

Heading To The Game



-Photo by MC2 Marcus L. Stanley

Chief petty officer selectees assigned to Naval Station Mayport carry American flags as they run onto the field during Jacksonville Jaguars pregame events at Everbank Stadium. Current CPO selectees are going through CPO 365 Phase II training as they prepare to become chiefs. See more Chief Select photos, Page 9.



-Photo by Paige Gnann

NS Mayport's Newly New Thrift Shop has extra storage space in back thanks to the Mayport Area CPOA.

Thrift Shop Gets Extra Space From Mayport CPOA

By MC2 (SW) Salt Cebe

Navy Public Affairs Support Element Detachment Southeast

Naval Station Mayport's Thrift Shop recently underwent a face lift when the Mayport Area Chief Petty Officer Association (CPOA) completed an enclosed porch project which allotted the thrift shop a dry indoor storage area.

The CPOA completed the enclosure at no cost to the thrift shop. All of the materials needed to complete the enclosed porch were provided through the CPOAs vigorous fundraising efforts.

"We asked if they (CPOA) needed us to buy anything and they said 'no,'" said Jackie Cannon, President of the Mayport Navy wives club. "They said that they were going to get everything donated and they did. It looks really good and they did a great job!"

The porch, which was at the mercy of the elements, is now a multipurpose indoor storage unit that the thrift shop can use however it desires.

"The thrift shop used the porch as a screened in storage space before," said Senior Chief Electronics Technician Greg Davis. "Every time it rained everything

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TRICARE Pharmacy Home Delivery Makes It Easy To Fill Prescriptions

By Yan Kennon

Naval Hospital Jacksonville Public Affairs Senior Writer

TRICARE Pharmacy Home Delivery offers a safe, affordable and convenient method of getting prescriptions delivered to patients' doors, by way of the U.S. Postal Service.

Home Delivery includes generics at no-cost; a 90-day supply for most medications; refills by mail, phone or online; and an automatic refill option. Active duty have no co-pays, while other patients have no co-pay for generics, \$13 for brand-name formulary and \$43 for non-formulary. For brand-name and non-formulary medications, the co-pays for a 90-day supply are about the same as a 30-day supply from a retail pharmacy—a savings of up to 65 percent.

"TRICARE Pharmacy Home Delivery is the least expensive option when not using our branch health clinic pharmacy," said Cmdr. Michael Service, Naval Branch Health Clinic (NBHC) Mayport officer in charge. "And it's the easiest option. By converting your current retail medications to Home Delivery, patients reduce out-of-pocket costs and gain convenient delivery."

According to TRICARE, more than one million prescriptions are



-Photo by Jacob Sippel

A Sailor receives prescription medications directly to his home via TRICARE Pharmacy Home Delivery. Home Delivery offers a safe, affordable and convenient method of getting prescriptions delivered to patients' doors, by way of the U.S. Postal Service.

filled each month through Home Delivery, which is administered by Express Scripts, Inc.

According to TRICARE, more than one million prescriptions are filled each month through Home Delivery, which is administered by Express Scripts, Inc.

Home Delivery is best suited for maintenance medications—those taken on a regular basis. Benefits of Home Delivery include free

generic medications, refill reminders, help with renewing expired prescriptions, and a review of prescription history to help prevent harmful drug interactions. One of the most popular features is the automatic refill option, which ensures that patients don't run out of their medications. Patients can also refill their prescriptions manually - by phone, mail or online.

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Capt. Wesley McCall
NS Mayport Commanding Officer

Shipmates,

I want to thank everyone for the truly heartwarming welcome that Reyna and I have received since coming to Naval Station Mayport.

For the last 23 years, I've heard Mayport was the homeport of choice for the Navy and I'm quickly learning why. From the moment we arrived, people have welcomed us with open arms. The secret to what makes Mayport the most wanted duty station in the Navy is the people.

I thought I would start off this month's column with my specific goals for this installation. First, it is important for everyone to understand that this installation exists solely to support the war-

CAPTAIN'S CORNER

fighters who take our ships and aircraft over the horizon to do our nation's business. It is our responsibility to do our absolute best to sustain and enhance their operational readiness.

Second, we must ensure that our hard working Sailors and civilians are given every opportunity to succeed both personally and professional. Speaking of which, advancement exams are quickly approaching and if you haven't already been studying - now is the time to start preparing. E-6 exams will be held on Sept. 5, followed soon after by E-5 exams on Sept. 12 and E-4 exams on Sept. 19. We will do everything we can to give you the tools to succeed, but it's up to you to take advantage of them. For our civilian shipmates, I know there's a sense of uncertainty concerning an impending Reduction in Force. I understand your concern and ask that each of you maintain faith in our leadership as they make critical decisions that ultimately affect our workforce. And...please never forget that each of you are a vital part

in the engine that keeps team Mayport steaming forward and without your critical skills and expertise, things just wouldn't operate the same. Thank you for what you do for this installation, for our Sailors and for our country each and every day.

And third, but certainly not least, we must take care of our great families who ultimately enable us to serve. We have a lot of great support systems already in place here at Mayport, including Fleet and Family Support Center, MWR Youth Services and Child Development Center and the School Liaison Officer. I look forward to working with our local schools, including Finegan Elementary, Mayport Elementary and Mayport Middle in continuing their top-notch support. I know you have noticed the school buses out picking up the kids since school started back last week. Please make sure to slow it down and watch for our children as they head to and from school.

I'm excited about the challenges ahead and also about Naval Station Mayport's exciting future. Over the next few years, Naval Station Mayport is going to be a completely different place. I'm looking forward to starting

it off with the arrival of three coastal patrol craft, USS Shamal (PC 13), USS Zephyr (PC 8) and USS Tornado (PC 14). Shamal will shift homeport to Mayport in September, followed by Zephyr and Tornado in November. All three ships are relocating from Naval Amphibious Base Little Creek and bringing approximately 90 crewmembers along with them. And, obviously, everybody's looking forward to the arrival of the Iwo Jima Amphibious Ready Group. USS New York (LPD 21) will be the first to arrive in December followed closely by USS Fort McHenry (LSD 43) and USS Iwo Jima (LHD 7) in the summer of 2014. Having these ships homeported at Naval Station Mayport is a big win for our installation, the city of Jacksonville, the Beaches Community, and for their Sailors and families who get to live and work in this incredible community.

I am thrilled to be a part of the team in these extraordinarily challenging and exciting times and I look forward to working with all of you in the years to come. Please continue sending your suggestions to the CO's suggestion box or email them to wesley.mccall@navy.mil.

Local Schools Host Open House For Parents



Judy Cromartie
School Liaison Officer

Most parents understand the importance of being actively involved in their children's education. But as children get older, parents frequently become less and less involved in their schools. However, research indicates that children are more likely to have a successful school year if the parents are involved in their children's school. One way to ensure that is to make a connection with the school by attending Open House.

Area schools began their schedule of Open Houses as early as August 9th. (For local schools, see box.) And far from one more useless activity in an already over-scheduled life, Open House can actually provide a wealth

Knowing THE ROPES

of information for parents. This is a great opportunity for parents to meet their children's teachers, the school counselor, the principal, and other staff. Whether your child has one teacher or several, it is an ideal opportunity to meet the teacher(s) in one fell swoop. In middle and high schools you'll follow your children's schedule by actually going to all of their classes. In all grade levels you'll find out important dates, including field trips and major class assignments; homework and test schedules; and most importantly how to contact the teacher.

Open House IS NOT the time to try to have a private conference with your child's teacher. How could it be private with several parents in line behind you also wanting a chance to say a few words about their children to the teacher?

As someone who taught 27 years, let me assure you that what parents share with the teacher on

Open House night other than a quick "Hello" or "I'm Sarah's mom" rarely "sticks" in the teacher's mind. A high school teacher, for example, may have over 100 parents in attendance and, that is, if they teach the core. Pity the poor physical education teachers who teach many more students than that.

Open House IS the night to listen to what the teacher wants to share with you about the structure of the curriculum, how the class will be organized, the texts which will be used, frequency of homework, test schedules, make-up policies, and, most importantly, how to get in touch with the teacher.

Write this down! Many teachers now have their own email account or Facebook page. Any way you can get the information will make it much easier to remind your child of an upcoming deadline or the need to study for those weekly spelling tests.

