

Mayport Gym Opens Oct. 16

By Sarah Barthelemy

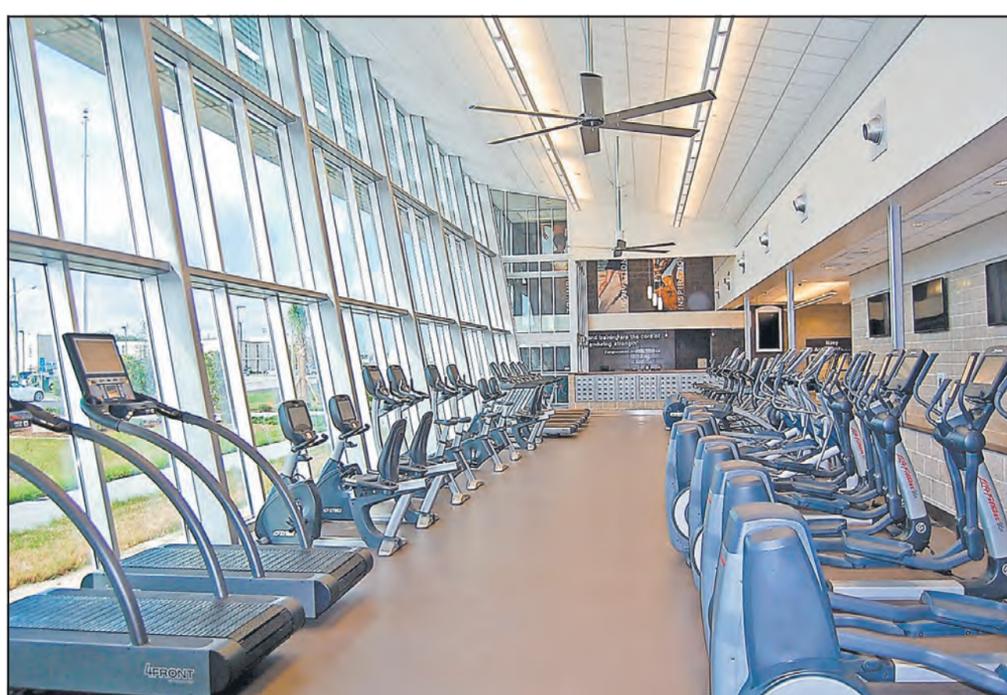
MWR
 Sweat will be rolling and groans of pain will be heard next week when Naval Station Mayport Gym opens its doors to work outs after completing a major 3-year overhaul and addition to the facility.

The fitness center opens for regular business on Oct. 16 beginning at 5 a.m. with a ribbon cutting ceremony planned for 10 a.m., with special guest Congressman Ander Crenshaw in attendance. Funding for the new Fitness Center was provided through the FY10 Military Construction, Veterans Affairs, and Related Agencies Appropriations Bill as a congressional add by Crenshaw.

In order to accommodate the ribbon cutting ceremony, MWR is requesting all visitors use the westside entrance of the facility until after the ceremony is complete.

The 100,000 square foot fitness center will incorporate all elements of a full-fledged fitness program into a single facility in a centralized location. It includes more than 18,000-square-feet of strength training and cardio floor area, three group exercise rooms, a cycling studio, two basketball courts, two racquetball courts, a family fitness room, and a 50-meter indoor pool.

The project began with NAVFAC and MWR leadership partnering to create an initial vision for the new fitness center as a valuable resource for the entire installation community. The fitness center will support Navy training requirements and offer multiple opportunities for self-directed and group led physical fit-



-Photo by Sarah Barthelemy
 New state-of-the-art workout machines line up along the windows at the newly-renovated NS Mayport Gym. The gym is set to open to the public on Oct. 16 at 5 a.m., followed by an official ribbon cutting ceremony at 10 a.m. The gym has been under renovation since 2010. In order to accommodate the ribbon cutting ceremony, MWR is requesting all visitors use the westside entrance of the facility until after the ceremony is complete.

See MWR Gym, Page 12



-Photos by Damian Berg

The Naval Station Mayport Fleet Family Support Center is joined by base Commanding Officer, Capt. Wes McCall, back middle, Executive Officer, Cmdr. Pat Pickard, left, and CMDCM Bob White, right, in supporting the movement against domestic violence.

Take Pledge Against Domestic Violence

By MC3 Damian Berg
 NPASE E. Det. SE

Naval Station Mayport's Commanding Officer Capt. Wes McCall signed the proclamation to "take the pledge" officially kicking off the Domestic Violence Awareness Month on Oct. 2.

"Team Mayport is pledging to be strong and take a firm stand against domestic violence against family members," said Olivia Duffy, Domestic Abuse Victim Advocate at Mayport's Fleet and Family Support Center.

The Navy is observing Domestic Violence Awareness Month as a tool to inform the Navy's Sailors about domestic violence prevention, how to identify the warning signs and how to report abuse.

"I hope that each and every command is talking about domestic violence awareness as well as their families to help make



Capt. Wes McCall, commanding officer of Naval Station Mayport, signs a domestic violence proclamation with the Fleet Family Support Center Domestic Abuse Victim Advocate Olivia Duffy. The month of October is Domestic Violence Awareness month.

See FFSC, Page 6

TRICARE Is Minimum Essential Coverage For Affordable Care Act

By Douglas H. Stutz
 Naval Hospital Bremerton Public Affairs

There has been a steady stream of expected questions at the TRICARE Service Center concerning the pending Affordable Care Act.

"We've had active duty as well as retirees asking about the Affordable Care Act and how it relates to their TRICARE coverage," said Renee Proctor-Brown, RN, BSN, Clinical Liaison Nurse and Manager of NHB's TRICARE Regional Appointment Center.

The Affordable Care Act, also known as the health care reform law, requires a person to maintain basic health care coverage-called minimum essential coverage. Beginning in 2014, if a person does not have minimum essential coverage, a fee will have to be paid for each month not covered.

"The main thing people need to understand is that TRICARE is an entitlement. The Affordable Care Act does not impact TRICARE, although TRICARE does meet all the minimum qualifications needed for the act," Proctor-Brown said.

Proctor-Brown noted that although TRICARE already complies with many Affordable Care Act provisions, TRICARE has added a program to match the health care law's provisions extending health insurance coverage to dependent children until age 26,

with the TRICARE Young Adult program from existing TRICARE Prime or Standard coverage. Even beneficiaries who have lost health care at up to age 23 and are enrolled in an institution of higher learning can now purchase coverage up to age 26.

