



CHINFO Award Winner

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THURSDAY, January 30, 2014

Charlie Wharf 1 Opens For Business

From Staff

Representatives from Naval Station Mayport's Surface community joined Naval Facilities Engineering Command (NAVFAC) and construction company, Orion Marine, in a ribbon cutting ceremony to celebrate the completion of Charlie Wharf 1 on Jan. 27 and a groundbreaking for Charlie Wharf 2 only a couple of days later.

The projects are part of funded improvements to the aging Charlie Pier.

Started in August 2011, Charlie Wharf 1 included constructing more than 600 feet of double decked wharf - the first of its kind in the Navy, according to NAVFAC. The wharf is designed to relocate and configure ship to shore utilities and loading surfaces to speed on and offload of munitions and supplies.

"Charlie 1 has serviced Naval Station Mayport since the 1950s. I look forward to Charlie 1 being here to support our fleet for another 60 years," NS Mayport Commanding Officer, Capt. Wes McCall said.



-Photo by Paige Gnann

Representatives from the military, Naval Facilities Engineering Command (NAVFAC) and the construction contracting company cut the ribbon on Charlie Wharf 1 on Monday, signifying the end of the first phase of the Wharf Improvement Project to Charlie Pier. From left, Orion Marine Construction Project Manager Matt Tate, Orion Quality Control Manager Shane McCreery, COMDESRON Commodore, Capt. Ryan Tillotson, Rear Adm. Sinclair Harris, COMUSNAVSO/C4E, Orion Area Operations Manager Tony Landry, Orion Senior Vice President Dave Thornton, NS Mayport Commanding Officer, Capt. Wes McCall, NAVFAC Southeast Engineering Technician Joann Mason, Orion Superintendent Alvin Lopez, Orion Site Safety & Health Officer Robert Capelli, NAVFAC Southeast Construction Manager Chanda Comegys, NAVFAC Southeast Contracting Officer Patricia Livingstone, Mayport Public Works Officer, Cmdr. Phillip Lavallee.

VITA Helps Mayport Sailors File Taxes

By MC1 Michael Wiss
Navy Support Element East Det.
Southeast

April 15 or D-Day is just around the corner. This is the final day that many people find themselves in a stressful situation of making sure their taxes are filed, sometimes paying civilian tax agencies \$175 and up to do it for them. For Sailors at Naval Station Mayport there is a service that files your taxes and best of all, it's

easy and free.

The military-based Volunteer Income Tax Assistance program (VITA) provides free tax advice and preparation, return filing, and other tax assistance to military members and their families. Beginning as a small program in 1995, tax year 2012 saw Navy VITA volunteers save service members and their dependents more than \$1.4 million in fees

and provided almost \$16 million in expedited tax refunds. According to Mayport VITA Coordinator Legalman 2nd Class Teresa Richardson, the VITA program is a valuable resource that many service members don't know about.

"The vast majority of enlisted Sailors that we help are entitled to an income tax refund, and we want to make sure they are getting every

penny that they deserve," she said. "We like helping people. Sometimes tax law can be a little vague or confusing, and the volunteers want to make sure that Sailors have all the information they need for their situation."

One of the major changes in the VITA program this year is filing returns for same-sex partners. The elimination of the "Don't ask, Don't Tell" law the Navy recog-

nizes gays and lesbians as equal members of the fighting force. The U.S. Department of Treasury has announced that same-sex couples, legally married in jurisdiction that recognize their marriages, will be treated as married for federal tax purposes. The means legally-married same-sex couples must file their federal income tax return using either "married filing jointly" or "mar-

ried filing separately" filing status. According to Richardson, this is a big breakthrough for the program.

"We want to make sure to help all Sailors filing their tax returns, regardless of their marriage partner," she said. "We will provide assistance as long as it is within the tax laws put forth by the Internal Revenue Service."

See VITA, Page 13

Towing The Line



-Photo by MC3 Angus Beckles

The amphibious transport dock ship USS New York (LPD 21) conducts an emergency towing exercise with the Perry-class guided-missile frigate USS Samuel B. Roberts (FFG 58). New York is underway conducting routine training exercises.

RGB FCPOA Donates Toys To Wolfson

By USS Robert G. Bradley
Public Affairs Officer

Before the holiday break First Class Petty Officers stationed aboard the guided-missile frigate USS Robert G. Bradley (FFG 49) donated more than \$600 worth of toys to the Wolfson Children's Hospital in Jacksonville.

The First Classes took the time to give disadvantaged children a better chance for enjoying the holidays while they are away from home.

The Wolfson's Children Hospital is a safe haven for children with over 199 beds providing world-class care for those in need and the

only full-service tertiary hospital for children in the region, serving North Florida and South Georgia.

Electrician's Mate 1st Class Noland B. Mitchell, the president of the First Class Association on board RGB, said the event was humbling.

