

# THE MIRROR

NS MAYPORT, FLORIDA

CHINFO Award Winner

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THURSDAY, September 19, 2013

## New Chiefs Join Mayport Goat Locker



-Photo by Paige Gnann

Chief Petty Officer (CPO) Selects from Naval Station Mayport sing "Anchors Away" during a CPO pinning ceremony on Sept. 13 at the Base Chapel. Friends, family and shipmates joined together in congratulating the new Chiefs for their advancement. See more photos, Page 4.

## NEX Mayport Sponsors 1st Chili Cookoff

From NEX

The NEX is inviting all Mayport commands to compete in the 1<sup>st</sup> annual Last Command Standing Chili Cookoff to be held in front of the Main Exchange on Oct 25.

This event is opened to all departments and tenant com-

mands based at Mayport. This also includes Family Readiness Groups. More than one department from the same command can enter.

In addition to competing for the best chili on base, each department or group may use this opportunity to raise funds

by selling their chili to customers from 11 a.m. -3 p.m. Each group will determine what price they want to sell their chili for. Side dishes and drinks may also be sold but will not be part of the judging.

Judging will begin at noon but you may setup as early as you

like. A panel of 5 judges will select the three best tasting chili entries. The NEX will award 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place prizes to the winners.

Each group that enters the contest will receive a certificate from the NEX that they can use at a later date for up to 5

percent off their total purchase for their Christmas party or other function (discount not to exceed \$250. Some exclusions do apply).

To enter, contact Pam Haley at [pamela.haley@nexweb.org](mailto:pamela.haley@nexweb.org) prior to Oct 11.

## Wreath At Navy Memorial Honors Shooting Victims

From American Forces Press Service

Defense Secretary Chuck Hagel and other senior Defense Department leaders will lay a wreath at the U.S.

Navy Memorial plaza Sept. 17 to honor the victims of the Sept. 16

shooting rampage at the Washington Navy Yard.

The wreath was placed adjacent to "The Lone Sailor," who represents "all people who have ever served, are serving now, or are yet to serve in the United States Navy," Pentagon officials said.

Meanwhile, President Barack Obama has ordered that U.S. flags be flown at half-staff through sundown Sept. 20 to honor the victims.

Hagel issued a statement in the aftermath of the shooting spree that authorities said killed 12 people and wounded at least eight others. The suspected shooter was

killed in an encounter with security personnel, officials said.

"This is a tragic day for the Department of Defense, the national capital area, and the nation.

My thoughts and prayers are with the victims of this outrageous act of violence, their families, and all those affected by today's events," Hagel said in his statement.

"I am grateful for the swift response of federal and local law enforcement, and for the professionalism of DOD personnel at the Navy Yard complex," the secretary continued. "The Department of Defense will continue to offer its full assistance in the investigation of this terrible and senseless violence."

Navy Secretary Ray Mabus said he was "deeply shocked and saddened" by the shooting.

"Our thoughts and

See Wreath, Page 16



Runners set out on a 5K Fun Run on Sept. 10 in support of September as Suicide Prevention Awareness Month and Patriots Day memorializing the terrorist attacks on Sept. 11, 2001.

## Mayport Runs To Help Others

By MC2 (SW)  
Marcus L. Stanley  
NPASE Det Southeast

More than 70 Sailors and family members participated in a 5-kilometer run and 3-kilometer walk aboard Naval Station

Mayport to raise awareness about suicide.

September is Suicide Prevention Awareness Month and commands across the Navy have been providing general military training and

events to raise awareness.

"With the run today, we want to help bring to the forefront the flags and indications that may lead to someone intervening in a case where a person may be think-

ing about committing suicide," said Martina Williams, fleet and family advocacy program educator.

On board Mayport 32 yellow ribbons are tied

See Fun Run, Page 12

**Mess Lords**  
Coming To Oasis Galley

**Page 3**

**NS Mayport Remembers**  
Victims of 9/11

**Page 5**

**POW/MIA Recognition Ceremony will be held Sept. 20 at 10 a.m. at NS Mayport Memorial Park**

Check us out Online!



[mayportmirror.com](http://mayportmirror.com)

# Save A World One Life At A Time



Chap Darin Dunham  
CHSMWL Chaplain

## CHAPLAIN'S CORNER

cal, let's say our doctor doesn't know CPR. Then there is you, fully qualified in Cardio-Pulmonary Resuscitation. In that moment, what does our victim need more? A brilliant, extensively trained, heart surgeon or someone that can extend his life even by a few minutes till an ambulance can arrive?

The answer, I hope, is obvious. And in the answer also lies the reason why our Navy spends so much time, resources and energy on making you and I aware of suicide and suicide prevention. A better topic to focus on this month I don't know, because September is officially Suicide Prevention Awareness Month in our nation.

There are no shortages of statistics to draw upon to illustrate and emphasize the importance of this life threatening issue, but here is one that hits close to home. According to pentagon reports, for the second straight year there were more suicides than combat deaths in the Armed Forces of the United States. However, the reality is that suicide is a national problem plaguing civilian sectors equally as hard as military ones.

In truth, because of our suicide prevention programs and resources, the Navy and by extension the DOD, may have better success rates in prevention. Statistics only take you so far though. Some experts in the field

of suicide prevention suspect that our statistics are on the low side and only reveal "the tip of the iceberg". Why? Because determining cause of death for officials cannot always be 100 percent ascertained. What was the cause of death for that single vehicle accident? How did that person drown? Why did that individual fall?

While it can be helpful to point to numbers to illustrate the scope and depth of the problem, personally I feel it only can go so far. Suicide by its very nature is very personal and traumatizing on all that are connected to the individual even remotely. If we are looking to motivate and galvanize communities into awareness and concern strictly through statistics I think we fail on some level. There is an

old Jewish proverb that essentially says if you have saved even one life it is as if you have saved an entire world. This is a beautiful expression, capturing the value of life on the singular level, not in broad statistics.

The likely truth is that most who are reading this have been affected in some way, whether distantly or directly, by suicide. And for those who haven't been touched, the likely truth is one day you will be. In our Navy we have great prevention programs for the problem of suicide.

We also have dedicated health care professionals that are trained in postvention care for those who are fortunate enough to survive a suicide attempt, but most of real life takes place between the lines. That is why we need people trained and

equipped in intervention. We need people who are prepared, caring and capable to intervene in one critical moment. Not to solve all the problems of the world but to extend life one day to the next.

In short, we need you.

Most moments of life affirming and preserving encounters are going to happen in the barracks, galleys, deck plates, hangars, work spaces we dwell in. Medical, Chaplains, Fleet and Family and others are resources at your disposal but the problem of suicide in our culture is a community challenge and the solution will always be a community response.

Here is a hypothetical for you to consider: As your walking home one day you meet a person who's life is at risk to suicide. Do you know what to do?

# Avoiding Homework Battles With Your Student



Judy Cromartie  
School Liaison Officer

## Knowing THE ROPES

The others can be saved for later. By decreasing the initial task, it may be easier to begin. Schedule as many sessions as necessary to complete the entire assignment. Knowing that part of the assignment is already completed will make it easier for completing the overall requirement.

**Managing Time:** Does your child manage time well? The key to time management is planning. Help your child map out study sessions in writing so the study plan is visible, much like a builder uses blueprints. If the school doesn't provide a planner, buy one. Then demonstrate its use! Even though it may look user-friendly to you, if you have never used one, it might be initially tricky for your child to figure out how to write in assignments or projects. Also as part of the planning, assist with finding the right time for study sessions. Does right after school work best? Maybe after a

snack? After dinner? Or maybe the sessions work better as mini-sessions? Evaluate different strategies over a couple of weeks to determine which study strategy works best.

**Taking Notes:** When you help your child study for a test, does he have notes from class? If not, why not? Trying to write word-for-word transcriptions in class is nearly impossible. Some students - even those in high school - still have trouble copying notes from the board, an overhead, or a power point. Suggest focusing on getting the key words and/or ideas down on paper. Then that night at home, encourage rewriting the notes and filling in the details that are still fresh from the lecture or class that day. This has the added benefit of looking at those notes a second time.

**Organizing Study:** Is your child the organized type? If not, color-coded folders for each subject may provide some organi-

zation. Notes, handouts, classwork, and returned tests will go into that subject's folder so study time will not be taken up with looking for all the information needed to study. But when it is time to study, where does your child study? Some children do better in a common area like the kitchen table so that help is readily available. Other children like a quiet spot away from the hustle and bustle of family life. It is important to have a designated place and have at that place the materials needed for most types of studying: highlighters, note cards, sticky notes, pens, pencils, pencil sharpener, notebook paper, a dictionary, and maybe a thesaurus.

So now you know where your child studies, ask how does your child study? Does he go over the questions at the end of each chapter the test will cover? Does he check out those highlighted boxes in his text that might be called "Important Points" or "Keys to Understanding"? What does he do with his class notes? Check

out this next section on **Reviewing the Material** for a better understanding of how to use class notes as a study guide.

**Reviewing the Material:** Does your child avoid reviewing course material until right before a test? Bad idea! Reviewing is one of the most important study skills! Each night prior to starting on that night's homework, your child should review what was done in class that day. He should look over his notes to fill in any blanks, correct misspellings, and highlight the main ideas of the lesson. Or if your child tells you there is no homework in a class for that night, then emphasize that the review of the day's lesson IS tonight's homework. The next step is to review at regular intervals - daily, weekly, every couple of weeks - all of the material that is being covered, paying special attention to all the material that he has highlighted in his notes. Then when it is test time, the material is fresh!

**Getting Expert Help:** Go to [www.tutor.com/](http://www.tutor.com/) military to get a profes-

sional tutor to help with math, science, social studies, and English - from elementary through high school. These tutors are screened, certified, and background-checked.

They only work with one student at a time. No exceptions. The tutor will make sure that your child understands the material whether it is a single homework problem in 5<sup>th</sup> grade math, a unit test in social studies, or a quarter exam in 18<sup>th</sup> Century British lit.

Remind your child that getting the most out of a study session will bring many rewards, including more time for other activities, greater confidence, and better grades.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at [Judith.cromartie@navy.mil](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.

# Age of Unreason Here Sooner Than You Think



Lisa Smith Molinari  
Military Spouse  
Columnist

It is the year 5013.

Despite several hundred World Wars, twelve Ice Ages, nine asteroid hits, three robot takeovers, seven alien invasions, and an unfortunate but brief worldwide prohibition on bacon; human beings have survived.

The Earth, along with its sister colonies on Mars and Venus, is experiencing her 177th recorded Period of Enlightenment - a time of flourishing advances in science, art, philosophy, culture, and, ever since the recent eradication of male pattern baldness, cosmetology.

With the public's fascination with ancient history on an upswing, more and more young scholars have chosen to study

## The Meat&Potatoes OF LIFE

Archaeology, a science which had been somewhat neglected in recent centuries. One such aspiring archaeologist, Fizzeq 7.5, is the Principal Investigator of an ambitious excavation that has captured the world's attention.

Mr. Fizzeq has embarked on a Phase III Data Recovery of an extensive site located at Sector 52b, formerly known as the Tinker Air Force base housing complex in Oklahoma.

Since the Great Ocean receded to prehistoric levels, evidence of complex ancient civilizations have been uncovered, dating back as early as the 21st Century. Although most material remains have eroded with time and environmental events, a curious substance known as "plastic" is conspicuously present in the strata of Mr. Fizzeq's particular survey, shedding light on the ethnography of this ancient society.

Shortly after breaking ground, the archeologi-

cal team uncovered an assemblage of brightly colored plastic artifacts indicating that the people of this period of

Earth's history were much smaller than the people of today. A veritable fleet of tiny little red cars and several hundred whimsically pastel colored houses, along with countless itty-bitty kitchenettes and eensy-weensy tool benches were unearthed

- all bearing the mark of the manufacturer, "Little Tykes" - clearly indicating that the humanoids of this era were no taller than three feet.