Bottom line, attests Proctor-Brown, the TRICARE program is considered minimum essential coverage. If a person is using any of the following health plan options, they have the coverage required by the health care reform law:

TRICARE Prime, TRICARE Prime Remote, TRICARE Prime Overseas, TRICARE Prime Remote Overseas, TRICARE Standard and Extra, TRICARE Standard Overseas, TRICARE For Life, TRICARE Reserve Select (if purchased), TRICARE Retired Reserve (if purchased), TRICARE Young Adult (if purchased) and US Family Health Plan.

Additionally, a person has minimum essential coverage if they are covered by either transitional health plans such as Transitional Assistance Management Program (premium-free, 180 days) or Continued Health Care Benefit Program (if purchased, 18-36 months).

Simply being eligible for premium-based TRICARE benefit plans such as TRICARE Young Adult (TYA), TRICARE

Retired Reserve (TRR), TRICARE Reserve Select (TRS) and the Continued Health Care Benefit Program (CHCBP), does not constitute minimum essential coverage. Eligible beneficiaries must purchase and be in good standing, by paying their premiums to have coverage in force, to qualify for minimum essential coverage under these TRICARE programs.

If a person qualifies for one of TRICARE's purchased plan options, then they will only meet the requirements for minimum essential coverage if they purchase it.

It is recommended that everyone checks that they are getting the most affordable coverage for themselves and their family that best meets their health and wellness needs. The Health Insurance Marketplace is a new way to find health coverage that fits a person's budget and needs. Open enrollment begins October 1, 2013 with coverage beginning as early as January 1, 2014. A person can compare TRICARE's purchased plan options with their current employer's health insurance or other civilian options offered through the Health Insurance Marketplace at 800-318-2596, TTY: 855-889-4325 or, https://www.healthcare.gov/>

Additionally, for those civilian govern-
 See TRICARE, Page 13

Celebrate Hispanic Heritage
 COMUSNAVSO and Mayport Multicultural committee are sponsoring a Hispanic Heritage celebration today (Oct. 10) starting at 10 a.m. at Sea Otter Pavilion. Bring your dancing shoes and favorite Hispanic dish for a potluck.

Give Blood, Save Lives
 Naval Station Mayport will host its quarterly blood drive on Oct. 22 from 9 a.m.-2 p.m. at Building 1 training room. Walk-ins welcome. To schedule an appointment, visit redcrossblood.org or call 1-800-Red Cross.

Mess Lords
 Come To Oasis Galley
Page 11

Check us out Online!

 mayportmirror.com



Capt. Wesley McCall
NS Mayport Commanding Officer

Shipmates,
I'm pleased to announce that the grand opening of the MWR Fitness Center will be held on Wednesday, Oct. 16 and all are all invited to come out at 10 a.m. for the official ribbon cutting ceremony. The newly renovated 100,000 square foot facility features three group exercise rooms, two basketball courts, two racquetball courts, a family fitness room, more than 18,000 square feet of strength training and cardio floor area, and a 50-meter indoor pool. I'm confident that there's not a better athletic facility in the Navy today and we are extremely fortunate to have it right here in Mayport for our Sailors and families to enjoy for years to come.

Congratulations to our Fleet and Family Support Center (FFSC) team for receiving accreditation from the Council on Accreditation (COA). A great deal of hard work went into preparation for the COA's visit and receipt of this accredita-

CAPTAIN'S CORNER

tion is a testament to the dedication, professionalism and the clinical and managerial expertise of our FFSC team. Congratulations once again on attaining this significant achievement.

I also want to thank our installation Ombudsmen for coordinating and holding the second annual Cinderella's Closet here in Building One. The program was set up by our Ombudsmen to help the wives, fiancées and girlfriends of our active duty service members find dresses for the Navy ball or future command holiday parties. Thanks again to our Ombudsmen for providing yet another shining example of how Naval Station Mayport takes care of its own.

Speaking of the Navy Ball, tickets are on sale at MWR's ITT Office for the Navy's 238th Navy Birthday Ball to be held on Friday, Oct. 18 at the Ocean Breeze Conference Center. Tickets range from \$26 to \$56 and dress is uniform service dress for military and formal for civilians. I hope to see you there.

I signed a proclamation last week pledging mine and NS Mayport's commitment to fight against domestic violence. Anyone who has had a chance to get to know me at all knows that I am definitely a family man. Families love you unconditionally. They are there to

support you during the worst of times and celebrate with you during the best of times. Each of us must understand that it's never OK to mentally or physical abuse a family member. Let's do our part to make our homes loving and respectful. If you need help, our FFSC has a full range of advocacy support, medical and counseling services available to victims of domestic violence. It also offers classes, such as "Anger Management" and "What About the Kids" to help give Sailors and spouses the tools to prevent violence before it starts. If you think you may be a victim of domestic violence, please contact the National Domestic Violence Hotline at 1-800-799-SAFE or visit FFSC for information on available resources.

This week Mayport's Fire & Emergency Services Department is recognizing Fire Safety Week and is reminding residents to 'Prevent Kitchen Fires.' Firefighters and safety advocates are spreading the word about the dangers of kitchen fires (most fires start when food on the stove is left unattended) and teaching how to prevent kitchen fires from starting in the first place. Just so you are aware, fire drills will be conducted on base throughout the week and live fire extinguisher training will be held at Building 365 on Oct. 12 from 9 a.m.-2 p.m.

I have a "save the date" for you. On Oct. 26, MWR and Naval Station Mayport will partnering up with First Coast News and True Blue Navy Family Benefactors,

Inc. for "Make a Difference Day" from 8 a.m.-1 p.m. at Lake Wonderwood, followed by a festival celebration at the adjacent field from 1-5 p.m. featuring free hot dogs and hamburgers, a haunted house and pumpkin patch for the kids. In the morning hours, volunteers will be at the lake working on a mile-long recreation path around the lake, picnic pavilion and playground renovations. This project is being funded through monies gifted by True Blue. Their mission is to enhance the quality of life for local Jacksonville Sailors and their families. All members of the Mayport community, ages 16 and up, are invited to volunteer for this event.

Before I close this week's column, I want to reiterate again how important the work our civilian workmates and contractors are to Naval Station Mayport's mission. Each of you, in your own specific way, support the Fleet, Fighter, and the Family and we understand the great burden that has been placed upon you and your families. I'm certainly glad to see most of you back at work this week. Thanks for your patience, understanding and for everything you do to make Naval Station Mayport the best in the fleet.

Please continue sending your suggestions to the CO's suggestion box or email them to wesley.mccall@navy.mil.

