJCT.

"My family enjoyed the face painting, visiting with Clifford & Curious George and the bounce house" said Jorge Candelario. The evening wrapped up with a drawing for a two-night stay at the CoCo Key resort and water park in Orlando, Fla.

MWR thanks everyone who participated in or volunteered for this event. Sponsors University of Phoenix, USAA, WJCT, CoCo Key resort and water park, and VyStar Credit Union were generous in their support of this unique Family Night.

Neither MWR, nor the U.S. Navy or any other part of the federal government officially endorses any company, sponsor or its products or services.



Diana Heintz, with Balfour Beatty Communities, provides information on base housing along with stickers, candy and bubbles for the children.



The NFL Jacksonville Jaguars ROAR members, Danielle and Katie, sign 2014 posters for football-fan families.



Curious George, from WJCT Public Television, interacts with the children during the Back to School Celebration.



Stephanie, the Balloon Lady, hands 6-year-old Ashlynn Yuque a colorful mermaid balloon sculpture.

Photos by
Shannon Leonard



NAS Jax School Liaison Officer Dawn Mills (left) provides Sarah Dickey information about starting a home school group during the Back to School Celebration at Dewey's Aug. 15.



Bill the clown, with AAA Big Top Entertainment, makes a balloon bracelet for 4-year-old Kiana Garcia as other youths wait for their turn.



Whitney Meyers, with Art-Z-Faces, paints a scary face on 6-year-old Jayden Ducusin during the Back to School Party at Dewey's this past Friday.

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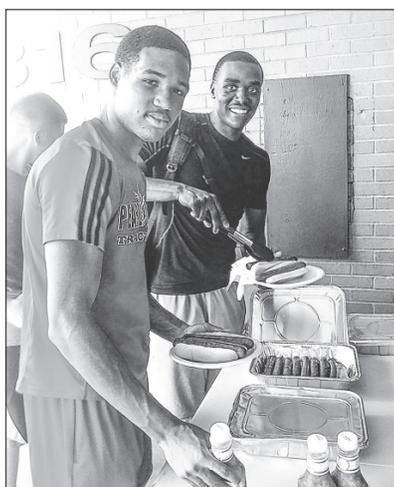
Dog Days of Summer Special



Photo by Shannon Leonard

Summer golf league

The MWR Intramural Summer Golf League end-of-year golf tournament, sponsored by the University of Phoenix, took place Aug. 13 at NAS Jax Golf Course. The format was a four-person scramble for 18 holes with the winners receiving prizes. VP-30 won the league championship and CNATTU Jax was runner-up. *The Navy, the Department of Defense, and the federal government do not endorse any company, sponsor, advertiser, or their products or services.*



Photos by Tom Kubalewski

Summer cookout

(At left) ADAR Derrick Gaines and PRAR Cedrick Washington, both assigned to Fleet Readiness Center Southeast, enjoy free hamburgers and hotdogs during the Liberty "Grill & Chill" program on Aug. 12. The cookout was sponsored by the University of Phoenix and USAA. (At right) AWVAN Theodore Ball of VP-30 took full advantage of the Liberty "Grill and Chill" to enjoy a free cookout offering all-you-can-eat cheeseburgers and hotdogs. Thanks to University of Phoenix and USAA for sponsoring the event. *The Navy, the Department of Defense, and the federal government do not endorse any company, sponsor, advertiser, or their products or services.*

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NAS Jax Captain's Cup Sports

Skeet Shooting League Forming

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Indoor Volleyball League Forming

Open to active duty, selective reservists, DoD civilians, and DoD Contractor personnel assigned to a command at NAS Jacksonville.

Intramural Softball League Forming

Open to active duty, selective reservists, DoD civilians, and DoD Contractor personnel assigned to a command at NAS Jacksonville. The meeting will be in the first-floor conference room in Building 1 at noon. Commands whose athletic officer or designated representative attend the meeting will receive 5 Captain's Cup points. Attend the meeting to discuss rules and obtain the required paperwork.

Women's Softball League Forming

Open to active duty, selective reservists, dependents over 18, DoD civilians, and DoD Contractor personnel assigned to NAS Jacksonville. The meeting will be in the first-floor conference room in Building 1 at 12:30 p.m. Commands whose athletic officer or designated representative attend the meeting will receive 5 Captain's Cup points. Attend the meeting to discuss rules and obtain the required paperwork.

7- on-7 Flag Football League Meeting

Aug 27 at noon

Open to active duty, selective reservists, DoD civilians, and DoD Contractor personnel assigned to a command at NAS Jacksonville. The meeting will be in the first-floor conference room in Building 1 at noon. Commands whose athletic officer or designated representative attend the meeting will receive 5 Captain's Cup points. Attend the meeting to discuss rules and obtain the required paperwork.