Also, a staggering array of plastic bottles littered the entire excavation site. Wasting no time in hav-

ing the remains tested to determine their original contents, Mr. Fizzeq found that, although it is long been proven that the peoples of the 21st Century had an abundance of easily accessible

See Unreason, Page 3

 <b>Command Chaplain</b> Lt. Cmdr. Jerome Cayanganyang
<b>Roman Catholic Mass</b> Sunday 9 a.m. Monday-Thursday 11:30 a.m. <b>Holy Day of Obligation</b> (call chapel for schedule) <b>Confessions:</b> before & after mass or upon request <b>CCD, RCIA &amp; Adult Ed:</b> Sunday 10:30 a.m. <b>Baptisms</b> 3 <sup>rd</sup> Sunday of month 10:30 a.m. <b>Catholic Youth Group</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Sunday 11:30 a.m.-1 p.m. <b>Protestant Worship</b> Sunday 10:30 a.m. Sunday school 9:15 a.m. <b>Choir:</b> Wednesday 7 p.m. <b>Baptism:</b> For information, contact your chaplain <b>Women's Bible Study</b> Wednesday 9:30 a.m. <b>Protestant Youth Group</b> 1 <sup>st</sup> Friday Youth Quak Trip 6:30 p.m. 2 <sup>nd</sup> & 4 <sup>th</sup> Friday at Chapel 5-8:30 p.m. <b>PWOC</b> 2 <sup>nd</sup> Saturday 9:30 a.m. <b>PMOC</b> 3 <sup>rd</sup> Saturday Prayer Breakfast 9 a.m. <b>MOPS</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday, 9:30 a.m.  For more information, call 270-5212.

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# MCPON Thanks Ombudsmen For Service

From Master Chief Petty Officer of the Navy Michael Stevens

Navy Ombudsmen,  
Theresa and I would like to take some time to say 'thank you' for your support and dedication that you provide to our Sailors, families and our great Navy.

For the past 43 years,



MCPON Michael Stevens

Ombudsmen have been an irreplaceable resource for our Sailors, while serving as an information link between command leadership and command families.

As an Ombudsman, you work collaboratively with the command to maintain and sustain the morale and welfare of the

command's service members, their families and single Sailors on active duty.

As we all know, family readiness is tied to mission readiness and having a strong family support structure enables Sailors to excel at their jobs and the Navy to accomplish its missions. Your help successfully navigates the

unique challenges of our lifestyle and know that the job you do is immeasurable!

Thank you, Ombudsmen, for your continued support and selfless dedication.

Very Respectfully,  
MCPON and Theresa Stevens

From Page 2

## Unreason

fresh water, every bottle tested at the site contained H2O.

Even more puzzling was the discovery of a veritable plethora of plastic bags, each tied in a knot, containing petrified canine fecal material,

more commonly known as, "Doggie Doo Doo." Mr. Fizzeq planned to further research why this tiny ancient culture felt the need to bag up and preserve this naturally produced substance.

After all, Everyone

Poops.

Other items found preserved in copious amounts: sensible footwear labeled "Crocs," beverage implements known as K-cups, Ikea furniture, Tupperware containers, defunct television

remotes, and molded plastic lawn furniture.

But the most amazing discovery was found just beneath the excavation's datum point. Deep in the ancient strata of one of the Tinker base houses lay the well-preserved remains of an ancient tool of communication, known as an "iPhone."

Mr. Fizzeq knew that, by extracting the data from the iPhone, he could effectively reveal a com-

plete chronology and cultural analysis of 21st century humans that would blow the top off the archaeological world.

However, exhaustive laboratory testing failed to produce anything Earth shattering, other than an acronymic language of colloquial terms such as "idk" "lol" "srsly" and "vom." That, and several dozen downloads of digital videos bearing the common tag "twerk."

Despite this disappointment, Mr. Fizzeq went on to successfully finish his doctoral thesis, appropriately entitled, "The Dimly-Lit Ages: An archeological analysis of 21st Century Culture."

Get more wit and observations from Lisa at her blog, The Meat and Potatoes of Life, [www.themeatandpotatoesoffife.com](http://www.themeatandpotatoesoffife.com)

## Navy Honors Hispanic American Heritage Month

From Navy Office of Diversity and Inclusion

The Navy joins the nation Sept. 15 in celebrating Hispanic Heritage Month, which will be observed until Oct. 15.

With a national theme of "Hispanics: Serving and Leading Our Nation with Pride and Honor," the observance celebrates the histories, cultures, and contributions of Americans who trace their roots to Spain, Mexico, the Caribbean, and Central and South America.

According to 2010 data from the U.S. Census Bureau, Hispanics comprise 16.3 percent of the total United States

population, or 50.5 million people, forming our country's largest racial or ethnic minority. Additionally, it is projected that by 2050, a quarter of the nation's workforce will be Hispanic.

Today, more than 58,000 Hispanic active duty and Reserve Sailors serve in the Navy, including five Hispanic flag officers and 216 Hispanic master chiefs.

In his 2012 National Hispanic Heritage Month Presidential Proclamation, President Barack Obama stated that "our Nation's story would not be possible without generations of Hispanics who have shaped and

strengthened the fabric of our Union. They have enriched every aspect of our national identity with traditions that stretch across centuries and reflect the many ancestries that comprise the Hispanic community."

All commands are encouraged to expand their awareness of Hispanic heritage through programs, exhibits, publications, and participation in military and community events.

For more information about the history of Hispanics in the Navy, visit <http://www.history.navy.mil/special%20highlights/hispanic/hispanic-index.htm>.

**MESSLORDS**  
Wednesday, Oct. 2  
11 am-12:30 pm at  
the Oasis Galley

**Active Duty Only!**

For more info, please call

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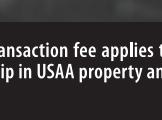
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# NS Mayport Welcomes New Chief To Mess

From Staff

Naval Station Mayport and its tenant commands welcomed nearly 70 new Chief Petty Officers (CPO) to their messes during several pinning ceremonies around base on Sept. 13.

NS Mayport hosted a pinning ceremony at the base Chapel in conjunction with COMUSNAVSO/4th Flt, EOD and NBHC Mayport.

During the event, the 11 newly appointed chiefs were ceremoniously pinned to the rank of CPO by family members and fellow chiefs.

"The ceremony was moving," said Chief Master-at-Arms Jason Pavlica. "It just let me know that I made it. Putting on the uniform, watching friends and family and other fellow chiefs in the crowd - all the years of hard work paid off and I had arrived in the chief's mess."

This Navy tradition dates back to when the CPO pay-grade was created in 1893.



-Photo by Paige Gnann

*NS Mayport CMDCM Bob White shakes the hand of newly pinned Chief Master-at-Arms Jeremy Aldrich during a Chief pinning ceremony held at the Base Chapel on Sept. 13.*



-Photo by MCC William Townsend

*Chief Culinary Specialist Linda A. Colter is pinned by her mother, husband and daughter during the CPO pinning ceremony at the Base Chapel.*



-Photo by Paige Gnann

*Newly pinned Chief Explosive Ordnance Disposal Ryan M. Waller walks through side-boys after entering the Chief's Mess during the pinning ceremony.*



-Photo by MC2 Marcus Stanley

*A Chief Select from a NS Mayport helicopter squadron kneels so that family members can reach his collars during a pinning ceremony held at Ocean Breeze Conference Center on Sept. 13.*



-Photo by MC2 Marcus Stanley

*A Chief Select from a NS Mayport helicopter squadron is pinned during a Chief pinning ceremony at Ocean Breeze Conference Center on Sept. 13.*



-Photo by MCC William Townsend

*Chief Petty Officer Selectees gather at the Veterans Memorial Wall to honor the Chiefs that came before them during Chief's Pride Day on Sept. 8.*



-Photo by Marcus L. Stanley

Chief (select) Aviation Electronics Technician Gregory Harris prepares to hoist the National Ensign during colors at Naval Station Mayport's 9/11 memorial ceremony.



-Photo by Paige Gnann  
Emergency response personnel from Naval Station Mayport put their hands over their hearts during morning colors at the 9/11 memorial ceremony.

## NS Mayport Remembers 9/11

*From Staff*

More than 100 service members and civilians filled the NS Mayport's Memorial Park to remember the thousands of victims of the terrorist attacks of Sept. 11, 2001.

NS Mayport Commanding Officer, Capt. Wes McCall spoke to the crowd about the horrible events that unfolded that day and why it is important never to forget the attack on the United States and its citizens.

Afterwards, Chief Petty Officer Selects read a timeline of events of the day, including the plane crashes into the

World Trade Center, the Pentagon and Flight 93.

They went on to recount the thousands of lives lost in the Global War on Terrorism in Iraq and Afghanistan.

"In honor of all first responders, those who served our country and all who lost their lives on September 11th 2001; our nation stands tall to honor you and still 11 years later, America has not forgotten and We SHALL NEVER FORGET!" concluded Chief Aviation Maintenance Administrationman Marilyn Buford.



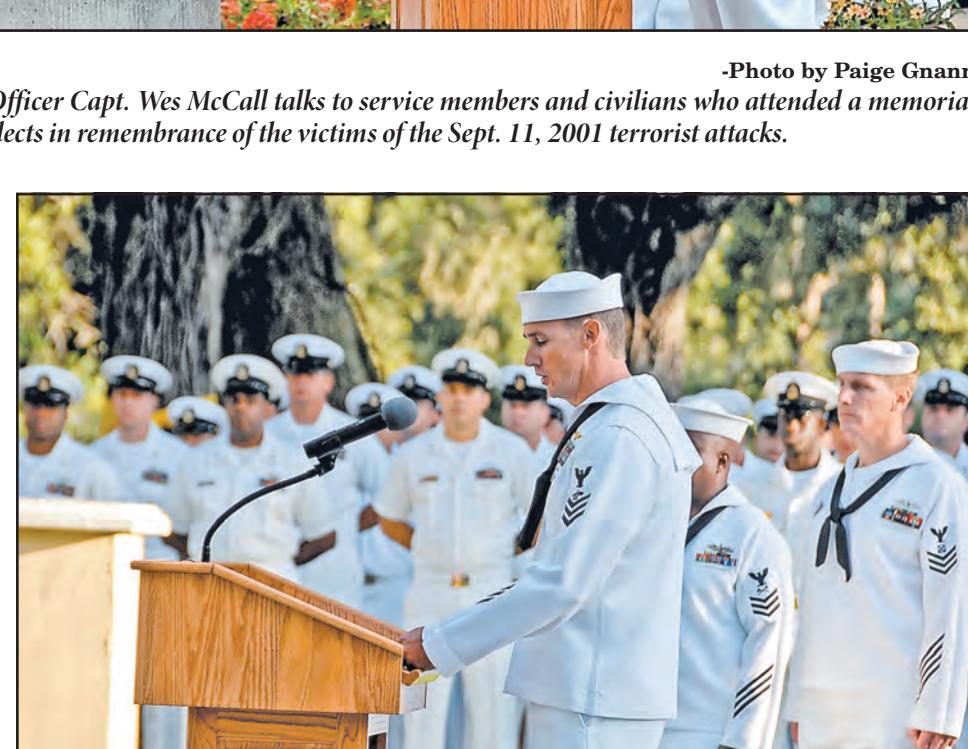
-Photo by Paige Gnann  
Chief Select Boatswain's Mate Jessica M Curry waits to sound a bell as the names of fallen Chief Petty Officers are read out loud during the 9/11 memorial ceremony.



-Photo by Paige Gnann  
NS Mayport Commanding Officer Capt. Wes McCall talks to service members and civilians who attended a memorial service sponsored by CPO Selects in remembrance of the victims of the Sept. 11, 2001 terrorist attacks.



-Photo by Paige Gnann  
Chief Select Master-at-Arms Joshua Cox holds a salute as the American Flag is raised during colors.



-Photo by Paige Gnann  
Chief Select Naval Aircrewman (Tactical Helicopter) Matt Haydu reads a timeline of events of the terrorist attacks of Sept. 11, 2001.

# Website Launched To Support Carney Sailors Forward Deploying To Rota

From Commander, Naval Surface Force, U.S. Atlantic Fleet Public Affairs

To ease the transition process, a new website is available to Sailors and families who are slated to soon be forward deployed to Naval Station (NAVSTA) Rota, Spain, Navy officials announced Sept. 16.

"Let's Move to NAVSTA Rota, Spain," a Surface Force Atlantic (SURFLANT) and Naval Station Rota collaboration, was designed to give Sailors and family members the opportunity to become more familiar with NAVSTA Rota and the surrounding areas. It offers information, photos and videos to familiarize Sailors with their new duty station and better prepare them for a successful transition.