Duval Schools Now Has Bullying Hotline



Judy Cromartie
School Liaison Officer

Since October is the month designated to bring attention to bullying, its effects, and how to prevent it, I will focus my next columns on this form of violence among children. This information will cover Florida Statute 1006.147, Duval's anti-bullying policy, warning signs your child may be experiencing bullying, and how parents and schools can help with prevention.

The Duval County School Board has adopted an anti-bullying policy to address bullying in the district. If your child tells you he has been bullied, the incident should be reported to the school

Knowing THE ROPES

principal or another trusted adult. Or you can call Duval County Public Schools new hotline for reporting bullying at (904) 390-CALL.

Or you can still use a paper form to report the incident. These forms are found at each school and online at www.duvalschools.org. Either way this report can be done anonymously. An investigation will be conducted by the school principal or his/her designee. Consequences will be in accordance with the Student Code of Conduct. If necessary, individuals involved will be referred for appropriate services.

If you are still concerned about how the incident is being handled, you can ask to sit down with the Foundations team and a member of administration at your child's school to better understand how the incident is being addressed. The district has created a

comprehensive approach to reduce risk factors and to increase protective factors.

Supports at school include the following:

- Teams: Multi-Tiered System of Supports (MTSS) and Response to Intervention (RtI)
- Foundations: school climate
- CHAMPS: classroom management
- Peer Mediation/Conflict Resolutions
- Restorative Justice Program
- School Counselor Classroom Guidance
- School Health Advisory Council (SHAC): approved speakers
- Student Instruction: Second Step: A Violence Prevention Program; Bully Free; Speak Up, Be Safe; and through health education courses.

National Facts & Statistics

- Bullying occurs once every 7 minutes
- 1 out of 5 students

report avoiding the bathroom at school because they fear being bullied

- 10 percent of students dropout due to repeated bullying
- 160,000 students miss school each day due to fear of bullying

Source: US Department of Justice and National School Association of School Psychologists

- 60 percent of boys identified as bullies have a criminal record by the time they are 24 years old
- Bullying has been identified as the cause of student suicide and student homicide

Source: US Center for Disease Control and Prevention

- Approximately 77 percent of students have admitted to being the victim of at least one type of bullying
- Over half of adolescents and teens have been bullied online
- About the same number have engaged in cyber-bullying
- Cyber-bullying victims are more likely to have low self-esteem and to consider suicide

See Bully, Page 3

BULLYING?

NOT IN MY SCHOOL.
MAKE THE CALL: 390-CALL(2255)
TEXT / EMAIL: 390CALL@duvalschools.org

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Domestic Violence: Shining Light On The Dark



Chaplain Stephen Cloer
CNLS Ministry Center

When we are looking for that special someone to commit to spend the rest of our lives with "in sickness and in health, till death do us part," the last thing anyone would suspect is for that same person who has pledged their lives to us to become abusive in any way. When domestic violence occurs it is quite the surprise and leaves the victim wondering what do I do now?

Domestic Violence can be physical, verbal, sexual or emotional abuse generated from either spouse and occurs regardless of race, class, economic status, civilian or military. The victim can be in fear of reporting it, because it could mean the loss of financial support; the

CHAPLAIN'S CORNER

abuser taking revenge; or believing that they as the victim are the cause of the abuse.

The reality is that the abuser has entered into a learned pattern of behavior that has to be addressed with counseling and help. If left unchecked the abuser will deny doing anything wrong, and the victim can tend to protect the abuser not wanting them to get in any trouble. This is only a recipe for disaster.

Perpetrators of this kind of behavior can people we know because they can star performers at work and give no outward sign of their abusive at home behavior. That coupled with a victim afraid to say anything can lead to years of abuse and neglect for the victim. In the end, it is up to either the abuser to seek help for their problem or the victim to be willing to speak up and say something. Light has to be shone on this dark problem, exposing it to

the light in order to find healing and help.

The perpetrator often

times knows full well they have a problem. They are often very remorseful for their behavior and will shower the victim with gifts and even volunteer to get help in order to make amends. However,

without getting real help to break the cycle of firmly engrained behavior, the abuse will continue.

A first door way to getting help is the Chaplain's office. With the opportunity to sit and talk with

the guarantee of 100 percent confidentiality, a victim or perpetrator has an opportunity to open the door to help, and let light in on the dark times of abuse that have been happening.

Command Chaplain
Lt. Cmdr.
Jerome Cayangyang

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11:30 a.m.
Holy Day of Obligation
(call chapel for schedule)
Confessions: before & after mass
or upon request
CD, RCIA & Adult Ed:
Sunday 10:30 a.m.
Baptisms
3rd Sunday of month 10:30 a.m.
Catholic Youth Group
2nd & 4th Sunday 11:30 a.m.-1 p.m.

Protestant Worship
Sunday 10:30 a.m.
Sunday school 9:15 a.m.
Choir: Wednesday 7 p.m.
Baptism: For information,
contact your chaplain
Women's Bible Study
Wednesday 9:30 a.m.
Protestant Youth Group
1st Friday Youth Quak Trip
6:30 p.m.
2nd & 4th Friday at Chapel
5-8:30 p.m.
PWOC
2nd Saturday 9:30 a.m.
PMOC
3rd Saturday Prayer Breakfast
9 a.m.
MOPS
1st & 3rd Thursday, 9:30 a.m.

For more information,
call 270-5212.

THE MIRROR
NS MAYPORT, FLORIDA
Naval Station Mayport

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Cmdr. Patrick Pickard..... Executive Officer
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The Sullivans Pins 4 Chiefs

By Lt.j.g. Sean Menezes
USS The Sullivans Public Affairs

The guided-missile destroyer USS The Sullivans (DDG 68) welcomed four new chief petty officers (CPO) into its ranks, Sept. 13.

Chief Personnel Specialist Errilyn Reaves, Chief Boatwain's Mate Diana Garcia, Chief Hull Technician Joseph Farris, and Chief Machinist's Mate Thomas Burns donned khaki uniforms and combination covers for the first time during a chief pinning ceremony.

The ceremony is a unique Navy tradition that dates back to 1893, when the rank of chief petty officer was created.

Command Master Chief Lee Stephens opened the ceremony by explaining a few lessons he'd learned from his first chief.

"I learned that a good leader rewards his personnel in public, but disciplines them in private. I learned that fixing problems is more effective than fixing blame and that people tend to live up to your expectations, or down to them, depending on where you set the bar,"

said Stephens.

Cmdr. Samuel de Castro, commanding officer of The Sullivans, congratulated the new chiefs on their achievement.

"You set the standard for execution, procedural compliance and for demonstrating the highest levels of honor, courage, and commitment," said de Castro.

