

**Gate 5 Hours Readjust Effective Immediately To 5:30 a.m.-5 p.m.**

## Mayport Says No To Zebras

By MC2 Salt Cebe

Navy Public Affairs Support Element Southeast

More than 400 Sailors from Naval Station Mayport attended a unique 'No Zebras, No Excuses' training session on Sexual Assault Prevention and Response (SAPR), July 24.

The 'No Zebras, No Excuses' program, features Steve Thompson, an educator from Central Michigan University and is sponsored by the Department of the Navy's SAPR Office. The program featured skits designed to raise awareness and show service members how they can help prevent sexual assaults.

"The zebra represents a bystander," said Thompson. "This all came about by accident one day while I

See Zebras, Page 6



Steve Thompson, an educator from Central Michigan University, speaks to Sailors during the 'No Zebras, No Excuses' Sexual Assault Prevention and Response (SAPR) program at Naval Station Mayport. The program is sponsored by the Department of the Navy's SAPR Office and features skits designed to raise awareness and show Sailors how they can help prevent sexual assault.

-Photo by MC2 Salton Cebe

## Gombas Relieves Cook As SERMC CO

By Chris Tucker

SERMC PAO

Capt. Dave Gombas relieved Capt. Ron Cook as commanding officer of Southeast Regional Maintenance Center (SERMC) July 26 in a ceremony on Naval Station Mayport in Jacksonville, Fla.

Capt. Gombas reports to SERMC from his previous assignment as commanding officer, Naval Surface Warfare Center Carderock Division - Ship Systems Engineering Station in Philadelphia.

Gombas is a graduate of the U.S. Naval Academy and holds a master's degree in mechanical engineering from the Naval Postgraduate School. His prior assignments include tours aboard USS Carl Vinson (CVN 70) and USS Harry S. Truman (CVN 75), as

well as numerous tours at ship repair facilities including his prior service at SERMC as the waterfront operations officer from March 2007 until October 2009.

Capt. Thomas J. Kearney, vice commander of Naval Sea Systems Command, who served as the ceremony's keynote speaker, lauded Gombas' experience and training saying that his "educational background and training in engineering fields, coupled with experience at Norfolk Naval Shipyard, Mid-Atlantic Regional Maintenance Center and especially as the waterfront operations officer at SERMC have prepared you well for this challenging position."

Following the change of command, Kearney presented Cook with a Legion of Merit medal

for his accomplishments since assuming command of SERMC in September 2010.

"Re-introducing the intermediate level maintenance at SERMC and training sailors to return to the waterfront capable of maintaining and repairing ships is a tremendous legacy that Ron has not only left at SERMC, but also the entire Navy," said Kearney.

Cook will report to Naval Surface Force, U.S. Pacific Fleet as the assistant chief of staff for maintenance and engineering.

"My 25 year journey to command was exciting and challenging, but these last three years at SERMC have been the pinnacle of my naval career. It was easy to lead such a fantastic organi-



Capt. Dave Gombas (right) relieved Capt. Ron Cook (center) as commanding officer of Southeast Regional Maintenance Center on July 26 onboard Naval Station Mayport, Fl. Rear Adm. (Select) Thomas Kearney (left), vice commander of Naval Sea Systems Command, served as the ceremony's keynote speaker.

-Photo courtesy of SERMC Mayport

zation," said Cook. "The attitude and drive is what makes every person here so special, they are unique and I and any other commanding officer are extremely fortunate to have them on the team."

A field activity of NAVSEA, SERMC manages and executes all repair, industrial engineering and technical support services for surface ships in the southeast region, including procurement

and administration of contracts for ship maintenance and modernization. SERMC also provides training to Sailors in the maintenance and repair of shipboard systems and components.

## SBR Hold Change Of Command In Souda Bay

By Lt. j.g.

Fredy Jurkowsch II

USS Samuel B. Roberts Public Affairs

Guided-missile frigate USS Samuel B. Roberts (FFG 58) held a change of command ceremony during a port visit to Souda Bay, Greece, July 24-26.

During the ceremony, Cmdr. Erica L. Hoffmann relieved Cmdr. Robert R. Williams as commanding officer of the Samuel B. Roberts on the flight deck with the crew, family and friends in attendance.

Cmdr. Williams led "Sammy B." through the ship's training cycle and workups prior to deploying to the U.S. 6th Fleet



Cmdr. Erica Hoffman, addresses the crew during a change of command ceremony in which she relieved Cmdr. Robert R. Williams, middle, as commanding officer of USS Samuel B. Roberts during a port visit to Souda Bay, Greece. Also pictured is Chaplain Calvin Gardner.

-Photo by USS Samuel B. Roberts

Area of Responsibility.

"In my fourteen years of service I have never been more challenged, grown more as a Sailor, or experienced the rewards of serving under a commanding officer, than I have on the Samuel B. Roberts under Cmdr. Williams," said Master-at-Arms 1st Class Drew Koehler. "I have never met a CO who takes such pride in the accomplishments of his Sailors or cares more about their well-being than him. I can only hope to meet another commanding officer with the same attributes."

Hoffmann said welcomed the challenge.

"When I received my orders, everyone throughout the pipeline asked me if I was happy," said Hoffmann. "I told them I got exactly what I wanted, a frigate out of Mayport. I want to thank Cmdr. Williams and my parents, and I look forward to continuing the proud Sammy B. tradition as the commanding officer."

Samuel B. Roberts, homeported in Mayport, Florida is currently on a scheduled deployment in support of maritime security operations and theater security cooperation efforts in the U.S. 6th Fleet Area of Responsibility.

Mayport Chapel Sponsors VBS

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Find Out What's Happening With MWR

Pages 10-11

Families, Vets Sought For Community Programs

Page 12

Check us out Online!



mayportmirror.com

# Enrolling In A Florida Public School



Judy Cromartie  
School Liaison Officer

Enrollment is the first step on the journey. It's the beginning of an exciting time for the family. Preparation is the key to making enrollment successful. Florida laws for educating children are very specific. All children must attend school until they reach the age of 16. This is Florida law.

If your children will be enrolling in a Florida public school, all of the information you'll need for enrollment can be found on the district's website. For

- Duval, it is [www.duvalschools.org](http://www.duvalschools.org)
- St. Johns, it is [www.stjohns.k12.fl.us](http://www.stjohns.k12.fl.us)
- Clay, it is [www.clay.k12.fl.us](http://www.clay.k12.fl.us)
- Nassau, it is [www.edline.net/pages/Nassau\\_County\\_School\\_District](http://www.edline.net/pages/Nassau_County_School_District).

The following is a summary of the timely information available on their sites which includes everything from lunch menus to school schedules to up-to-date enrollment information.

**SCHOOL SITE LOCATOR:** A student's street address determines the school of attendance, unless the student has exercised a school choice option. Every residential address has a School Feeder Pattern, which assigns students to an Elementary School (*Kindergarten through Grade 5*), Middle School

## Knowing THE ROPES

(*Grades 6-8*) and High School (*Grades 9-12*). For most of these districts, the locator is on the site's homepage.

### ENROLLMENT INFORMATION:

•Results of a physical (school-entry health exam) performed within one year of the date of enrollment. If the child had the exam in another state, the base clinic can transfer this info to a Florida card.

•Proof of home address. Duval requires 2 proofs.

•Proof of all required immunizations (Florida certification of immunization, DH Form 690) or an exemption. Again, if the child had the exam in another state, the base clinic can transfer this info to a Florida card.

•Kindergarten and First Grade Students: certified birth record. Acceptable birth records include the following:

- original certified birth record;
- duly attested Certificate of Baptism;
- insurance policy on the child's life that has been in force for at least two years;
- affidavit of age sworn by parent and signed by a public health official;
- passport or certificate of arrival in the United States indicating the age of the child; or
- academic transcript with record of age in the child's school, stating the DOB.

**ACADEMIC RECORDS:** When a child has been enrolled in another school district, parents are asked to provide the latest report card from that district and tran-

script if applicable. Most schools will accept an unofficial record (a hand-carried report card, for example) for registration, but the school will then request official records from the previous school.

**OPTIONAL:** a Social Security number. Federal law does **NOT** allow schools to require a social security number for school enrollment.

**BUS INFORMATION:** State law requires bus transportation for students who live two miles or more from the schools they currently attend. The school district also provides special bus services for students in certain Exceptional Education programs, regardless of distance under specific guidelines. For more information, contact the Transportation Department at

- Duval: 904-858-6200.
- St. Johns: 904-547-7810
- Clay: 904-284-6526
- Nassau: 904-225-9404

### MILITARY DEPENDENT CHOICE OPTION:

Florida Statutes provide that dependent children of active duty military personnel who otherwise meet the eligibility criteria for special academic programs shall be given first preference for admission to such programs even if the program is being offered through a public school other than the school to which the student would generally be assigned. However, the district will follow class size restrictions, as detailed in the Class Size Amendment to the Florida Constitution, in the placement of eli-

## Additional Information On School And Sports Physicals And Immunizations

Naval Branch Health Clinic (NBHC) Mayport's Immunizations Clinic is currently conducting back to school physicals for the upcoming 2013-2014 school year, allowing parents to 'beat the rush' with early scheduling and additional clinic days in August.