"It was great to be able to bring holiday cheer to those who aren't able to come home for the holidays," said Mitchell.

USS Robert G. Bradley, homeported out of Mayport, Fla., is currently scheduled to decommission on March 28 after 30 years of faithful service.

USS Carney
Raises Thousands For CFC
Pages 4-5

Mayport Security
Takes Aim
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Give Blood, Save Lives
Naval Station Mayport will host its blood drive on Feb. 4 from 9 a.m.-2 p.m. at Building One. Walk-ins welcome or make an appointment at redcrossblood.org





Capt. Wesley McCall
NS Mayport Commanding Officer

Shipmates,
It's tax season once again. W-2s are now available and free tax assistance will soon be offered through the Volunteer Tax Income Assistance (VITA) Office and Military One Source. The center will open on Feb. 3 and is available to all active duty, reserve personnel and their dependents for filing taxes with no annual gross income (AGI) restriction. The tax center is located at 707A Everglades Ct in housing. Parking is available in the parking lot at the corner of Moale Avenue and Maine Street. Please ensure you sign up for a Military One Source account at <http://www.militaryonesource.com/> before visiting the center. There are AGI restrictions for retirees and their spouses. Retirees will be able to use either Tax Slayer or Free Tax USA only if their AGI is less than \$58,000. VITA is a self-service program and volunteers are there to answer questions, but are no longer authorized to prepare returns for customers.

CAPTAIN'S CORNER

I would like to extend a warm welcome to our new Fleet and Family Service Center Director, Ms. Kathy Selves. Kathy is coming to us from NS Guantanamo Bay, Cuba where she worked as their FFSC director. She is a Licensed Independent Clinical Social Worker and has been providing outstanding service to our military families for almost 20 years. Welcome Aboard Kathy!

Congratulations to the Royal Australian Navy (RAN) 725 Squadron for bringing online their Navy's newest helicopter, the MH-60R Seahawk. The in-service ceremony was held at NAS Jacksonville on Jan. 24 and was a fitting celebration of the many years of hard work it has taken to bring these helicopters to the RAN. 725 Squadron has operated on board NAS Jacksonville and Naval Station Mayport over the last year working closely with Helicopter Maritime Strike Wing Atlantic and HSM-40. Australian Sailors have worked side by side with their U.S. Navy counterparts to ensure they can effectively maintain and fight this extremely advanced weapon system. We look forward to continuing this great relationship with the Aussies over the next year!

I want to thank Capt. Dan Boyles for his leadership at Commander,

Helicopter Maritime Strike Wing, U.S. Atlantic Fleet and congratulate Capt. Clay Conley as he assumes command tomorrow (Jan. 31) during a Change of Command ceremony. Captain Boyles has served as commodore of CHSMWL since August 2012 and will soon assume new responsibilities in the Pentagon. Fair Winds and Following Seas Dan!

On Jan. 27, we cut the ribbon on the first phase of the Charlie Wharf project and on Jan. 29 we broke ground on the second phase, improvement to our Charlie 2 Wharf. Charlie Wharf was constructed in 1952 and is one of two primary deep draft berths at Mayport. When construction began the existing bulkhead was 57 years old and exhibited signs of severe corrosion and partial failure. These improvements to the pier will enhance overall operational flexibility, efficiency and readiness for Naval Station Mayport and its basin for many years to come.

It's time to roll up your sleeve and save a life by giving blood. The American Red Cross will be accepting donations from eligible donors Feb. 4 from 9 a.m.-2 p.m. in the Building One training room. Walk-ins are welcome, however, you can also make an appointment online at www.redcrossblood.org. If saving a life isn't incentive enough, donors are also eligible to win a \$1,500 gift card.

Naval Station Mayport and tenant commands will be participating in the annual exercises Citadel Shield and Solid Curtain Feb. 17-28. These exercis-

es are capstone Force Protection/Anti-Terrorism exercises for Commander, U.S. Fleet Forces and Commander, Navy Installations Command and accurately simulate real-world conditions while assessing how our security forces and emergency responders operate in this simulated environment. Please be aware that these exercises will impact everyone who works and lives onboard Naval Station Mayport. Short term gate closures and increased traffic will be the most noticeable aspect of the exercises to most, so please plan accordingly during the exercise window.

One final thought...cones are up along Massey Avenue and actual construction will begin next week. For those of you who work on or around Massey, the road is still usable, however, parking areas will be affected and traffic congestion should be expected. The Massey Avenue project is the second stage of our overall installation road improvement project and, although inconvenient, the project will improve overall traffic management throughout the coming years as Mayport continues to grow. Please accept my apologies for the inconvenience and exercise patience and caution when you are driving along the road. Pedestrians ALWAYS have the right of way.

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

A Source of Financial Aid: GI Bill Transferability



Judy Cromartie
School Liaison Officer

Military service members now have the opportunity to transfer their unused education benefits to their spouse or children. This benefit comes from the new Post-9/11 GI Bill. The Department of Defense issued guidance in June 2009, establishing criteria for eligibility and the transfer of benefits.