Fall Bowling League Meeting Sept. 5

Open to active duty, selective reservists, DoD civilians,

and DoD Contractor personnel assigned to a command at NAS Jacksonville. Meet at NAS Freedom Lanes at 11:45 a.m. Commands whose athletic officer or designated representative attend the meeting will receive 5 Captain's Cup points. Attend the meeting to discuss rules and obtain the required paperwork.

Dodge Ball Tournament Sept. 8

Open to active duty, selective reservists, DoD civilians, and DoD Contractor personnel assigned to a command at NAS Jacksonville. Teams must be comprised of six players from the same command. The tournament will be held at the Guy Ballou Tennis Courts at 5 p.m. Contact the NAS Jax Gymnasium to sign up by Sept. 3.

Men's Doubles Tennis Tournament Sept. 29

Open to active duty, selective reservists, DoD civilians, and DoD contractor men assigned to a command at NAS Jacksonville. Participants earn participation points for their command toward the Captain's Cup and can earn additional points for finishing 1st, 2nd, or 3rd place. Call NAS Jax Athletics to sign up by Sept. 26.

Women's Doubles Tennis Tournament Sept. 29

Open to active duty, selective reservists, DoD civilians, and DoD contractor women assigned to a command at NAS Jacksonville. Participants earn participation points for their command toward the Captain's Cup and can earn additional points for finishing 1st, 2nd, or 3rd place. Call NAS Jax Athletics to sign up by Sept. 26.

For more information about any of the sports articles, call Bill Bonser at 542-2930/3239 or e-mail bill.bonser@navy.mil. Visit the MWR website at www.cnic.navy.mil or www.facebook.com/nasjaxmwr.

Standings

As of Aug. 15 Wallyball

| Team | Wins | Losses |
|---------|------|--------|
| FRCSE | 4 | 1 |
| VP-26 | 3 | 1 |
| VR-62 | 2 | 1 |
| VP-45 | 2 | 2 |
| VP-62 | 2 | 2 |
| NAVAFAC | 0 | 3 |

Summer Basketball Final Standings

| Team | Wins | Losses |
|-------------------|------|--------|
| FRCSE Gold | 10 | 0 |
| NAVHOSP Galley | 9 | 1 |
| HS-11 | 7 | 3 |
| NAS Jax | 5 | 5 |
| FRCSE Blue | 4 | 4 |
| NAVHOSP | 4 | 5 |
| VP-45 | 4 | 5 |
| FACSFAC/NOSC | 3 | 6 |
| VP-26 | 2 | 8 |
| VP-62 BroadArrows | 2 | 8 |

Singles Badminton

| Player | Wins | Losses |
|------------|------|--------|
| Nathan | 7 | 0 |
| Garrett | 5 | 1 |
| Brown | 3 | 2 |
| Bradshaw | 3 | 3 |
| Bonser | 3 | 3 |
| Kubalewski | 2 | 4 |
| Rajendran | 2 | 4 |
| Drost | 1 | 4 |
| Sperry | 1 | 4 |

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NSWC scientists patent electromagnetic technology to impact future Navy

From Naval Surface Warfare Center Dahlgren Public Affairs

A new development in electromagnetic technology patented in May 2014 will impact future military capabilities, Navy officials announced Aug. 13.

The superconducting stator patent describes a discovery that enables a magnetic flux compression generator to produce an electromagnetic pulse (EMP).

“Most conventional magnetic flux compression generators are explosively driven, dangerous to handle, and limited to one-time use,” said Albert Corda, a Naval Surface Warfare Center Dahlgren Division (NSWCDD) physicist. “The novel architecture of the generator described in this patent, however, is not explosive in nature. It’s inherently safer to handle and potentially reusable.”

An EMP is characterized as a broadband signal with a frequency-power distribution ranging from a few hundred kilohertz to a few gigahertz. The magnetic flux compression generator is designed to generate a high voltage pulse output that can be incorporated into an EMP generator.

The patent – jointly filed by scientists from NSWCDD in Virginia and NSWC Carderock Division in Maryland – began as they collaborated at the Chief of Naval Operations Strategic Studies Group in 2008.

“The idea originated from a side-bar discussion that centered on the utility of high temperature superconducting materials,” said Dr. Jack Price, NSWC Carderock scientist.

“These materials – composed of particular copper oxides called cuprates and typically layered on top of a nickel substrate – have very low resistance at liquid nitrogen temperatures. Someone posed a ‘what if’ question. We earnestly discussed all the possibilities and technical difficulties and the concept was born.”

The concept resulted in a device designed to produce a short duration, highly localized electromagnetic pulse controlled by a superconducting stator

that also enables multiple activations of the flux compression generator.