Florida law requires all school children have the appropriate health exam and immunization documentation. The physical examination must be performed by a health care provider licensed to perform physical exams and must be completed within the past 12 months (this is not an annual exam). The school entry health exam (form DH 3040) is a requirement for students in grades kindergarten through 12th grade who are making their initial entry into a Florida school.

A "new entrant" is a child entering a school in Florida for the first time or entering after having been absent from a school for more than 12 months or one school year. You have up to one year prior to entering the Florida school system in which to obtain the school entry health exam.

For students transferring to a Florida school, a comparable form from another state would be acceptable, if completed within one year.

A certificate of immunization (form DH 680) is also a requirement for all children in grades kindergarten through 12th grade), for entry and attendance in Florida schools. The form is valid until the child enters seventh grade, at which time a new form will be issued when additional immunization requirements are met.

If the child will be 11-years-old while attending sixth grade there is no need to wait until entering seventh grade to receive the additional required immunizations. Once the required immunizations are met, a new certificate of immunization will be issued and will remain effective until graduation from high school.

TRICARE Prime covers school physicals for children ages 5-11 if required in connection with school enrollment. However, annual sport physicals are not covered by TRICARE network providers.

NBHC Immunization Clinic is a walk-in clinic, however, children through age five must see their primary care provider first. Parents should bring all immunization records during the clinic visit. NBHC Mayport's Immunization Clinic hours of operation are Monday through Friday, form 7:30 a.m.-4 p.m.

Contact the appointment line to schedule your children for school or sport physicals with a NBHC Mayport provider at (904) 542-4677. For additional immunization questions, please call (904) 270-4305.

Additionally, for your scheduling convenience NBHC Mayport will have a special clinic on Saturdays during August. Contact Family Practice for any questions or concerns at (904) 270-4220.

gible military dependent students. No students will be placed in a school or program that causes a class to exceed class size for that grade thus placing that school out of compliance with state law. For changes to Duval's eligibility requirements, go to [www.duvalchoice.com](http://www.duvalchoice.com).

**JOHN M. MCKAY SCHOLARSHIP PROGRAM:** This is a statewide program for students with disabilities who are not making adequate progress

in the current school. A public or private school may be selected, and the State will provide funding for a private school. The student must have been classified as an ESE student (not gifted) with a current IEP or a 504 Plan for the 2012-2013 school though not necessarily in a Florida public school.

If you have additional questions concerning enrollment, school choice, special needs, or any other educational issue, please contact me

at the email or phone numbers below.

Judy Cromartie is the School Liaison Officer for NS Mayport.

If you have questions about this article or questions about enrolling in another local school district, she can be reached via email at [judith.cromartie@navy.mil](mailto: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.

### To Our Military families:

The Beaches Branch Library is one of six scheduled for closure if the City Council approves Mayor Brown's budget with no adjustments. I and many others have been collecting petitions to seek another source of funding by letting the voters of Duval County decide by straw ballot if they want an independent tax district for the libraries.

We have collected signatures at the Beaches Library on Tuesdays and Saturdays and have met several Navy families. They bring their children to story hour, activities and to check out books. The library is also a source of media such as CD's and DVD's. If the Beach Branch is closed, the personnel from the Base will have to travel quite a few miles to the

## LETTER TO THE EDITOR

closest library. Teachers at Mayport Middle School state it would be loss to them and the Mayport students.

Mayor Alvin Brown, who states that he wants Jacksonville to be "the most military friendly city in America," has cut the budget so dramatically for three years that it leaves us in this situation. His budget is now in the City Council and will be approved in August. We are trying to fight to stay open to serve the Beaches area and Mayport.

I have left petitions to sign at the USO and have collected them at Fleet Landing.

To sign this petition, you must be a registered Duval County voter; however emails or calls to the

Mayor are critical at this time. Let the City Council know that Jacksonville needs to provide for the men and women who serve us.

To learn more visit: [www.savejaxlibraries.com](http://www.savejaxlibraries.com) and [www.beacheswatch.com](http://www.beacheswatch.com) and express your thoughts to; Mayor Alvin Brown: (904) 630-1776, [mayorbrown@coj.net](mailto:mayorbrown@coj.net)

**Sybil Ansbacher**  
Friends of Beaches Branch Library  
Member Board of Library Trustees  
[sybil@ansbacher.net](mailto:sybil@ansbacher.net)

## CORRECTION

Due to an editing error, the July 25 edition of *The Mirror* published a headline that incorrectly identified USS Gettysburg as joining the Ike Carrier Strike Group. USS Gettysburg joined the Harry S. Truman Carrier Strike Group. We apologize for any confusion this may have caused.

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**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  
CCD, RCIA & Adult Ed:  
Sunday 10:30 a.m.  
Baptisms  
3<sup>rd</sup> 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  
Wednesdays 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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NS MAYPORT, FLORIDA  
Naval Station Mayport

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# Mayport Chapel Hosts Vacation Bible School



**-Photos by Paige Gnann**  
Above, Vacation Bible School volunteer Ashley Blount, 17, places a crown on a young boy's head during arts and crafts time at the Mayport Chapel. Above right, a young girl raises her hand during the morning welcome program. Below right, children sing during the morning program.



Fourth and sixth grade students talk about the hazards of bullying.



Above, second and third graders play "Knight Tag" during outside play. Above right, a volunteer talks to children about Queen Esther's story in the Bible. Below right, Four and five year olds Kelsey and Adalyn make crowns during arts and crafts time.



Chief Religious Programs Specialist Sevron Bascom tells four and five year old a Bible story during Mayport Chapel Vacation Bible School held June 22-26.



Karen LaClaire introduces a new favorite character at Vacation Bible School. This year's theme was Kingdom Rock. Children ages 4-12 got a chance to learn about the Bible with buddies like Victoria the Fox, Sir Valiant t he Lion and Duke the Stallion.



Children socialize during Vacation Bible School.

# Life and Football Require Perseverance



Chap Tom Bingol  
CNSL Ministry Center

## CHAPLAIN'S CORNER

next week, there is something special about this time and about being in an NFL Community.

Legendary Green Bay Packers' Coach Vince Lombardi said, "Football is like life -- it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority." Lombardi's words also ring true for our Soldiers, Sailors, Airman, Marines, and Coastguardsman today. Earlier this year, the Packers released archived footage of Vince

Lombardi's first training camp. His starting quarterback, Bart Starr recalled his coach looking the team in the eye and saying, "Gentlemen, we are going to *RELENTLESSLY* chase perfection, knowing full well that we will not catch it because nothing is perfect, but we will *RELENTLESSLY* chase it, because in the process we will catch excellence. I am not remotely interested in just being 'good.'"

Do we relentlessly pursue excellence in our daily

work or are we content to just be "good" at what we do? Some are quick to remind me that Lombardi is credited with the saying "Winning isn't everything; it's the only thing." I believe that one of his earlier quotes is closer to the mark, "Winning isn't everything; but the WILL to win is." The "will" to put in the hard work is the catalyst to creating a standard of excellence.

Others might say, "Chaps, how does this apply to my ship, or my work center? All that I hear is 'Do more with less.'" Lombardi had an interesting perspective on that as well. "The measure of who we are is

what we do with what we have... It is not whether you get knocked down; it's whether you get back up... The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."

It may even be surprising but Coach Lombardi understood how his relentless pursuit of perfection would impact his player's families: "Once you agree upon the price you and your family must pay for success, it enables you to ignore the minor hurts, the opponent's pressure, and the temporary failures" speaks to the need for resiliency in our

daily lives whether stepping onto the gridiron or waving goodbye to a deploying family member from the pier.

As a new football season unfolds, there are some headlines that will grab our attention and others that will make us shake our heads. Football can be a useful metaphor for life when we listen to the wisdom echoed from its past and provide inspiration for generations to come. "What it was, was football." (If you have never heard that, it is worth a google search.)

# Confidentiality with Chaplains: Sailors Hold Key

By  
**Christianne M. Witten**  
Chief of Chaplains Public Affairs

In a recent poll on Navy Personnel Command's website, 63 percent of 5,049 respondents did not believe that what they say to a chaplain is confidential, and 65 percent of 2,895 respondents believe that Navy chaplains are required to report certain matters to the command.

In light of these results and other anecdotal evidence, Chief of Chaplains Rear Adm. Mark L. Tidd saw an opportunity to roll out an official campaign to help educate service members, leadership and families across the Navy and Marine Corps

on SECNAV Instruction 1730.9: Confidential Communications to Chaplains.

This policy was established on Feb. 7, 2008 to protect the sacred trust between an individual and a chaplain.

Per Navy policy, service members and families have the right and privilege to confidential communication with a Navy chaplain; Chaplains have the obligation and responsibility to protect and guard the confidential communications disclosed to them; and commanders honor and support the unique, confidential relationship between an individual

and a chaplain.

Chaplains cannot be compelled by the command, medical professionals or others to disclose what a service member or family member shares in confidence.

"What you say to us stays between us, unless you decide differently- You hold the key," said Tidd. "That being said, chaplains will always assist in guiding an individual to the appropriate resources and will not leave an individual alone when the individual or others are at risk," Tidd added.

Chaplains serve as advocates to help individuals get the support

needed to overcome the challenges they face before matters escalate. "This unique relationship between an individual and a chaplain can serve as a valuable safety valve to the commander to facilitate increased morale and mission readiness," said Tidd.