2013 Open House Schedule

DATE	TIME	SCHOOL	GRADE(S)
Sept. 12	6:30 p.m.	Abess Park ES	Pre K-2/CSS
Sept. 19	6:30 p.m.	Abess Park ES	3-5
Sept. 5	6:30 p.m.	Alimacani ES	K, 2, 4
Sept. 12	6:30 p.m.	Alimacani ES	Pre-K, 1,3,5
Sept. 19	6 p.m.	Atlantic Beach ES	All grades
Sept. 26	6 p.m.	Atlantic Beach ES	All grades
Sept. 9	6 p.m.	Atlantic Coast HS	All grades
Sept. 12	6:15 p.m.	Axson, J. Allen ES	K-3
Sept. 19	6:15 p.m.	Axson, J. Allen ES	4-5
Sept. 26	6 p.m.	Finegan, Joseph ES	All grades
Sept. 10	6 p.m.	Fletcher Middle School	All grades
Sept. 3	6:30 p.m.	Jacksonville Beach ES	K, 2, 4
Sept. 4	6:30 p.m.	Jacksonville Beach ES	1, 3, 5
Sept. 10	6 p.m.	Kernan Middle School	All grades
Sept. 12	6:30 p.m.	Kernan Trail ES	K - 2
Sept. 19	6:30 p.m.	Kernan Trail ES	3 - 5
Sept. 26	6:30 p.m.	Mayport ES	All grades
Sept. 12	6 p.m.	Neptune Beach ES	All grades
Aug. 29	7:30 p.m.	Sabal Palm ES	
Aug. 29	6 p.m.	San Pablo ES	All grades
Sept. 9	5:30 p.m.	Sandalwood	All grades
Sept. 5	6:30 p.m.	Seabreeze ES	K-2
Sept. 12	6:30 p.m.	Seabreeze ES	3-5
Sept. 19	6 p.m.	Waterleaf ES	PK-2
Sept. 26	6 p.m.	Waterleaf ES	3-5

Now that you know the regimen, you'll be better prepared to talk privately with the teacher about your concerns about your child. And because you have the teacher's preferred method for contact, it will be much easier for

you to set up a parent-teacher conference.

Active parenting takes time, but the time you spend at an Open House will help your children be personally and academically successful. Your positive involvement and

time, your child's time, and your child's teachers' time are all directly related to helping your child become tomorrow's successful adult.

Judy Cromartie is the School Liaison Officer for

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Let God Help You Unpack Your Luggage



Chaplain Karen Rector
NS Mayport Chapel

pair of running shoes the other day. They weren't at a sports store or a shopping mall; they were in my closet. I bought them almost two years ago and forgot about them. I found them in a suitcase while I was cleaning out my closets this week. Ironically, my closets were full of clothes, but they were all in luggage; everything from sea bags, garment bags, gym bags, backpacks, you name the bag and I have it.

Since 2008, I've PCS'ed twice and deployed four times, so I have basically been living out of suitcases. For the past two weeks, I've been unpacking all my bags, and during this evolution I've discovered two things; first, all of my clothes have shrunk! OK, maybe I've grown out of them; and

CHAPLAIN'S CORNER

second, I discovered that I am not good at traveling light.

Pastor and author Max Lucado, in his *Upwords* devotion, said it this way, "You can't enjoy a journey carrying so much stuff—so much luggage. And the odds are, somewhere this morning between the first step on the floor and the last step out the door, you grabbed some luggage. Don't remember? Probably because you did it without thinking. That's because the bags we grab aren't made of leather, they are made of burdens. The suitcase of guilt. A duffel bag of weariness, a hanging bag of grief. A backpack of doubt, an overnight bag of fear."

We all have unnecessary baggage and we take those bags with us everywhere we go, especially our relationships; marriages, friendships, our relationships with our children, work. Have you noticed that lugging luggage is exhausting and can cause a lot of problems? Ultimately, we all have a very hard time

emptying out our suitcases.

God, on the other hand is telling us to let this stuff go; just set it all down, or throw it away, even. God is telling us that most of

that "stuff" is unimportant and is dragging us down, making us ill, upset, angry, emotionally drained, and to a large extent, separated from Him.

Jesus says in Matthew 11:28, "Come to me all of you who are weary and carry heavy burdens, and I will give you rest."

Are you ready to lay

those burdens down? What's stopping you; pride, fear, or despair. Perhaps you've set those bags down in the past only to go and pick them back up again. Or maybe you just don't know how to give that luggage to.

Give them to God; He knows exactly what to do with them.

As the hymnist reminds

us, "What a friend we have in Jesus, All our sins and grief's to bear! What a privilege to carry everything to God in Prayer. Are we weak and heavy laden, Cumbered with a load of care? Precious Savior, STILL our refuge—Take it to the Lord in prayer."

Give it to God and enjoy the journey. Amen.



Command Chaplain
Lt. Cmdr.
Jerome Cayangyang

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11:30 a.m.
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or upon request
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Sunday 10:30 a.m.
Baptisms
3rd Sunday of month 10:30 a.m.
Catholic Youth Group
2nd & 4th Sunday 11:30 a.m.-1 p.m.

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Sunday school 9:15 a.m.
Choir: Wednesday 7 p.m.
Baptism: For information,
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Women's Bible Study
Wednesday 9:30 a.m.
Protestant Youth Group
1st Friday Youth Quak Trip
6:30 p.m.
2nd & 4th Friday at Chapel
5-8:30 p.m.
PWOC
2nd Saturday 9:30 a.m.
PMOC
3rd Saturday Prayer Breakfast
9 a.m.
MOPS
1st & 3rd Thursday, 9:30 a.m.

For more information,
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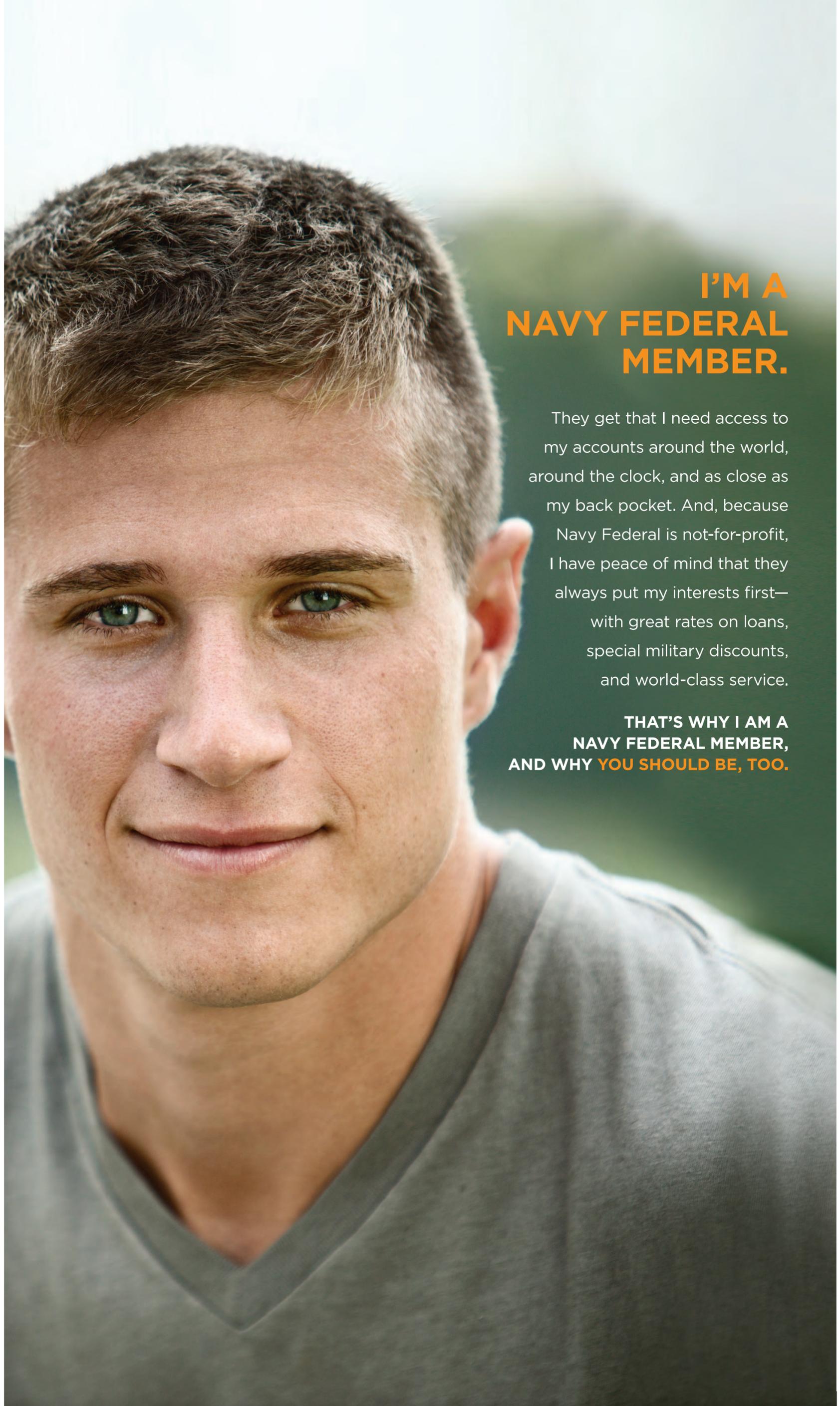
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Making The Shot Count