The process to become a chief includes passing the chief's exam, obtaining the commanding officer's recommendation and passing a review board composed of current CPOs. After a competitive selection process and the completion of CPO 365, candidates finally become chiefs.

"This training process was both mentally and physically challenging for me. There were definitely things I didn't understand, but I was determined to trust the process," said Reaves. "I'm proud to be amongst the leaders who serve as the backbone of the Navy."

The rank of CPO comes with vastly expanded responsibilities. In addition to having technical



Chiefs aboard USS The Sullivans welcome their own into the CPO Mess during a pinning ceremony held at sea on Oct. 13. The ship is currently deployed to the U.S. 5th Fleet area of responsibility.

expertise in his or her rate, the chief is responsible for mentoring junior officers and leading a

division of Sailors.

The Sullivans is deployed in support of maritime security opera-

tions and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

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Chief Personnel Specialist Errilyn Reaves, Chief Hull Technician Joseph Farris, Chief Boatwain's Mate Diana Garcia, Chief Machinist's Mate Thomas Burns wait to be pinned during a pinning ceremony held Sept. 13 while the ship is deployed to the U.S. 5th Fleet AOR.

Bully

From Page 2

Source: www.bullyingstatistics.org

What is Bullying?

A report published by the National Institute of Child Health and Human Development (NICHD) defines bullying as a variety of negative acts carried out repeatedly over time. The negative acts of bullying take three forms: physical (kicking, spitting, robbing, hitting); psychological (spreading rumors, excluding, manipulating relationships); and verbal (cruel teasing, name calling, threatening, taunting). These acts all involve a real or perceived power imbalance with the more powerful child acting as the aggressor.

Males tend to bully and be bullied more frequently than females. Males generally engage more often in physical and verbal bullying while females will more likely taunt, sexually insult, and spread rumors. While bullying generally begins in elementary school and continues into high school, it peaks in the middle school years.

For the next three weeks I will consider this insidious act more closely and provide resources to help address the issue. In the meantime you can find additional information on bullying and conflict resolution by visiting the following web sites:

Tips for Parents/Community/Schools (www.stopbullying.gov)

Top Ten Tips for Parents (www.cyberbullying.us/Top_Ten_Tips_Parents_Cyberbullying_Prevention.pdf)

Bully Free Program (www.bullyfree.com)

Upstander (www.healthteacher.com)

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

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-Photo by MCSN Karl Anderson

The guided-missile cruiser USS Gettysburg (CG 64) transits next to the aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman, flagship for the Harry S. Truman Carrier Strike Group, is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, supporting theater security cooperation efforts and supporting Operation Enduring Freedom.

USS Gettysburg Sailors Continue Community Outreach Overseas

By Ensign
Kiley Provenzano

USS Gettysburg Public Affairs

The guided-missile cruiser USS Gettysburg (CG 64) continues to engage in community service outreach while deployed overseas.

During its first port visit in early August to Marseille, France, Gettysburg donated a substantial amount of soccer equipment, jerseys, and protective gear to the ASC 3 CITES Soccer Club which hosted youth from under privileged districts.

Lt. Justin Top, a Mayport Ministry Team chaplain assigned to Gettysburg, organized a community relations event in which Sailors played local children in scrimmage soccer matches.

"It was really fun to be in the middle of this project and get to see the positive effect on both



-Photo courtesy of USS Gettysburg

Chief Machinery Repairman Brandon Woodard accepts donations from Gettysburg College Women's Soccer Team distributed to soccer clubs in underprivileged districts in Marseille, France.

ent backgrounds, we are able to feel some connection through these acts of kindness and community."

ent backgrounds, we are able to feel some connection through these acts of kindness and community."

Gettysburg continued its community involvement during its next port visit to Manama, Bahrain, mid September. Several crew members spent an afternoon at the Regional Institute for Active Learning (RIA) in Manama playing games and completing puzzles with the children. The Sailors finished the afternoon by singing songs, reading stories, dancing and playing.

Gettysburg is currently deployed as part of Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U. S. 5th Fleet area of responsibility.



-Photo by Lt. Justin Top
Electronic's Technician First Class Robert Martindale reads to a young girl at Ria School in Manama, Bahrain. Guided-missile cruiser USS Gettysburg (CG 64) visited the school as part of a community relations project.



Fire Controlman 3rd Class Jeffrey Souza, pictured above, and Lt. Justin Top, pictured below, help children with puzzles at the RIA in Manama, Bahrain.

Culinary Specialist 3rd Class Magnum Silva holds children living at the Regional Institute for Active Learning in Manama, Bahrain. Gettysburg is deployed as part of the IKE CSG supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.





Lt. Justin Top talks with members of the ASC 3 CITES Soccer Club which hosted youth from under privileged districts.



Lt. Justin Top (left) and Chief Gunner's Mate Luiggi Baldo talk with members of the ASC 3 CITES Soccer Club during a community relations project.



USS Gettysburg Sailors stand with members of the ASC 3 CITES Soccer Club in Marseille, France, during a community relations project. The Gettysburg College Women's Soccer Team donated soccer equipment, jerseys, and protective gear to the club.



-Photo by MC2 Donald R. White Jr.
Hospital Corpsman 3rd Class Brooke Oekerman receives enlisted surface warfare (ESWS) training from Chief Machinery Repairman Brandon Woodard on board the guided-missile cruiser USS Gettysburg (CG 64).



-Photo by MC2 Donald R. White Jr.
Operations Specialist 2nd Class Farleh Seekie stands watch in the combat information center aboard the guided-missile cruiser USS Gettysburg (CG 64).



Gunner's Mate 3rd Class Cheyenne Stiles fires shot lines from the guided-missile cruiser USS Gettysburg (CG 64) to the Military Sealift Command dry cargo ship USNS Alan Shepard (T-AKE 9) during a replenishment-at-sea. Gettysburg is deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

-Photo by MC2 Donald R. White Jr.