Given the continuing stigma service members associate with seeking help, chaplains offer Sailors, Marines and their families a safe place to talk, without fear or judgment.

"Confidentiality can be particularly important when a Sailor or Marine may feel they have nowhere to turn dur-

ing a personal crisis, or if they're concerned about command involvement or an impact on their career," said Tidd.

In addition to a Message to the Fleet on confidentiality, the Chaplain Corps has established a resource page devoted to confidentiality on its website: [www.chaplain.navy.mil](http://www.chaplain.navy.mil). This page includes frequently asked questions, a fact sheet, a flyer, as well as a link to the policy.

"The Chaplain Corps is committed to caring for all with dignity, respect and compassion, regardless of an individual's beliefs, if any. One of the ways we do this is through

confidentiality," Tidd said.

Contact your command chaplain today! Don't know who your chaplain is? Contact Navy 311 for support in your area: 1-855-NAVY-311 or text to: [Navy311@navy.mil](mailto:Navy311@navy.mil).

Visit [www.chaplain.navy.mil](http://www.chaplain.navy.mil) to learn more about Navy chaplains and confidentiality and to review the complete SECNAV Instruction 1730.9 on confidential communications to chaplains.

For more news from Chaplain Corps, visit [www.navy.mil/local/crb/](http://www.navy.mil/local/crb/).

# CSADD Hosts Flag Football Tournament

By MC3 Damian Berg

Navy Public Affairs Support Element East Detachment Southeast

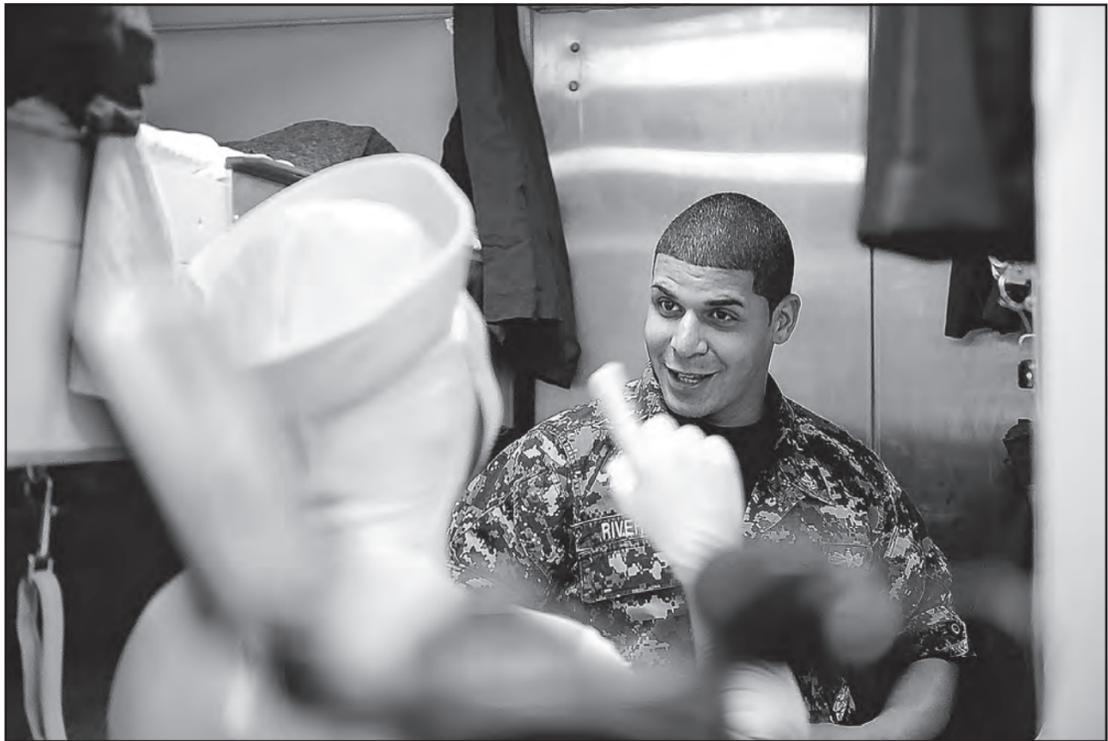
Naval Station Mayport's Coalition of Sailors Against Destructive Decision (CSADD) is hosting its first annual Flag Football tournament on August 3rd from 1000-1440 at Naval Station Mayport's base Softball field #7.

"NS Mayport CSADD promotes fun events to help with the morale and welfare for all service members," said Electronics Technician 3rd Class Juan Serret, CSADD President. "We are holding this event to help build camaraderie and promote physical fitness between all the branches of the military."

There will be teams from the Navy, Coast Guard, Marine Corps, Army reserves, and Air National Guard. The uniform for this event will be service PT gear or command shirt with shorts.

"We are asking everyone to come out and enjoy the tournament and have a good time with all of us here on Naval Station Mayport," said Serret.

For more information Contact ET3 Juan Serret at Juan.serret@navy.mil or MC3 Damian Berg at damian.berg@navy.mil



-Photo by MCSN Damian Berg

Ship's Servicemen 2nd Class Jose Rivera and Electronics Technician 3rd Class Juan Serret (yellow suit) perform a skit for Naval Station Mayport's Coalition of Sailors Against Destructive Decisions (CSADD). CSADD is a peer-to-peer mentorship program used Navy-wide that is geared at Sailors 18 to 25 years old and reinforce the Navy's culture of "Shipmates helping Shipmates".

# CSS Looking For Subject Matter Expert Sailors

By MCC(AW/SW) Shawn D. Graham

Center for Service Support Public Affairs

Center for Service Support (CSS) announced they are actively looking for high-quality senior Sailors to enhance its already dynamic team July 23.

CSS and its learning sites provide Sailors with the knowledge and skills needed to support the Fleet's warfighting mission.

More than 300 staff and faculty work hand-in-hand with the Fleet and are dedicated to ensure training is current and well executed on behalf of 10,000 Sailors who graduate from CSS courses annually in

the administration, logistics and media communities.

During a three-year tour, a subject matter expert (SME) would attend the Navy Instructor Training Course, granting them the Navy Enlisted Classification (NEC) 9502, work closely with learning sites, compile questions for rating advancement exams and also have the opportunity to earn the prestigious Master Training Specialist (MTS) qualification.

Command Master Chief (SW/SCW/AW) Reinaldo Rosado said that a SME's influence doesn't just extend to the Sailors, but to the commands

they serve in, all over the globe.

"Sailors we train often serve in diverse assignments," said Rosado. "Many of our former students have served everywhere from the front lines of Afghanistan to the decks of our carriers. They report to their commands trained and ready to go to work immediately."

Capt. Mark S. Murphy, CSS' commanding officer said the command's expectations and goals are high but very obtainable.

"Work hard: be brilliant on the basics and take care of our people," said Murphy. "Work, study and learn at the job

you've been given. Be ready when opportunity knocks. Work smart: mission first, safety always. Push decision making to the lowest level. Communicate up and down the chain. Have fun: Keep a balance, keep a sense of humor and test your ideas. We want the best to train the Navy's future."

CSS was established Feb. 7, 2003, in response to Naval Education and Training's (NETC) initiative to address challenges in Fleet training and to improve Sailors' professional development products and processes. In streamlining the business of delivering training,

NETC charged 15 learning centers like CSS with specific areas of naval training. NETC organized the centers around their functional areas and appropriately aligned schools and respective training sites to each center.

Sailors who are eligible for shore duty and in their transfer window are encouraged to contact their command career counselors and detailers.

For available billet opportunities, visit <https://www.cmsid.navy.mil/>.

For more news from Center for Service Support, visit [www.navy.mil/local/css](http://www.navy.mil/local/css)

# CPO Selectees Can Save 5% For Uniform Purchases

From NEXCOM Public Affairs

Chief Petty Officer (CPO) selectees can pay for newly required Navy uniforms using the MILITARY STAR Card. In addition, CPO selectees will receive a five

percent credit on their next MILITARY STAR Card statement showing the purchase of CPO uniforms. The special offer good at any NEX Uniform Shop worldwide, but not for uniform pur-

chases made online or toll free phone calls to the Uniform Support Center. "Using the MILITARY STAR Card lets CPO selectees charge their new uniforms like anything else in the NEX," said

Cmdr. Marcia Coleman, Director, Navy Exchange Service Command (NEXCOM) Uniform Program Management Office. "It's quick, easy and the new CPO selectee receives a five percent

credit on their MILITARY STAR Card."

Customers who open a MILITARY STAR Card account will receive 10 percent off their first day's purchases, including a uniform purchase. The 10

percent discount is also applied to the customer's MILITARY STAR Card statement.

Become a Facebook fan and follow the NEX on Twitter.

## Zebras

From Page 1

was watching television. There was a lion chasing a herd of zebras. After the lion took one of the zebras down, just in the background was the rest of the zebra herd acting as if nothing had happened."

Thompson said the next day that another zebra was brought down and he noticed the zebras were still just standing there.

"If I was one of those zebras, I'd kick some lion butt," Thompson said.

The skits showed how many sexual assaults occur when the victim is comfortable with the predator who is usually someone they trust. They also showed how alcohol or drugs could be used to take advantage of another

individual.

During the program, Sailors were asked to close their eyes and visualize four women they care about, and think about how they would feel if one of them was sexually assaulted.