Mayport Security Conducts Joint Live-Fire Exercise

By MC2 (SW)
Marcus L. Stanley
Navy Public Affairs Support Element Detachment Southeast

Master-at-Arms assigned to Naval Station Mayport security department conducted a live-fire training exercise aboard a Coast Guard medium response boat off the coast of Jacksonville Beach.

The exercise was the first time Mayport's security department ever held a live-fire shoot aboard a Coast Guard vessel.

"We've always wanted to collaborate with the Coast Guard," said Lawrence Morton, Mayport Security Training Division instructor. "They're right across the street from us, and they've conducted these types of underway shoots before;

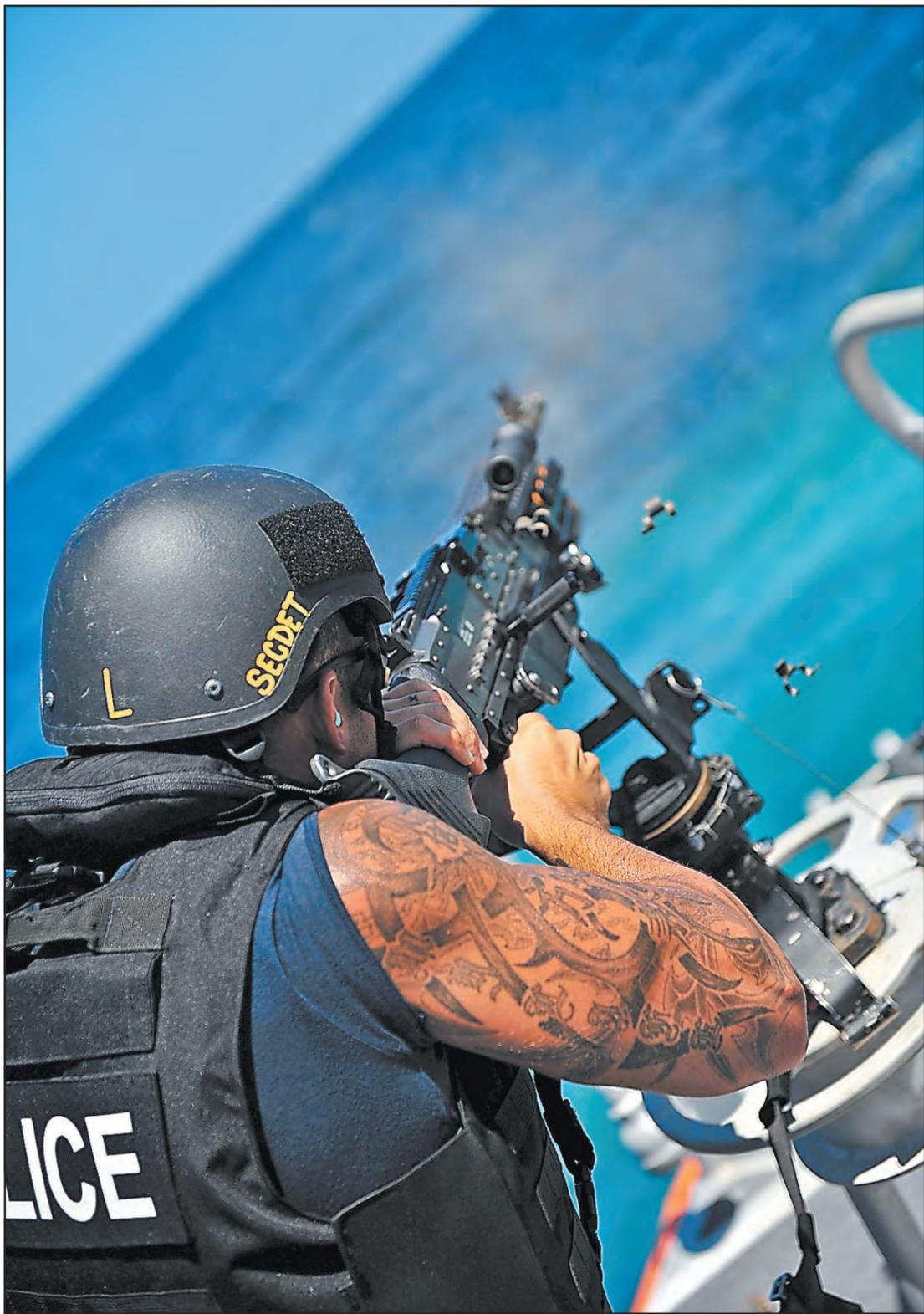
so it was a lot simpler to reach out to them. They provided the platform, and have taken care of us one hundred percent. Basically, all we had to show up with our ammo and they took care of the rest."

"It was great experience working with our brothers in uniform," said Coast Guard Machinery Technician 3rd Class Travis McMichael. "The ship may say Coast Guard but we are all defending the same thing, which is this country."

The two-day exercise provided Sailors designated to shore command the rare opportunity to conduct a gun shoot underway.

"The training for our command up until this

See Training, Page 5



-Photo by MC2 Marcus L. Stanley

A Sailor assigned to the Security Department at Naval Station Mayport fires the M-240B medium machine gun during a live-fire exercise onboard a Coast Guard medium response boat off the coast of Jacksonville Beach, Fla. The exercise was the first time Mayport's security department ever held a live-fire gun shoot aboard a Coast Guard vessel.



Gunner's Mate 2nd Class Cristina Bruni shoots the M-240B machine gun.



A Sailor assigned to the Security Department at Naval Station Mayport holds on to the M240B medium machine gun.



A Sailor assigned to the Security Department at Naval Station Mayport prepares to load his ammo during a live-fire exercise onboard a Coast Guard medium response boat off the coast of Jacksonville Beach, Fla.



Sailors assigned to the Security Department at Naval Station Mayport go through a safety briefing before conducting live-fire exercise onboard a Coast Guard medium response boat off the coast of Jacksonville Beach, Fla.



A Sailor assigned to the Security Department at Naval Station Mayport fires the M-240B medium machine gun during a live-fire exercise onboard a Coast Guard medium response boat off the coast of Jacksonville Beach, Fla.



Sailors assigned to the Security Department at Naval Station Mayport conduct a live-fire exercise onboard a Coast Guard medium response boat off the coast of Jacksonville Beach, Fla.



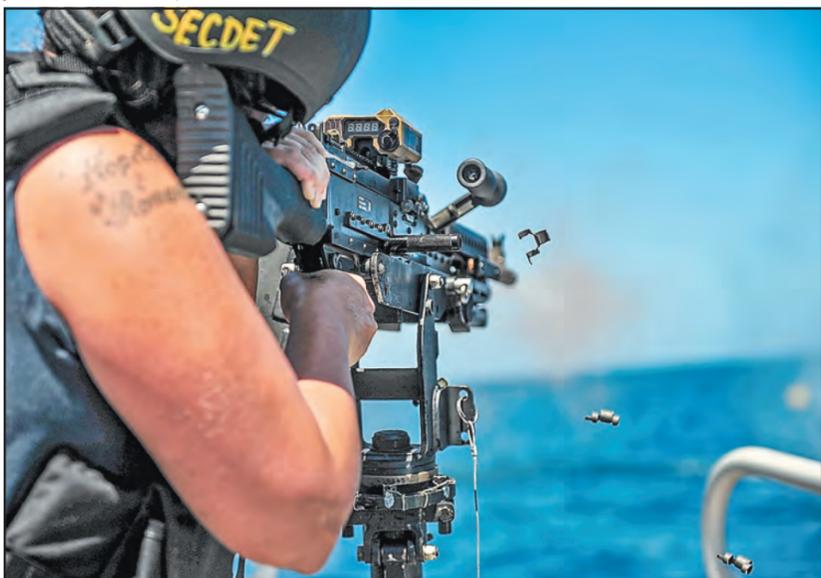
Gunner's Mate 2nd Class Cristina Bruni gives a safety brief to Sailors assigned to the Security Department at Naval Station Mayport prior to a live-fire exercise aboard a Coast Guard medium response boat.