Classes, Workshops Available At FFSC

From FFSC

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

Oct. 10, 9 a.m.-noon, **Totally Tyme Playgroup**, USO

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

Oct. 15, 8 a.m.-4:30 p.m., **Command Liaison**, FFSC Bldg. 1, Room 719

Oct. 16, 8 a.m.-

noon, **Point of Contact Training**, FFSC Bldg. 1, Room 719

Oct. 16, 1-3 p.m., **Data Collection Coordinator**, FFSC Bldg. 1, Room 719

Oct. 16, 9 a.m.-12:30 p.m., **Military Family Employment Orientation**, FFSC Bldg. 1, Room 719

Oct. 16, 1:30-3 p.m., **Military Family Employment Resume Writing**, FFSC Bldg. 1, Room 719

Oct. 17, 9 a.m.-noon, **Totally Tyme Playgroup**, USO

Oct. 21, 8:30 a.m.-4 p.m., **Ombudsman Basic Training**, FFSC Bldg. 1, Room 607

Oct. 21-25, 7:30 a.m.-4:30 p.m., **Transition GPS**

Separatee Workshop, Bldg. 1, Room 1616

Oct. 22, 8:30 a.m.-4 p.m., **Ombudsman Basic Training**, FFSC Bldg. 1, Room 607

Oct. 22, 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. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

Oct. 23, 8:30 a.m.-4 p.m., **Ombudsman Basic Training**, FFSC Bldg. 1,

Room 607

Oct. 23, 9 a.m.-12:30 p.m., **Military Family Employment Orientation**, FFSC Bldg. 1, Room 719

Oct. 23, 1:30-3 p.m., **Military Family Employment Resume Writing**, FFSC Bldg. 1, Room 719

Oct. 23, 9-11 a.m., **Credit Management**, FFSC Bldg. 1, Room 719

Oct. 24, 8 a.m.-2 p.m., **FAP Key Personnel Training**, FFSC Bldg. 1, Room 607

Oct. 24, 9 a.m.-noon, **Totally Tyme Playgroup**, USO

Oct. 28-Nov. 1, 7:30 a.m.-4 p.m., **Command Financial Specialist Training**, FFSC Bldg. 1

Room 1616

Oct. 28, **Anger Management Workshop**, FFSC Bldg. 1, Room 702

Oct. 29, 10 a.m.-noon, **Active Parenting Ages 5-12**, FFSC Building 1, Room 607

Oct. 30, 9 a.m.-12:30 p.m., **Military Family Employment Orientation**, FFSC Bldg. 1, Room 719

Oct. 30, 1:30-3 p.m., **Military Family Employment Resume Writing**, FFSC Bldg. 1, Room 719

Oct. 30, 4:30-5:30 p.m., **Home Buying**, FFSC Bldg. 1, Room 1616

Oct. 30-Nov. 4, 7:30 a.m.-4:30 p.m., **Transition GPS Retiree Workshop**, Bldg. 1

FFSC

that work to home family better," said McCall. "It's an honor for me to help make a difference and take the pledge."

The concept of Domestic Violence Awareness Month began as a "Day of Unity" in October 1981, and soon after evolved into an entire week.

In 1987 the first monthly observance took place. Two years later Congress passed a law officially designating October as National Domestic Violence Awareness Month.

"Domestic violence effects readiness and the mission so anytime Fleet and Family Support Center can help get the word out and support the victims it is always a good thing," said Duffy. "We have two victim advocates here where you can report a restricted and non-restricted reports."

Restricted reports do not involve military chain of command or law enforcement.



-Photo by MC3 Damian Berg
Andrew Snowden, special agent in charge of US Naval Criminal Investigative Services (NCIS), places a domestic violence pledge sign in front of NCIS Southeast. The month of October is Domestic Violence Awareness month.

Unrestricted reports will be investigated by your command and or law enforcement. Both options are made available to victims with a full range of advocacy support, medical and counseling services.

"Domestic violence goes beyond just physical abuse, it includes emotional abuse as well as sexual abuse," said Duffy. "The risk for abuse is greatest when victims are separated from a supportive cast."

Duffy went on to say, domestic violence cuts across all age groups and for social classes. It happens to Sailors as well as

spouses; to men as well as women.

"We need to stop hurting each other, we need to make our relationships better and learn how to talk to each other without violence," said Duffy. "Let's all take the pledge and make Mayport and hopefully someday the Navy a domestic free zone."

If you think you may be a victim of domestic violence, please contact the National Domestic Violence Hotline at 1-800-799-SAFE or visit your installation Fleet and Family Support Center for information on available resources.

From Page 1

Warning Signs

Warning signs of T1D may occur suddenly and include:

- Extreme thirst
- Frequent urination
- Drowsiness or lethargy
- Increased appetite
- Sudden weight loss
- Sudden vision changes
- Sugar in the urine
- Fruity odor on the breath
- Heavy or labored breathing
- Stupor or unconsciousness



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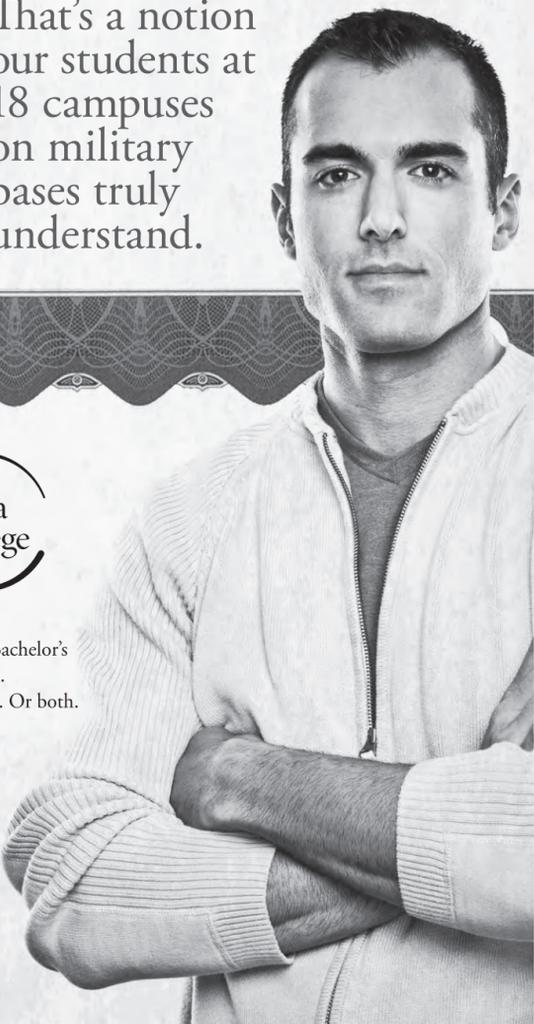


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PG-13
IN THEATERS OCTOBER 11

NEX Mayport Sponsors 1st Chili Cookoff

From NEX

The NEX is inviting all Mayport commands to compete in the 1st 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 commands 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 1st, 2nd and 3rd 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@nex-web.org prior to Oct 11.

Mayport Recognizes Fire Safety Week



-Photo by MCC William Townsend

Members of the First Coast Navy Fire and Emergency Services Department at NS Mayport join Naval Station Mayport Commanding Officer, Capt. Wes McCall, as he signs a proclamation declaring Oct. 6-11 as Fire Safety Week on base. This year's theme is "Prevent Kitchen Fires."