To be eligible for the Post 9/11 GI Bill benefit, service members or veterans must have served at least 90 aggregate days on active duty after September 10, 2001. Individuals honorably discharged for a service-connected disability who served 30 continuous days after September 10, 2001, may also establish eligibility.

In addition to receiving this benefit, career service members on active duty or in the selected reserve

Knowing THE ROPES

on August 1, 2009 may be entitled to transfer all or a portion of their education entitlement to

- their spouse,
- one or more of their children, or
- a combination of spouse and children.

"The transferability option must be elected while the service member is serving in the armed forces," explains Paul Wilder, program manager, Post-9/11 GI Bill, Navy Personnel Command. "Active-duty members who separate, retire, transfer to the Fleet Reserve, or who were discharged prior to August 1, 2009 are not eligible to elect transferability."

Despite efforts to educate personnel, some Sailors mistakenly believe that they may elect transferability after they leave the Navy, according to Wilder.

"Transferability under Post-9/11 GI Bill is a recruiting and retention incentive. While a service member may be eligible for education benefits provided by Post-9/11, generally the option to transfer a member's

unused benefits to a family member requires an additional service commitment in the Armed Forces," said Wilder.

Even if a family member is eligible, there are still stipulations to be met. Spouses can use the benefit immediately and do so while the sponsor is serving, and up to 15 years after separation. A spouse, however, isn't eligible to receive the monthly housing allowance, but they are eligible for the books and supplies stipend if the service member is on active duty.

Children can only use their benefits after the service member has completed at least 10 years of service. They are required to earn a high school diploma or equivalency or be at least 18 years of age. Unlike a spouse, children can receive stipends while the service member is on active duty, and they don't have to use the benefit within 15 years of the service member's separation, although they aren't eligible to use it after they reach the age of 26.

As useful and cost-saving as this change may

be, many service members have not wanted to attempt the task of making the transfer. While the DOD guidance includes pages and pages of information, here is a simple step-by-step guide to transferring the benefits, provided by www.AmeriForce.net:

1. Make sure you are eligible, whether through an education officer, post-secondary institution financial aid official, or the VA.

2. Log in to the DOD transfer of Education Benefits (TEB) at www.dmdc.osd.mil/appj/agentsso/LoginSelect.jsp?gotourl=/TEB/index.jsp&modules=DFAS.CAC. You can log in with your CAC, DOD Self-Service, or DFAS myPay account.

3. You'll find your family members listed here. Click the "Yes" by any eligible family member's name and fill in information about the months of transfer. Read and agree to the statements and submit your request.

4. Return to the TEB to check the status. You'll receive an Approval Form once the request has been processed and approved. Print the form and save a digital copy, just in case.

5. To start using their benefits, family mem-

bers will need to fill out VA form 22-1990E, which can be found on the Department of Veteran's Affairs' VONAPP Web Site. The DVA will send family members certificates of eligibility, which they can provide to their eligible school.

To get help with your questions here at NS Mayport, you can contact Terri Green at (904) 997-2632 or by email at terri.green@fscj.edu. Chris Lathem is also available to answer your questions at christopher.lathem@navy.mil or by phone at (904) 542-2477.

To get additional help with questions about the GI Bill transferability options and about completing the FAFSA and the Florida Financial Aid Application, plan to attend the NS Mayport's Financial Aid Night on Jan 30th at 6:30 pm. It will be held at the USO, 2560 Mayport Rd., Atlantic Beach, FL 32233.

Clarence Richardson, a retired US Navy Lt. Commander and enrollment specialist for FSCJ, is the area expert on all aspects of financial aid. He will explain the process for completing the FAFSA and answer any questions you may have. I will present the mili-

tary side of financial aid provide additional information on the Florida Financial Aid Application, including the Florida Bright Futures Program. This special program on financial aid is offered for military parents and students as part of Duval County Public Schools' Financial Aid Nights.

If you are unable to attend this special presentation which includes information on military financial aid, you can attend any of DCPS Regional Financial Aid Nights. However, these presentations will not provide military financial aid info. Contact your area high school for the date and time

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.

Play by Play

The Meat&Potatoes OF LIFE

Football-shaped bowl of nuts is on the coffee table. Starter log is sputtering in the fireplace. Dog has been walked. Wings are in the oven. Official play begins.

My husband, ensconced in his tattered college sweatshirt, cargo pants he bought himself off the sale rack at Target, and ratty old sheepskin slippers, surveys the field, attempting to locate the best seating formation for maximum game-viewing comfort. Capped beer in hand, he glances around to be sure that I am not in the room, then positions himself in front of my favorite spot on the couch.