Sailors assigned to the Security Department at Naval Station Mayport get set to conduct a live-fire exercise onboard a Coast Guard medium response boat off the coast of Jacksonville Beach, Fla.



A Sailor assigned to the Security Department at Naval Station Mayport gets ready to shoot the M240B short range machine gun during a live-fire exercise onboard a Coast Guard medium response boat off the coast of Jacksonville Beach, Fla.



Gunner's Mate 2nd Class Cristina Bruni shoots the M-240B machine gun during a live-fire exercise onboard a Coast Guard medium response boat off the coast of Jacksonville Beach, Fla.



Sailors assigned to the Security Department at Naval Station Mayport go through a safety briefing before conducting live-fire exercise onboard a Coast Guard medium response boat off the coast of Jacksonville Beach, Fla.

Training

From Page 4

point has been land based training," said Morton. "For us, underway training is more realistic. This opportunity increases our readiness posture as a whole, because nine times out of ten if we have to engage a target it will be on the water."

Over the two-day exercise more than 40 Sailors got a chance to shoot the M-240B light machine gun.

"I've been at this command for almost four years, and I've been in the Navy for eight years and I finally got the opportunity to shoot the M-240B underway, said Master-at-Arms 2nd Class Benjamin Iverson. "Not only am I excited, but I'm happy for the rest of my department too."

Vicksburg Takes Their Kids To School

By Lt.j.g. Rachel Manning
USS Vicksburg PAO

Vicksburg allowed a late liberty expiration last Monday to allow Sailors in Duval County to take their kids to their first day of school.

"It was awesome to see my daughter get ready for the first day of school; she was so happy to begin school again and have me drive her there," said QM2 (SW) Harry Warner.

Recently Vicksburg has started the workday

as early as 0500 to support training and maintenance. It was a rare and cherished occasion to see the children off to school that morning.

"Taking my daughter to school is something I love doing but don't get to do

often, it was a great morning," said FC2 (SW) Kevin Carroll.

Vicksburg is proud of

her Sailors and families, and want to enhance the family experience whenever possible.

Vicksburg Sailors are now ready to handle the challenges of an extended CMAV.



-Photos courtesy of USS Vicksburg

EMC (SW) Tim Knapp takes his son to school on the first day of pre-k.



CTR2 (SW) Shomari Moultry and his son on the first day of first grade.



OSCS (SW/AW) Rob Laird walks hand in hand to school with his son.

School

From Page 2

NS Mayport. If you have questions about this article, concerns about an educational issue impacting your child, or the date and time of an Open House not listed here, she can be reached via email at judith.cromartie@navy.mil or by phone at (904) 270-6289 X1305 [office] or

(904) 219-3894 [cell]. Or you can schedule a meeting with her in her office in Building One.

For a complete listing of Duval County Public School Open House dates/times, go to www.duvalschools.org. Search "Open House Schedule 2013."

Clay County Public Schools do not have a specific calendar with Open House dates/times, so go to this link: <http://www.clay.k12.fl.us/schools.htm>. Then go to the individual school sites and look for announcement or calendars.

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ATG Helps Stuff The Bus For School Kids



•Photos courtesy of ATG

Chief Damage Controlman Jack Yelder of ATG holds a black composite book that needs to be sorted into a box at the Salvation Army of Northeast Florida “Stuff the Bus” event to provide school supplies to needy children.

Chief Ship’s Serviceman Bernard Jones sorts supplies in a box at the “Stuff the Bus” event. Jones helped coordinate the community relations project for the command.

By Ensign William Drummond
Afloat Training Group Mayport PAO

The Salvation Army of Northeast Florida hosted a “Stuff the Bus” event on Aug. 9 to provide needy children with school supplies for the 2013/2014 school year and Afloat Training Group (ATG) Mayport was there to help.

ATG Sailors volunteered to help sort and package donated supplies, and to assist with distributing supplies.

The work was completed at the Towers Social Services Center Warehouse at 900 W. Adams Street in downtown Jacksonville.

Nearly 3,000 needy students will get school supply assistance for the upcoming school year because of the Stuff the

Bus campaign. Supplies collected during Stuff the Bus will also benefit teachers through the Full Service Schools initiative. The Full Service Schools Resource Center supports 80 schools in Duval County.

Teachers have access to these much-needed supplies for their students. The neighborhoods served are Arlington, Westside, Northside, Springfield, Sandalwood, Paxon, Englewood and the Beaches area.

“Salvation Army does a lot of great things for the community,” said Lt. Sam Lopez. “To be a part of making sure that families have everything they need as their children start school gives you a good feeling.”

Chief Ship’s Serviceman Bernard Jones was the lead for the ATG staff on

this project.

“Given the opportunity to participate as volunteer in Stuff the Bus was very meaningful,” Jones said. “It’s good to know that thousands of kids will go to school prepared, not feeling left out and full of confidence. Also being able to share this experience with my fellow Sailors and my daughters made it just that much more rewarding. Giving back never hurt anyone.”

“The Salvation Army’s school supply drive is offered as a service to low-income families,” explained Calanthea Hires, a Salvation Army Area Command Volunteer Recruiter. “We want to help you send your child back to school with the supplies he or she needs to enter their new grade level. To be eligible you must meet income

requirements and be caring for children who are school age. There is an intake process to determine eligibility to receive this service.”

“Growing up in Bronx, NY, my family didn’t have

much as we grew up so I empathize with families that struggle to provide for their children,” Lopez added. “Education is the vehicle that allowed me to go from growing up in a poorer neighborhood to

becoming a naval officer in the U.S. Navy. These kids are being given the basic tools so now they can focus on doing great all the way through and get better opportunities in life.”



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-Photo by MC3 Billy Ho

Sailors aboard the guided-missile cruiser USS Monterey (CG 61) return passing honors to the guided-missile destroyer USS The Sullivans (DDG 68). Monterey is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

USS The Sullivans Conducts MSO Patrols

From USS The Sullivans

Sailors from the visit, board, search and seizure (VBSS) team aboard the guided-missile destroyer USS The Sullivans (DDG 68) have conducted over 80 approach and assist visits (AAV) since arriving to the U.S. 5th Fleet Area of Operations (AOO).

These visits are an element of maritime security operations (MSO) which help generate support and awareness amongst vessels in the region to ensure a safe and secure maritime environment. The members of The Sullivans' VBSS team approach fishing Dhows in the region and engage in conversations that often result in invitations from the crews and masters for the VBSS team

to board the Dhows and continue to talk. Their efforts result in the building of trust between local fishermen and coalition forces operating throughout the Persian Gulf.

"The goal of AAVs is presence," said Lt.j.g. Steven Lapid, The Sullivans' lead boarding officer. "You know an impact is being made when mariners recognize us; and because of our ongoing efforts, they report feeling safer as they conduct their day-to-day business." AAVs provide coalition forces face-to-face interaction with local mariners and valuable information on patterns of life within the region. Developing communications through

AAVs also supports coalition goals of security and stability in the AOO.

The Sullivans' VBSS team efforts have made significant contributions to MSO throughout the U.S. 5th Fleet. Upon arriving in theater, the teams were effective in patrolling suspected pirate and smuggling routes in the Southern and Central Arabian Gulf. The ship also conducted operations in the North Arabian Gulf by sweeping Dhows in the formerly US Navy protected areas of Khawr Al Amaya Oil Terminal (KAAOT) and Al Basrah Oil Terminal (ABOT) areas.

"It is a challenging role and a phenomenal learning experience

for the team to do these operations," said Sonar Technician 2nd Class Rusty Howe, a Sullivans VBSS team member. "Working closely with the other coalition navies, as well as the U.S. Coast Guard, really showed the importance maritime security operations have in the area."

The Sullivans' VBSS team members and boat crew Sailors look forward to continued success during the rest of their deployment.