"When he said to think about four females that you know, that actually struck a cord with me," said Electrician's Mate 1st Class Marlon Santiago. "I have four females that are really close to me. Thompson was talking about how his daughter got raped but she was scared to tell him about it. That really got to me because it could have been one of my daughters who is too scared to tell

anybody."

Sailors who attended the event said they felt empowered by the information they gained during the program.

"The problem is, nobody wants to get involved when someone is getting sexual assaulted," said Boatswain's Mate 2nd Class Ruben Benders. "People just walk away or look the other way. If we can stop doing that - if we can stop it from happening by getting involved there will be less incidents."



# CNO Greenert Defends LCS Program

By MC1  
Peter D. Lawlor

CNO Public Affairs Office

The Littoral Combat Ship (LCS) program was under a microscope this week after news of an electrical problem resulted in a brief loss of power for USS Freedom (LCS 1) over the weekend and the Government Accountability Office (GAO) released a critical, 72-page report today scrutinizing the cost of the program.

However, top Navy leadership including the Chief of Naval Operations (CNO) Adm. Jonathan Greenert view the performance problems as common for any first-in-class platform--especially in an innovative platform such as the LCS with its interchangeable modular payload design enabling the ship to conform to its battle space.

Greenert spoke about the GAO report that was leaked days in advance during a Pentagon press brief held July 19 to discuss the status of the Navy with the Pentagon Press Corps.

In his comments Greenert compared the LCS with debuts of previous first-in-class ships and said there was initial skepticism with those platforms too.

"My view is, what we are finding is not that significantly different from the Perry class of the '60s and '70s, the Spruance class of the '70s, nor even the Arleigh Burke class when it comes to the size and the impact on it," Greenert said defending the initial hiccups of the LCS.

Not one for excuses



-Photo by MC1 Peter D. Lawlor

Chief of Naval Operations (CNO) Adm. Jonathan Greenert tours the Marinette Marine Corporation shipyard to view the construction progress of multiple Freedom-class variants of the littoral combat ship (LCS) in various stages of completion. While touring the facilities, Greenert also observed improvements made to the shipyard's manufacturing facilities, which has resulted in the more efficient production of future LCS models.

and understanding of our nation's budget constraints Greenert added, "But we need to be vigilant, we need to follow up, and we have work to do."

For CNO, that work continued July 24 less than a week after the Pentagon press brief as he toured the Marinette Marine Corporation shipyard July 24 to observe the progress of several Freedom-class variants of the LCS currently under construction.

During his tour, Greenert walked through several of the \$74 million improved Marinette Marine shipbuilding facilities to see first-hand future LCSs: (LCS 5) Milwaukee, (LCS 7)

Detroit, (LCS 9) Little Rock, and (LCS 11) Sioux City not only being built, but being built better with integrated feedback from industry and Sailors in the fleet.

President and CEO of Marinette Marine Chuck Goddard said efficiencies in the building process resulting from upgrades to the shipyard will drive down costs per unit of the LCS over time while the fleet's feedback is result-

ing in a more superior product for our Sailors charged with protecting the world's sea lanes.

"I'm very impressed," Greenert told a group of Marinette reporters following his tour of the shipyard.

Greenert was equally impressed by the communication between the LCS industry and Sailors in the fleet who's valuable feedback is enabling Marinette Marine to

change designs and manufacturing processes as necessary to fix issues with current LCS models and prevent them from being integrated into future LCSs.

"We have a team effort," Greenert said about the Sailors who operate the ships and the shipbuilders in Marinette Marine. "Their feedback and connection with what Freedom is undergoing, with what Fort Worth is

undergoing back into the design is impressive and it turns quickly into the shipyard."

Greenert reiterated to the Marinette reporters that historically, it's not uncommon to have to modify a first-in-class ship's design once it becomes operational despite best efforts to fix and find all of the bugs during the testing period.

"It really isn't about the quality of the workmanship, I think the question is what decisions the Navy has made to build this type of ship, the decisions we collectively made as to how we were going to build them in sequence, design and changes, that's not unusual," Greenert said. "We need to take them deliberately and seriously and we are in as much of a partnership as we can with the General Accounting Office."

Ultimately, the Navy is committed to the LCS Greenert said.

"This class of ship is so important to us, for its modularity, its speed, its volume," Greenert said.

"I came here to see how are the changes coming around, what is the relationship more long term," Greenert said to reporters at the conclusion of his confidence visit and tour of Marinette Marine. "We're only in the starting pieces of this long program."



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## Mayport Gives Blood To Save Lives



-Photo by MC2 Salt Cebe

Sailors and government employees assigned to Naval Station Mayport donate blood during a American Red Cross blood drive. The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

# Navy Gateway Inns and Suites Partners With Commercial Hotels To Save Travel Dollars

From Commander, Navy Installation Command Navy Lodging Program Office

The Navy's primary lodging facilities for travelers on official orders (also available to Department of Defense (DoD) travelers), Navy Gateway Inns & Suites (NGIS), is expanding lodging opportunities.

NGIS is partnering with commercial hotels in close proximity to Navy installations to accommodate guests when on base DoD government lodging is at full occupancy.

Currently, DoD travelers on official orders to an installation may encounter an NGIS with no lodging availability. Travelers are then required to locate a local commercial hotel on their own after receiving a Certificate of Non-Availability (CNA). NGIS is taking on that responsibility for the traveler.

In certain markets, this can be quite a challenge. First, the traveler must find a commercial property within a short commute to the base with a rate of per diem or lower, and most importantly;

safe to reside in during their temporary duty. The Navy Lodging Program has seen the hurdles travelers face and has implemented a solution by partnering with commercial hotels.

"Our priority is to maximize on-base DoD government lodging and then also to provide safe, secure hotels that meet our DoD traveler requirements by establishing relationships with commercial hotel partners in close proximity of the Navy base," said Tamara Davis, Navy Lodging Program manager. Travelers do not have to worry about finding lodging on their own in an area they are not familiar with, or being placed in a hotel that is less than desirable, that's what the Navy Lodging Program mission is - to take care of our travelers whether they're staying on base or off base."

The Navy Commercial Lodging Program's hotel partners must meet established criteria. This criterion involves passing an annual inspection to

ensure the property meets DOD Lodging Standards and DoD Fire, Safety and Health criteria, with contracted room rates at per diem or lower, and be within a 30 minute commute for the traveler. Prior to a TDY traveler receiving a CNA for commercial lodging the following steps will be followed: (1) Check availability at NGIS (On base lodging); (2) if no availability at NGIS, Navy Lodge will be

contacted; (3) if no availability at Navy Lodge and there is no commercial lodging program, the traveler will receive a CNA requiring the traveler to locate a hotel within per diem.

The Navy Commercial Lodging Program introduces multiple benefits for travelers: convenience, safety, travel savings and mission accomplishment. This program has proven very suc-

cessful in markets such as Guam; Washington, D.C.; Bethesda, Md.; Fort Worth, Texas; Jacksonville and Mayport, Fla.; Seal Beach and San Diego, Calif. As the Navy Commercial Lodging Program continues to expand to new markets/locations, travelers will be assured of lodging accommodations to meet their travel needs with one phone call to 1-877-NAVY-BED.

NGIS Commercial Lodging Partnership Program also generates revenue which supports the NGIS lodging programs at headquarters and at the installation.

For NGIS reservations and locations, visit <http://ngis.dodlodging.net/>.

For more news from Commander, Navy Installations Command, visit [www.navy.mil/local/cni](http://www.navy.mil/local/cni)

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# Navy Satellite Launch Boosts Satellite Communications

By Steven A. Davis

Space and Naval Warfare Systems Command Public Affairs

The Navy's second Mobile User Objective System satellite was launched today at 9:00 a.m. EDT from Space Launch Complex 41. The successful launch represents a key step in providing enhanced satellite communications for the Navy and Department of Defense (DoD).

MUOS is a next-generation narrowband tactical satellite communications system designed to significantly improve beyond-line-of-sight communications for U.S. forces on the move. MUOS will provide military users 10 times more communications capacity over the existing system by leveraging 3G mobile technology, including simultaneous voice and data capability.

"The MUOS-2 launch is an especially significant event for the program because not only are we launching the second satellite, but the ground system, the networking software and the waveform are all aligning at the same time," explained Navy Cmdr. Matt Bohlin, the MUOS principal assistant program manager. "With MUOS-2 on-orbit this fall, we'll be testing

the full system with all the new capabilities that it brings to the warfighter."

The first MUOS satellite, launched in February 2012 and accepted for operational use by U.S. Strategic Command in November, has been providing high quality voice communications for users.

The Navy plays a key role in national space efforts by providing narrowband satellite communications for the DoD and other government agencies. MUOS satellite communications capability is designed for mobile users who require high-speed mission data with higher data rates and improved operational availability.

Bohlin says users requiring these essential services will soon see significantly improved benefits when the full system suite comes on-line.

"Users are going to notice more bandwidth that is accessible on demand as opposed to preplanned channels, better voice quality and better connectivity while not being impacted by remote regions, urban environments or inclement weather," he said. "It will be a revolutionary leap for satellite commu-

nications for DoD."

With current capability, tactical users have limited access to narrowband satellite communications, and channels must be preplanned and allocated. Additionally, dismantled users had to be stationary to acquire the satellite.