“The architecture provides elements of scalability and control not possible with conventional magnetic flux compression generator designs,” said Corda.

Conventional magnetic flux compression generators have been in existence since the 1950s with initial work for the United States being carried out at Los Alamos, New Mexico. Now, much smaller generators featuring high power pulses with very fast rise times can be made.

“The proposed superconducting stator is potentially practical and affordable given the commercial availability of high temperature superconductor materials that operate at liquid-nitrogen temperature,” said Price.

Military and industrial applications depend on the output configuration but can range from the production of broadband radio frequency transmissions to the rapid acceleration of physical mechanisms to high velocities.

“Each of the warfare center divisions has particular mission areas of expertise,” said Blaise Corbett, of the NSWCDD EMP Assessment Group. “Dahlgren has a long history and expertise in pulsed power systems and applications. Carderock has expertise in high temperature superconducting (HTS) materials and applications evidenced by their development of a HTS degaussing system and motor.”

The patent’s inventors included Price and Dr. Y. Dan Agassi from NSWC Carderock Division in addition to Corda, Corbett, and Dr. Walter Sessions from NSWC Dahlgren Division.

“Our leadership encourages collaboration between the warfare center divisions when synergies exist that can be effectively leveraged to benefit the Navy,” said Corbett.

“This is only one of a number of collaborations between scientists at Dahlgren and Carderock. Ongoing collaborative efforts can be expected to yield other novel and innovative concepts focused on the Navy’s needs in the months and years ahead.”

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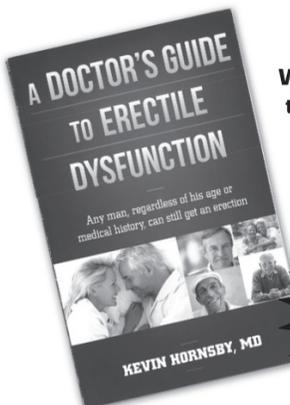


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Chief selectees respect naval aviation legacy aircraft

By AWOC Gene Eason

The annual Chief Selectee Heritage Park Plane Wash and BBQ took place Aug. 13 in between rolling thunderstorms.

More than 100 of the FY-15 CPO selectees appreciated the help from Mother Nature. As soon as the vintage aircraft were lathered up and scrubbed, another rain shower would come through and help rinse the old birds.

The rain didn't put much of a damper on the BBQ either. There was a steady turnout under the canopies for the smokin' good grilled chicken, burgers and hot dogs.

When asked what he thought about helping to control corrosion on historic aircraft, AMC(Sel) Isaac Chavez, from VP-8 said, "It means a lot to be a part of preserving our aviation heritage today. I know that veterans will come here in the future with their children and grandchildren to tell sea stories of when they flew or maintained these birds."

ITC(Sel) David Smith was asked about the importance of keeping the retired aircraft in good repair.

He stated, "If you don't have an understanding of the past, then you don't have a future."

He went on to say that he was honored to participate in the wash and to follow in the footsteps of those that came before him. Smith is the sixth member of his family to serve in the military.

He hopes that by bringing his children to places like NAS Jax Heritage Park, that maybe one day,



ATC(Sel) Jason Herspberger takes his brush to a Grumman EA-6B Prowler at NAS Jax Heritage Park. This four-seat Navy carrier aircraft specialized in electronic countermeasures activities. It is still flown today by the U.S. Marine Corps.



AMC(Sel) Isac Chavez (right) attacks grime on the landing gear of a Consolidated PBY Catalina from the 1940s. This "flying boat" was one of the most widely used seaplanes by American and allied patrol aviators.



AMC(sel) Donald White rinses suds from a Grumman TBF Avenger torpedo bomber, one of the Navy's most versatile patrol and anti-submarine aircraft in the 1940s.



During a sun shower, ATC(Sel) Antonio Hart scrubs a pontoon on the PBY Catalina flying boat on display at NAS Jax Heritage Park.

one of them will follow his lead and join the military as well.

The selectees will participate in training with current chiefs until their pinning ceremonies on Sept. 16.



Those CPO selectees not washing aircraft were cooking up a storm - like AZC(Sel) Wilken Thomas - as part of their training at NAS Jax Heritage Park.



AZC(Sel) Nicole Grey brings plates of BBQ to members of the Chiefs' Mess during the plane wash event at NAS Jax Heritage Park.

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Financial difficulties getting you down?

It's pretty well understood that not just anyone can serve in today's military. In short, the serviceman or woman of today has to be a cut above average. There are high school graduation requirements, weight requirements, and the preclusion of persons with certain criminal histories that vary between the various branches of armed forces. It is generally accepted that the men and women who serve in the armed services today are responsible individuals. But even responsible people can get into financial trouble by events outside of their ability to control.