The boarding process starts every day at reveille and ends after the

completion of multiple visits, usually later in the afternoon. "I am inspired by the perseverance and dedication my boarding team members show day in and day out as they are soaked from traveling in the ship's small boat and exhausted from working in the hot sun. They get up every day with a positive attitude and they are ready to go out and execute the mission," said Cmdr. Samuel de Castro, Commanding Officer of USS The Sullivans. "They are doing a great job."

USS The Sullivans is deployed to the U.S. 5th

Fleet AOO to conduct MSO in addition to their normal Independent Deployer responsibilities. MSO help develop security in the maritime environment. From security arises stability that results in global economic prosperity. MSO complements the counterterrorism and security efforts of regional nations and seek to disrupt violent extremists' use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.



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Chiefs In Training



-Photo by Paige Gnann



-Photos by MCCS Eric Powell

Top left, Chief Select Master-at-Arms Josh Cox holds up a sign to entice hungry commuters to the a cook out sponsored by the selectees. Top right, Naval Station Mayport area chief (selects) and chief petty officers perform push-ups during an early morning physical training event for CPO 365 Phase II. CPO 365 is a year-round training initiative that Chiefs Messes throughout the Navy take on to prepare first class petty officers to become chiefs. Right, Naval Station Mayport area chief petty officers run on the beach with their chief (selects) during a physical training event for CPO 365 Phase II. CPO 365 is a year-round training initiative that Chiefs Messes throughout the Navy take on to prepare first class petty officers to become chiefs. Above, Chief Boatswain Mate (select) Jessica Curry washes a car during a CPO 365 Phase II fundraising event.

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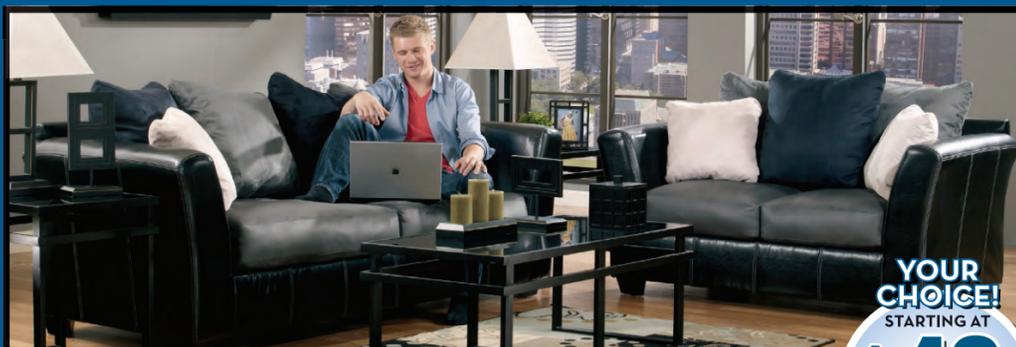
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Auto Skills Center

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

Sept. Special: 10% off vehicle diagnostics and open stall fees. 270-5392

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

Sept. 28: NAPA Brake Clinic. Open to active duty and dependents; limit 10 people. Register

in person at the Auto Skills Center Sept. 1-24. One lucky participant will win a FREE front brake job (pads only; and \$85 value); Winner will be notified Sept. 25. 270-5392

Beachside Bingo
Wednesdays: Luncheon 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

Sept. 6: Bingo Extravaganza. 6:30 pm at Beachside Bingo. Over \$43,000 in payouts. Only 225 packages available; mul-

iple packages may be purchased. Advanced purchase required. 270-7204.

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

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

Sept. 5: NFL Regular Season Kick Off Party. 8:30 pm kick-off Baltimore vs. Denver. Drink specials, free food, cornhole tournament and more. 270-7205

Sept. 7: NFL Sunday Ticket. Every Sunday at Noon at Castaways. Watch you favorite NFL team on one of Castaways' 9 flat-screens. Drink specials throughout the day and oppor-

tunity to win prizes every Sunday. 270-7205

Sept. 4: Poker Tournament. 7 p.m. at Castaway's Lounge. Test your card shark abilities for great prizes. Free to enter. 270-7205

Sept. 18: Game Night. 7:30 p.m. at Castaway's Lounge Enjoy a nigh of your favorite games: Life-Sized Jenga, Twister & more. 270-7205

Sept. 21: 1st Annual Castaway's Men's Beach Volleyball Tournament. Check in at 8:30 a.m. Open to military and civilian teams.

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 Sept.: 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.

Aug. 29: Water Wars. 7-10 p.m. at the Base Pool. Music, food and wet and

wild fun! FREE.

Aug. 30: Mall Trip: Town Center. Van departs Liberty Center at 5 p.m.

Aug. 31: NBA2K13 Tournament. 6 p.m. at Liberty Center.

Sept. 1: Call of Duty Black Ops Tournament. 6 p.m. at Liberty Center.

Sept. 4: Texas Hold'em Tournament. 6 p.m. at Liberty Center.

Sept. 6: Movie Trip. Van Departs 5:15 p.m. at Liberty Center. Transportation only; sign up by Sept. 5.

Sept. 7: Billiards Tournament. 6 p.m. at Liberty Center.

Sept. 8: Jacksonville Jaguars vs. Kansas City Chiefs. Van departs 11 a.m. Cost \$15. Sign up by Sept. 5.

Sept. 9: 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.

Sept. 13: Movie Trip. Van departs Liberty Center 5:15 p.m. Transportation only; sign up by Sept. 12.

Sept. 14: Car, Truck and Automobile Show. Van Departs 10 a.m. at Liberty Center. FREE. Sign up by Sept. 12.

Sept. 15: Paintball. Van Departs 7:30 a.m. at Liberty Center. Cost \$15; includes transportation, field fees and gear. Sign up by Sept. 12.

Sept. 16: Billiards Tournament. 6 p.m. at Liberty Center.

Sept. 18: Help Feed the Homeless. Van departs 3:15 p.m.



Sept 6: Freedom Friday- Movie Madness. 7-11 p.m. at the Youth Center. Cost is \$8 advanced sign-up and \$10 day of, space permitting. 270-5680

Sept 20: Freedom Friday- Puro Piñata Party. 7-11 p.m. at the Youth Center. Cost is \$8 advanced sign-up and \$10 day of, space permitting. 270-5680

Child and Youth Programs
Aug. 30: Outdoor Movies- The Hunger Games (PG-13). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Sept. 10: Freedom 3K Walk/5K Run. 8:10 a.m. in front of the gym.
Mayport Bowling Center
Every Friday in September: Active Duty Bowl Free. Every Friday

from 4-6 p.m. at Mayport Bowling Center. Free bowling for active duty when they bring a non-active duty friend; guest fee \$5. Includes 2 hours of Xtreme Bowling
Friday Nights: Xtreme

Bowling. 8 p.m. to Midnight \$10 include 2 hours of black light bowling, shoe rental.
Saturday Nights: Xtreme Bowling. 8-11 p.m. \$10 include 2 hours of black light bowling,

shoe rental
Sunday Nights: Bowling Family Fun Night. 4-7 p.m. Cost is \$10 per person and includes choice of hamburger or hotdog with fries and a soda, All-You-Can Bowl

MWR Sports/Fitness



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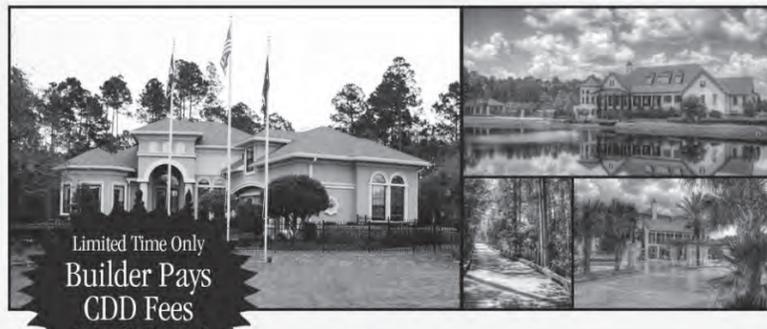
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Bogey's Specials

Thursday, Sept. 5

Buffalo Chicken Wrap with a Side, \$ 7.95
 Blackened Tilapia Sandwich with a Side, \$ 6.95
 BBQ Pulled Pork Sandwich with a Side, \$ 6.50
 Blackened Shrimp on Mixed Greens, \$9.95
 Soup: Shrimp Tomato Basil