"While the site should be helpful to anyone transitioning there, it was developed to be a 'one-stop shop' for families and Sailors aboard the four destroyers that will soon be forward deployed to Rota," said Capt. Frank Dowd, SURFLANT Forward Deployed Naval Force Rota project lead. "We worked closely with Rota leaders and service providers there in developing the site to ensure the information is not only accurate, but that it really addresses the topics these folks want and need to know about."

The four Arleigh Burke-class guided-missile destroyers headed for Rota include three from Norfolk: USS Ross (DDG 71), USS Donald Cook (DDG 75), and USS Porter (DDG 78), along with

The four Arleigh Burke-class guided-missile destroyers headed for Rota include three from Norfolk: USS Ross (DDG 71), USS Donald Cook (DDG 75) and USS Porter (DDG 78), along with USS Carney (DDG 64), from Mayport, Fla.

(DDG 75) and USS Porter (DDG 78), along with USS Carney (DDG 64), from Mayport, Fla.

To support Sailors and families as they prepare for the transition to Spain, a joint Rota-SURFLANT team has worked closely with 6th Fleet leadership to prepare a comprehensive slate of information-gathering opportunities. These include a four-day visit to Norfolk in June for group briefings and one-on-one discussions with Sailors, updating and issuing a new print and electronic Rota "Welcome Aboard" brochure, and the recently unveiled website.

The diverse site offers nine different tabs, or topic areas, which lead to more than 250 informational websites, more than 350 photos and videos to show what the housing, the base and the local area looks like.

There are also nearly 500 Frequently Asked Questions, or FAQs, categorized by topic area, displayed to help answer typical questions service members and their families might have about moving to the area.

It also features contact information so Sailors can ask questions and address any concerns they might have.

"Family members and Sailors can call or email

Rota experts with questions and concerns specific to them," said Chief Mass Communications Mikel Bookwalter, Rota's deputy public affairs officer.

"We want this website to prompt and provide for two-way communication to provide a prompt response or open up an ongoing dialogue, if it is a complicated issue," Bookwalter explained, "Rota's leadership includes seasoned experts in numerous topic areas, from the local community and Morale Welfare and Recreation, to housing, health care and the local schools. Regardless of the concern, there is someone available here that can respond to your questions, via email, to ease your transition."

To help prepare for the move, the website offers a "Move Planning" tab containing numerous checklists from pet clearance and screening information to shipping household goods, from shipping the right automobile to "things to know before you go."

The "Housing" tab links to different housing floor plans and photos of on-base and off-base housing. Sailors can also find temporary lodging information and an early housing application link to help service mem-

bers with their housing needs prior to arriving to NAVSTA Rota.

The website also offers a "Health care" tab that provides information on the NAVSTA Rota hospital, off-base hospitals and health care facilities, the Exceptional Family Member Program and TRICARE's Overseas Program.

For dependents, the "Family Support" tab leads to children's school information, childcare services and programs, counseling programs, Human Resources Office and employment opportunities information as well as commissary infor-

mation and youth services such as Scouts and sports.

Other tabs include off-duty activities offered by Morale, Welfare and Recreation, command information and contacts, ombudsman information, Rota and Spain information for places to go and things to do, like beach locations and transportation alternatives.

From Spanish food to flamenco, from the nearby beach to bullfighting, the website includes a wealth of data and captivating images for deploying service members and their families to get a head-start in their move

preparations to NAVSTA Rota.

Plans for the site include continuously updated FAQs, more videos and enhanced first-person accounts of life in Rota.

To visit the "Let's Move to NAVSTA Rota, Spain" website, click on <http://www.public.navy.mil/surflant/hq/Pages/RotaMove.aspx>.

NAVSTA Rota: [http://www.cnic.navy.mil/regions/cnreurafswa/installations/ns\\_rota.html](http://www.cnic.navy.mil/regions/cnreurafswa/installations/ns_rota.html)

NAVSTA Rota Facebook: <https://www.facebook.com/USNavalStationRota>

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**Donate your items to the Mayport Cinderella Closet!**

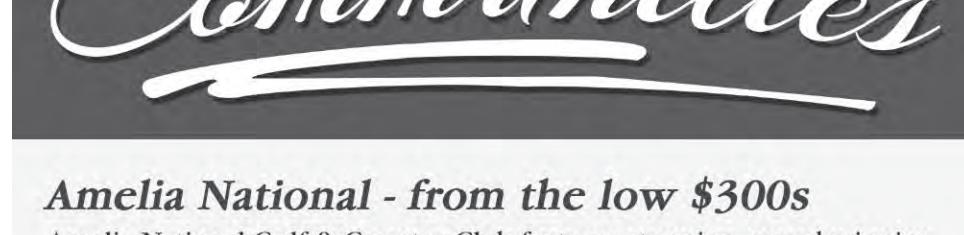
Items can be given to your command ombudsman or dropped off at building one!

**DONATIONS ACCEPTED UNTIL OCT 1st!!**

Please clean dress donations prior to handing them in.

**CONTACT YOUR COMMAND OMBUDSMAN FOR MORE INFORMATION OR EMAIL [usmayportomb@gmail.com](mailto:usmayportomb@gmail.com)**

The Closet will be open to any Mayport Spouse in OCTOBER to get a FREE dress and shoes for the Navy Ball or Command Christmas party!



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# USS De Wert Remembers Tragedy Of 9/11

**By Ensign  
Kierstin King**

*USS De Wert PAO*

Frequently Sailors are asked, "Why did you join the military?" Today each crew member was able to take time out of their day to ponder the answer to that deep, yet commonly asked question.

Sailors gathered on the mess decks of USS De Wert (FFG 45) for the remembrance of 9/11. During his speech, USS De Wert Commanding Officer, Cmdr. Joseph Thomas, reminded each crew member of that tragic day. Sailors read through a timeline of the events of that day. There were whisperings throughout the tables reminiscing of their



*The crew listens as Commanding Officer, Cmdr. Joseph Thomas, speaks about the terrorist attacks of Sept. 11, 2001 during a memorial ceremony held aboard the ship. USS De Wert is currently deployed with Coalition Task Force (CTF) 508 in support of anti-piracy operations within the Gulf of Aden and the Somali Basin.*

locations when the towers were hit. Sailors who joined the Navy this year at the age of 18 were just entering their first year of elementary school when the terrorist attacks happened.

Those Sailors, whose childhoods were marked by the Global War on Terror, made a conscious decision to volunteer to fight for our freedom. Among those Sailors is Seaman Ramunno who joined USS De Wert's family on Aug. 25. He volunteered to create a video to play at the ceremony that displayed the devastating pictures from the scene in New York, overlaid with the soundtrack of "Heaven" and a note from a little girl who lost

her dad in 9/11.

"On Sept. 11, 2001, I was in English class sitting with my friends," Seaman Ramunno recalled. "The phone rang to which my teacher answered and within seconds tears rushed down her face and she let the phone fall as she walked toward the television. That moment stuck with me forever as we all began to watch the news in fear. Within hours my classroom was empty with the exception of only a few of us. That night at home was morbid and dark. From that moment on, pride and patriotism led me to where I am today, a 19-year-old Sailor on board USS De Wert."

## Chief of Naval Personnel Seeks Nominations For 2013 CSADD Chapter of the Year Awards

*From Chief of Naval Personnel  
Public Affairs*

Unit commanders are encouraged to nominate outstanding chapters of the Coalition of Sailors Against Destructive Decisions (CSADD) to be recognized as sea and shore chapters of the year, according to NAVADMIN 229/13 released September 10.

CSADD is a peer influence social group meant to encourage Sailors 18 to 25 years old to combat destructive behavior through a culture of "shipmates helping shipmates." CSADD also serves to build leadership skills in young Sailors.

CSADD chapters throughout the Navy are

finding creative and fun ways to help our young Sailors make right decisions, and their efforts are paying off," said Rear Admiral Sean Buck, director of the 21st Century Sailor Office (N17). "The chapter of the year awards recognize chapters that have gone above and beyond in fostering a climate of responsible decision making in our Navy, giving our Sailors tools needed to face the challenges of the twenty-first century while preserving the skills and talents they bring to the fight."

According to the NAVADMIN, the CSADD Chapter of the Year awards were established to recognize the positive social interaction, leadership and decision making demonstrated through CSADD efforts, which employ a variety of communication tools and social networking established and sustained by the chapters.

Since the awards were established in 2010, one sea-based chapter and one shore-based chapter were recognized as chapters of the year. For 2013, the categories are expanded to include two sea-based chapters, one large chapter and one small, and two shore-based chapters, one from an installation command and one from a training command.

The NAVADMIN pro-

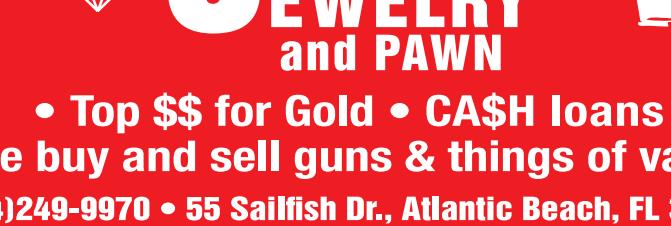
vides detailed guidance to commanders on submitting a nomination. All registered active duty, Reserve Component and Reserve Officers' Training Corps Unit CSADD chapters are eligible; however,

only activities and successes that occurred in fiscal year 2013 shall be included.

The deadline for submissions by commanders to their appropriate regional command-

ers is October 1, 2013. Regional commanders must mail or email their submissions no later than November 1, 2013.

Results will be announced in a future NAVADMIN.



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# UNITAS Exercise Wraps Up In Colombia

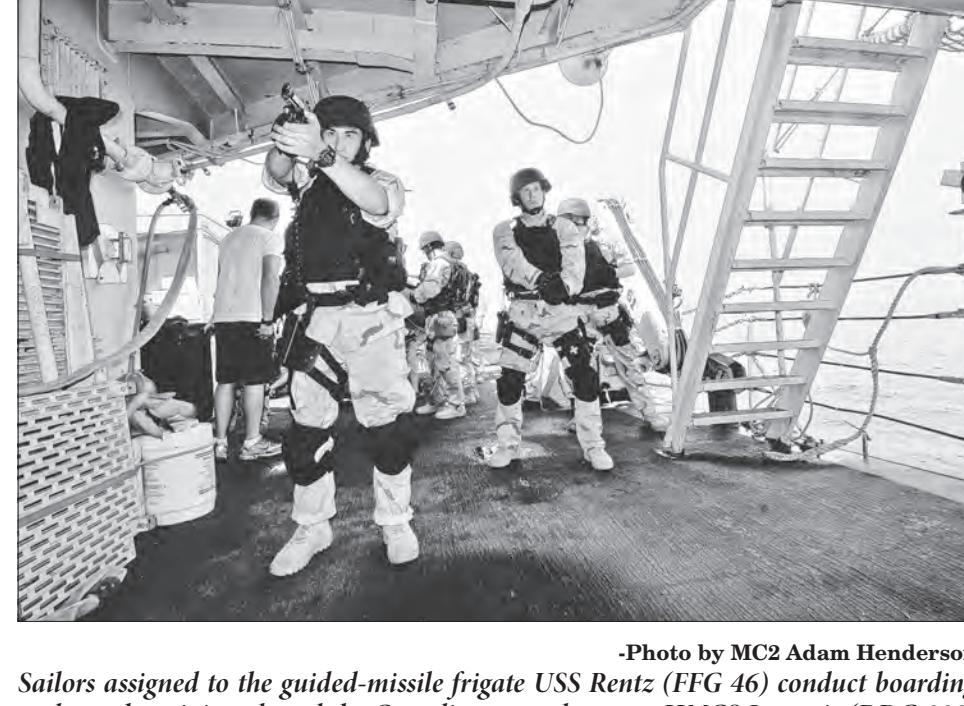
From U.S. Naval Forces Southern Command/U.S. 4th Fleet Public Affairs

Naval forces from 15 partner nations concluded UNITAS 2013, the 54th annual multinational maritime exercise, Sept. 15 in Cartagena, Colombia.

Hosted this year by the Colombian navy, UNITAS included naval forces from Brazil, Canada, Chile, Colombia, the Dominican Republic, Honduras, Peru, the United Kingdom and the United States, with observers from Belize, El Salvador, Germany, Jamaica, Panama and Mexico.