Naval Station Mayport
238th Navy Birthday Ball
 Friday, October 18
Ocean Breeze Conference and Catering Center
 Cocktails 1800 Dinner 1900

E1-E4.....	\$26
E5-E6.....	\$31
E7- O3/ GS5-GS11.....	\$51
O4 and Above (GS12/non-sofa).....	\$56

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9-A & BAYMEADOWS

Valiant Returns From Caribbean Patrol

From U.S. Coast Guard Public Affairs

The crew of the Coast Guard Cutter Valiant returned to homeport Sunday after completing a five-week deployment in the Caribbean Sea.

The 80-member crew aboard the 210-foot Medium Endurance Cutter conducted missions in support of Joint Inter-Agency Task Force South.

During the patrol, the crew stopped a go-fast vessel suspected of carrying 300 kilograms of cocaine with a wholesale value of \$9.9 million as a part of Operation Martillo.

A helicopter crew embarked aboard the Cutter Valiant from Coast Guard Helicopter Interdiction Tactical Squadron, based in Jacksonville, Fla., worked with the U.S. Navy and other international partners and spotted the go-fast vessel with two crewmembers aboard and suspicious cargo on deck. The helicopter

crew stopped the vessel, allowing the Valiant law enforcement team to climb aboard and take control of the vessel and the two suspected smugglers. The individuals were then transferred to other federal law enforcement officials for further prosecution.

Operation Martillo is a joint, interagency, international operation with the goal of denying transnational criminal organizations air, land, and maritime use of Central American transshipment routes for illicit drugs, weapons and cash. The operation, led by JIATF-South, is focused on sharing information and fusing assets from the U.S. Department of Defense, U.S. Law Enforcement agencies, the Department of Homeland Security along with European and other Western Hemisphere partner nations to counter this threat to U.S., and regional, security and stability.



Spouses and children of Coast Guard Cutter Valiant crewmembers hold signs welcoming their loved ones home to Naval Station Mayport in Jacksonville, Fla., Sunday, Oct. 6, 2013, from a five-week deployment to the Caribbean Sea. During the patrol, Valiant crewmembers performed missions as part of Operation Martillo in support of Joint Interagency Task Force South.

-Photo by Petty Officer 3rd Class Anthony L. Soto



The crew of the Coast Guard Cutter Valiant approaches their mooring Sunday, Oct. 6, 2013, during their return to homeport at Naval Station Mayport in Jacksonville, Fla.

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NH Jax Volunteer Retires After 40 Years

By Yan Kennon

Naval Hospital Jacksonville Public Affairs Senior Writer

Naval Hospital Jacksonville American Red Cross Volunteer Retires After 40 Years

By Yan Kennon
Naval Hospital Jacksonville Public Affairs Senior Writer

Naval Hospital (NH) Jacksonville's American Red Cross Volunteer Program Chairperson, Helen Donahoe, retires after 40 years—38 here at NH Jacksonville—of assistance to active-duty military, retired and their families.

Donahoe, born in Detroit, Mich. and raised in New York City and Long Island, N.Y., became a Red Cross volunteer at NH Jacksonville's hospital in 1975. She began her illustrious career of volunteerism at Red Cross as a caseworker at Naval Hospital Key West, Fla. in 1961, where her husband, retired Navy Cmdr. Norman Donahoe, was assigned.

"Back in 1961 the Red Cross had a program that assisted military families with childcare, which afforded me time to become a volunteer," said Donahoe. "Little did I know that 40 years later I would still be involved with Red Cross volunteer service."

Throughout each of her husband's duty assignments, Donahoe continued to volunteer for Red Cross—alongside fellow Army, Navy and Marine Corps spouses—and in 1975 she returned to Jacksonville, Fla., a place she has called home since 1947, and applied to become a Red Cross volunteer at NH Jacksonville.



Photo by Jacob Sippel
Helen Donahoe, Naval Hospital Jacksonville American Red Cross Volunteer Chairman, poses in front of an American Red Cross recruiting poster at Naval Hospital Jacksonville. Donahoe, who was also instrumental in the establishment of volunteer programs at Naval Branch Health Clinic (NBHC) Key West in 2001 and NBHC Mayport in 2003, retires after 40 years—38 here at NH Jacksonville—of assistance to active-duty military, retired and their families.

At NH Jacksonville, she began her volunteer career in recreation and later became a caseworker. Donahoe was eventually chosen as chairman of volunteer programs, and for the past 38 years has supervised and coordinated the placement and training of all volunteers within the hospital. There are currently 55 Red Cross volunteers who assist military members and their families here at the hospital.

At the age of 88, Donahoe continued to be involved with casework. "Even as chairman of volunteer programs, I continued to be a caseworker, something that I truly enjoyed," said Donahoe. "My most rewarding moments were when I could sit down and help someone who is in need."

Donahoe expanded

her realm of influence in the volunteer community and was instrumental in the establishment of volunteer programs at Naval Branch Health Clinic (NBHC) Key West in 2001 and NBHC Mayport in 2003.

"I cannot think of another individual who has dedicated more time and energy to the mission of assisting military members and their families than Helen," said Jack Morgan, former Red Cross Regional Chief Executive Officer. "For the past 10 years, in which we have worked together, she was the heart and soul of the Red Cross Volunteer Program at Naval Hospital Jacksonville. Through the numerous leadership changes over time, Helen was the glue that kept the program together."

Donahoe, who was

instrumental in getting NH Jacksonville's volunteer project off the ground, retired Oct. 9 after 40 years and more than 23,500 hours of unwavering volunteer service to help those in need. It comes as no surprise that she has received both the Presidential and Clara Barton Awards for her devotion to strengthening the nation and for making a difference through her volunteer services. "I plan to spend more time with family and continue my hobby of oil painting, something I have been doing since 1969 when my husband was stationed at Fort Ritchie, Md.," said Donahoe.

"Helen is truly one of those extraordinary people who you are so proud to have on your team," said NH Jacksonville

Commanding Officer Capt. Gayle Shaffer. "On behalf of Naval Hospital Jacksonville and the community, I would like to thank Helen for her service to our military members—our nation's heroes—and their families. Her dependability and reliability has stood the test of time for volunteer retention. She will be truly missed."

Mary Miciano, a native of Morgantown, W.Va., assumed the duties as Red Cross volunteer program chairperson Oct. 9 and is eager to continue the standards set by Donahoe. Miciano, a retired NH Jacksonville nurse of 20 years, joined the Red Cross staff in 2010.

The American Red Cross' support of military members and their

families enhances morale and contributes to the increased operational capabilities of linking military families during emergencies, connecting families with local resources (information and referral services), providing resiliency training (deployment services) and supporting wounded warriors at military hospitals.