Friday, Sept. 6

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

Egg Salad Sandwich with a side, \$4.25

Soup: Crab Bisque

Monday, Sept. 9

BBQ Pork Panini with a Side, \$7.95
 BBQ Pulled Pork Sandwich with a Side, \$6.50
 Blackened Tilapia Sandwich with a Side, \$6.95
 Chicken Cobb Salad, \$7.95
 Soup: Spicy Chicken Tortilla

Tuesday, Sept. 10

Balck and Blue Burger with a Side, \$7.95
 BBQ Pulled Pork Sandwich with Fries, Chips or Slaw, \$ 6.50

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

Taco Salad, \$7.95

Soup: White Chicken Chili

Wednesday, Sept. 11

8 Oz NY Strip Steak Teriyaki with Fried Rice and Stir Fried Vegetables, \$10.95

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

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

Greek Chicken Salad, \$7.95

Soup: Broccoli and Cheese

Mayport Bowling Center Specials

Thursday

Cheeseburger with lettuce, tomato, pickles, onions, fries and 20 oz soda, \$6

Friday

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

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

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

Monday

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

Tuesday

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

Wednesday

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

Foc'sle Lounge Spring Specials- Every Day

Chicken, Walnut & Fruit Salad, \$8.50

Grilled or fried chicken breast served on a bed of mixed baby greens with caramelized walnuts, mandarin orange segments, sundried cranberries, sliced cucumbers, carrots and your choice of dressing

Filipino-Style Lumpia, \$7

Seasoned ground beef with diced carrots & celery, deep fried to a golden crisp, served with sweet & sour sauce

Turkey or Ham Club, \$8

Smoked turkey or ham served on a French baguette w/ sliced tomato and arugula, drizzled with pesto, served with French fries

Midwest Burger, \$8

All-beef patty topped w/ seasoned pork and homemade coleslaw, served with crispy French Fries

Summer Time Dogs (each), \$7.50

•East Coast Dog- Two hot dogs topped with sauerkraut and English mustard, served with French Fries

•Deep South Dogs- Two hot dogs topped with chili and melted cheese, served with French Fries

•Midwest Dogs- Two hot dogs topped with topped with pickles, diced tomatoes and onions, served with French Fries

French Dip, \$8.50

New York-Style roast beef, thin-sliced, grilled and topped with provolone cheese, piled high on a rustic roll and served with crispy French fries

MWR Offers Boat Rentals

By MC2(SW) Salt Cebe
 Navy Public Affairs Support Element Detachment Southeast

The Naval Station Mayport Morale Welfare and Recreation (MWR) office provides Sailors the opportunity to rent a wide variety of outdoor equipment including boats at a discounted rate.

Being stationed in the "Sunshine State" at Naval Station Mayport comes with its advantages. You can take a day trip to Orlando, Fla. and find

delight at the magical world of Disney or meet some wild amphibians while walking on the wild side at one of the many alligator farms placed throughout the state.

However if you're looking to relax nearby you may want to spend the day soaking up the sun or fishing off the coast, and Mayport's MWR office is helping by offering Sailors the opportunity to rent boats at a price that is said to be unmatched.

"We guarantee we have the best rates around for what we offer," said Ron Thrasher, MWR outdoor adventures representative. "We have a fourteen-foot boat with eight horsepower for inland lake fishing that holds up to three people. We offer a 15-foot boat with 15 horsepower for inner coastal fishing that holds up to five people. We also offer a 17-foot boat for inner coastal fishing with 70 horses that holds five people as well. You can go look around, even Naval Air Station Jacksonville can't beat our deals."

Thrasher, a retired Navy master chief, says he's no stranger to the fishing waters of Florida and vows he can point Sailors in the right direction.

"You can come here (MWR office) any time, I'll tell you where to fish," exclaimed Thrasher. "I've

been here since eighty-eight, I know exactly where to go."

With Thrasher's help catching the fish might not be a problem for a Sailor, but getting a boat before they are all rented might be the bigger challenge.

"The boats go fast," said Thrasher. "You can take these anywhere except the ocean, as long as you have a vehicle to tow them."

To rent the MWR boats you need the Florida Boater Education Card, which is offered for free at boatus.org. This is an opportunity for local Sailors to have a great weekend on the water, at a low rate.

For more information go to: http://www.cnic.navy.mil/regions/cnrse/installations/ns_mayport.html

NFL REGULAR SEASON KICK-OFF PARTY
Thursday, Sept. 5

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Navy Dental Corps Celebrates 101 Years

By Yan Kennon
Naval Hospital Jacksonville
Senior Writer

Naval Hospital (NH) Jacksonville celebrated the 101st anniversary of the U.S. Navy Dental Corps during a golf tournament and cake cutting ceremony at Naval Station Mayport.

"Navy dentists are different than civilian dentists," said Capt. Gayle Shaffer, NH Jacksonville commanding officer and Navy dental officer. "Navy dentists operate in a variety of environments ranging from a typical military installation dental office, to U.S. Navy warships, to the sands of combat zones abroad. They are deployed throughout the world working with uniformed service members, military dependents and even U.S. allies when conducting disaster response and humanitarian missions. For 101 years strong, our Dental Corps has served in times of peace and war to ensure dental readiness and act as advocates for oral health."



-Photo by Paige Gnann

From left, Lt. Alexandra Bravoco, Naval Hospital (NH) Jacksonville Commanding Officer Gayle Shaffer and retired Rear Adm. Richard Vinci cut a cake celebrating the 101st anniversary of the Navy Dental Corps. Today more than 1,200 active-duty and reserve Dental Corps officers support the Navy and Marine Corps team and their families throughout the world. NH Jacksonville performs approximately 78,000 dental procedures annually at its hospital and five branch health clinics across Florida and Georgia.

The Dental Corps originated on August 22, 1912, when then-President Taft signed into law the act passed by the 62th Congress, establishing the Navy Dental Corps.

Two months later, in October 1912, Emory

Bryant and William Cogan were the first two dental officers to enter active duty in the Navy. The number of Navy dentists continued to increase with 107 active duty dentists in 1921.

In 1923, the U.S. Naval

Dental School opened as the Dental Department

of the United States Naval Medical School, Washington, D.C. Its two-fold purpose was the postgraduate instruction of officers of the Navy Dental Corps and the training of hospital corpsmen to perform as dental assistants. By June 1945, dental clinic ships were recommended by Commander, U.S. Pacific Fleet and on April 2, 1948 the dental technician rating was established.

Today more than 1,200 active-duty and reserve Dental Corps Officers support the Navy and the Marine Corps team and their families throughout the world. They maintain high operational readiness in support of all who deploy, focus heavily on disease prevention and were one of the first units to deploy self-contained mobile treatment units—a practice common

today at many fleet support areas. In addition, the Naval Postgraduate Dental School is recognized as one of the best in the world.

NH Jacksonville performs approximately 78,000 dental procedures annually at its hospital and branch health clinics. Its priority since founded in 1941 is to heal the nation's heroes and their families. The command is comprised of the Navy's third largest hospital and five branch health clinics across Florida and Georgia. Of its 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. Visit the command website at www.med.navy.mil/sites/NavalHospitalJax.

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Are You Ready For A Hurricane?

From Commander, Navy Installations Command Ready Navy Program

With hurricane season underway and National Preparedness Month approaching in September, Commander, Navy Installations Command's Ready Navy Program asks Sailors and their families, "Are you ready?"

Many Sailors and families will reply that they are ready, but when asked further about the steps they and their family have taken to prepare, they quickly realize they may not be as prepared as they thought they were.

Steps such as learning the alternate evacuation routes for their area, making a family plan that everyone in the family is familiar with, and building an emergency supply kit that is centrally located and portable enough to carry if evacuated are a few things they did not account for.

Most Navy families have the best of intentions, taken some steps to prepare, and are further motivated to prepare when danger is approaching. Unfortunately, not every danger gives us advanced warning. Even

if we do have advance warning, the outcome is often unpredictable.