UNITAS, the longest-running exercise of its type in the world, has evolved and now includes training for many of the threats encountered in the 21st-century maritime environment, along with essential seamanship and navigational skills that are core competencies for maritime services in the Americas.

During 10 days at sea, 19 ships conducted a



-Photo by MC2 Adam Henderson

*Sailors assigned to the guided-missile frigate USS Rentz (FFG 46) conduct boarding and search training aboard the Canadian navy destroyer HMCS Iroquois (DDG 280) during the multinational maritime exercise UNITAS 2013 off the coast of Cartegena, Colombia.*

full spectrum of maritime operations, including electronic warfare, anti-air warfare and air defense, anti-submarine warfare, anti-surface warfare and maritime interdiction operations.

U.S. 4th Fleet was rep-

Squadron 10 (VP-10) and Destroyer Squadron 40.

“This was a robust

schedule of events, packed with a myriad of warfare areas that stressed the multi-national forces and their ability to interoperate and work together towards common goals,” said Cmdr. Lance Lantier, the com-

manding officer of the Rentz.

“Rentz could not have

been prouder to represent the United States as the sole U.S. Navy ship to participate in UNITAS, and we could not be prouder to have successfully completed all events with enthusiasm and dev-

astating firepower,” he

said. “Any ship invited to participate in this robust exercise in the future should be excited at the opportunity.”

The immediate pur-

pose of the exercise was to train participating forces in a variety of high-end maritime scenarios to test command and control of forces at sea, while operating as a multinational force to provide the maximum opportunity to improve interoperability.

The training objec-

tives of each one of the participating navies were incorporated during several planning confer-

ences conducted before the exercise, allowing this

year’s UNITAS to pro-

vide effective training to

increase interoperabil-

ity while supporting the

training requirements of

all participating nations,

said Rear Adm. Sinclair

M. Harris, the com-

mander of U.S. Naval Forces

Southern Command and

U.S. 4th Fleet.

At the same time, the

intense training resulted

in coalition building, mul-

tilateral security coop-

eration and promoting friendship, professionalism and mutual understanding among the participating partner nations.

“UNITAS is undoubt-

edly a top-shelf training

opportunity, but it much

more than that,” Harris

said. “UNITAS builds last-

ing friendships, bonds and

confidence among the par-

ticipants, so when we are called to respond to a region or global crisis,

we can do so as a coordi-

nated and experienced team.”

The next UNITAS exer-

cise is scheduled for sum-

mer 2014.

U.S. Naval Forces

Southern Command and

U.S. 4th Fleet employ

maritime forces in coop-

erative maritime securi-

ty operations in order to

maintain access, enhance

interoperability, and build

enduring partnerships

that foster regional secu-

rity in the U.S. Southern

Command Area of

Responsibility.

## DoD Announces Missile Defense Siting Study

From American Forces Press Service

Pursuant to the fiscal year 2013 National Defense Authorization Act, the Defense Department has initiated a study to evaluate five candidate sites in the continental United States for the potential future deployment of additional ground-based interceptors, Pentagon officials announced Sept. 12.

Two missile defense sites with long-range interceptor missiles already are active at Fort Greely, Alaska, and Vandenberg Air

Force Base, Calif. Today, these sites provide protection for the United States against limited intercontinental ballistic missile attacks, officials said.

“In response to a congressional requirement, we are evaluating several sites in the continental United States for a potential future deployment of additional Ground-based Interceptors, or GBIs,” said Navy Vice Adm. James D. Syring, director of the Missile Defense Agency. “While the administration has not made a decision to

build another missile defense facility in the U.S. for homeland defense, if a decision were to be made in the future to construct a new site, completing the required site study and environmental impact statement would shorten the timeline required to build such a site.”

Completing the mandatory siting study and the associated follow-on environmental impact statement would decrease the time necessary to build a site if a decision is made to do so, officials said. An envi-

ronmental impact study would take 18 to 24 months to complete once the siting study is finished, they added.

A small Defense Department team will visit each candidate site to obtain information on basic infrastructure, including the electrical power supply, water resources, transportation access and other areas for assessing the suitability of a potential site.

All of the sites are on fed-

eral land and are operated by

the Defense Department, the

National Guard or both, officials said.

They are:

- Fort Drum, N.Y.;

- Camp Ethan Allen Training Site, Vt.;

- Naval Air Station Portsmouth SERE Training Area, Maine;

- Camp Ravenna Joint Training Center, Ohio;

- Fort Custer Training Center, Mich.

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# 4th Fleet Talks Suicide Prevention

**By MC1 Sean Allen**  
4th Fleet Public Affairs

The Maritime Operations Center director for U.S. 4th Fleet spoke to suicide prevention coordinators from various commands Sept. 12 at the base galley in recognition of National Suicide Prevention Month.

Capt. Chuck Nygaard, who volunteered on a suicide hot line in the early 1990s while attending the Naval Postgraduate School in Monterey, Calif., brought a unique perspective to the discussion.

Before starting graduate school, he was a division officer aboard ship, responsible for 25 to 30 people, Nygaard recalled. Once classes started, he was responsible only for



-Photo by MC1 Sean Allen

*Capt. Chuck Nygaard, the Maritime Operations Center director for U.S. 4th Fleet, speaks to suicide prevention coordinators Sept. 12 aboard Naval Station Mayport in recognition of National Suicide Prevention Month. Nygaard, who volunteered on a suicide hot line while attending the Naval Post Graduate School in Monterey, Calif., spoke to the group about how the experience helped him appreciate the problems that people face.*

himself.

"It was quite an adjustment, so I talked to my

minister about it, and he suggested I volunteer at this suicide hot

line, so that is what I did," Nygaard said.

The experience helped him develop a much greater acceptance for people and an appreciation for the problems that they face.

"There were many valuable lessons that I learned there that I took with me in my Navy career," Nygaard said. "It really helps me talk to and understand Sailors."

Among those attending the event were suicide-prevention representatives from SERVMART, Helicopter Maritime Squadron 48, the Fleet and Family Support Center and the base chapel.

"You guys are first responders, and I applaud you," Nygaard said, noting

that the Navy has changed since he began his career.

"Sailors no longer live on board ships," he said. "When they live in ships, it is easier for leadership to be aware of what is going on, and if there are indicators. Now that a majority of junior Sailors live in barracks, they are not around leadership and co-workers as much as before."

The change makes a suicide-prevention coordinator's job much more challenging, Nygaard said.

Amie McKague, the counseling and advocacy program manager with the Fleet and Family Support Center here, said it was important for Sailors to know about the services her organization offers, including mar-

riage counseling, financial counseling and help adjusting after deployments. Problems in these areas are some of the common causes of suicide, she said.

Each year, America's armed forces recognize September as Suicide Prevention Month.

According to the Department of the Navy, suicide is one of the leading causes of death among Sailors. This year's theme is "Thrive in your Community," encouraging Sailors to work together as commands, units, installations or other groups to contribute to projects that benefit others.

# Logistics Center Director Thinks Of Others - Right Up To His Retirement

**By Lt. Megan Dooner**  
U.S. Naval Forces Southern  
Command/U.S. 4th Fleet public  
affairs

The captain sat by two tables in a snug passageway at 4th Fleet headquarters here. As people passed by, he casually asked if they needed any uniform items.

Capt. Ian Pollitt, the director of the 4th Fleet's Logistics Readiness Center, was holding a uniform sale, with all proceeds going to benefit the Navy Marine Corps Relief Society and anything not sold to be donated to the base thrift store.

In the middle of the sale, Pollitt was interrupted by a lieutenant commander with a mission-related dilemma. The captain's tone shifted, and his choice of words became precise. He was confident and competent in his knowledge and advice.

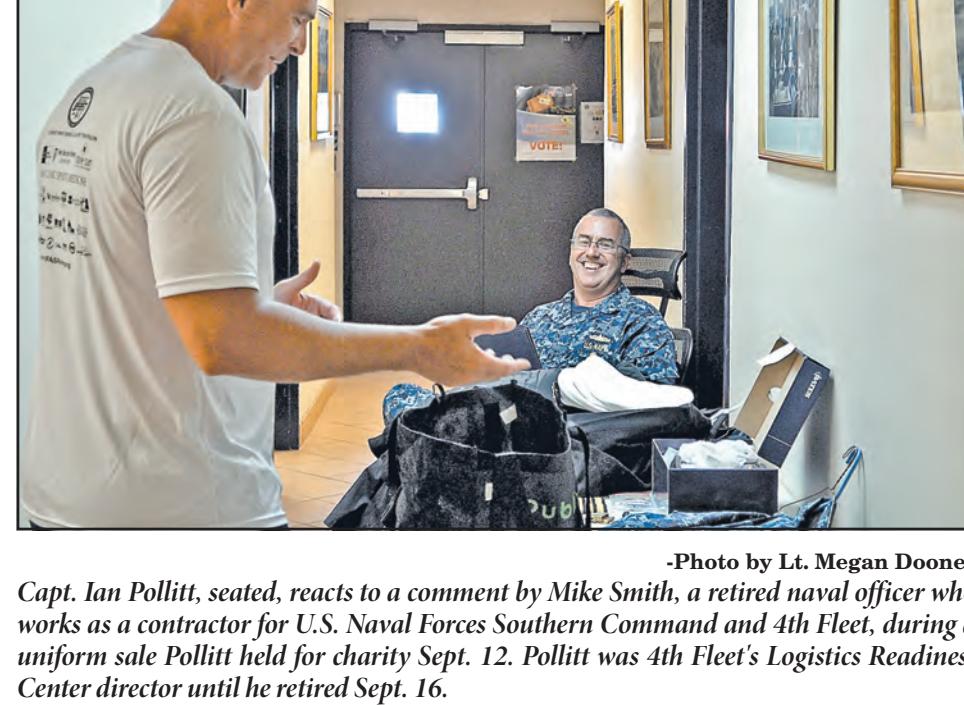
Just as a uniform sale is not a typical scene for a Navy headquarters, Pollitt - who was scheduled to retire Sept. 16 in an outdoor ceremony near the entrance to the naval station - was not a typical senior officer.

"He's very smart and articulate and sticks to the rules," said Hector Correa, the readiness center's deputy director, who has worked for Pollitt for the past two years. "He's also very down to earth and approachable."

"He's the most fair CO I've ever seen," Correa continued. "Peers seek his advice," yet Pollitt remains a humble man.

Pollitt said he came up with the idea for the uniform sale, which he held Sept. 12, when he realized that after almost 25 years of service, he won't be needing uniforms anymore. By holding the sale, he hoped to support Sailors and encourage others to do the same.

His retirement may have been days away, but his desire to do things above and outside of what's expected had not



-Photo by Lt. Megan Dooner

*Capt. Ian Pollitt, seated, reacts to a comment by Mike Smith, a retired naval officer who works as a contractor for U.S. Naval Forces Southern Command and 4th Fleet, during a uniform sale Pollitt held for charity Sept. 12. Pollitt was 4th Fleet's Logistics Readiness Center director until he retired Sept. 16.*

wavered.

Even when Pollitt was just a boy, he was doing things differently.

A native of Inglewood, Calif., Pollitt spent six years of his childhood on a sailboat, but even without formal schooling, his education was not lacking, he said. In fact, he tested two grades above his age group when he eventually enrolled in traditional school at age 12.

"There's a lot of time to read on a sailboat, so my English scores were through the roof," he recalled. "Math wasn't bad either. I saw my dad using the sextant, navigating by the stars, marking our position and course on the chart and asked him to teach me how to do it."

When his father said he would have to learn the decimal system, the son accomplished that in two days. Pollitt's path led him to Harvard University, from which he graduated cum laude.

"It is the best, and that's what I wanted," Pollitt said. "I've always sought the greatest possible challenge," said Pollitt. He received his commission through the NROTC program in 1989.

His career took him on

seven deployments and led him to command of USS Thunderbolt (PC 12) and USS Klakring (FFG 42). On those assignments, he was most proud of "bringing everyone home that we left with," he said.

Pollitt continued his formal education at the United States Marine

Corps Command and Staff College in Quantico, Va., and through Joint Professional Military Education, Phase II. For 4th Fleet, he was responsible for logistics support to naval forces in the U.S. Southern Command's area of operation, which includes Central and South America.