No one wants to file bankruptcy but sometimes it is the best of bad options and sometimes it is the only reasonable option when creditors start calling.

What does bankruptcy do? As soon as a case is filed all collection activities must stop. This includes phone calls, law suits,



repossessions and garnishments. Depending on the chapter of bankruptcy that is filed

one may pay little, and more often than not, nothing to their unsecured creditors. The re-

lief is permanent. Once a debt is discharged in bankruptcy it can never be collected on by anyone again. In short, the debt is wiped out forever.

While not terribly complicated, there are plenty of traps for the unwary in bankruptcy. This is why if you are someone who is even thinking a little about bankruptcy it is important to get the facts from someone with bankruptcy experience. Be advised that some debts, like student loans and taxes are non-dischargeable in bankruptcy. There are strategies. For example certain times of the year are better to file bankruptcy than others.

I hope you do not ever have to file bankruptcy but if you do I hope you will consider me as your attorney. I have been filing bankruptcies in this jurisdiction for over 20 years. I can help. Call me at (904) 388-6778 for a free initial consultation.

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MWR employee is Florida Powerlifting record holder

From NAS Jax MWR

The NAS Jacksonville Morale, Welfare and Recreation (MWR) Department has a Florida State Powerlifting record holder.

Amelia Johnson, an accounting technician for MWR Jacksonville, became the Florida State Powerlifting Record Holder in the Women's Open 44 kilogram/97pound weight class on June 14, after competing in just her second powerlifting contest.

She set the state record while participating in the USA Powerlifting Central Florida Open Powerlifting Championships at the Hyatt Regency Hotel in Orlando.



Photo courtesy of MWR

Amelia Johnson squats 144 lbs. at the 2013 MWR Powerlifting Competition. Johnson won the competition for her weight class.

She set the records contest- ing three lifts: the squat, the bench press, and the deadlift.

She also set the record for the combined total of all three lifts, which was over four times her body weight.

Amelia attributes her quick progress in powerlifting to the encouragement of her husband, retired Chief Warrant Officer Ned Johnson, who competed in the same contest and placed first in the masters division. Ned is a certified personal trainer.

"My husband taught me how to preform the lifts correctly and helped me track my progress. After competing in my first powerlifting contest last year, I got excited about competing again and it did not hurt that I won a medal in the con-

test," she said.

"The MWR training facilities on base are nothing short of first class. Setting a state record was something I never intended to do, I was just there to compete and have fun."

"It was great when I receive notification from USA Powerlifting Florida on Aug. 5 that I had set four Florida state records for my weight class," she added.

Amelia intends to compete again in upcoming events.

"My husband started calling me 'Mighty Mite' and now I think I am addicted to becoming ever better in the sport of powerlifting."

Special and General Courts-Martial for July

From the Office of the Chief of Information

The following reports the results of Special and General Courts-Martial tried within United States Navy Region Southeast in July 2014.

General Court-Martial

- At a General Court-Martial in Jacksonville, Fla., AWVC Michael J. Esparza, USN pleaded guilty to assault with a dangerous weapon. On July 17, 2014, the panel of members sentenced him to a reprimand and reduction in rank to paygrade E-6.

- At a General Court-Martial in Pensacola, Fla., ABH2 Ogarry L. Clarke, USN was tried for sexual assaults of a child. On July 23, 2014, the military judge returned a verdict of guilty for one specification of sexual assault of a child and sentenced him to be discharged with a Dishonorable Discharge and confinement for seven years.

Special Court-Martial

- At a Special Court-Martial in Mayport, Fla., GM2 Themie G. Burdette, USN pleaded guilty to larceny and selling military property of the United States. On July 3, 2014, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade E-3, and confinement for 30 days.



Photo by Jacob Sippel

Hospital awards quarters

Capt. John Le Favour (left), Naval Hospital (NH) Jacksonville commanding officer, presents the Defense Meritorious Service Medal to Lt. Cmdr. Leslie Hair during an awards ceremony at the hospital on Aug. 15. Other award recipients included: HM2 Jason Fekete (Navy and Marine Corps Achievement Medal); HM3 Andrew Sinclair (Navy and Marine Corps Achievement Medal); IS2 Jerome Weston (Enlisted Information Dominance Warfare Specialist); and CS2 Carlton Jackson and CS2 Tiffany Northcutt (Letter of Appreciation, Church Women's Christian Ministries).



U.S. Navy photo

New business director

Cmdr. Gerard White was recently selected as Naval Hospital (NH) Jacksonville Director for Health Care Business – for its hospital and five branch health clinics across Florida and Georgia. White previously served as NH Jacksonville Associate Director for Public Health.