My husband doesn't utilize his quadriceps to gradually lower his weight into a seat like most human beings; instead,



Lisa Smith Molinari
Military Spouse Columnist

the instant he feels his knees break their upright locked position, he disengages all muscles, allowing his entire torso to free-fall toward his desired location. Interestingly, my husband, all three of his brothers, and their father are infamous chair wreckers, leaving snapped legs, warped springs, and crooked recliners in their wakes.

As if seized with temporary paralysis of his lower extremities, my husband's knees buckle, sending his girth plummeting toward our aging couch with

violent impact. *GUGLUNK*

Entering the room, I see my son sitting on the floor munching a bag of tortilla chips, and my hus-

band in my seat. Hoping a bit of nagging will roust him, I harp, "Hey Hon, if you insist on watching the game from my favorite spot, could you at least sit

down gently? Every time you sit there, I hear that spring clunk under you like it's broken or something."

See Bowl Day, Page 14



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Lt. Cmdr.
Jerome Cayangyang

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11:30 a.m.
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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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Blessed Be The Ties That Bind Us

CHAPLAIN'S CORNER

It was a surprisingly warm January morning on the 11th, something that has been in short supply in recent weeks. With family, friends, and shipmates gathered, little Thomas Grapentine III, was baptized on the Foc'sle of the USS Roosevelt (DDG 80) in one of our Navy's oldest traditions, using the Ship's Bell as the Baptismal Font.



Chaplain Tom Bingol
CNSL Ministry Center

Years from now, young Thomas may not remember the weather or that the commanding officer was in attendance. He may not remember the candle that was burning or the charge to "Let his light so shine before others." He may not even remember the sign of the cross that was made on his forehead or the laying on of hands and the petitions for spiritual gifts; but hopefully, his baptism will be remembered with photographs and stories.

When I was growing up my grandmother used tell stories of growing up in Norway and going to church. When she came to America she brought her Norwegian hymnal, Small Catechism, and Bible with her. Today, I keep these items protected from the elements as the binding have cracked and the pages yellowed over the years. For me, they are a touchstone that connects me to a part of my religious heritage.

From time to time, I have Sailors inquire about baptism and how this sacrament is also tied to our Navy heritage. While each denomination that endorses military chaplains may vary in their perspectives, I believe that Baptism is not sim-

ply a mechanism for forgiveness but also a vehicle for establishing a "Faith" identity.

Sometimes claiming that identity can be deeply moving and powerful, for example, there are days when even the chaplain can be grumpy. Yet even in the midst of that grumpiness, through the waters of Baptism, I lay claim to the spiritual gift of Joy in God's presence. When my brain is a little scattered (haven't we all had a time when we couldn't find our keys?) I lay claim to the "mind of Christ." And even when the chaos is circling around us, with uncertainty and doubt - I have laid claim to "the Peace of God which passes all understanding" and found safe harbors during life's storms.

Perhaps one day, when Thomas Grapentine III is a little older he will visit USS Roosevelt and see the ship's bell. Perhaps he will look inside the bell and see his name stamped into the brass and know that he will always be connected to that ship, to our Navy, and to God.

Blest be the tie that binds!
"Chaps"



Photo submitted
Chaplain Tom Bingol baptises Thomas Grapentine III, son of Information Systems Technician 1st Class Grapentine and his wife, Jaqui, during a ceremony on board USS Roosevelt. In keeping with Navy tradition, they performed the baptism using the ship's bell.

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Naval Academy Summer Seminar Program Seeks Student Applicants

By Lt. Teng K. Ooi, PhD, U.S. Naval Academy and Capt. Linda J. Beltra, MD, Medical Corps, USN

The United States Naval Academy's 2014 Summer Seminar Program invites a select group of young men and women to attend the Naval Academy Summer Seminar (NASS). This fast-paced, six-day experience is designed to introduce the Naval Academy to rising high school seniors.

At the core of the NASS is the academic program involving 90-minute workshops designed to promote problem-solving skills using critical thinking, optimization, innovation, creativity, and team work. Students choose eight workshops from a wide range of subjects to include: Information Technology, Naval Architecture, Mechanical Engineering, Ocean Engineering, Aerospace Flight Testing, Systems Engineering, Microcomputer Design, Ethics and Character Development, Oceanography, Mathematics, History, Meteorology, Literature, Chemistry, Political Science, Language Studies, Martial Arts, and Economics. Students participate in project-based modules applying hands-on, real-world approaches to solving design and analysis problems utiliz-

ing the Naval Academy's world-class laboratory facilities. These facilities provide a unique learning environment outside the traditional classroom.

The NASS teaches prospective applicants about the life of midshipmen at the Naval Academy, where academics, athletics, and professional training are key elements in developing our nation's leaders. Students live in the dormitory, eat in the dining hall and participate in academic and leadership workshops. They also participate in daily physical training including group runs and conditioning exercises. Seamanship and navigation classes culminate in a cruise aboard a Navy Yard Patrol Craft. The program helps educate, motivate and prepare selected students who are considering application for appointment to the Naval Academy.