With MUOS, users will have access on demand and be able to use the service while on the move and in all environments and weather to talk to beyond-line-of-sight recipients, whether they are on the other side of a mountain or the other side of the world.

Services will also be available for platforms such as ships, aircraft and vehicles.

Over the next several days, the satellite, which functions much like a cell tower in space, will transition to its geosynchronous orbit loca-

tion 22,000 miles above the earth. Its solar arrays and mesh antennas will then be deployed and on-orbit testing will begin for eventual commissioning into service.

The constellation of four satellites and one on-orbit spare will extend narrowband communications availability well past 2025.

The Space and Naval Warfare Systems Command, San Diego, the Navy's Program Executive Office for Space Systems, Chantilly, Va., and its Communications Satellite Program Office, San Diego, are responsible for the MUOS program.

Additional imagery, videos and launch coverage can be found at the Space and Naval Warfare Systems Command website link here [www.public.navy.mil/spawar/Press/Pages/MUOS-2.aspx](http://www.public.navy.mil/spawar/Press/Pages/MUOS-2.aspx)



-Photo courtesy of NASA by Patrick H. Corkery  
An Atlas V rocket launches the Navy's Mobile User Objective System (MUOS) 2 satellite from Space Launch Complex-41 at Cape Canaveral Air Force Station, Fla. MUOS is a next-generation narrow band tactical satellite communications system designed to significantly improve beyond-line-of-sight communications for U.S. forces on the move.

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# MWR Sports/Fitness

## 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.**

**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.

## Intramural Soccer Match



-Photos courtesy of MWR  
 "Team America" from COMNAVSOU/4F faced off against the Coast Guard team in the Intramural Championship Soccer Match on Friday, July 26. Coast Guard won 9-1 to win both the league regular season and the tournament championship. "Team America" took second place in both.



## Child and Youth Programs

**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. Aug. 9: Outdoor Movies- The Croods (PG).** Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

**Aug. 16: Outdoor Movies- The Goonies (PG).** Film begins at



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 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

Sunset behind Beachside Community Center. FREE.

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



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**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**  
**Wednesdays:** **Lunchtime Bingo.** Every Wednesday at 11:30 a.m.

at Beachside Bingo. Two \$500 payouts every week. Buy two, get one free. Still only \$13.00 per pack. 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 14<sup>th</sup> and last day of every month! 270-7205

**Every Thursday:** **Trivia on Tap. 6 p.m.** at Castaway's. Test your general trivia knowledge! the winning team of four takes home awesome prizes! 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

**Aug. 7: Poker Tournament.** 7 p.m. at Castaway's Lounge. Test your card shark abilities for great prizes. Free to

enter. 270-7205

**Aug. 16: 80s Night.** 8 pm at Castaway's Lounge. 80s Costume Contest, 80s music and trivia, giveaways and more! 270-7205

**Aug. 21: Game Night.** 7:30 p.m. at Castaway's Lounge. Enjoy a night of your favorite games: Life-Sized Jenga, Twister & more. 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

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**Legoland Florida Special.** All active duty military receive one FREE Water Park Combo Ticket. Free ticket can be redeemed at the front gate. Family members can purchase discounted

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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. Stop by and bring your ideas!

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

**Aug. 10: Jacksonville Roller Girls Roller Derby.** Van Departs 4:30 p.m. at Liberty Center. Cost \$15.

**Aug. 11: Adventure Landing Trip.** Van departs Liberty Center 5

p.m. Transportation only.

**Aug. 12: Angry Birds.** 5 p.m. at Liberty Center.

**Aug. 14: Laser Tag.** 6-8 p.m. at Sea Otter Pavilion. FREE

**Aug. 16: Movie Trip.** Van Departs 5:30 p.m. at Liberty Center. Cost \$5; sign up by Aug. 14.

**Aug. 18: A Day at the Beach: Huguenot Park.** Van departs 9 a.m.

**Aug. 19: Nerf Sniper.** 5 p.m. at Liberty Center.

**Aug. 21: Help Feed the Homeless.** Van departs 3:15 p.m. Sign up deadline Aug. 10.

**Aug. 22: Hooters Dinner Trip.** Van departs Liberty Center 5 p.m. Transportation only.

**Aug. 24: Jacksonville Jaguars vs. Philadelphia Eagles.** Van Departs 4:30 p.m. at Liberty Center. Cost \$15.

**Aug. 26: Billiards Tournament.** 6 p.m. at Liberty Center.



## Furlough Friday Oil Change Special



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# Children Of Fallen Patriots Seeks Community Involvement To Find Deserving Families

By Eric Heineman

Director of Strategic Partnerships

Children of Fallen Patriots Foundation is an organization that provides college scholarships and educational counseling to military children who have lost a parent in the line of duty. We need the help of local communities to help us find and support the families that have lost a loved one during active duty.

One of the challenges CFPF face is finding the children

who deserve our Grants and Scholarship.

\*Due to privacy laws it is very difficult for military aid organizations to find families who have lost a loved one.

\*Because no central directory of help exists, it is difficult for families to find our organization

\*Finally, most surviving families have young children when their loved one is killed and move back home and away from the military support net-

work.

Thus thousands of deserving children are slipping through the cracks. Our experience has proven that even when families are able to find aid, there is a persistent gap between funding and college costs. Our objective is to streamline this very complicated, burdensome and insufficient process for "our" families.

CFPF is an organization that provides college scholarships

and educational counseling to military children who have lost a parent in the line of duty.

Our vision is that every such child can have a debt-free college education.

I'm sure you would agree that these families have given the ultimate sacrifice by losing their Mother or Father while they protect our freedoms.

Sometimes, these families are soon forgotten and we want to make sure that this is NEVER

the case! One of the most fantastic tidbits about CFPF is that 100 percent, yes 100 percent of all donations goes to the programs. Our generous board, which includes General Petraeus's Wife, pays for ALL administrative costs! This is very unique in the nonprofit sector. We have a staff of seven, which includes two graduates and recipients of Children of Fallen Patriots grants.

# Crenshaw Recognition Ceremony To Honor Vets Through Operation Desert Shield/Storm

From the office of Congressman Ander Crenshaw

Applications available for veterans not previously honored

Congressman Ander Crenshaw, a member of the House Defense Appropriations Subcommittee, announced on July 12 that his 2013 Veterans Special Recognition Ceremony will honor veterans and active duty members who served from World War II through Operation

Desert Shield and Desert Storm. The application deadline for those who have not previously been recognized with Special Recognition Certificate is Oct. 4. The ceremony will be held in November at a date to be announced later this summer.

"The Veterans Special Recognition Ceremony is one of the highlights of my year and provides a welcome opportunity to honor those servicemen and women who put their

lives on the line to protect our freedom and democracy," said Crenshaw. "The annual event shows our appreciation for those who answered the call of duty, and I encourage all who think they may be eligible to fill out an application."

Through the years, Congressman Crenshaw has recognized thousands of veterans who served from the 1940s through Desert Storm.

However, some vet-

erans who served during this time period may not have been honored because Federal Congressional district lines were redrawn at the beginning of 2013 and eligible veterans did not previously live in the Fourth Congressional District.

Veterans who served from World War II through Operation Desert Shield and Operation Desert Storm, live in the Fourth Congressional District, and would

like to participate are encouraged to contact Congressman Crenshaw's District Office in Jacksonville at (904) 598-0481 or go to his official web site at Crenshaw.house.gov to obtain an application. Click on Constituent Services, then Special Events & Notices, and lastly on the Veterans Recognition Ceremony to download the press release and application.

Completed applications and proof of eligi-

bility should be mailed to the following address: 1061 Riverside Avenue, Suite 100, Jacksonville, FL 32204. The application deadline is Oct. 4.

To determine eligibility for the certificate, veterans must complete an application and submit a copy of their DD-214. Active duty members who wear the Southwest Asia Service Medal qualify for this program.

## Military Spouse Vendor Show

Come out to the Mayport USO on Aug. 3 and check out a variety of vendors and support your local military spouses and their small businesses. There will be \$1 raffles drawn every half hour and food available for purchase from the USO. Check out all the fabulous items available. For more information, contact milwivesbusinessesandevents@gmail.com.

## Back To School Drive

Your Greater Jacksonville Area USO is collecting school supplies for our deserving junior families to help get their children ready for school this year. If you can help, please bring your donated school supplies to either Mayport or NAS Jax USO centers between now and Aug. 9. We are asking for any school necessities such as pencils, pens, paper, notebooks, backpacks, glue/sticks, two pocket three-prong folders, rulers, lunch boxes, etc.

## Are You Ready For Some Football?

Jaguar Ticket sales will begin at noon. Price is \$15 per ticket (cash only). All active duty members, including Florida National Guard, Reserve personnel who are on current active duty orders and dependents are eligible to purchase/use these tickets. Tickets are first come, first served.

## Jacksonville Suns 2013 Baseball Season

The Jacksonville Suns AA Baseball Organization (Florida Marlins Affiliate)



has teamed with your Greater Jacksonville Area USO for the 2013 season. We have purchased 18 tickets (1st Base Side, Lower Level) for each home game during this year's 70-game season. The intent of these free tickets is for use as a command social, evenly spread out throughout all ranks, with the hope of fostering unity and morale. August and September dates are still available.