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Enjoy the benefits of advertising your business in the **2014 NAS JAX AIR SHOW "Birthplace of the Blue Angels"** program. This air show features the Navy's world-renowned Blue Angels. Drawing an estimated 275,000 attendees, the air show is a premiere event for the First Coast.

This year's show will take place October 25-26. Don't miss this excellent opportunity of showcase your business.

Distribution: 65,000 copies
 32,000 air show programs will be inserted into the three military publications – *Jax Air News*, *The Mirror* and *The Periscope* – on Thursday, October 16.
 15,000 copies will be inserted in *The Florida Times-Union* for distribution in Clay County on Saturday, October 18.
 15,000 copies will be distributed at the air show.
 3,000 copies will be distributed to local hotels and restaurants prior to the show.

Space Reservation Deadline: Monday, September 22, 5 p.m.

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Samantha Heflin, Sales Associate, Watson Realty Corp, North Jacksonville Office

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In 2013, my husband made the difficult decision to get out of the military. I knew it was time to start a career of my own and real estate was what I wanted to do.

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Partner-nation participants visit USS New York

By MC1 Andre McIntyre,
U.S. Southern Command/U.S. 4th Fleet
Public Affairs

Members of partner navies visited USS New York (LPD 21) Aug. 7-9, on Naval Station (NS) Mayport while participating in PANAMAX 2014, an exercise aimed at developing strong working relationships between multinational forces to ensure the defense of the Panama Canal.

The exercise, which is scheduled to run through Aug. 15, includes participants from 15 nations: Brazil, Chile, Colombia, Costa Rica, Dominican Republic, El Salvador, France, Guatemala, Honduras, Jamaica, Mexico, Panama, Paraguay, Peru and the United States.

Many of participants had never been aboard a U.S. Navy warship, let alone an amphibious transport dock ship.

"I like the fact that the ship was built in remembrance of those who died on 9-11," said Capt. Dennis Azmitia of the El Salvadoran navy, who is serving as an operations officer for



Photo by MC2 Marcus Stanley

The San Antonio-class amphibious transport dock ship USS New York (LPD 21) arrives at its new homeport Dec. 6, 2013 at Naval Station Mayport. The homeport change was part of a larger move of the Iwo Jima Amphibious Ready Group homeport change in support of strategic dispersal.

the exercise.

"There is great honor to serve on this ship."

Azmitia said serving alongside Americans is a privilege because of their moral conviction.

"I admire U.S. armed forces," he said. "There is always a reason for what you do."

Capt. Marcela Vergara of

Chile, who is serving in the legal cell for the exercise, said she was amazed to see that USS New York was built with steel from the original World Trade Center in New York City.

"Who would have ever thought to make a memorial out of a warship to remember those who lost (their lives)," Vergara said.

"This has truly been the best part of the visit. The U.S. Navy has been very hospitable to us by opening their arms and allowing us to feel at home even though we are far away from our loved ones."

U.S. Naval Forces Southern Command, the exercise host, supports U.S. Southern Command's joint and com-

combined military operations by employing maritime forces in cooperative maritime security operations in order to maintain access, enhance interoperability and build enduring partnerships in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

PANAMAX participants at Mayport prepare defense of Panama Canal

By MC1 Andre McIntyre
U.S. Naval Forces Southern Command/
U.S. 4th Fleet Public Affairs

Leaders of the maritime component of PANAMAX 2014 paused Aug. 11, approximately halfway through the exercise, to assess its benefits so far.

Rear Adm. Benjamin Calle of Colombia is the Combined Forces Maritime Component Commander (CFMCC) and U.S. Navy Rear Adm. Jon Matheson, the deputy commander of U.S. Naval Forces Southern Command/U.S. 4th Fleet, is deputy CFMCC for the exercise, which was scheduled to end Aug. 15.

U.S. and partner-nation militaries are also participating in simulated training at Fort Sam Houston in San Antonio; Homestead Air Reserve Base in Homestead, Fla.; Davis-Monthan Air Force Base in Tucson, Ariz.; the Joint and Coalition Warfighting Center in Suffolk, Va. and at U.S. Southern Command headquarters in Miami. Altogether, about 1,200 military personnel participated.

"This exercise is a huge event," said Calle. "It is one of the largest maritime exercises in the world, centered on protecting the Panama Canal."

Sources say that 38 to 40 ships transit the canal daily between the Pacific and Atlantic oceans, carrying some five percent of world maritime trade.