True emergency preparedness is a diligent and constant cycle that consists of:

1. Being informed of potential hazards in your area and what to do before, during, and after that hazard,

2. Making and practicing a family plan that includes an in- and out-of-neighborhood meeting location, a designated out-of-town contact, and all family members in the planning process so that each is ready to execute that plan should the need arise,

3. Building and renewing an emergency supply kit that contains enough basic and family specific supplies for every family member to survive at least three days with no assistance and is portable if advised to relocate to a shelter or safe haven,

4. Staying informed through the emergency and after by registering personal contact information in the Navy's Wide Area Alert Network (WAAN), the Navy Family Accountability and Assessment System, and

Hazardous Weather Leads To State-Specific TRICARE e-Alerts

From TRICARE

No matter the season, TRICARE beneficiaries across the United States and around the world need to be ready for the possibility of severe weather. Whether it's winter blizzards, spring tornadoes or summer hurricanes, especially now as the Atlantic hurricane season has already sent a tropical storm up the East Coast, an ounce of prevention is worth a pound of cure when it comes to dealing with dangerous weather.

With the Atlantic hurricane season underway, TRICARE created state-specific e-alerts for beneficiaries who want the latest information about how TRICARE has been affected during and after

severe weather in their area. To sign up for state-specific TRICARE severe weather e-alerts, go to www.tricare.mil/subscriptions.

Hurricane season in the Atlantic began June 1 and ends Nov. 30; in the Eastern Pacific it started May 15 and ends Nov. 30.

In its 2013 hurricane season outlook, the National Oceanic and Atmospheric Administration's (NOAA) Climate Prediction Center is forecasting an active or extremely active season this year. There is a 70 percent likelihood of 13 to 20 named storms (winds of 39 mph or higher). Of these storms,

7 to 11 could become hurricanes (winds of 74 mph or higher), including 3 to 6 major hurricanes (Category 3, 4 or 5; winds of 111 mph or higher). These numbers are higher than the seasonal average of 12 named storms, 6 hurricanes and 3 major hurricanes.

Many people think hurricanes are only dangerous in areas on or near the coast, but destruction from floods and high winds can stretch hundreds of miles inland. Hurricanes over land can also spawn tornadoes. For more information about hurricane hazards and how to prepare for them, go to NOAA's website

at www.nhc.noaa.gov/prepare/hazards.php. To learn more about how NOAA classifies hurricanes, and the important difference between a "hurricane watch" and a "hurricane warning," check out this video from NOAA: www.youtube.com/watch?v=x3V3HZBs1Y4.

Beneficiaries can sign up for e-alerts at www.tricare.mil/subscriptions and link to TRICARE social media sites for the latest in TRICARE information. For storm and disaster information, be sure to check local media channels and websites for updates on storm watches and storm warnings.

downloading government emergency alert mobile apps, so that you have the most up-to-date information and know when to return home or to work.

So we pose the question

to you...Are you ready or not ready?

Go to www.ready.navy.mil to take the quiz found on the home page, and find out just how ready you and your family are.

There you will also find additional information and tools to help you be better prepared year round.

Be Ready Navy!
We are. Are you?

Ready Navy is a CNIC-sponsored emergency preparedness program.

For more information on how to prepare for any disaster, visit <http://www.ready.navy.mil>.

VA Grants Up To One Year Of Retroactive Veterans Benefits

From a Department of Veterans Affairs News Release

The Department of Veterans Affairs announced yesterday that veterans filing an original fully developed claim for service-connected disability compensation may be entitled to up to one-year of retroactive disability benefits.

The retroactive benefits, which are in effect Aug. 6, 2013, through Aug. 5, 2015, are a result of a comprehensive legislative package passed by Congress and signed into law by President Barack Obama last year.

"VA strongly encourages veterans to work with veterans service organizations to file fully developed claims and participate in this initiative, since it means more money in eligible veterans' pockets simply by providing VA the information it needs up front," said Allison A. Hickey, Undersecretary for Benefits. "At the same time, it helps reduce the inventory of pending claims by speeding the process."

Filing an FDC is typically the fastest way for veterans to receive a decision on their claims because fully developed claims require veterans to provide all supporting evidence in their possession when they submit their claims. Often, this is evidence that VA legally must attempt to collect on the veteran's behalf, which is already in the veteran's possession, or is evidence the veteran could easily obtain, like private treatment records.

When veterans submit

such evidence with their claims, it significantly reduces the amount of time VA spends gathering evidence from them or other sources -- often the longest part of the claims process. While VA will still make efforts to obtain federal records on the veterans' behalf, the submission of non-federal records [and any federal records the veteran may have] with the claim allows VA to issue a decision to the veteran more quickly. Typically, VA processes FDCs in half the time it takes for a traditionally filed claim.

FDCs can be filed digitally through the joint, DOD-VA online portal, eBenefits. VA encourages veterans who cannot file online to work with an accredited veterans service organization that can file claims digitally on veterans' behalf. While submitting an FDC provides a faster decision for any compensation or pension claim, only veterans who are submitting their very first compensation claim as an FDC are potentially eligible for up to one year of retroactive disability benefits under the newly implemented law.

FDCs help eliminate VA's claims backlog because they increase production of claims decisions and decrease waiting times. Also, VA assigns FDCs a higher priority than other claims which means veterans receive decisions to their claim faster than traditional claims.

VA continues to prioritize other specific categories of claims, including those of seriously wound-

ed, terminally ill, Medal of Honor recipients, former prisoners of war, the homeless and those experiencing extreme financial hardship. As part of its drive to eliminate the claims backlog in 2015, VA also gives a priority to claims more than a year old.

In May, VA announced a new partnership with veterans service organizations and others known as the "Community of Practice," an effort that seeks to reduce the compensation claims backlog for veterans by increasing the number of FDCs filed by veterans and their advocates.

VA is continuing to implement several initiatives to meet the Department's goal to eliminate the claims backlog in 2015. In May, VA announced that it was mandating overtime for claims processors in its 56 regional benefits offices to increase production of compensation claims decisions through the end of fiscal year 2013. In April, VA launched an initiative to expedite disability compensation claims decisions for veterans who have a waited a year or longer.

As a result of these initiatives, VA's total claims inventory remains at lower levels not seen since August 2011. The number of claims in the VA backlog - claims pending over 125 days - has been reduced by 17 percent compared to the highest point in March 2013.

Shipshape Start Date

From Health Promotion by the Ocean

Navy and Marine Corp Public Health Center's directed 8-week Nutrition and Weight Management Class will start on Sept. 10 and runs for eight consecutive Tuesdays from 9-11 a.m.

Class is open to active duty person-

nel, adult dependents, and retirees. Topics to be discussed include food groups, nutrition labels, calories, serving sizes, grocery shopping, and food journaling.

For more information, call Health Promotion by the Ocean at 904-270-5251 ext. 16.




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BEVERAGE BAR



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SPEEDLINE
HEALTHY CHOICE
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POTATO BAR
SALAD BAR
DESSERT BAR
BEVERAGE BAR



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(Take-out services available)

1600-1750 EVERYDAY

MAIN LINE
SALAD BAR
DESSERT BAR
BEVERAGE BAR

MAIN LINE (CONSIST OF 2 MAIN ENTREES, 2 STARCHES, 2 VEGETABLES)
SPEED LINE (CONSIST OF BURGERS, HOTDOGS, CHICKEN SANDWICHES, CHILI, FRENCH FRIES AND BAKED BEANS) (Secured on weekends/holidays)
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POTATO BAR (SWEET & IDAHO POTATOES W/ CHILI, CHEESE, CHIVES, SOUR CREAM, BROCCOLI, BUTTER AND CINNAMON SUGAR (Secured on Weekends/holidays)
SALAD BAR (CREATE YOUR OWN SALAD: INCLUDES FRESH SEASONAL FRUITS)
SURF AND TURF EVERY THURSDAY (\$4.60)

Thrift Shop

From Page 1

was covered in dirt. Now they're able to store whatever they need indoors away from the elements."

The thrift shop, whose mission is supporting

local Sailors and their families, received a tremendous upgrade.

"We've had a thrift shop on this base since 1960. The Navy has really been

good to us, so we try to give back to military members and their families," said Diana Bower, Chairman of Mayport Thrift Shop.

TRICARE

From Page 1

Prescriptions can be delivered to any address in the U.S. and its territories, including temporary addresses and APO/FPO addresses. Patients living outside the U.S. and its territories who don't have an APO/FPO address can have medications shipped to their U.S. embassy. Refrigerated medications can't be mailed to APO/FPO addresses.

To enroll at no-cost,

there're three options: online at www.tricare.mil/homedelivery, by telephone at (877) 363-1303, or by mailing a registration form to Express Scripts Inc., P.O. Box 52150, Phoenix, AZ 85072-9954.

NBHC Mayport is one of Naval Hospital (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.