## Military Spouse COMPASS Program

COMPASS is a spouse-to-spouse mentoring program that introduces participants to all aspects of the military lifestyle. COMPASS offers military spouses the opportunity to establish a peer network, acquire knowledge and develop skills necessary to successfully meet future challenges of military life. Please come join us! We'll be sure to make you smile, help you meet other spouses, provide you with YUMMY Dinners, and even reimburse you for babysitting fees\*\* (please inquire with a Compass Mentor for more info). Registration IS REQUIRED! Please visit [www.gocompass.org](http://www.gocompass.org) to find a Session near you.

## Dewey's Spring Concert Series - Friday Nights At NAS Jacksonville

Enjoy freelive music every Friday night at 7 p.m. at the outside stage

at Dewey's. Bring your own blankets and chairs and enjoy a night out with the family. No outside food or drinks allowed. For more information, call (904) 542-3900.

## Supporting America's Heroes

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

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

## Recycling

Recycling has come to the Greater Jacksonville Area USO. If you have any office paper, shredded paper, old magazines, and newspapers that you would like to donate, please bring it to either the Mayport or NAS JAX

USO Center. This will be a great fundraiser for the USO so please help us fill the bins. Help support the troops with your unwanted paper!

**United Through Reading program** makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you reading

a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them. Please contact your local USO center for more information.

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

copy and free notary service is also available.

Service members can also enjoy video games or use the sports equipment.

**There is a full kitchen, showers,** a quiet reading room and a meeting room available at the USO.

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

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## Navy Dental Corps 101<sup>st</sup> Birthday

## Golf Tournament

**Where:** Windy Harbor Golf Club, NAVSTA Mayport, FL  
**When:** Friday, August 23, 2013  
**Who:** Active Duty Military, Dependents, Retired, Guests  
**Tee Time:** 8:30 A.M. Shotgun Start - 4 player scramble format  
**Cost:** \$60 per person  
**Registration Deadline:** August 16, 2013  
\*Includes golf, range balls, lunch, mulligans & prizes  
\*Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place  
\*Longest drive & closest to pin  
\*Checks payable to: NBHC Mayport Dental Corps Fund

**Players:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Points of Contact:**  
LT Alexandra Bravoco & Dr. Rob Levy  
(904) 270-4484/4485  
ALEXANDRA.BRAVOCO@MED.NAVY.MIL  
ROBERT.LEVY@MED.NAVY.MIL

# Clinic Awarded For Care Of German Sailor

By Yan Kennon

Naval Hospital Jacksonville Senior Writer

Naval Branch Health Clinic (NBHC) Mayport was recently recognized for coordinating and managing the transportation and care of a German sailor aboard the research vessel WFS Planet, who became critically ill during German sea maneuvers off the Atlantic coast.

During a small ceremony May 24 at Naval Station Mayport, aboard the German fleet auxiliary ship FGS Main, Cmdr. Michael Service, NBHC Mayport officer in charge, was presented a plaque in recognition of NBHC Mayport's exceptional medical management of the ill German sailor. The plaque was presented by

the 1st German Submarine Squadron Commanding Officer, Commander (Senior Grade) Sascha Rackwitz.

On April 16 the German sailor developed an urgent life-threatening medical condition and through the coordination by the NBHC team, was medevaced from his ship to Shands Jacksonville Medical Center by an SH-60B helicopter assigned to Helicopter Maritime Strike (HSM) Squadron 46.

"Answering the call to support the warfighter is our primary mission and displays the diversity of Navy Medicine," said Service. "Our first concerns were the health and logistics of the sailor involved. Coordinating medical assis-

tance was our next concern. Timely and effective medical evacuation of the sailor, from his assigned ship to a treatment facility, was essential for ensuring the best practical outcome for the sailor."

The NBHC Mayport team assumed direct lead of the sailor's case management throughout his entire illness and recovery, with Service assuming duties as clinical provider and primary medical liaison between the U.S. Navy, the German fleet and German embassy, in regards to the sailor's diagnosis, treatment and progress.

Upon the sailor's discharge from Shands, NBHC Mayport, along with Commander U.S. 4th

Fleet surgeon, collaborated with their German medical counterparts, to ensure the sailor's safe return to Germany.

In a second ceremony, NBHC Mayport also received recognition from Capt. Ross Ferris, commanding officer of the Royal Fleet auxiliary ship RFA Wave Night, for supporting the medical needs of Wave Night's crew during their visit to NS Mayport.

German vessels WFS Planet, submarine U 32 and their support ship FGS Main departed their homeport of Eckernförde, a small north Germany port city, in mid-February to participate in exercises and maneuvers with U.S. Armed Forces, and is expected to return to

Eckernförde by the end of August.

NBHC Mayport is one of NH Jacksonville's six health care facilities located across Florida and Georgia. Of NH Jacksonville's patient population—about 163,000 active and retired sailors, soldiers, Marines, airmen, guardsmen and their families—more than 57,000 are enrolled with a primary care manager at one of its facilities. To find out more about NBHC Mayport, visit the command website at [www.med.navy.mil/sites/NavalHospitalJax](http://www.med.navy.mil/sites/NavalHospitalJax).

# 4<sup>th</sup> Fleet Team Helping Honduran Hospital



—Photos by MC2 Adam Henderson

Navy Captain Kevin Knoop, commanding officer of hospital ship USNS Comfort (T-AH 20), and medical student Shellsea Portillo examine a patient that was brought into the emergency room for treatment. Knoop was at the local hospital conducting a U.S. 4th Fleet medical Subject Matter Expert Exchange (SMEE) with Honduran medical professionals.

By MC2

Adam Henderson

U.S. 4<sup>th</sup> Fleet public affairs

Military members from various medical commands came together to conduct a five-day Subject Matter Expert Exchange (SMEE) and water purification system installation with assistance from the WaterStep company at Hospital de Area de Puerto Cortes.

"The exchange was a great success. We accomplished on a micro scale, exactly what we hoped to do on a macro scale with USNS Comfort," Capt. Kevin Knoop, Commanding Officer of the hospital ship USNS Comfort (T-AH 20) said.

COMFORT was scheduled to deploy to the region this summer to work with partner nations as party of Continuing Promise 2013 to provide medical services and

mutual training but was cancelled due federal budget cuts. A reduced team of medical professionals went to Honduras to provide medical support as much as possible.

"We had precious little time and a small team, but somehow managed to assess the medical capabilities, identify areas that future missions could assist the hospital with, built relationships with the local health care community, consult on patient care alongside local providers, and catalyze the formation of relationships with the WaterStep program. The next event can pick up where our trailblazing team left off and take it to the next level, Knoop said.

The medical team identified proper treatment procedures for patients and implemented changes immediately. The



U.S. Navy nurse Lt. Cmdr. Rosa Abbott discusses proper handling and caring for patient's with nurses from the public hospital in Puerto Cortes.

hospital redesigned the emergency department creating a trauma bay and expanding space for minor emergencies and improving flow and efficiency. Along with that, they also provided training to nurses on triage and proper patient flow.

"I am very pleased to be able to facilitate sending service members to the public hospital in Puerto Cortes, Honduras. Conducting exchanges like this is the least we can do with the USNS Comfort not able to deploy this year for

Continuing Promise due to federal budget cuts. We are still committed to our partners in the region and engaging with them as much as possible to foster that very commitment."

"The Navy doctors were very respectful and made suggestions very diplomatic in reference to patient management," Dr. Guillermo Saenz, Liaison Medical Officer Medical Element, JTF-Bravo, Honduras said.

The team helped train students to assist with dental procedures expanding capacity in

their dental clinic also assisting with Orthopedic and OB/GYN surgeries.

"The Navy sent a multidisciplinary team of medical professionals composed of a dietician, nurse, dental hygienist, preventive medicine techs, industrial hygienist, Obstetrician, orthopedic traumatologist and emergency medicine specialists to exchange experiences and information and to build partnerships. This is what the mission is all about, and we were highly successful! I was proud to be a part of this

amazing and diverse team on this mission," Knoop said.

Along with the military doctors two Hospital Corpsmen assisted the company WaterStep with the installation of a water purification system. WaterStep is a Non-Government Organization (NGO) that works worldwide to help bring people water purification systems. The water created by the system at the hospital will be used to help not only treat patients but also give them something safe to drink.

# Protect Your Skin Against Cancer This Summer Season

From TRICARE

Spending time outdoors is a great way to enjoy the warmer weather and get exercise. Blue skies and high temperatures bring people out to parks, pools and beaches wearing summer clothing and exposing more skin. Enjoying the sunshine is nice, but too much can be a bad thing.

According to the Centers for Disease Control and Prevention (CDC) skin cancer is the most common form of cancer overall in the United States. Melanoma is not the most common form of skin cancer, but it is the most dangerous and accounts for the most skin cancer-related deaths. It can advance rapidly and spread to other parts of the body, making it harder to treat, but is preventable and can be treated effectively if detected early.

The leading cause of melanoma is over-exposure to sunlight, specifically ultraviolet (UV) radiation from the sun

or tanning beds. UV rays damage the skin's ability to heal and produce healthy, new cells. The damaged cells mutate and grow into tumors, visible as dark spots, lesions or moles on the skin.