Of his many accomplishments, one of the most rewarding to Pollitt came out of the time he spent with the Joint Enabling Capabilities Command of U.S. Joint Forces Command. While he was serving as chief of plans for the Joint Deployable Teams, his team was called up to support Department of Defense disaster relief and humanitarian assis-

tance missions following the Haiti earthquake of 2010.

"Being on the ground in Haiti after the earthquake showed me how much DoD can do when we put our minds to it," Pollitt said. "We saved thousands of lives."

After Pollitt retires, he and his wife, Catherine, will continue to live in St. Johns with their two children, Eleanor, 13, and Nathaniel, 11.

Correa predicted Pollitt will never really leave the Navy.

"He joined the St. Augustine Navy League so he could stay connected," Correa said. "He has a sailboat and loves to sail. He may have retired from the Navy, but he will always be a Sailor."

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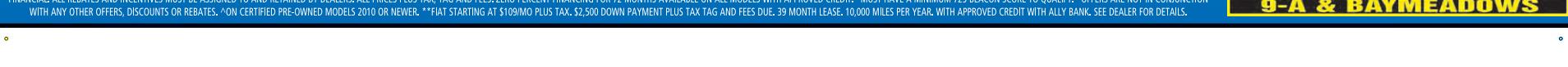


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<b>2011 FORD FUSION</b> AUTO, ALL THE TOYS YOU COULD WANT, SUPER LOW MILES, ONE OWNER NON SMOKER THAT WAS JUST TRADED FOR A NEW VEHICLE. EXCELLENT CONDITION. HURRY!!! <b>\$14,988</b>	<b>2005 MERCEDES C55</b> YES, THAT IS RIGHT, A 2005 C55 WITH ALL THE POWER AND ALL THE TOYS. WAIT TIL YOU SEE THIS ONE. CAN'T BEAT OUR PRICE ANYWHERE. <b>\$14,988</b>	<b>2006 CHRYSLER 300C</b> WOW, A HEMI ENGINE POWERED CHRYSLER 300C LOADED AND LUXURIOUS. SUPER LOW MILES, JUST TRADED IN FOR A NEW ONE. SAVE A TON AND ENJOY THE FINEST LUXURY CAR ON THE ROAD. STYLE GALORE. <b>\$14,988</b>	<b>2006 MERCEDES E350</b> AUTO, FULLY LOADED E CLASS MERCEDES FOR ONLY \$15,988. THIS IS ONE OF THE BEST DEALS AROUND. A TRUE MUST SEE. <b>\$15,988</b>	<b>2008 JEEP GRAND CHEROKEE</b> AUTO, PW PL, CRUISE TILT AND WAY MORE. LOW MILES AND A LOW PRICE TOO. IF YOU SEE IT, YOU'LL KNOW IT'S THE ONE. <b>\$16,988</b>
<b>2011 DODGE JOURNEY</b> DODGE'S NEWEST, FASTEST SELLING CROSSOVER VEHICLE. ALL THE TOYS, ALL THE UTILITY, AND IT LOOKS GREAT. HURRY, WONT LAST. <b>\$16,988</b>	<b>2012 TOYOTA COROLLA</b> AUTO, PW PL, NOW SMOKER WITH SUPER LOW MILES AND READY FOR A NEW HOME. SAVE BIG VS A NEW ONE EQUIPPED LIKE THIS. <b>\$16,988</b>	<b>2010 NISSAN TITAN</b> KING CAB TRUCK WITH LOTS OF OPTIONS, NOT A LOT OF MILES. TONS OF VALUE, AT A HEAVILY DISCOUNTED PRICE. TOUGH TO FIND ONE THIS NICE ANYWHERE. WE KNOW, WE LOOKED. <b>\$19,988</b>	<b>2011 HYUNDAI TUCSON</b> CLEAN CAR FAX, ONE OWNER LOCAL TRADE IN, PLENTY OF WARRANTY LEFT ON THIS ONE. ONLY 20K MILES. LOOKS NEW, FEELS NEW, PRICED WELL BELOW A NEW ONE. LOOKS THIS IS A MUST SEE. <b>\$21,988</b>	<b>2008 MERCEDES-BENZ C300</b> AUTO, ALL THE BELLS AND WHISTLES. 48K MILES AND PRICED TO SELL IMMEDIATELY. THIS BEAUTIFUL C CLASS WILL NOT LAST LONG. <b>\$21,988</b>
<b>2010 CADILLAC STS</b> YES, 2010 MODEL. PRICED THOUSANDS AND THOUSANDS OFF VS. A BRAND NEW ONE. ENJOY IT ALL IN THIS LIKE NEW CADY THAT IS PRICED SO FAR BELOW WHAT IT SHOULD BE. CHECK IT OUT. <b>\$23,988</b>	<b>2011 HONDA PILOT</b> EXCELLENT CONDITION, SUPER LOW MILES, A PLEASURE TO DRIVE, LOTS OF TOYS, LOCAL TRADE IN, AND IT HAS BEEN REDUCED TO SELL IMMEDIATELY. NO GAMES. <b>\$28,988</b>	<b>2011 TOYOTA TUNDRA</b> DOUBLE CAB 4X4 AUTOMATIC V8 WITH LOW LOW MILES. ONE OWNER, JUST TRADED IN. CLEAR CAR FAX, ALL POWER OPTIONS, SIDE STEPS, WHEELS AND A TOW PACKAGE. A CLEAR LITTLE TRUCK FOR THOUSANDS LESS THAN A BRAND NEW ONE. <b>\$28,988</b>	<b>2008 FORD F350 4X4</b> SUPER LOW MILES, DIESEL, 4X4 SUPER CAB WITH LOTS OF OPTIONS. FOR THESE MILES, THIS ENGINE, 4X4, THIS PRICE IS THOUSANDS BELOW VALUE. WONT LAST LONG FOR SURE. <b>\$30,988</b>	<b>2013 JEEP WRANGLER RUBICON</b> AUTO, LEATHER, HARD TOP, RUBICON EDITION. GO ANYWHERE DO ANYTHING CAPABLE. WONT LAST AT THIS PRICE. <b>\$36,988</b>

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# Perinatal Mood and Anxiety Disorder: More Common Than You May Realize

**By Xiomara Lemmey**  
Naval Branch Health Clinic  
(NBHC) Mayport Perinatal Mood  
Disorder Support Counselor

According to the World Health Organization, depression is the leading cause of disability worldwide—with an estimated 350 million affected—and is one of many symptoms that could indicate a form of perinatal mood and anxiety disorders (PMAD) in women.

PMADs are a set of dis-

orders that can occur during pregnancy and up to the first year postpartum. Other disorders that can be associated with PMAD include panic, obsessive-compulsive disorder, post-traumatic stress disorder and postpartum psychosis. PMAD has been identified in women of all ages, race, culture and financial status.

Studies have shown that approximately 10-20 percent of women expe-

rience depression either during pregnancy or in the first 12 months postpartum, yet less than 25 percent of Obstetrics (OB) and Gynecology (GYN) patients have had their diagnoses recognized.

Despite the health risks and complications associated with maternal depression, pregnant women and new mothers experiencing depression often do not get the treatment they need due to

fear of discussing mental health concerns with their primary care providers or the lack of education about depression.

Military families are often faced with increased stressors and challenges due to frequent deployments, career decisions and family migration due to new duty assignments. The presence of these factors, to an expected mother, can be extremely overwhelming and may have a direct impact on their partner as well, presenting the feelings of being overwhelmed, confused, angry and afraid.

Screening and early intervention can protect the well-being of the mother, baby and entire family. If left untreated, PMAD can affect the mother and child bond, the child's physical health, emotional health and long-term behavior.

Common symptoms of

PMAD can include, but

are not limited to, feelings of loneliness, sadness and helplessness; difficulty bonding with baby; anxiety, panic or excessive worry; fear of being left alone with baby; thoughts of hurting yourself or those around you; frequent mood swings or crying; lack of interest in life or a previous history of depression, postpartum depression or anxiety. Delays in treatment can relate to a significantly longer duration of PMAD.

Naval Branch Health

Clinic (NBHC) Mayport

uses the Edinburg

Postnatal Depression Scale (EPDS) as part of its screening process for depression and anxiety. It is a 10-item self-report questionnaire given to new obstetric patients.

This process is repeated at 28 weeks and again during their six week postpartum visit. Based on answers provided, the test gives the health care provider an assessment tool to detect the presence of depression symptoms.

Many military moms, and some dads, are accustomed to being the sole caregiver and are not used to asking for help. It is vital for parents to know that resources are available to them at any time.

Social support is essential

to assure the mental health of women, children and their families during pregnancy and postpartum. Social support networks include family, friends, peer groups and faith communities.

Active-duty service

members should contact

their primary health care

provider for assistance

with counseling services

and/or treatment for

depression or anxiety disorders.

Dependent family

members should call the

NBHC Mayport appoint-

ment line to schedule an

appointment at 904-542-

4677. Counseling services

are also available through

Fleet and Family Support

Center (FFSC) by contact-

ing 904-270-6600.

NBHC Mayport is cur-

rently looking for moth-

ers that are interested in

volunteering their time to assist with local support to other mothers—in the Mayport area—affected by perinatal mood and anxiety disorders. Those interested are encouraged to contact Xiomara Lemmey, perinatal mood disorder support counselor and obstetrics clinic nurse manager assigned to NBHC Mayport, at 904-270-4289 or by email: Xiomara.lemmey@med.navy.mil.

Active duty members and their families are provided social support and parenting classes with assistance from NBHC Mayport's New Parent Support Group. In addition, Navy and Marine Corps Relief Society provides a visiting nurse program to assist with basic parenting tips and educating new parents.

To take advantage of this program, contact 904-270-5418, ext. 1512.

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](http://www.med.navy.mil/sites/NavalHospitalJax).

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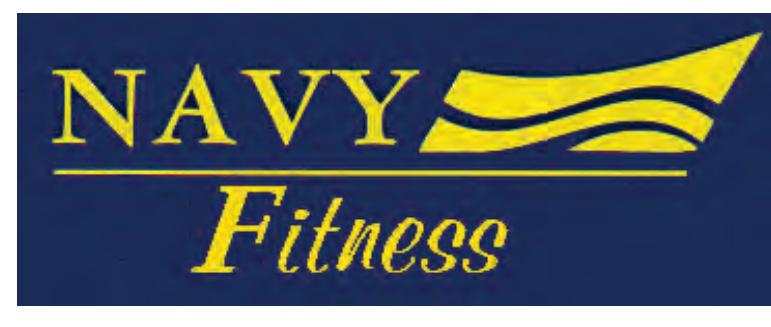
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**Every Friday in September:**  
**Active Duty Bowl Free.** Every Friday from 4-6 p.m. at Mayport Bowling Center. Free bowling for active duty when they bring a non-active duty friend; guest fee \$5. Includes 2 hours of Xtreme Bowling and awesome music videos and light show! 270-5377

**Friday Nights: Xtreme Bowling.** 8-11 p.m. every Friday at Mayport Bowling Center. \$10 include 2 hours of black light bowling, shoe rental, prizes and dazzling laser light show. 270-5377

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

**Sunday Nights: Bowling Family Fun Night.** 4-7 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes your choice of a 1/4 lb hamburger.



er or a hotdog with fries and a soda, All-You-Can-Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

#### Windy Harbor Golf Club

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

#### Surfside Fitness class schedule

##### Monday

11:30 a.m., Kickboxing

##### Tuesday

9:30 a.m., Yoga  
11:30 a.m., Zumba

##### Wednesday

11:30 a.m., Strength Training For Women

##### Thursday

9:30 a.m., Strength Fundamentals  
11:30 a.m., Zumba

##### Friday

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

##### Mayport Sandbox

The Mayport Sandbox is a high intensity (H.I.T.) outdoor workout area located ocean-front behind Surfside Fitness Center. The area includes

##### For Women

a Pull-up Bar and Ring rig, Kettlebells, Sleds, Tires, TRX Suspension Frame, Slam Balls, Ropes, Ab Mats, Sledge Hammers, Farmers Walk, Olympic Lift area and equipment, Monkey Bars, Low Crawl, Sprint and Drag area. H.I.T. training involves functional programming that will take your workout to the next level.