If you think that you may be interested in pursuing an appointment to the Naval Academy and serving your country as an officer, you should seriously consider attending the Naval Academy's 2014 Summer Seminar.

Application open Jan. 16, 2014 at www.usna.edu/admissions/nass. Session dates include May 31-June 5, June 7-12 and June 14-19.

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-Photo by Ensign Max Schreiber
Boatswain's Mate 2nd Class Matthew Klimek drives the Visit Board Search and Seizure Team as the team heads out to visit small local fishing vessels in the area. The team visits these vessels to make them aware of coalition forces in the area, as well as to gain awareness of any suspicious activity that may be taking place.



-Photo by GSMC Roy Flores
Fire Controlman 1st Class Michael Barbatelli stands a careful look out on board USS Carney (DDG 64) as he watches for Carney's bow to cross the flight deck of the supply ship, USNS Alan Shepard (T-AKE-3) during an underway replenishment. As the conning officer drives the ship alongside Alan Shepard to take on fuel and cargo, the Carney crew stands ready at all stations to execute another flawless replenishment at sea, keeping safety and procedural compliance at the forefront.



-Photo submitted
USS Carney patrols the Arabian Gulf while deployed to the area for seven months. The ship's crew raised more than \$12,000 for Combined Federal Campaign while underway.

Carney Raises Over \$12,000 For CFC

By Ensign Marina Nanartowich

USS Carney PAO
USS Carney (DDG 64) raised more than \$12,000 for the Combined Federal Campaign (CFC) while deployed to the Arabian Gulf.

With close to 200 campaigns throughout the world and more than 20,000 participating charities, CFC is the largest workplace charity organization. CFC is a program that allows federal employees to donate to a variety of charities, from larger non profit organizations such as Wounded Warriors Project to local charities.

Quartermaster Petty Officer 1st Class Keith McBride led the

push onboard Carney by organizing the fund-raising and reaching out to all divisions on board to spread the word and get maximum involvement in the program.

"The CFC is a great program because it gives you a chance to give back to a charity of your choice," McBride remarked, "Everyone that gave a charitable contribution will benefit or know someone who can benefit from the organization they donated to. Anytime you get the opportunity to help whether it's a little or a lot is a great accomplishment."

Carney Sailors led by example as they generously donated toward various charities sup-

ported by CFC. Although far from home and missing our loved ones, they were able to make a positive difference in more ways than one.

"I was really impressed with the amount of money raised by Carney Nation Sailors. For such a small ship to raise this much for charity is noteworthy," commented Cmdr. Eddie Crossman, Carney's commanding officer. "I'm very proud of how deep the Carney Sailors dug and gave from the heart providing for charities around the world."

The money donated by Carney Sailors will be greatly appreciated by the beneficiaries of the charities.

"I am proud to serve with a

group of people who found the need to put some of their hard earned money to a cause to help millions all over the world. Even if they did not know much about a particular charity, the thought of helping someone in need should feel the heart with joy," commented McBride.

Nearly three months through deployment, Carney Sailors continue to work hard to support the mission in the Arabian Gulf.

As Carney tests the fortitude of her crew through a wide range of exercises, drills and mission tasking, it is evident that Carney Sailors are up for the challenge.

Carney supported over six

rounds of flight operations this past week, and worked closely with the USS Harry S. Truman (CVN-75) Strike Group to organize personnel transfers between the two ships. Engineering, damage control, seamanship and combat systems drills are regular occurrences in the day-to-day operations of Carney, keeping Carney Sailors sharp and proficient in crisis prevention and mitigation.

Carney closed out this past week with a series of crew served weapons qualification shoots and an underway replenishment with the USNS Arctic (T-AOE-8).



-Photo by GSMC Roy Flores
Gas Turbine Systems Technician- Mechanical 1st Class Michael Jones and Gas Turbine Systems Technician- Mechanical 2nd Class Evan Peterson replace the main fuel control under the guidance and mentorship of Chief Gas Turbine Systems Technician- Mechanical Roy Flores.



-Photo by GSMC Roy Flores
Information Systems Technician Seaman Apprentice Daniel Halasz and Cryptologist Technician 3rd Class Jeremy Rausch keep spirits light during a working party to transport the stores after an underway replenishment.



-Photo by GSMC Roy Flores
Fire team members assess the situation at hand during a series of damage control drills. The use of a smoke machine helps set the scene, making the conditions more realistic. Carney executes drills weekly to keep everyone well practiced and prepared to fight a wide variety of possible casualties throughout the ship.



-Photo by Ensign Marina Nanartowich
 Newly Enlisted Surface Warfare Specialist (ESWS) qualified Carney Sailors stand proudly on the flight deck with Carney's Commanding Officer, Cmdr. Eddie Crossman and Command Master Chief Jon Lonsdale after being pinned. The ESWS qualification process is long and extensive, but Carney Sailors have proved they are up for the challenge as more and more Sailors continue to qualify as the Carney Nation press on through deployment.