"Multinational forces have a major responsibility in protecting the Panama Canal and remaining a force in this region," said Calle. "This exercise is



Photo by MC1 Andre McIntyre

Operations officer Lt. j.g Daniel Minter, left, OS1 Gavin Hawthorne, Chilean navy Capt. Allan Nettle, Commander of Command Task Force, and Peruvian Capt. Christian Ponce, all members of Command Task Force 801, discuss high value target locations during PANAMAX 2014 at Naval Station Mayport.

making sure that we do that by enhancing our interoperability forged through partnerships."

The main focus of PANAMAX 2014 is to exercise a variety of responses to any request from the government of Panama to protect and guarantee safe passage of traffic through the Panama Canal while respecting national sovereignty.

We have over 320 military and civilian personnel from 15 countries participating here at Naval Station Mayport," said Calle. "This has been an excellent opportunity to train with our partner

nations and develop camaraderie. We have learned so much from each other."

In Mayport, the exercise includes approximately 80 participants from Brazil, Chile, Colombia, Costa Rica, Dominican Republic, El Salvador, France, Jamaica, Guatemala, Honduras, Mexico, Panama, Paraguay, Peru and the United States.

Matheson said that one of the challenges is overcoming language barriers, but despite - or even because of that - the effort has been rewarding.

"This exercise is a fantastic opportunity for all of us with our different per-

spectives to understand the challenges that are going to exist," said Matheson. "It is important because in the event of a humanitarian effort or natural disaster in our hemisphere, we will need to come together in a real-time situation."

One goal of PANAMAX 2014 is to develop and sustain relationships that improve the capacity of emerging partners' security forces to achieve common desired goals while fostering friendly cooperation and understanding among participating forces.

Matheson said there is an increased leadership role taken by all the partner nations. Brazil is leading the ground component, Colombia is leading the maritime component, and the Special Forces component is led by Chile.

"Big or small, it doesn't matter the size of the country," said Matheson. "We must bring whatever capabilities we have to the table. At the end of the day, it is about getting the most from each nation to achieve a common goal and mission."

U.S. Naval Forces Southern Command, the exercise host, supports U.S. Southern Command's joint and combined military operations by employing maritime forces in cooperative maritime security operations in order to maintain access, enhance interoperability, and build enduring partnerships in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

US ambassador to Uruguay visits USS America at sea

From USS America
Public Affairs

Forty high-ranking civilian and military officials from the South American nation of Uruguay visited the future amphibious assault ship USS America (LHA 6) Aug. 13 to participate in a key leadership engagement.

Distinguished visitors included U.S. Ambassador to Uruguay, Julissa Reinoso; Deputy Chief of Mission, Brad Freden; members of the Uruguay House of Representatives and Senate Defense Committee; and three Uruguay military flag officers.

Once aboard, the guests were welcomed by Rear Adm. Frank Ponds, commander, Expeditionary Strike Group (ESG) 3, and America leadership.

"Our journey around South America has been about partnerships and engagements with our friends and our neighbors," said Ponds. "The United States and Uruguay have a long and meaningful relationship based on the shared values of fairness, respect, dignity and compassion; realized through a fair and transparent demo-



Photo by MC3 Huey Younger Jr.

A tilt-rotor MV-22 Osprey assigned to the Argonauts of Marine Operational Test and Evaluation Squadron (VMX) 22 transports distinguished visitors and guests from Uruguay Aug. 8 to the future amphibious assault ship USS America (LHA 6). America is traveling through the U.S. Southern Command and U.S. 4th Fleet area of responsibility on its maiden transit to San Francisco.

cratic process. Today reinforces the mutual commitment and cooperation we share as navies and nations in ensuring the security of our maritime commons; advancing peace keeping operations; addressing transnational threats and; carrying out humanitarian relief and disaster relief missions."

America Sailors and embarked Marines from Special Purpose Marine Air

Ground Task Force (SPMAGTF) South provided the distinguished visitors with a tour of the ship's vehicle stowage area, hangar bay, medical space and flight deck. During the tour, Marines showcased their humanitarian assistance and disaster relief (HADR) capabilities available on board, including their transportable lightweight water purification system.



Photo by MC1 John Scorza

The future amphibious assault ship USS America (LHA 6) approaches Rio De Janeiro, Brazil, for a scheduled port visit. America is traveling through the U.S. Southern Command and U.S. 4th Fleet areas of responsibility on its maiden transit to San Francisco.

"As a Navy and Marine Corps team, we must all be ready for unexpected humanitarian missions," said Lt. Col. George Hasseltine, commanding officer, SPMAGTF South. "Marines are able to bring incredible capability from the sea to on ground locations expeditiously. Just like our Uruguayan partners, humanitarian efforts are a priority for us, and we train and prepare for these types of missions daily."

Guests had an opportunity to walk through the ship's medical spaces as well and observe America's diverse medical and dental services, including two operating rooms, an intensive

care unit, 23-bed ward and bed-surge capabilities.