##### Monday

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

##### Bootcamp

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

##### Tuesday

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

##### Wednesday

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

##### Thursday

7 a.m., NOFFS

##### Friday

9:30 a.m., TRX Suspension Training

##### Saturday

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

##### Sunday

7 a.m., Sunrise Yoga

7-8:30 a.m.  
Open Sandbox  
11 a.m.-12:30 p.m.  
Open Sandbox  
**Friday**  
7-8:30 a.m., Open Sandbox  
7 a.m., Command Bootcamp  
11 a.m.-12:30 p.m.  
Open Sandbox

##### Saturday

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

##### Gymnasium class schedule

##### Monday

11:30 a.m., Spinning

##### Tuesday

11:30 a.m., Steel Anchor

##### Wednesday

7 a.m., Rowing

##### Thursday

11:30 a.m., Rowing

##### Friday

11:30 a.m., Spinning

##### Saturday

5:30 p.m., Steel Anchor

##### Sunday

7:30 a.m., Spinning

##### From Page 1

## Fun Run



-Photo by MC2 Marcus L. Stanley

Chief petty officer selectees assigned to Naval Station Mayport participate in a 5K run and 3K walk for suicide prevention awareness. September is National Suicide Prevention Awareness Month and the Navy's 2013 theme is "Thrive in Your Community".

around trees to represent each Sailor who has committed suicide this year.

"We've lost 32 Sailors to suicide this year; 30 active duty and 2 reserve," said Williams. "Just one Sailor is too many."

The host of the event, Fleet and Family Support Center, brought pamphlets and other reading material to give Sailors.

They also welcomed suicide prevention coordinators from different commands on base to the run.

"We want every Sailor to know that there is always someone to help them," said Williams. "No one has to do it alone. There is Fleet and Family Support Center, Navy chaplains, and suicide prevention coordinators at every command."

Williams added that the Navy is a family, and that suicide not only affects

the one that has taken their own life, but everyone else in close proximity to that person.

Chief petty officer selectee assigned to Mayport showed their support by running together in formation while singing cadence.

"It's very motivating to see the support from the base and to see everyone come together for a good cause," said Chief (select) Master-at-Arms Jason Pavlica. "This was a great way to meet people who are all standing together for the common interest of preventing suicide by educating ourselves."

The Navy has designated its theme for this year's National Suicide Prevention Month as "Thrive in Your Community".

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- Nursing [A.S. - 26 months]
- Psychology [A.A. - 14 months]
- Psychology [B.A. - 28 months]

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**Community Events****Oct. 26: Make a Difference**

**Day.** 8 a.m.-1 p.m. True Blue Navy Family Benefactors has partnered with First Coast News to assist in Naval Station Mayport's Lake Wonderwood Project. We are inviting volunteers from the Naval Station Mayport Community to assist in this event focusing on helping our base community. We will follow this event with our annual Fall Fest. 270-5228

**Oct. 26: Fall Fest 2013.** 1-5 p.m. at Sea Otter Pavilion. Free activities include a haunted house, games, rides, bounce houses, take your own pictures in the pumpkin patch and more. Food and beverages will be available. A variety of vendors will be on-hand selling arts and crafts, baked goodies, and more. Purchase your seasonal pumpkin from the pumpkin patch. 270-5228
**Auto Skills Center****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: 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

**Sept. 21: 1<sup>st</sup> Annual Castaway's Men's Beach**

**Volleyball Tournament.** Check in at 8:30 a.m. Open to military and civilian teams. Prizes for the winning team. 270-7205

**Sept. 21: UFC 165-Jones vs. Gustafsson.** 10 p.m. at Castaway's Lounge. 270-7205

**Sept. 27: Reggae Night.** 8

pm at Castaway's Lounge. Live music by Sugar Bear, giveaways and 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

**ITT****Sea World/Busch Gardens**

**Military Special.** Qualified service members and veterans can receive ½ off a 1-day pass to Sea World or Busch Gardens from now until Nov. 11, 2013. Offer

only available at ITT office. 270-5145

**Monster Jam Tickets Now**

**On Sale.** Tickets are now on sale for Monster Jam on Feb. 22, 2014 at Everbank Stadium. 200s section is \$22 and 100s is \$42. 270-5145

**Medieval Times Orlando**

**Special.** Free Royalty Upgrade when you purchase an adult or child admission at ITT. Royalty upgrade includes preferred seating, Knight's Cheering banner, commemorative program and more! 270-5145

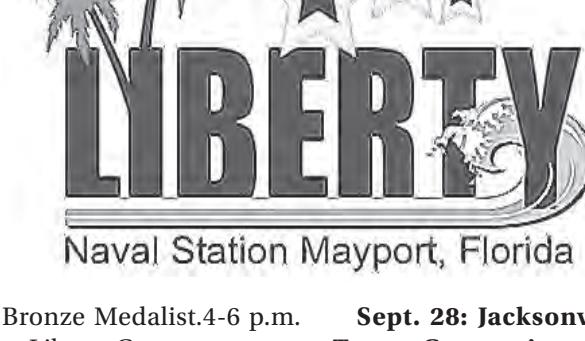
**Halloween Horror Nights**

**Now On Sale.** Tickets are now available for Halloween Horror Nights at Universal Studios Orlando select nights from Sept. 20- Oct. 31. Prices range from \$44.25-\$74.25. 270-5145

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.

**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.



Bronze Medalist. 4-6 p.m. at Liberty Center.

**Sept. 20: Mall Trip: Town Center.** Van departs Liberty Center at 5 p.m.; transportation only.

**Sept. 22: Jacksonville Festival of Horrors.** Van Departs 1 p.m. at Liberty Center. Cost \$20 at the door. Sign up by Sept. 19.

**Tournament.** 6 p.m. at Liberty Center.

**Oct. 2: Mess Lords Celebrity Chefs at Mayport Galley.** 11-1 p.m.

A special lunchtime menu from celebrity chefs Sarah Simington, Hodad and Brian Duffy. This special lunchtime event is open to active duty personnel only. Lunch is free for those on a Galley meal plan; all other eligible Galley patrons pay \$4.25. 270-5373.

**Oct. 2: Ping Pong Tournament.** 6 p.m. at Liberty Center.**Oct. 4: Movie Trip.**

Van Departs 5:15 p.m. at Liberty Center. Transportation only; sign up by Oct. 2.

**Oct. 6: Paintball.** Van Departs 7:30 a.m. at Liberty Center. Cost \$15; includes transportation, field fees and gear. Sign up by Oct. 2.

**Oct. 7: Billiards Tournament.** 6 p.m. at Liberty Center.**Oct. 11: Halloween Horror Nights at Universal.** Van Departs 10 a.m. at Liberty Center. Cost \$40.00. Sign up by Oct. 8.
**Oct. 14: Ping Pong Tournament.** 6 p.m. at Liberty Center.**Oct. 15: Liberty Programmer Meeting.** 4 p.m. at the Liberty Center.

This is a chance to tell the programmer what you want on YOUR Liberty

Calendar. Free Food! Stop by and bring your ideas!

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**Oct. 18: Mall Trip: Town Center.** Van departs Liberty Center at 5 p.m.; transportation only.
**Oct. 20: Jacksonville Jaguars vs. San Diego Chargers.** Van Departs 11 a.m. at Liberty Center. Cost \$15. Sign up by Oct. 14.
**Oct. 23: Chess Tournament.** 6 p.m. at Liberty Center.
**Oct. 27: Jacksonville Jaguars vs. San Francisco 49ers.** Van Departs 11 a.m. at Liberty Center. Cost \$15.


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**BOYS & GIRLS CLUBS**

**Day for Kids**

www.dayforkids.org

**Saturday, Sept. 21**  
**1-4 pm at Sea Otter Pavilion**

This FREE event is open to all military families stationed at NS Mayport. BGCA "Day for Kids" is a day set aside each year to celebrate and honor America's children by spending meaningful time with them!

For more information, please call (904) 270-5680

## Proclamation Recognizes Navy Ombudsmen

**By MC1(SW)  
Greg Johnson**

Navy Region Southeast Public Affairs

Rear Adm. Rick Williamson, Commander, Navy Region Southeast, signed a proclamation in support of the Navy Family Ombudsman Program (NFOP) on board Naval Air Station Jacksonville Sept. 9.

The proclamation signing commemorated the 43rd anniversary of the NFOP and declared Sept. 14 as Ombudsman Appreciation Day throughout the region.

"For more than four decades, the Navy ombudsman program has been an invaluable resource in our efforts to support our warfighters and their families," Williamson said. "I would like to take this opportunity to say thank you to all of our ombudsmen throughout the region for their continued support. Our Sailors and their families would face a much more difficult task without you."

The NFOP was launched Sept. 14,



Rear Adm. Rick Williamson signs a proclamation in support of the Navy Family Ombudsman Program (NFOP) on board Naval Air Station Jacksonville Sept. 9. The proclamation signing commemorated the 43rd anniversary of the NFOP and declared Sept. 14 as Ombudsman Appreciation Day throughout the region.

-Photo by MC1 Greg Johnson

1970, by Chief of Naval Operations Adm. Elmo Zumwalt to assist com-

mands in maintaining the morale, health and welfare of Navy families.

Ombudsmen act as liaisons between commanding officers and the fami-

lies of service members. They typically provide a variety of resources, such

## Proclamation Signing Emphasizes National Suicide Prevention Awareness Month

**By MC1(SW)  
Greg Johnson**

Navy Region Southeast Public Affairs

Rear Adm. Rick Williamson, Commander, Navy Region Southeast, signed a suicide prevention awareness proclamation on board Naval Air Station Jacksonville Sept. 9.

The proclamation recognizes September as National Suicide Prevention Awareness Month and is intended to raise suicide awareness prevention throughout the Southeast Region.

"This proclamation brings to light an issue of paramount importance in our military today,"

Williamson said. "Each year, we lose shipmates, co-workers and family members to suicide and these losses can be prevented. It is our collective responsibility to remain alert to the warning signs and to be prepared to take action with those in our lives who might be at risk. An actively engaged force, including everyone in the Navy family, is key to the successful prevention of suicide."

The proclamation's theme highlights the importance of taking action as individuals and to recognize the impact of stressors in our day-to-day lives, as well how to develop protective factors against stress and suicide.

According to Dianne Parker, Navy Region Southeast assistant suicide prevention outreach coordinator, there is no better way to have a successful program than ensuring suicide prevention information and indicators are available to all personnel.

"Suicide continues to be a major issue for all hands," she said. "Our goal is to reduce the number of these tragedies through education and awareness campaigns, and we hope this proclamation will go a long way in those efforts."

One of the latest tools the Navy is using toward suicide prevention efforts is the NavyTHRIVE campaign, which encourages Sailors, commands, families and civilians to empower themselves by taking personal responsibility for their health, wellness and growth.

"The program is a new approach to resilience

and it really emphasizes self-empowerment and growth," Parker said. "The goal is not for Sailors to merely overcome adversity, but to come back from it stronger than they were before."

In addition to those efforts, the region implemented an aggressive

suicide prevention coordinator (SPC) training

as providing family members with official information and emergency assistance. Commander, Navy Installations Command reports that ombudsmen volunteer efforts save the Navy more than \$2 million annually.

According to Dianne Parker, Navy Region Southeast deployment support program manager and ombudsman program coordinator, the proclamation is significant because it acknowledges the efforts of ombudsmen not only throughout the region, but throughout the Navy.

"It's important to recognize the anniversary of the ombudsman program because our ombudsmen are a part of the command support team, they make sure families know what resources are available to them, and help them adjust to the military way of life," she said. "If it weren't for our Navy ombudsmen, our Sailors would carry a much heavier burden in the face of their military duties."

See Suicide, Page 15

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## Simpson Welcomes CNRSE Back



-Photo by Paige Gnann

Rear Adm. Rick Williamson, Commander, Navy Region Southeast, looks at ease on the bridge of USS Simpson (FFG 56) as he talks with the ship's Commanding Officer, Cmdr. Christopher Follin, and Executive Officer, Cmdr. Kenneth Anderson. Williamson served as commanding officer of Simpson from May 2003-January 2005. He took the opportunity to reconnect with the ship and take a look at his old stomping grounds during his visit to Naval Station Mayport on Sept. 13.

## Help Clean Up Mayport Beach, Jetties

From NS Mayport Environmental

NS Mayport Environmental is soliciting volunteers in support of the 28th Annual International Coastal Cleanup, to collect litter and debris on the beach and along the jetties.