-Photo by ITC Willie Wilkerson
 Culinary Specialist 3rd Class Stephen Fuqua reads Martin Luther King Junior's "I have a Dream" Speech on in memorial of Doctor King's life.



-Photo by Ensign Marina Nanartowich
 Harnessed in for safety while working aloft, Information Systems Technician 2nd Class William Black and Tyree Melchor do maintenance on antennas while in port.



-Photo by Ensign Marina Nanartowich
 Commander Eddie Crossman, Carney's Commanding Officer addresses his crew during a weekly "Captain's Call." The Captain uses this time to discuss any changes in plans for Carney, address problems, answer questions, present awards and issue praise. Gathering together and maintaining open lines of communication is testament to the fact that the Carney Nation is a strong family out on the ocean thousands of miles from their families stateside.



-Photo by YN2 Amy Erickson
 Member of the Second Class Petty Officers Association gather together for a group photo after spending the evening cooking "breakfast for dinner" for the rest of the crew.



-Photo by Ensign Marina Nanartowich
 Chief Fire Controlman Curtis Little works hard on the spinning bike during the first annual "Carneyathlon." A twist on a classic triathlon, the Carneyathlon consisted of a 2000-meter row, 5-kilometer run and a 10-mile bike. The event could be completed individually or in teams. Engineman 1st Class Louis Martin and Gas Turbine Systems Technician- Mechanical 1st Class Michael Jones organized the event, which proved to be extremely rewarding, fun and overall a huge success.



-Photo by LS2 Flavio Rivera
 Ensign Melissa Carwile shoots a bearing to a United Arab Emirati Coast Guard vessel during exercise Falcon Defender, a multi-national exercise that Carney participated in the Arabian Gulf, flexing the ship's tactical maneuvering and defensive responses to various threats.



-Photo by Ensign Marina Nanartowich
 During a series of man overboard drills, Seaman Logan Havranek, one of Carney's search and rescue (SAR) swimmers, is lowered into the water by the J-Bar davit in order to swim out to retrieve the simulated man overboard.

NBHC Mayport Bids Farewell To McMillan

By Melanie Hayes

Family Nurse Practitioner, Naval Branch Health Clinic Mayport Occupational Health

On Jan. 2 Naval Branch Health Clinic (NBHC) Mayport said goodbye to Occupational Health Technician Leo McMillan, after 33 and a half years of civil service.

McMillan, a retired Navy senior chief hospital corpsman, began civil service at NBHC Mayport July 1980 as an occupational health technician.

"Leo has achieved many

accomplishments throughout the years—active duty and civil service—and has established cherished memories with patients and staff that will not soon be forgotten," said Cmdr. Michael Service, NBHC Mayport officer in charge. "He was an outstanding teammate whose calm and pleasant demeanor and patient dedication will be greatly missed."

McMillan was instrumental in implementing and expanding the Asbestos Medical

Surveillance Program at NBHC Mayport, actively identifying Navy service members and Department of the Navy civilian employees with a history of occupational exposure to asbestos, providing service to 30 ships and 45 tenant commands.

McMillan provided key leadership and technical support to assigned corpsmen and clinic occupational health staff, and led the transition to a fully operational Occupational Health Program at Naval Station

Mayport.

During a farewell luncheon, Service presented McMillan with a Navy Letter of Commendation, on behalf of Capt. Gayle Shaffer, Naval Hospital Jacksonville commanding officer, for dedication of service.

When asked his plans after retirement, McMillan replied, "I will be enjoying time with my wife Mary, my family and staying active in church."

NBHC Mayport is one of

Naval Hospital 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 60,000 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.

Ribbons & Roses Holds Monthly Meeting Feb. 11

By Naval Hospital Jacksonville

Naval Hospital (NH) Jacksonville's Ribbons & Roses, a breast cancer support group, meets on Tuesday Feb. 11 at 7 p.m. The meeting will be held in the hospital's General Surgery Clinic, on the second floor of the east annex.

Naturopathic Doctor Todd Robinson will be the guest speaker. Robinson has supported clients both during and after treatment for breast cancer. He serves as Secretary of the Board for the Florida Naturopathic Physicians Association and operates Wellness Working Group at Jacksonville Beach.

Naturopathic doctors have expertise in botanical medicine, clinical nutrition, homeopathy, physical medicine and lifestyle counseling.

Ribbons & Roses support group meets monthly at NH Jacksonville General Surgery Clinic on the second Tuesday of the month at 7 p.m.—September through June.

All are welcome are welcome to attend.

For more information on Ribbons & Roses support group, call (904) 542-7857.