Anyone who notices any change on their skin, including changes to already existing moles and lesions, should talk with their doctor. Remember the American Cancer Society's ABCs when noticing a mole:

**A** stands for Asymmetry: One half of the mole does not match the other half.

**B** for Border irregularity: The edges of the mole are irregular, ragged, blurred, or notched.

**C** for Color: The color over the mole is not the same all over. There may be shades of tan, brown, or black.

**D** is for Diameter: The mole is larger than about one-quarter inch – about the size of a pencil eraser; although it is possible for melanomas to be smaller.

It's a common miscon-

ception that people with darker complexions are not susceptible to skin cancers. Although skin cancer is more common in people with fairer skin and features, anyone can develop skin cancer.

While some forms of skin cancer develop because of genetics, most other forms can be prevented. Start sun protective measures early because a majority of sun exposure occurs during childhood and early adulthood and exposure to sunlight is the leading cause of skin cancer. Just one severe sunburn increases the risk of developing skin cancer. CDC recommends covering exposed skin with loose fitting clothing, wearing a hat and sunglasses, and using sunscreen with a sun protection factor (SPF) of at least 15 during any outside activity. Sun exposure is the most hazardous between 10 a.m. and 4 p.m., when UV rays are the strongest. Getting into the shade during these

peak hours is another effective way to prevent skin cancer.

One of the preventive services TRICARE covers is skin cancer screenings for beneficiaries with a family or personal history of skin cancer, increased occupational or recreational exposure to sunlight or clinical evidence of precursor lesions. For more information about preventive skin cancer screenings, visit [www.tricare.mil/preventiveservices](http://www.tricare.mil/preventiveservices) and select "skin cancer exams." However, anyone can have a suspicious lesion evaluated, no matter their family, occupational or recreational history.

Following CDC recommendations for avoiding sun exposure is an easy way to prevent skin cancer. Be sure to look for signs of skin cancer and report any changes to a doctor. For more information about skin cancer and prevention go to [www.cdc.gov/cancer/skin](http://www.cdc.gov/cancer/skin).

## Branch Health Clinic Appointments

542-4677

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# FFSC Classes Give Tools To Help Sailors

From FFSC

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

Aug. 1, 10-11 a.m., **Healthy You, Healthy Family**, FFSC Building 1, Room 607

Aug. 1, 1-2:30 p.m., **Conflict Resolution for Women**, FFSC Building 1, Room 702

Aug. 1, 3-4:30 p.m., **Managing Anger Group**, FFSC Building 1, Room 702

Aug. 1, 9 a.m.-noon, **Tottle Tyme Playgroup, USO**

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

Aug. 5, 10 a.m.-noon, **Active Parenting Ages 5-12**, FFSC Building 1, Room 607

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as some of the challenges that are faced by all families include understanding yourself and your child, the four goals of misbehavior, building courage

and character in your child, and encouraging and listening to your child. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 6 sessions is required.

Aug. 5-9, 7:30 a.m.-4:30 p.m., **Transition GPS Retiree Workshop**, FFSC Building 1, Room 1616

Aug. 7, 9 a.m.-noon, **Resume Writing Workshop**, FFSC Building 1, Room 719

Aug. 7, 11 a.m.-noon, **Banking and Financial Services**, FFSC Building 1, Room 719

Aug. 7, 8:30 a.m.-12:30 p.m., **Stress Management**, Wellness Center

Aug. 8, 10-11 a.m., **Healthy You, Healthy Family**, FFSC Building 1, Room 607

Aug. 8, 1-2:30 p.m., **Conflict Resolution for Women**, FFSC Building 1, Room 702

Aug. 8, 3-4:30 p.m., **Managing Anger Group**, FFSC Building 1, Room 702

Aug. 8, 9 a.m.-noon, **Tottle Tyme Playgroup, USO**

Aug. 12, 10 a.m.-noon, **Active Parenting Ages 5-12**, FFSC Building 1, Room 607

Aug. 12, 6-7 p.m., **IA Family Connection Group, USO**

Aug. 12, 1-3 p.m., **Relationship Communication**, Building 1, Room 702

Aug. 12-13, 8:30 a.m.-4 p.m., **Higher Education**, FFSC Building 1, Room 1616

Aug. 14, 9 a.m.-noon, **Resume Writing Workshop**, FFSC Building 1, Room 719

Aug. 14, 11 a.m.-noon, **Money and the Move**, FFSC Building 1 Room 719

Aug. 15, 10-11 a.m., **Healthy You, Healthy Family**, FFSC Building 1, Room 607

## CNRSE Family Readiness Program Conducts Emergency Response Exercise

By MC1(SW) Greg Johnson

Navy Region Southeast Public Affairs

Commander, Navy Region Southeast (CNRSE) Family Readiness Program hosted phase two of an Emergency Family Assistance Center (EFAC) exercise at Naval Air Station (NAS) Jacksonville July 17.

The training was an installment of a three-phase exercise designed to test the region's ability to establish and sustain EFAC operations in the days and weeks following the landfall of a hurricane.

Phase I, conducted on May 30, involved more than 30 Fleet and Family Support Center (FFSC) representatives from NAS Jacksonville, Naval Station (NS) Mayport and Naval Submarine Base (NSB) Kings Bay, as well as installation and training officers and emergency management personnel from all three bases. Phase II incorporated a variety of additional base organizations, such as the Navy-Marine Corps Relief Society, Navy Legal Service Office, Navy Gateway Inns and Suites, base housing and many others.

"This training is vital because it's not a matter of if one of our installations will be affected by a hurricane, it's a matter of when," said Commander, Navy Region Southeast Rear Adm. John C. Scorby Jr. "Our ability to bring together multiple organizations and people to work as a cohesive unit is crucial to our recovery efforts in this kind of scenario, and I think training like this has a huge impact on our ability to respond when the real thing does happen."

The EFAC exercise is essentially a continuation of the region's HURREX 2013, which tested the region's hurricane preparedness through a scenario involving multiple simulated storms that made landfall near installations throughout the Southeast Region. While HURREX focused on pre-landfall preparations, the EFAC exercise was designed to focus on the recovery phase of disaster response.

In this scenario, NS Mayport and NSB Kings Bay residents were evacuated prior to landfall and each base suffered extensive

flooding damage as the simulated storm passed. FFSC personnel from all three participating bases worked with emergency management, training personnel and other installation departments to establish an EFAC on board NAS Jacksonville.

"Phase II of this exercise had a lot more moving pieces due to the fact that we brought in a variety of additional agencies to participate," said Carol Lucius, CNRSE Family Readiness Program work and family life coordinator. "To incorporate all these different people into this exercise is invaluable because we will be working together in the event of a real disaster and establishing roles, responsibilities and relationships is crucial."

After a real disaster, the EFAC would function as a hub for FFSC case workers and emergency response personnel to provide a wide range of support services for affected family members. According to Lucius, much of that support is managed through the Navy Family Accountability and Assessment System (NFAAS).

"After a disaster, people can go into the 'Needs Assessment' portion of NFAAS and specify what they need, then our case managers can go in and see what those needs are. We will then call them back and get them the appropriate resources," she said.

Although NFAAS is one of the primary methods for EFAC personnel to assess needs after a disaster, people can also come directly to the EFAC for assistance, Lucius added.

"Circumstances can change very quickly in the days and weeks following a hurricane, so our recovery efforts need to be flexible and our services have to be adjusted accordingly," Lucius said. "It's important for us to identify exactly who we need to have in the EFAC based on what peoples' needs are. The EFAC is not staffed with only FFSC personnel, but there are a lot of other organizations involved, such as chaplains, medical, legal, housing and a long list of others. Part of this exercise is to establish a clearer picture of what

resources we are likely to need in the EFAC at different times in the recovery process."

After an actual hurricane, EFAC personnel would also coordinate with a number of civilian agencies and local officials in order to get people the help they need. Lucius said most people who seek help are in need of food, shelter, clothes or some other physical need, which makes it important to conduct this kind of exercise in order to be better prepared for recovery efforts when a real-world scenario occurs.

"The nature of an emergency or crisis event is that of unpredictability," she said. "However, even though things will inevitably happen that we don't necessarily expect, we still need to have a plan in place so that our people are confident in themselves, confident in their leadership and confident in the plan."

Lucius said training like this is essential for preparing emergency management and FFSC personnel for an actual event, but it is equally as important for family members and dependents to know what to do in the event of an emergency.

"They really need to know about NFAAS. They need to know that it is essential for them to have their personal contact information updated in NFAAS so that when a disaster strikes, they can be contacted and they know how to contact somebody for help," she said.

While phase II of the exercise included about 30 more participants than phase I, phase III of the exercise will expand even further and will include a number of civilian agencies and organizations, including the Federal Emergency Management Agency, Salvation Army and others.

Sailors, dependents and government civilians can log into NFAAS at <https://navyfamily.navy.mil> where they can update their contact information, report their status or submit a needs assessment.

For more information about hurricane readiness or NFAAS, contact your local FFSC.

## Out in Town

### Saturday, Aug. 3

First Missionary Baptist Church is doing a UNITY Day from 9 a.m.-1 p.m. at 850 Fifth Ave South, Jacksonville Beach, Florida 32250. Free food and school supplies.