-Photo submitted

A family volunteers at last year's International Coastal Cleanup event at NS Mayport's Jetties. Volunteers are needed for this year's event, which will be on Sept. 21.

Participants should plan to meet at 9 a.m. on Sept. 21 at Jetties Pavilion #3 (the eastern-most covered pavilion), near Pelican Roost RV Park on Bon Homme Richard Street.

Community service hours may be earned from this event.

Pre-registration is not required.

To learn more, call Keep Jacksonville Beautiful at (904) 630-3420 or visit

[www.coj.net/KJB](http://www.coj.net/KJB) or contact Naval Station Mayport Water Quality Program Manager, Scott Dombrosky at 270-6781.

## FFSC Offers Classes For Sailors, Families

From FFSC

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

Sept. 19, 10-11 a.m., **Healthy You, Healthy Family**, FFSC Building 1, Room 719

Sept. 19, 9 a.m.-noon, **Totle Tyme Playgroup**, USO

Sept. 19, 10 a.m.-noon, **Active Parenting Ages 5-12**, FFSC Building 1, Room 607

Sept. 23, 10 a.m.-noon, **What About The Kids?**, FFSC Building 1, Room 702

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see, understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an

intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happened, but to instill hope that things can change.

Sept. 23-27, 8 a.m.-4:30 p.m., **Victim Advocate Training**, Building 1 Room 104

Sept. 23-27, 7:30 a.m.-4:30 p.m., **Transition GPS Separatee Workshop**, FFSC Building 1, Room 1616

Sept. 25, 9 a.m.-12:30 p.m., **Military Family Employment Orientation**, FFSC Building 1, Room 719

Sept. 25, 1-3 p.m., **Military Family Employment Resume Writing**, FFSC Building 1, Room 719

Sept. 26, 10-11 a.m., **Healthy You, Healthy Family**, FFSC Building 1, Room 719

Sept. 26, 9 a.m.-noon, **Totle Tyme Playgroup**, USO

Sept. 26, 10 a.m.-noon, **Active Parenting Ages 5-12**, FFSC Building 1, Room 607

## CNRSE Visits NS Mayport FFSC



-Photo by Paige Gnann

Rear Adm. Rick Williamson, Commander, Navy Region Southeast, shakes hands with acting Fleet and Family Support Center Director Master Chief Electrician's Mate Carl Stewart during a visit to the department on Sept. 13. Williamson was at NS Mayport to tour the base and attend the Chief Petty Officer pinning ceremony. Also pictured from left, FFSC Deputy Director Amie McKague, NS Mayport Commanding Officer, Capt. Wes McCall, and CMDCM Bob White.

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— Eric Diamond, 2004

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## JU Military Appreciation Game

Come out Sept. 21 to watch the Jacksonville University Dolphins take on the Warner University Royals for their military appreciation football game. Kickoff is at 1 p.m. and admission is free to active and retired military personnel with I.D.

### No Dough Dinner

The Mayport USO Center will host a No Dough Dinner on Sept. 30, from 5-7 p.m. This is free for Active Duty Service Members and their immediate families. The wonderful staff and volunteers will serve chicken pot pie, broccoli, salad, and dessert.

### Free I-TEXTS To Support Your Greater Jax Area USO-Opt In

Want to help your Greater Jacksonville Area USO to continue its mission of supporting troops and families? Here is a free opportunity to do so.

For those of you with cell phones and unlimited texting, please opt-in to I-TEXTS.

**TEXT: USOJAX, YOUR ZIP CODE, AND YOUR EMAIL**

**TO: 70000**

You'll receive a confirmation text with a link to build your profile and receive only the deals that interest you (restaurants, sporting goods, etc.).

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## Out in Town

### Thursday, Sept. 19

Culinary author Jeffrey Spear will speak at the next Beaches Museum Whistle Talk about his new book, First Coast Heritage Cookbook at 6:30 p.m., in the Beaches Museum Chapel, 505 Beach Blvd., Jacksonville Beach.

The lecture will be preceded by the Annual Member Meeting of the Beaches Area Historical Society at 5:30 p.m. The public is invited to attend the meeting. At a reception following the talk, Spear will conduct a tasting of some of his recipes the book at the Beaches Museum, 381 Beach Blvd., located 2 two blocks east of the chapel. Admission to the talk and reception is free for museum members and \$5 for non-members. For information about the book or talk, please visit BeachesMuseum.org. R.S.V.P. at 904-241-5657 or by e-mail at info@BeachesMuseum.org.

### Friday, Sept 20

The Duval County Extension Office is offering a Make-and-take Rain Barrel Workshop from 9:30 a.m.-noon.

Attendees will make their own 55 gallon plastic rain barrels to take home.

You will learn how to connect a rain barrel to a rain garden and learn some important information on water conservation. The workshop will be located at 1010 N McDuff Ave. Jacksonville, Fl. The cost is \$45 per person to make a rain barrel, \$5 for attendance only (no



### Discounts

The Greater Jacksonville Area USO is proud to announce a new partnership with Checker Yellow Cab of Jacksonville to support troops and families.

### 2013 Marine Corps - Marathon And Freedom 5k

Join us for the 10th Anniversary Marine Corps - Marathon and Freedom 5K down at Metropolitan Park on Saturday, Oct. 5. Over 3,500 runners take to the roads at 7 a.m.! Come out for one of Jacksonville's finest races. For registration forms, stop by either your Mayport or NAS Jax USO Centers. There will be age group awards, overall prize payouts, a challenged athletes division, and medals to all finishers.

### Southern Womens Show

The Southern Women's show will be at the Prime Osborn Convention Center on Oct. 17-20. Come on out to enjoy food, fashion, celebrity guests, health information, along with beauty and lifestyle information. For more information please visit: www.southernwomensshow.

com. Mayport and NAS JAX USO Centers are selling tickets for \$5 each/cash only. Tickets will also be available for purchase through the ITT office at Kings Bay.

### Military Spouse Vendor Show

Looking for holiday gift ideas? Are you a military spouse with a small business? If you answered yes to either of these questions, the Military Spouse Vendor Show at the Mayport USO on November 2 from 9 a.m.-3 p.m. is for you. Please email milwivesbusinessesandevents@gmail.com for more information or to become a vendor. Vendor slots fill fast, so sign up today.

### 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 to find a Session near you.

### Supporting America's Heroes

The American Red Cross is expanding ser-

vices 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

It is 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.

**Watch TV or a movie from the video library.** 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.** The USO is available for meetings, support groups, receptions, parties and pre-deployment briefs. A TV, VCR and overhead projector are available for use.

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

## COMMUNITY CALENDAR

rain barrel) Pre-payment and registration required for barrel.

Payment must be received by Monday, Sept. 16th. Make check to DCOHAC and send to Rain Barrel Workshop, 1010 N. McDuff Ave, Jax, Fl 32254. You can register with credit card at <http://rainbarrel92013.eventbrite.com>. Seating is limited to 35 pre-paid registrations. No walk-ins for make and take. For questions, call 904-255-7450.

### Saturday, Sept. 21

The American Heart Association First Coast is proud to announce the 2013 Heart Walk will be held at Metropolitan Park. Festivities begin at 8 a.m., Walk begins at 9 a.m. Dollars raised through the Heart Walk fund critical research, education and community programs to help combat heart disease and stroke, the No. 1 and No. 4 killers of American men and women. For further information about the 2013 Heart Walk or to make a donation, call 904-256-5721 or visit [www.firstcoastheartwalk.org](http://www.firstcoastheartwalk.org).

This interpretive program at 2 p.m. explores the snakes that are native to Florida and live at the Talbot Islands State Parks.

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.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., announces

the opening of the J. Wayne and Delores Barr Weaver Community Sculpture Garden & Plaza at 10 a.m. The opening of the Sculpture Garden, located in the front lawn of the Art Connections building, marks the completion of the Landscape Enhancement Project, which launched in September 2012, and includes the renovation of the entire Riverside Avenue portion of The Cummer campus.

The Sculpture Garden opens with its inaugural exhibition, "The Human Figure: Sculptures by Enzo Torcoletti," featuring works on loan by the St. Augustine-based sculptor. Torcoletti will

visit The Cummer for the

Community Opening on Saturday, September 21 to host a demonstration of his working methods.

This free event will feature live music and art-making activities. Food and drink will be available for purchase from Chef's Garden, Corner Taco and Le Petit Cheri Cupcakery.

### Saturday, Sept. 21-22

The Florida Department of Environmental Protection's Fort Clinch State Park, 2601 Atlantic Ave., Fernandina Beach will host a weekend event to commemorate the part that Fort Clinch played in the Spanish-American War. The event is held on Sept. 21 from 9 a.m.-5 p.m. and Sept. 22 from 9 a.m.-1 p.m. The fort

will be filled with uniformed interpreters and

participants will also be able to enjoy exhibits of the armament and period

military equipment. Fees include the \$6 per vehicle

Park entrance fee plus \$2 per person Fort admision.

For additional information, contact the park at (904) 277-7274 or visit [www.FloridaStateParks.org](http://www.FloridaStateParks.org).

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

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### Real Estate for Sale

### Real Estate for Rent

### Commercial Real Estate

### Financial

### Instruction

### Employment

### Services

### Merchandise

### Pets/Animals

### Transportation

**904-366-6300**

### ONLINE

Classified line ads are online at [jaxairnews.com](http://jaxairnews.com)

### FREE online advertising!

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

## Announcements

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

## Real Estate Auctions

### AUCTION ONLINE

### U.S. Government Property

### OPEN FOR BIDS: Sept. 5th

### - Residences -

96048 Long Bch. Dr., Fernandina Bch., FL 141 Huntingdon Cr., Kingsland, GA 13810 Sutton Pk. Dr., N. Jax, FL 10435 Midtown Pkwy., Jax, FL 3781 Lauren Crest Cr., Jax, FL 11345 Panther Creek Pkwy., Jax, FL 1st OPEN HOUSE DATES:

Fernandina Bch.: Aug. 27, 4-7pm

Kingsland, Ga.: Aug. 26, 3-6pm

Sut. Pk. Dr., N. Jax: Aug. 29, 10-1pm

Midtown Pkwy., Jax: Aug. 28, 10-1pm

Lauren Cr., Cr., Jax: Aug. 28, 10-1pm

Pant. Crk., Pkwy., Jax: Sept. 16, 3-6pm

<http://RealEstateSales.gov>

http://PropertyDisposal.usa.gov

Dates and times subject to change. Check web for latest info.

**GSA(404)331-9610**

## Southside

Beautifully updated, spacious home nestled in Deerwood Country Club. New AC, fresh paint, enclosed porch, plus 1071 Edgewood St. Asking \$38,000. Call 904-415-1432

## Condominiums

**EDGEWOOD REDUCED** condos 55+ community 1BR/1BA New AC, fresh paint, enclosed porch, plus 1071 Edgewood St. Asking \$38,000. Call 904-415-1432

## St. Johns Homes for Sale

### GLEN ST. JOHNS COMMUNITY CLOSE-OUT

### 5 Quick Move-In Homes!

County Road 210 just off I-95, behind St. Johns Golf & Country Club

(904) 823-3607

**D.R.HORTON** America's Builder

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## St. Johns Homes for Sale

### Experience Life at MuraBella

### New Homes From The \$180's\*

State Road 16 at International Golf Parkway (904) 460-2930

**D.R.HORTON** America's Builder

DRHORTON.COM/NFL

"Home and community information, including pricing, included features, terms, availability and amenities are subject to change and prior sale at any time without notice or obligation. See your new home consultant for details. CBC058997 ©2013 DR Horton, Inc. All rights reserved.

## Real Estate For Rent

### Apartments Unfurnished

### Condominiums

### Homes Unfurnished

### Manufactured Homes

### Mobile Home Lots

### Rooms to Rent

### Beach Home Rentals

### Beach/Vacation/Resorts

### Storage/Mini-Lockers

### Management/Rental Services

### St. Johns Apartments Furnished

### St. Johns Apartments Unfurnished

### St. Johns Condominiums

### Townhomes

### St. Johns Retirement Communities

### St. Johns Houses Furnished

### St. Johns Houses Unfurnished

### St. Johns Mobile Home/Lot Rental

### St. Johns Lots

### St. Johns Roommates

### St. Johns Rooms to Rent

### St. Johns Oceanfront/Waterfront

### St. Johns Storage/ Mini-Lockers

### St. Johns Wanted to Rent

### Apartments Furnished

### ARLINGTON \$550mo.

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

### ARLINGTON \$650mo.

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

## Apartments Unfurnished

### ARLINGTON \$550mo.

Large 1br/1ba, water & sewer included, fully renovated, no application fee, new tile floor, best location in Arlington 904-252-3626

### I-95 & UNIVERSITY 2br

all 1st floor, close to schools, H2O included

Elderly Welcome. \$640. 904-349-8706

### MURRAY HILL 111 Affordable Senior Living - Must be 62 +

Studios & 1 bedrooms incl. util. Handicap accessible units avail!