Keeping A Winning Smile

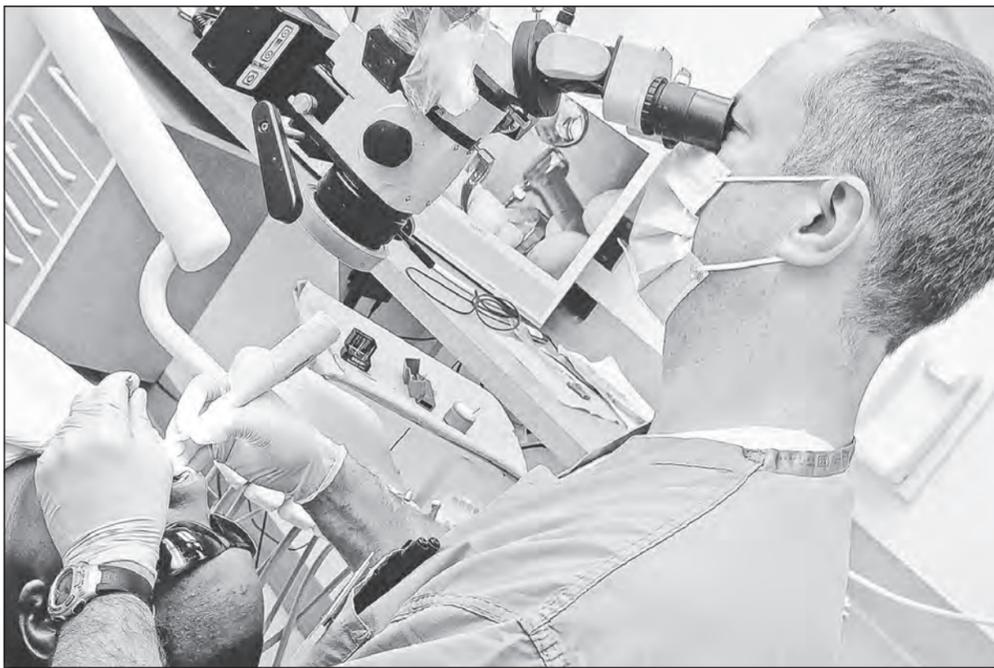


Photo by Jacob Sippel

Lt. Cmdr. Calvin Suffridge, a dentist at Naval Branch Health Clinic (NBHC) Mayport, conducts an oral examination on a patient during a routine appointment to maintain dental readiness. NBHC Mayport is one of NH Jacksonville's six health care facilities located across Florida and Georgia. NBHC Mayport provides approximately 70,000 dental procedures a year.

'MyICP' Gives Military Spouses New Tool

By Terri Moon Cronk

American Forces Press Service

Military spouses who need guidance on education and careers have a new online tool at their fingertips, a program analyst for the Spouse Education and Career Opportunities program, known as SECO, said in an interview last week.

"My Individual Career Plan," or MyICP, allows spouses to build a virtual career roadmap based on their specific goals and objectives, Lee McMahon said.

MyICP launched Jan. 10 on Military OneSource's MySECO website, the primary access point for the Defense Department's Spouse Education and Career

Opportunities program, McMahon said.

"SECO provides expert career and education guidance to military spouses worldwide," she explained, "supporting them in four career lifecycle stages: career exploration, education, training and licensing, employment readiness, and career connections."

The MyICP tool is available for all active-duty Army, Navy, Air Force and Marine Corps spouses and to National Guard and Reserve spouses as well, McMahon said, noting that it's also open to spouses for up to 180 days after their service member separates or retires from the military. Spouses must first register at <https://myseco.militaryonesource.mil> to use it.

Surviving spouses of military members who died while on active duty also are eligible.

To illustrate how MyICP works, McMahon used the example of a nursing student military spouse who has just moved to a new duty station and wants to see what opportunities exist in the new area.

Licensing requirements are an issue for nurses, McMahon notes. So once logged on and after clicking on "manage my individual career plan," the spouse would begin to build a MyICP by selecting "licensed" and "student." Next, the spouse would go to the occupation page to find "nursing," which would generate information from the Labor Department. The spouse would then select

topics from the "challenges and growth opportunities" category. This category may include topics such as child care and relocation or time-management skills.

The self-service wizard then produces a MyICP, McMahon said, which recommends activities to meet a person's career and education goals based on the selections made.

The Military Spouse Employment Partnership, a component of SECO, is composed of more than 200 companies and organizations that have committed to hiring military spouses, she added, so MyICP also includes the ability for users to see which of MSEP's partners might have jobs in the user's occupation, and provides

a link to check the company's openings in the chosen field.

McMahon encouraged all military spouses in search of such opportunities to try the MyICP tool.

"We would love to hear their feedback," she said, noting that users can submit their input on the MySECO website by clicking on "SECO Satisfaction" or the feedback button.

Military spouses who have additional questions or need more information about using the MyICP tool can call Military OneSource at 1-800-342-9647 and speak to a SECO career counselor.

Workshops, Classes Offered To 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 Massey Avenue.