Join a park ranger at 2 p.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. Bring sunscreen and water. The program will take place at the multi-use trail pavilion located at the south beach area on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

### Aug. 3-4

The Florida Department of Environmental Protection's Fort Clinch State Park, 2601 Atlantic Ave., Fernandina Beach, will host a Union Garrison event on Saturday, Aug. 3, 9 a.m. - 5 p.m., and Sunday, Aug. 4, 9 a.m. - noon. This program will allow visitors to interact with living historians to experience life in the fort as it was in 1864. The grounds will be bustling with soldiers in period costumes involved in firing demonstrations, marching drills, cooking and daily activities. Ladies in their dresses, suiters displaying their wares and drummer boys

## COMMUNITY CALENDAR

bring every part of the civil war era to life. Come join in this unique, family friendly event. Fees include the \$6 per vehicle Park entrance fee plus \$2 per person Fort admission. For additional information, contact the park at (904) 277-7274 or visit [www.FloridaStateParks.org](http://www.FloridaStateParks.org).

### Tuesday, Aug. 6

Beaches Photography Club will meet at the Beaches Library, 600 3rd St., Neptune Beach, 6-8 p.m. Karen Stephenson, who has won many photographic competitions will present on the subject of "How to prepare and submit for print competition". This is a free event with people of all ability levels and camera types welcomed and encouraged to come and learn more about photography. For more information [www.beachesphotographyclub.org](http://www.beachesphotographyclub.org)

Chabad @ the Beaches is offering a Hebrew Reading Crash Course to all members of the Jewish community. The course is designed to teach those with no basic knowledge of the Hebrew language how to read Hebrew in five easy lessons. Chabad @ the Beaches is offering to assist those in the community with a desire to learn to read Hebrew and learn to follow along

in the Siddur/Prayer book. The five-week Hebrew Reading Crash Course, will be held on Tuesdays at 7 p.m. The Course begins on Aug. 6 at the Aaron and Blanche Scharf Chabad Center for Jewish Life in Ponte Vedra. The hebrew reading crash course is geared toward beginners, as well as those who sometimes attend services, but feel left out, unable to follow or appreciate the liturgy. For more information about the Hebrew Reading Crash Course call Rabbi Eli at Chabad @ the Beaches at 543.9301. The cost of this five week course is \$50 for newcomers \$25 for returnees, scholarships available call for details, as always nobody will be turned away due to an inability to pay. For more information about the Hebrew Reading Crash Course call Chabad @ the Beaches at 543-9301 or visit [www.ChabadBeaches.com/LearnHebrew](http://www.ChabadBeaches.com/LearnHebrew)

### Thursday, Aug. 8

The Duval County Extension Offices/UF IFAS will be offering a workshop on Gardening Tips for Hot Weather plus Managing Pest Problems from 6:30 - 8:30 pm at the Southeast Regional Library, 10599 Deerwood Park Blvd. This is a free program. Come learn gardening tips for the sum-

mer heat and what to do with those pests in your landscape. To pre-register, please call Becky at 904-255-7450 or email her at [beckyd@coj.net](mailto:beckyd@coj.net) with your name and phone number.

### Saturday, Aug. 10

Join a park ranger at 2 p.m. and learn about the lifecycle of the sea turtle and the importance of these creatures. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

### Thursday, Aug. 15

The Duval County Extension Offices/UF IFAS will be offering a free workshop on Do it Yourself Irrigation Repairs to Save Money at S. Mandarin Branch Library, 12125 San Jose Blvd. Jacksonville, FL. The time is 6:30 - 8:30 p.m. In times of drought be sure your irrigation system is in top shape. Learn hands-on ideas. Not everyone has in-ground irrigation, so we will cover hand-watering tips, plus the city ordinances and more. To pre-register, please call Becky at 904-255-7450 or email her at [beckyd@coj.net](mailto:beckyd@coj.net) with your name and phone number.

### Aug. 16 & 17

The Englewood High School Class of 1973 has finalized plans for their 40 year High School Reunion in Jacksonville, FL on the Southbank of the St John's River. Don't miss out on this great event! Mail your check today for \$75 per

person to EHS '73 - Jay Kauffman, 8058 Newton Rd, Jacksonville, FL 32216 (Jay 904.982.2701). Please prepay your Saturday night reservation to insure there is enough food for everyone. Questions? Jay 904-982-2701, Amy 904-629-9222. More info on Facebook: search Englewood High School Class of 1973. [www.facebook.com/groups/262281106060/10151708392646061/?notif\\_t=group\\_activity](http://www.facebook.com/groups/262281106060/10151708392646061/?notif_t=group_activity)

### Saturday, Aug. 17

Ever dreamed of getting the perfect shot of a great

blue heron in flight or a bumble bee nestled on a flower? Join a photographer at 11 a.m. and nature enthusiast for a leisurely stroll on the Fairway Loop Trail and learn techniques to help capture the beauty of the maritime forest and salt marsh on film. Please bring your own camera and photography supplies, sturdy shoes, bug spray, sunscreen and water. Space is limited on this program to 10 participants. Please RSVP to the Talbot Islands State Park Ranger Station at (904) 251-2320.

## 2013 Feds Feed Families Food Drive

### Food Drive Runs

10 July 2013 till 28 August 2013

Food banks across the Nation are facing severe shortages or non-perishable food items, just as summer begins and children are left without school supplied nutrition programs. Federal employees and members of the uniformed services are stepping up to meet this challenge by gathering 2 million pounds of food for families in need this summer. The NAVSTA Mayport Chapel hopes you will donate any non-perishable goods you can spare to help us meet this National goal.





**Commercial/  
Industrial For Rent**

Warehouse w/Offices - 3.80 SF and under Great for Ind/Svc/Dist. Grade Level. 545sf NNN & under! Near JIA, 95, 295 & 9A. 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

**Business Opportunities**

**FLIGHT SCHOOL FOR SALE**  
located in North Florida  
includes FAMA CH2000  
asking \$144K, cash flow is \$115K  
contact: Jim@callahangroup.biz

**Education &  
Training**

Private Instruction  
Schools  
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**Carpentry**

DAVE'S Carpentry - Int/Ext Doors,  
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**Merchandise**

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Appliances  
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Clothes  
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Computer  
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Electronics  
Estate Sales  
Farm/Planting  
Fruits/Vegetables  
Furniture/Household  
Garage Sales  
Garden/Lawn  
Hot Tubs/Spas  
Jewelry/Watches  
Kid's Stuff  
Machinery & Tools  
Medical  
Miscellaneous Merchandise  
Musical Merchandise  
Photography  
Portable Buildings  
Public Sales  
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Tickets  
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Wanted to Buy or Trade

**Appliances**

Appliances, buy, sell, trade & repair  
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Mon-Sun. 9-7. Delivery 904-695-1412

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Former Office Supply Liquidation.  
7/26-8/5 Shelving, pallet rack,  
breakroom equip, office furn, safe,  
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**Collectibles**

WANT TO BUY - U.S. Military  
patches & medals, German &  
Japanese Souvenirs. Antique swords  
guns and knives. Call 904-477-6412

**Estate Sales**

**B. LANGSTON PRESENTS**  
Prestigious East Hampton  
Designer & Antique furn., crystal,  
fine china, military, electronics,  
decorative items, tools, house full!  
8705 Glenbury Ct. S. Wed. 5-7  
Thurs., Fri., Sat. 9-5. blangston.com

**ANGEL AID ESTATE SALE**  
12,000SQFT. OF ESTATE ITEMS.  
Thurs, Fri, Sat. 9:30-3:00. 8595 Beach  
Blvd. Suite 318. www.angelaaid.com

By The Leons - Very nice eclectic  
furnishings. See: estatesales.net  
69 Magnolia Ave St. Aug. Fri 8-4 Sat 8-2

**Furniture / Household**

**QUEEN PILLOW  
TOP MATTRESS**  
FOR **\$150**  
STILL IN PLASTIC  
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**KING PILLOW TOP SET**  
\$250 Never used. Still in Plastic  
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**Garage Sale**

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from affordable water co. tank  
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\$ | BUY sealed / unexpired boxes \$  
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12 needles w/stand & supplies.  
Exc. cond., \$15K. Will not sell  
separately Great Business  
Opportunity. Call 904-762-5995

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Adopt a Pet  
Pets & Supplies  
Livestock & Supplies  
Animals Wanted

**Pets and Supplies**

**Jagdterriers 3 (8 wk old - \$750),**  
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Auto Parts  
Antiques/Classics  
Automobiles  
Trucks/Trailers/SUVs  
Vans/Buses  
\$2000 or Less  
Commercial Vehicles  
Misc. Auto  
Autos/Trucks Wanted  
Auto Rent/Lease

**Boats**

**BOAT SLIP** - St. Simons Ga. deepwa-  
ter, adjacent ICW, access to Ocean,  
gated marina \$40K call 912-222-1056

**19' CARAVELLE 2001 130hp** Yamaha  
loaded, GPS, ship to shore radio, FF  
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**VRI Travel Trailer tow eq. 2**  
TV's, front bath, new tires, an  
bed, slps 6, lrg slide out, \$12K.  
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new 24 miles, \$825obo.  
Call 904-786-4591

**2007 Honda Shadow, 2500mi's,**  
like new, light grey, storage  
kept, hardly ever rode, all  
refurbished and ready to go,  
\$4,850. 904-215-9309/504-1578

**Automobiles**

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

**'98 CHEVY SILVERADO Z71,**  
4x4, tow pkg, tool box, pwr  
windows & seats, new tires  
\$4800. 904-619-7960/  
521-8870/521-8820

**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  
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