The American Red Cross' unwavering commitment to members of the U.S. military, its veterans and their families continues to grow and develop more than a century after Clara Barton first recruited nurses to support the U.S. Army in 1881.

NH Jacksonville's priority since its founding in 1941 is to heal the nation's heroes and their families.



Photo courtesy of Helen Donahoe
American Red Cross volunteers and Navy nurses in a 1961 group photograph aboard Naval Air Station Key West. Helen Donahoe (3rd row, 4th from right) retired Oct. 9 after 38 years of Naval Hospital (NH) Jacksonville American Red Cross voluntary service.

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DEADLINE FOR ENTRY IS OCTOBER 13TH

TIMES-UNION media jacksonville.com

Mess Lords Invade Southeast Region

By MCI(SW)
Michael Wiss

Navy Public Affairs Support Element Southeast

Dozens of hungry Sailors chowed down on some culinary treats as Navy Entertainment and Naval Station Mayport hosted the "Mess Lords" Oct. 2nd at the Flight Line Café base galley.

The Mess Lords are celebrity chefs whose restaurants were featured on the Food Network program "Diners, Drive-Ins and Dives" hosted by Guy Fieri. The troupe

at the Mayport base event included Sarah Simington who owns the Blue Moon Café in Baltimore, Michael "Boss Man" Hardin who owns Hodad's burger joints in San Diego and Ocean Beach and Executive Chef Brian Duffy of Kildare restaurant in Philadelphia and host of Food Network's "Date Plate," and Spike TV's "Bar Rescue." The aim of the group is to provide some great food as a way of thanking the military for all the sacrifices they

make.

"It is a real honor to take time out from my business and get out and thank the people who secure our country," Duffy said. "For us it is amazing to be able to work with Navy Entertainment to be able to meet military members from all branches. It is a great opportunity, it is almost humbling."

The menu for the meal included signature dishes by the different chefs. Hardin provided the famous Hodad burgers, Simington prepared

blackened chicken and Duffy prepared some amazing barbecue baby back ribs. Many Sailors enjoyed the food, which was a welcomed change of pace from their everyday meals.

The culinary goodwill ambassador Mess Lords have taken their shows to military bases all over the world and even on USS Enterprise (CVN 65). Although the chefs spend a large amount of time away from home, the time is well worth a chance to boost moral for military

and their families.

"The Mess Lords are more than willing to sacrifice their time to support our troops," said Navy Entertainment Program Director Karen Fritz. "We have taken the chefs all over the world. The feedback is great, a little bit of home and great food for military and their families overseas and in the states."

The Mess Lords also visited NAS Jacksonville and Naval Submarine Base, Kings Bay Ga. Hardin put into perspec-

tive why he loves what he does for the military. He recalled a wounded warrior he met in Norfolk Va. Who had lost his arm serving in Afghanistan. This reminded him of his son who was the same age. Hardin was reminded how much respect and admiration he has towards the military around the world.

"Regardless of out politics we do this for you," he said. "This is something we do to thank you for protecting us and our kids."



-Photos by MC2 Marcus L. Stanley



Above, Celebrity chef of Blue Moon Cafe Sarah Simington serves one of the signature dishes prepared by the "Mess Lords" at Naval Station Mayport. Simington along with Celebrity chefs Mike Hardin also known as "Boss Man," Hodad's Mike Hardin, pictured far left, and Brian Duffy, collectively known as the "Mess Lords" have been featured on Food Network's "Diners, Drive-ins and Dives."



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

Beachside Bingo
Wednesdays: Lunchtime Bingo. Every Wednesday at 11:30 a.m. at Beachside Bingo. Two \$500 payouts every week. Buy two, get one free. Still only \$13.00 per pack. 270-7204

Oct. 18: Bingomania. 6:30 pm at Beachside Bingo. Over \$17,000 in prizes, drawings, prize wheel, dessert table & more! call and sign up; no tickets required. 5 pack Computers \$99.00 All Paper Packs \$30.00; No Coupons to be used on this day. 270-7204

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

Every Thursday: **Trivia on Tap. 6 p.m.** at Castaway's. Test your general trivia knowledge! the winning team of four takes home awesome prizes! 270-7205

NFL Sunday Ticket. Every Sunday at Noon at Castaways. Watch you favorite NFL team on one of Castaways' 9 flat-screens. Drink specials throughout the day and opportunity to win prizes every Sunday. 270-7205

Oct. 16: Game Night.

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

Oct. 18: UFC 166-Velasquez vs. Dos Santos. 10 p.m. at Castaway's Lounge. 270-7205

Oct. 25: Liberty Halloween Party. 8 p.m. at Beachside Community Center. Be prepared to be scared to death. DJ, food, costume contest, prizes, games and more. 270-7205

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 fol-

low 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

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

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

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

Jacksonville Zoo Halloween Spooktacular Tickets on Sale. Dates available Oct. 18-20 and Oct. 25-31. Tickets are \$9.00, ages 3 and up (under 3 are free) 270-5145



Child and Youth Programs

Oct. 18: Freedom Friday- Spooktacular Costume Dance Party. 7-11 p.m. at the Youth Center. Cost is \$8 advanced sign-up and \$10 day of.

Oct. 19: Teen Trip- Ice Skating at Jacksonville Ice and Sports Complex. Departs 6 p.m.; returns no later than 11 p.m. Cost \$15.

MWR Gym

From Page 1

ness options for its entire patron base.

The fitness center's facility spaces were designed to serve multiple purposes, and include systems that extend the building's service life far beyond traditional projects.

Following the ribbon cutting, all attendees are invited to enjoy light refreshments and tours of the new facility.

Equipment representatives will also be on hand to talk about the brand new, state-of-the-art fitness equipment in the new facility.

For more information, please call (904) 270-5228.

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.

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



Naval Station Mayport, Florida

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!

Oct. 16: Help Feed the Homeless. Van departs 3:15 p.m. Sign up deadline Oct. 7.

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; Sign up by Oct. 21.

Oct. 29: Ping Pong Tournament. 6 p.m. at Liberty Center.

Oct. 30: Call of Duty Black Ops Tournament. 6 p.m. at Liberty Center.



Amelia National - from the low \$300s

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Oct. 18: Surf Contest. 10 a.m. at Sea Otter Pavilion. Sign up by Oct. 9.

Oct. 21-24: Pre-Season Basketball Tournament. Sign up by Oct. 14.

Oct. 28: Men's Basketball Season Begins. Season ends Feb. 13.