"We have a highly-trained team of physicians and hospital corpsmen," said Lt. Cmdr. Jian Mei, America's senior medical officer. "America brings with it a robust medical capability. We can perform surgical procedures on board, and provide intensive care and post-surgical monitoring. Our digital x-ray allows us to take an x-ray and consult with doctors thousands of miles away. In the case of humanitarian missions, this ability is essential to ensure patients receive

Blue Ridge now second-oldest behind Constitution

By MC3 Kelby Sanders,
USS Blue Ridge Public Affairs

U.S. 7th Fleet flagship USS Blue Ridge (LCC 19) now holds the honor of being the oldest ship in the U.S. Navy's active duty fleet, next to USS Constitution, after the decommissioning of the USS Denver (LPD 9) Aug. 14.

Blue Ridge has been forward deployed to Yokosuka, Japan for 34 years. As the flagship for Commander, U.S. 7th Fleet, Vice Adm. Robert Thomas, Blue Ridge is vital in maintaining partnerships in the 7th Fleet area of operations.

Blue Ridge's keel was laid Feb. 27, 1967, and she was commissioned Nov. 14, 1970. Since then, the flagship has had a rich history to include commanding Operations Eagle Pull and Frequent Wind during the Vietnam War, receiving the Humanitarian Service Medal in 1984 for rescuing Vietnamese refugees during Operation Boat People, performing a nine-and-a-half month deployment as flagship for U.S. Naval Forces Central Command during the Persian Gulf War and rushing supplies and relief to Japan during Operation Tomodachi.

"Blue Ridge has a rich history of providing our Navy with the most capable afloat command platform in the world,"



Photo by MC3 Kelby Sanders

U.S. 7th Fleet flagship USS Blue Ridge (LCC 19) participates in a search-and-rescue exercise off the coast of China. Blue Ridge visited Qingdao to build partnerships with the People's Liberation Army (Navy) during a goodwill port visit. U.S. Sailors participated in professional military exchanges, exercise planning, and cultural and sporting events.

said Blue Ridge Commanding Officer Capt. Richard McCormack.

To maintain her position as the most capable flagship in the world, Blue Ridge utilizes the most advanced communication satellite and computer technologies available.

"Blue Ridge has a superior and more robust communications system than any other type of ship by far," said Cmdr. Hezekiah Natta, Blue Ridge communications officer.

As the demands of the mission evolve over the years, so

too must Blue Ridge. The ship is constantly updating its equipment to stay a step ahead of its competition.

"Last year we did a complete overhaul and upgraded our communications equipment to allow us to continue our mission well into the future," said Natta.

In 2016 Blue Ridge is scheduled to install a brand new Consolidated Afloat Network Enterprise System (CANES).

"CANES will provide the ship and her staff the capability to continue efficiently com-



Photo by MC3 Ivana Campbell

Sailors from Helicopter Sea Combat Squadron (HSC) 12 conduct routine maintenance on an MH-60S Sea Hawk helicopter aboard the U.S. 7th Fleet flagship USS Blue Ridge (LCC 19). Blue Ridge is on patrol in the Indo-Asia-Pacific region with embarked U.S. 7th Fleet staff, HSC-12 and Marines from Fleet Antiterrorism Security Team Pacific.

manding and controlling all of 7th Fleet's assets in her area of responsibility," said Natta.

At every port the ship visits, the crew and embarked staff participate in community service engagements designed to promote peace, partnership and cooperative security. The mission requires Sailors who take pride in their service and hard work.

"It's a great opportunity to serve and be part of U.S. Navy history," said Ship's Serviceman 2nd Class Terrence Daye.

"I feel good knowing I play a critical role in something great and meaningful to the com-

mand mission."

Blue Ridge's mission is unique and requires a top-of-the-line crew ready to respond, at a moments notice, to any threat or humanitarian crisis.

"I'm honored to command this ship knowing she will continue, well into the future, to play the lead role in promoting stability and theater security cooperation in the Pacific," said McCormack.

The flagship is currently on patrol in the Indo-Asia-Pacific with embarked 7th Fleet staff, Helicopter Sea Combat Squadron 12 and Marines from Fleet Anti-Terrorism Security Team Pacific.

Chief of Naval Personnel talks service, stability, leadership on Bush

By MC3 Jeffrey Madlangbayan
USS George H.W. Bush Public Affairs

The chief of naval personnel (CNP) and fleet master chief responsible for manpower in the Navy visited forward deployed units in the Arabian Gulf to meet with Sailors, in early August.

Vice Adm. William Moran, CNP, and Fleet Master Chief April Beldo, Moran's senior enlisted advisor, spoke to the crew of the aircraft carrier USS George H. W. Bush (CVN 77) during a televised all-hands call on Site TV where they addressed Sailors' questions.