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DC-3 Survey Plane Makes Stop At 4th Fleet

By MC2 Adam Henderson

U.S. 4th Fleet Public Affairs

A DC-3 coastal survey airplane from Naval Oceanographic Office (NAVOCEANO) visited 4th Fleet headquarters Aug. 20 for a capabilities demonstration prior to a scheduled deployment to the Caribbean Sea and Central America.

The DC-3 collects oceanographic and hydrographic data from the world's oceans and coastlines, using a variety of platforms including, ships, aircraft, satellite sensors and buoys.

The DC-3 is replacing a King Air 200, which will provide a wider range to be able to conduct survey missions. The current collection system on the airplane is called the Coastal Zone Mapping and Imaging Lidar system. It is used to evolve airborne coastal mapping sensors that collect data important to coastal engineers, planners and nautical charting authorities.

"We are very excited to have this aircraft deploy for the first time in the Caribbean Sea and Central America to work with regional partner nations to accurately map coastlines and shallow waters to update nautical charts in sup-



-Photo by Lt. Cmdr. Corey Barker
Commander, U.S. 4th Fleet, Rear Adm. Sinclair M. Harris is interviewed by Action News Jacksonville about a Naval Oceanographic Office DC-3 coastal survey airplane during a visit to here for a capabilities demonstration prior to deploying to the 4th Fleet area of operations.

port our multinational counter transnational organized crime operations," Commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet Rear Adm. Sinclair M. Harris said.

Harris also mentioned that the survey airplane can be used after natural disasters such as earth-

quakes, hurricanes and tsunamis to map coastal areas which could have changed and poses a threat to navigation and relief operations.

Michael Bendzlowicz, oceanographer, Naval Oceanographic Office, gave Harris a tour of the DC-3 and discussed with him the significance of

the aircraft used to support counter transnational organized crime missions.

"With the equipment this DC-3 is outfitted with, it is not only able to survey coastal areas, but can also detect surface contacts as well as underwater contacts as well," Bendzlowicz said.

"This aircraft and its unique capabilities is a perfect match for our current and future operations in 4th Fleet," Harris said. "We are ready to have it on station and put to work."

This particular DC-3 conducted its first test flight Dec. 17, 1935, where it was implemented into

the American Airlines fleet. During World War II, many civilian DC-3s were drafted for the war effort and just over 10,000 US military versions of the DC-3 were built, under the designations C-47, C-53, R4D, and Dakota. Peak production was reached in 1944, with 4,853 being delivered. The armed forces of many countries used the DC-3 and its military variants for the transport of troops, cargo, and wounded.

U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F) supports USSOUTHCOM joint and combined full-spectrum military operations by providing principally sea-based, forward presence to ensure freedom of maneuver in the maritime domain, to foster and sustain cooperative relationships with international partners and to fully exploit the sea as maneuver space in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

Midshipmen Depart DDG 80

By MC2 Samantha Thorpe

USS George H.W. Bush Public Affairs

Twenty-three midshipmen departed from guided-missile destroyer USS Roosevelt (DDG 80) after almost three weeks aboard the ship Aug. 10.

While on board, these aspiring officers, who came from the U.S. Naval Academy and various Navy Reserve Officer Training Corps (NROTC) units throughout the U.S., were exposed to various operations on board the ship.

"The Midshipmen were here to get an idea about what the surface warfare community is like and what we do on ships," said Lt. j.g. Dustin Ellis,

the midshipmen liaison. "They also followed their running mates, an enlisted Sailor, around to get an idea of what enlisted personnel do in the everyday life."

While the Midshipmen were on board they had the opportunity to shoot a weapon, take part in an underway replenishment and serve an ice cream social along with completing the day-to-day duties of an enlisted Sailor.

"I was really nervous at first and I was unsure of what to expect," said Midshipman 1st Class Christian Strong, an ROTC student at North Carolina State. "During my time here I stood

watch on the bridge, watched the missile exercise, rode in a rigid hull inflatable boat and drove the ship during an underway replenishment. Over all, I had a fantastic time on the ship; it was more than I ever could have thought it would be."

Midshipman 3rd Class Samuel Sorenson, a student of the U.S. Naval Academy, had similar feelings about his time on board.

"I had a really good time here," said Sorenson. "I didn't think it was going to be as fun as it was, especially since we were going to be out to sea for so long but it turned out great."

Ellis said the

Midshipmen were able to see the difficulties of shipboard life while underway.

"I think they got a great experience while out to sea," said Ellis. "They got a true encounter of what people do on ships; we didn't cater to them or try to give them a fake experience so I think they got a really unique and honest experience and my hope is that they value that."

Roosevelt is participating in the George H.W. Bush Group Sail to improve strike group interoperability and prepare for an upcoming deployment.

Getting A Lift



-Photo by Paige Gnann
New Naval Station Mayport Commanding Officer, Capt. Wes McCall, talks with with Fire fighter Andy Penski, after getting a lift in the base Fire & Emergency Services department ladder truck.

It Pays To Survey



-Photo by Paige Gnann

NS Mayport Commanding Officer, Capt. Wes McCall stands with the winners of the Balfour Beatty resident survey drawing after their receive prizes for participating in the survey. Balfour Beatty gave away a TV, \$100 gift card, a grill and a free month rent to the lucky families. Pictured from left is NS Mayport Executive Officer, Cmdr. Pat Pickard, Fire Controlman 3rd Class Amy Race of NS Mayport, Marshall Race, Miriam Cordero and Jasmine, 4, Aviation Structural Mechanic 2nd Class (AW) Eduardo Cordero of HSM-40, McCall, Electronics Technician 2nd Class (SW) Jan Nicholson of USS Vicksburg holding Jaxon, 1, Jamie Nicholson and Annie, 3, Aviation Electronics Technician 3rd Class Chris Strange Amanda Strange and Meyli, 3, and CMDCM Bob White.

Is An Unmanned Carrier Next ?

From Naval Air Systems Command

The Navy announced Aug. 14 that four Preliminary Design Review (PDR) contracts were awarded for the Unmanned Carrier Launched Airborne Surveillance and Strike (UCLASS) air vehicle segment.

The four \$15 million firm-fixed price contracts were awarded to Boeing Co., General Atomics Aeronautical Systems, Inc., Lockheed Martin Corp. and Northrop Grumman Systems Corp.

The period of performance for the contracting efforts is approximately nine months.

"The PDRs are intended to inform the Navy of technical risk, cost and design maturity of the Air Segment (AS), and allows the industry teams to better understand the program's requirements across the entire UCLASS system to expeditiously deliver the unmanned carrier-based system to the fleet," said

Charlie Nava, UCLASS program manager.

UCLASS will be the first deployed carrier-based unmanned air system. It will provide persistent, unmanned, semi-autonomous, carrier-based Intelligence, Surveillance, Reconnaissance and Targeting (ISR &T) with precision strike capability to support 24/7 carrier operational coverage.

Continue To Serve Through Conversion

By MC2 Andrea Perez

Navy Personnel Command Public Affairs

Conversion programs allow Sailors from all walks of life to make a major job change and continue their Navy careers, officials said Aug. 21.

Several Continuum of Service (CoS) conversion programs that apply to eligible officer and enlisted Sailors who are currently serving on active duty or in the Reserves are outlined in NAVADMIN 198/13.

To date, thousands of Sailors have converted to different ratings, allowing the Navy to keep Sailors who are committed to a career in the Navy.

According to a new conversion status report on the Active Duty Conversions Web Page on www.npc.navy.mil, more than half of active duty conversion requests in 2013 have already been approved.

Applications for conversion can be submitted by detailers, command career counselors (CCCs) or anyone with prior access to Fleet-RIDE through the new Career Waypoint (C-WAY) information technology system. A NAVPERS 5239/8 (SAAR Addendum) is required to access C-WAY.

Active-duty enlisted Sailors, in conjunction with reenlistment applications submitted via the C-WAY-Reenlistment process, can voluntarily request to change ratings.

Reserve Sailors, working with their CCC, can view and apply for a rating conversion through C-WAY-Conversion.

Active-duty and Reserve officers interested in conversion can request a voluntary designator change. Requests for Reserve designator changes are considered continuously, while requests for AC designator changes are decided by a lateral transfer board twice a year.

Per MILPERSMAN 1440-010, requests for conversion into ratings that are properly manned, will only be considered on a case-by-case basis and requests for conversion to overmanned ratings will not be considered.

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