Income based rent.

Call 904-381-4800; TTY 800-955-8771

### WESTSIDE / MURRAY HILL 1BR \$425.

Security Deposit \$149. 904-329-1985

### ATLANTIC BEACH - 2br/2ba upstairs CONDO

all updated, no pets, \$750mo. + deposit. call 904-553-6631

### ATLANTIC BEACH / MAYPORT 791 Assisi Ln. #707

Nice 2br, 2nd floor, all appliances, washer/dryer, convenient, year lease \$700mo. call 904-612-8868

### Houses Unfurnished

### ISLE OF PALMS Beautiful clean 3/2 + bonus room

fireplace, fenced yard, \$1,250 mo. + \$250 dep. no smokers, Call 904-318-2592 or 904-509-1176

### Mandarin - 5015 Tan St. 3br/2ba

frplc, tile floors, 2 car garage, Ira

fenced back yd, wsh/dryer hookups

all updated, \$1,250 mo. sec dep. 1st-1st, last-pets nego. No realtors 386-447-1832

### Southside - 9 2br/1b, 3b/2.5ba w/1st

tub, fp, eat-in-kit., DR, 2car, lakefront, Iona, Quiet-Lantana Lakes. Military Discount 904-996-7585

### Mobile Home Lot Rentals

### RV Lots or Mobile Home Lots - Ask about a free months rent!

\$280 lot rent includes electricity, 4 miles west of I-295. 904-781-5645

### ISLANDS @DUNNS CREEK 4/2

\$1395 Avail 11/20

### HICKORY HILL 3/2.5 + Loft

\$1495 Avail 8/15

### ASHFORD WOOD 4/2

\$1350 Avail 9/15

### BENTWATER 4/2

\$1400 Avail 10/15

### HARBOR WINDS 3/2 + Bonus

\$1450 Avail 11/10

### IRONWOOD 4/2.5

\$2000 Avail 8/20

### BENTWATER 3/2

\$1650 Avail 10/10

### MANY MORE HOMES AVAILABLE

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2292 Mayport Rd, Suite 1 (Near NEX)



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**Quality Home Repair & Remodeling** Free est., Inc., Bonds & Insured. Freedom Renovations LLC. 904-945-4546

**Pest Control**

**2 VETS ROACHES TERRITORY INC.** Fleas, Roaches, Termites & more. Military & Vet Discounts 904-410-5280

**Appliances**

**Appliances, buy, sell, trade & repair** W/Ds, Refrigs., stove, \$5-\$1000. Mon-Sun. 9-5. Delivery 904-935-1412

**Frig/Freezer** Running almond cold needs food \$70. Trend Mill works great \$40. 779-7307

**Washer/dryer pair** for sale \$300. Current load washer 3.7 cu. ft. Electric Steam Dryer Washer/Dryer Pair: \$100.00. Contact Kevin, kevin\_shand@yahoo.com

**Auctions**

**PUBLIC AUCTION** Restaurant Equipment Thursday, September 26th, 11AM 1801 W. 1st St. (SR46)

Huge sale of equipment of late model new & used equipment, furniture and supplies for all aspects of the food service industry. Full service restaurant equipment, bars, sandwich shops, Bar & Lounge, Bakery, Ice Cream, BBQ, Coffee Shops, Caterers, Concessions stores, etc. 100's of items. Must be sold Saturday, 9am-5pm & can do it online. Tax, cash, cashier check, MC, Visa, Disc. 13% buyers premium, 3% discount for cash & no interest financing. For details, map & photos go to auctionapp.com enter auctioneer ID#1770 D.M. Bennett & Assoc. "AUCTIONEERS" 407-322-1464 Ft. Lic. #u0454/db154

**Business / Office Equipment**

**2 - HAPPY Embroidery Machines** 12 needles w/stand & supplies. Exc. cond., original cost \$40K. Will not sell separately. Great Business Opportunity. Call 904-562-5995

**Collectibles**

**COLLECTIBLE COCA COLA** Classic Pub table & matching high-back chairs & bar stools includes napkin dispenser \$7500.00. 904-482-2664

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

**Estate Sales**

**B. LANGSTON'S PRESENTS** Oceanfront Upscale Designer Home. Furniture, art, lighting, books, fine jewelry, convertible Mercedes, 53rd Ave. S., Jax Beach, Fl. 9-6, Sun. 10-5. No Saturday. 904-295-8700

**B. LANGSTON'S PRESENTS** WATERFRONT HOME. Mid-Century Modern Furniture, accessories, Sabby Chic, clocks, jewelry, books, wicker, yard art, 410 Pablo Pt. Dr. Wed. 3-7, Thurs/Fri 9-5. blngston.com

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

**Furniture / Household**

**QUEEN PILLOW TOP MATTRESS** \$150 STILL IN PLASTIC 904-655-5444

**ENTERTAINMENT CENTER** Solid oak, like new, beautiful piece, must see, can email pix's. 553-6015

**FISH TANK W/STAND,** accessories included 20 gal, capacity 904-553-6015

**KING PILLOW TOP SET** \$250 Never used. SHH in Plastic Call 904-655-6551

**LIKE NEW! Black leather sofa, love seat, end tables, coffee table, and dinette set,** with four chairs. All for \$500. 904-422-9509

**OSTER Kitchen Center Stand** Mixer, oil attachments & anchors. Great cond., \$125obo Call 220-5509 ask for Marsha

**(4) RECLINERS \$500** Red sofa, & 3 recliners \$1350 each. Fridge/Freezer \$50. Treadmill \$40. Good cond. 904-779-7327 640-6886

**Garage Sale**

**HUGE COMMUNITY YARD SALE** - Oct 5th, 9am-12pm. Kingsley & 17, Orange Park. Everyone Welcome! 904-633-6337

**INTRACOASTAL WEST** The Villages of Pueblo Community Yard Sale! Sat. Sept. 21, 8am-? Huge Sale on San Pablo Rd. Between Beach & Atlantic Blvd.

**Garden / Lawn**

**ELECTRIC MOWER** \$600. Grass Trimmer \$15. Call Wolf 778-9167 Not home leave msg.

**Medical**

**DIABETIC TEST STRIPS NEEDED** \$1 BUY sealed/unopened boxes \$ Call Bob at (904) 712-9015

**Misc. Merchandise**

**1/2 Carat Diamond Solitaire Ring** 14K yellow gold \$1350. Back Pack Jansport carries small tent, sleep bag, & more. 904-384-7809

**20" GIRLS BIKE** 7-teens \$45. Ceiling fan 52" \$75. 4 lights, 5 blades, white wicker boarder mirror 19"x11" \$50. 904-384-7809

**2 - HAPPY Embroidery Machines** 12 needles w/stand & supplies. Exc. cond., \$14K. Will not sell separately. Great Business Opportunity. Call 904-62-5995

**2 - HAPPY Embroidery Machines** 12 needles w/stand & supplies. Exc. cond., \$15K. Original Cost \$40K. Will not sell separately. Great Business Opportunity. Call 904-62-5995

**MOVING SALE:** Table & 4 chairs, electric grill, sectional sofa, 70" 6.5"x9.5", coffee table, wall decor - bakers rack. 904-270-4904

**RATTAN SOFA & CHAIR \$80.** Patio glass toptbl w/4 chrs \$20. 269-4312

**Musical**

**PIANO - Gorgeous reconditioned** upright grand Kimball piano. \$4,200. offers veralipai@gmail.com

**Sporting Goods**

**Jacksonville's BIGGEST GUN SHOW** JAX FAIRGROUNDS September 21 & 22 Sat. 9-5, Sun. 10-5. FREE PARKING INFO 407-275-7233 floridagunshows.com

**Mates Diamondback Bicycle** for sale, new parts. Kim 904-629-5267. Can send pix's.

**Pets & Animals**

**Adopt a Pet** Pets & Supplies Livestock & Supplies Animals Wanted

**Pets and Supplies**

4 YORKIES CHOCOLATE & PARTI 8-10 LBS 2 BREWERS 272-5828

**DACHSHUND Pups AKC Long hair, B/T, 4/F, 1/M, HC.** Reduced \$250 firm. 772-7438

**LAB PUPS AKC Champ lines, OFA, health guarantee, 904-753-1155**

**Labrador Retrievers AKC Chocolate** 2/F 1/M. Coastal GA 912-258-0746

**Miniature Pinscher CKC Pups.** Born 6/24/13. 4/25. 1 female/4 males. Tan/Deve Claws done, Health Cert, 1ST shots, Call 904-753-1155

**PERSIAN KITTENS CFA - M/F, very sweet, healthy cert.** 904-724-9220 www.inthepinkpersians.com

**SHIH-TZU PUPS CKC/BKC 8wks READY TO GO!** all colors, H/C POP, \$450. 904-655-8814, 904-635-8593

**SHORKIE FEMALE PUPPY** 12 weeks old \$150. Call 904-783-1100

**Toy Parti Poodle Puppies CKC** Ready 10/3, 3F/1 M. Health Cert/Reg Papers \$500-\$600. #407-375-5124.

**Boats**

**YAMAHA JET WAKE BOAT** 3 Irg tubes, life jackets, new stereo, twin engines, amazing shape, red/white \$1,200. 817-374-0041

**20' SEASPORT C/C 140hp** Suzuki low hours, many extras, ready to fish \$6000obo. 904-503-7453

**RVs and Supplies**

**DIESEL DAMON ULTRA SPORT** 35ft Loaded \$54K. 2 slides, 10 miles. 904-261-3080

**VRI Travel Trailer tow eq.** 2 TV's, front bath, new tires, an bed, sips 6, lrg slide out, \$10K. H: 904-642-0881/c:716-1968

**Automobiles**

**Infiniti G37 2011 Convertible** Immaculate, loaded with balance 18 m/t, 6.0L V8, 400 hp, 6 speed, runs like a new car call 904-262-1975

**Trucks / Trailers / SUVs**

**2007 Jeep Wrangler** 32k mi's, red, softtop, mud tires, flood lights, rock guards, great shape \$18,200. 817-374-0041

**CHEVY TAHOE '03 1 owner, special order, 99k mi, 5.3 V8, 2WD, 3rd seat, sunroof, fully loaded, \$9900. Must see!** Call 904-868-2500

**FORD F250 DSL Super Duty** Suspns cooling, 5th whl support, RV tailgate, banks brakes, exhaust transmission, owner \$19K. 904-771-7295

The Times-Union

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PLEASE CALL 904-359-4193**



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**KEY BUICK-GMC**

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642-6060

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11503 Phillips Hwy

685-8820

**CADILLAC**

CLAUDE NOLAN CADILLAC

4700 Southside Blvd.

642-5111

**CHEVROLET**

NIMMICH CHEVY

1550 Cassat Ave.

904-647-4220

**FORD**

PAUL CLARK FORD-MERCURY

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**\$199**

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60 months\*

## 2013 VOLKSWAGEN TIGUAN S

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60 months\*2013 VOLKSWAGEN PASSAT 2.5L S  
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Per Mo\*\*

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**2013 MAZDA3^**  
**\$17,289\***      **\$500 MILITARY  
DISCOUNT AVAILABLE\*\*.**      **40 MPG\***  
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On Select Models^

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**2014 MAZDA6**  
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DISCOUNT AVAILABLE\*\*.**      **38 MPG\***  
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**35 MPG\***  
**SKYACTIV TECHNOLOGY**      **2014 MAZDA CX-5**  
**\$219/Mo\***      **\$500 MILITARY  
DISCOUNT AVAILABLE\*\*.**



\*Excludes taxes, title and fees. \*\*Must be active duty Military to qualify. Expires 9/30/13.

**2013 MAZDA CX-9**  
**\$27,571\***      **\$500 MILITARY  
DISCOUNT AVAILABLE\*\*.**

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