"It's great to be here, and we've been here all day talking to a lot of Sailors from many departments," said Moran. "We got a lot of great feedback during our conversations with them, and we appreciate it."

Moran and Beldo received questions from Sailors and discussed topics such as retirement plans, benefits, advancement policy, rating billets, and sea and hazardous pay.

"We're trying to stabilize advancement opportunities for all of the rates in the Navy," said Moran.

"There are some rates that are really tough. We are trying to figure out ways to increase opportunities so when Sailors take the exam they have a better chance to advance to the next pay grade."

Recently, more than 50 1st class petty officers throughout the strike group were selected to advance to chief petty officer.

Moran took time to acknowledge and congratulate the chief selects for their hard work and dedication to the Navy.

"I'd like to give a shout out to all of the chief selects out there who made it just recently, you've earned it," said Moran.

"There are 52 chief selects across the strike group and that is outstanding. I saw many of them down at the mess decks and I'm really proud you all for making it to this milestone of your career. I look forward to seeing you all with anchors on your uniform in

September."

Moran offered words of wisdom to Sailors who still endeavor to make chief some day.

"For those of you that want to make chief our opportunity is still above historic norms and we don't see that changing in the future," said Moran. "So continue to work hard, test well and you'll see some great results in the future."

During their visit, Moran and Beldo visited many of the ship's departments and squadrons, dined with service members and viewed the ship's daily operations.

Moran later met with the chief petty officers during a visit to the chiefs mess, and also spoke with officers during an officers call in the wardroom.

In addition to his visit to George H.W. Bush, Moran also took time to visit Sailors aboard USS Roosevelt (DDG 80) and USS Philippine Sea (CG 58).

Moran added that he wanted to remind Sailors that their country continues to stand by them, and he personally appreciated what the crew does in support of operations.

"Thank you for the great questions you all sent in," said Moran.

"We really appreciate the opportunity to get around and talk with you. I couldn't be more proud of the work you're doing. Keep up the great work."

Beldo offered her appreciation to the crew of George H.W. Bush for their kindness and service to their country.

"Thank you so much for the hospitality from the crew," said Beldo.

"We had a great visit during the past few days. We're really impressed with the work and the tone of the fleet force out here. You're doing a great job out here."

CNP is responsible to the chief of naval operations for the Navy's manpower readiness, and also serves as deputy chief of naval operations (manpower, personnel, training and education) and oversees the Bureau of Naval Personnel, Navy Personnel

Command and the Navy Manpower Analysis Center.

Commanded by Rear Adm. DeWolfe Miller, George H. W. Bush Carrier Strike Group (GHWB CSG) is comprised of the aircraft carrier George H.W. Bush, Carrier Air Wing (CVW) 8, Destroyer Squadron (DESRON) 22, guided-mis-

sile cruiser USS Philippine Sea (CG 58), guided-missile destroyer USS Truxtun (DDG 108) and guided-missile destroyer USS Roosevelt (DDG 80).

NAS Jacksonville-based HSM-70 "Spartans" is embarked aboard Bush as part of CVW-8.



Photo by Clark Pierce

VA claims workshop

(From right) VA Legal Administrative Specialist Bryon Hodges and AMVETS National Service Officer David Sanders conducted a VA claims preparation workshop Aug. 8 at Building 1 aboard NAS Jacksonville. The free monthly workshop is open to active duty military and retirees. The next workshop is scheduled for Sept. 29.

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USS AMERICA

From Page 16

the best treatment available."

"America is an amphibious platform built for aviation-centric missions," said Capt. Robert Hall Jr., America's commanding officer. "The additional space for aircraft, aviation maintenance and storage capacity built into this ship would enable us to remain on station longer to sustain Marine Corps operations ashore. Through flexible lift and air delivery, the Navy and Marines Corps team can provide quick relief along the coast or deeper inland in a humanitarian or disaster relief situation. America can also perform as a command and control center to help coordinate and ensure a unity of effort among partners. A focus

area during our transit around South America is to help strengthen existing partnerships and to share lessons learned and experiences on how to best prepare and work together during these types of unforeseen events."

America is currently traveling through the U.S. Southern Command and U.S. 4th Fleet area of responsibility on her maiden transit, "America Visits the Americas." She is the first ship of her class, replacing the Tarawaclass of amphibious assault ships.

As the next generation "big-deck" amphibious ship, America is optimized for aviation, capable of supporting current and future aircraft such as the MV-22 Osprey and the F-35B Joint Strike Fighter. The ship is scheduled to be ceremoniously commissioned Oct. 11 in San Francisco.

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