Mayport Bowling Center

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 ¼ lb hamburger or a hot-dog with fries and a soda, All-You-Can Bowl with shoes, music videos, light show and colored head-pin bowling for prizes. 270-5377

Oct. 27: Halloween Family Fun Night. 4-7 p.m. at Mayport Bowling Center. Enjoy a night of ghoulish fun which includes Xtreme Bowling, shoe rental, goodie bags, costume contest (4 age brackets) and more. \$10.00 for adults, \$7.00 for children 12 and under. Advanced tickets and res-



ervations required. Call (904) 270-5377 for tickets.

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

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 oceanfront behind Surfside Fitness Center. The area includes 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
 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
 7 a.m., NOFFS
 9:30 a.m., TRX Suspension Training
 11 a.m.-12:30 p.m.,

Open Sandbox
Thursday 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
 5:45 p.m., Kids Clinic
Tuesday 11:30 a.m., Steel Anchor
 4:30 p.m., Spinning
Wednesday 7 a.m., Rowing
 11:30 a.m., Rowing
 11:30 a.m., Spinning
Thursday 5:30 p.m., Steel Anchor
Friday 7:30 a.m., Spinning
 11:30 a.m., Rowing

Advocate For Mammography, Breast Self Exam

By Nikki Levinson-Lustgarten

Breast Care Coordinator, Naval Hospital Jacksonville Breast Care Center



Nikki Levinson-Lustgarten
 Breast Care Coordinator,
 Naval Hospital Jacksonville
 Breast Care Center

When a woman hears the words "breast cancer" the world narrows dramatically. Though not the leading cause of death in women, it is one that can affect her quality of life and her relationships with family and community. Treatments include removing both breasts (mastectomy) with immediate reconstruction, simple biopsy or lumpectomy (just removing the affected breast tissue).

According to the American Cancer Society and CDC, this year over 200,000 people will be diagnosed with breast cancer but only 40,000 will die from breast cancer. One percent (approx 1,000) of breast cancers diagnosed will be men. Interestingly, in the last five years the death rate has decreased even as the rate of diagnosis has remained steady—due in large part to the tremendous effort made over the last decade encouraging

women to have annual mammograms.

I am a strong advocate of breast self exam/awareness (BSE) and mammography. Despite the controversy over when, who and how often mammograms are done, women continue to vote with their breasts and have one annually. Since cancer has been in your breast at least five to seven years before it can be identified on a mammogram, a monthly BSE can be life saving.

Some cancers are found on mammograms as tiny grains of salt or sand. Termed ductal carcinoma

in situ (DCIS) and often called pre-cancerous, this form of cancer has a greater than 95 percent cure rate and may be treated with simple surgery and radiation.

While the majority of breast cancers start in the ducts of the breasts, some begin in the breast lobules—the glands that produce milk. Lobular cancer is very difficult to detect with traditional mammography as it

is less likely than other forms of breast cancer to cause a firm breast lump. Because of this, lobular cancer often appears as a thickening of the tissue, a new area of fullness, swelling or change in the texture of the skin, such as a dimpling or peau d'orange, that suddenly appears.

I hope you understand why many consider BSE an important component of a healthy routine.

Treatment for most breast cancer is surgery, possible x-ray treatment and hormone or chemotherapy. Advances in technology have allowed operations that require less axilla lymph nodes, medical oncology to further identify tumor components and treatments. No longer is everyone getting toxic medications. Some may take a hormone blocking medication for five to seven years while oth-

ers have chemotherapy that is less physically taxing. Even radiation has changed to create a more targeted therapy with less disruption to underlying body parts such as the heart and lungs.

It used to be a celebration when breast cancer patients reached the five-year mark. While we know that some breast cancers can reoccur within two years, we are now looking to the 10-, 15- or 20-year mark.

So what do we do? Let's celebrate the research and technology that have allowed women and men diagnosed with breast cancer to live longer, with less problems and side effects. Let's continue to advocate for annual mammograms and monthly BSE. Let's grow closer to our families that have supported us and the community that has fought for us. Let's continue to be the best we can possibly be and achieve that dream of a cure—something I'm passionate about as a survivor of my mother's breast cancer.

From Page 1

TRICARE

ment employees with Federal Employees Health Benefits (FEHB), they are covered by a plan that satisfies the requirement to maintain essential health coverage (MEC) for each month.

If a civilian government employee does not maintain MEC for each month or qualify for an exemption, then the Affordable Care Act requires that an individuals shared responsibility (including children) is to make a payment when filing his or her federal income tax return.

The Department of the Navy, Office of Civilian

Human Resources, notes that the Affordable Care Act does not change any regulation regarding eligibility to enroll in the FEHB. Employees who are on appointments that do not confer eligibility for FEHB are not eligible to make an election and are encouraged to review coverage options in the Health Insurance Marketplace.

Although most TRICARE health plan options already meet the requirements for minimum essential coverage, those dis-enrolling from TRICARE and their dependents have

the option of using the new Health Insurance Marketplace to get affordable coverage. They may get lower costs on monthly premiums or out-of-pocket costs. They could also be eligible for free or low-coat coverage through Medicaid or the Children's Health Insurance Program (CHIP).

TRICARE beneficiaries who are eligible for, but have not purchased TRS, TYA, TRR or CHCBP, have several options for getting quality affordable health insurance: if qualified and eligible, purchase one of TRICARE's

premium-based plans such as TRS, TYA, TRR or CHCBP; purchase coverage from a state Marketplace (beginning Oct. 1 2013 for coverage Jan. 1, 2014); get coverage through a family member; get coverage through the employer; get coverage from a federal program such as Medicare Part A or Veterans Affairs, etc., or coverage under a state Medicaid or Children's Health Insurance (CHIP) program; purchase any other coverage that qualifies as minimum essential coverage.

"Those who have Medicare also are

not impacted by the Affordable Care Act," Proctor-Brown pointed out.

It is also recommended that TRICARE eligible beneficiaries are also qualified for other health insurance (OHI) may choose health care coverage through their TRICARE eligibility or OHI. The law requires most individuals and their dependents to have minimum essential coverage. Those TRICARE eligible beneficiaries that have a choice in health care coverage may elect the health care options that best meet their needs.

Naval Hospital Bremerton's TRICARE Service Center is located in Bldg 14, in the Mt. Adams Parking Lot across from the main hospital and is open Monday through Friday, 7:30 a.m. to 4:30 p.m.

The TRICARE Regional Appointment Center (TRAC) can be reached at (800) 404-4506, and is open Monday through Friday from 6 a.m. to 8 p.m., and Saturday and Sunday from 7 a.m. to 3:30 p.m., and closed on federal holidays.

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