Feb. 3, 1-3 p.m., **Part 2: Targeting Your Resume**, FFSC Room 719

Feb. 3, 8:30 a.m.-12:30 p.m., **Anger Management**, FFSC Room 702

What does *anger* do for you? Communicate for you? Keep people at a safe distance *from* you? Keep *you* in charge? For many people, anger serves many uses, but all too often, it is at a high cost, anger can effect ones relationship, career and friendship. If you would like to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R =

O" means, and the roles of stress and forgiveness in anger. Managing your anger group is recommended as well.

Feb. 4, 8:30 a.m.-12:30 p.m., **Stress Management**, Wellness Center

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. The class also helps participants begin to look at their own lives and development way to cope with stress and make life style changes.

Feb. 4, 10 a.m.-noon, **Active Parenting**, Bldg. 1 Room 702

Feb. 5, 9 a.m.-1 p.m., **Part 1: Organizing Your Job Search & Networking**, FFSC Room 719

Feb. 6, 9-11 a.m., **Relationship Communication**, FFSC Room 719

Whether you've been

dating for 6 months or married for 20 years, effective communication is critical to keeping your relationship happy, healthy and strong. Come learn new techniques which will help you build on the strengths of your relationship and learn to identify barriers to effective communication. Class is held every month from 3-hour class. Couples are encouraged but not required to attend class together.

Feb. 6, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

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

Thursday from 9:00am to 12:00pm at the USO. All children age four and below are invited to attend.

Feb. 8, 8 a.m.-5 p.m., **Family Readiness Group Leadership Training**, Bldg. 1, Room 702

Feb. 10-14, 7:30 a.m.-4:30 p.m., **TAP Separatee Workshop**, Bldg. 1, Room 1616

Feb. 10, 1-3 p.m., **Part 2: Targeting Your Resume**, FFSC Room 719

Feb. 11, 10 a.m.-noon, **Active Parenting**, Bldg. 1 Room 702

Feb. 12, 9 a.m.-1 p.m., **Part 1: Organizing Your Job Search & Networking**, FFSC Room 719

Feb. 13, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

Feb. 18, 10 a.m.-noon, **Active Parenting**, Bldg. 1 Room 702

Feb. 19, 9 a.m.-1 p.m., **Part 1: Organizing Your Job Search & Networking**, FFSC Room 719

Feb. 19, 8 a.m.-noon, **FAP Key Personnel Training**, Bldg. 1, Room 1124

Feb. 20, 9-11 a.m., **Victim Advocate Refresher Training**, Bldg. 1, Room 1616

Feb. 20, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

Feb. 24-28, 7:30 a.m.-4:30 p.m., **TAP Retiree**

Workshop, Bldg. 1, Room 1616

Feb. 24, 6-7 p.m., **IA Family Connection Group**, USO

Feb. 24, 1-3 p.m., **Part 2: Targeting Your Resume**, FFSC Room 719

Nominations For EOQ

From Staff

Please come out and support the nominees at the Naval Station Mayport Employee of the Quarter (1st quarter) and Supervisor of the Year 2013 luncheon/presentation at Ocean Breeze Conference Center on Tuesday, Feb. 11 at 11:30 a.m.

Pay \$8 at the door. RVSP to Sandra Barrett by Feb. 7 to ensure you have a seat

Nominees are as follows:

Employee of the Quarter 1st Quarter

Stevan Ames, Fire/Emergency Services

Robert Garis, Air Ops

Rebecca Klink, MWR

Jacob Neith, PWD/NAVFAC

Charles Smith, Security

Supervisor of the Year 2013

Edward

Namyslowski, Fire & Emergency Services

Thomas Douget, Air Ops

John Aimone, MWR

Emerita Lewis, NEX

Bob Meury, SJA

Emergency Data Critical For Families

From Navy Personnel Command Public Affairs

"It's not going to happen to me," is probably something each of the Sailors who died in 2013 was thinking. Considering only one percent of these deaths were in theater, it is important that Sailors prepare for the unexpected, Navy Casualty officials said Jan. 17.

"Sailors often don't take the time to to update their record of emergency data (NAVPERS 1070/602, or Page 2), or their Service Members' Group Life Insurance (SGLI) elections. While command leadership works diligently to ensure their Sailors have done this, the best and most reliable person to ensure records are up to date, is you," said Cheryl Dockery, branch head, Navy Casualty Operations.

"We take the death of a Sailor very seriously, and intend to provide for the primary next of kin and each additional beneficiary as compassionately and professionally as possible," Dockery said. "Too many times we've discovered that Sailors don't take the time to update their Record of Emergency Data (Page 2), or their SGLI, and that causes undue stress for their families. We only have the Sailor's documents to rely on - when there is a discrepancy, we are obligated to ensure payments are made in accordance with the Sailor's desires."

Sailors are encouraged to review their current documents in the Electronic Service Record (ESR), and check their Leave and Earning Statement (LES) to ensure the deductions for SGLI premiums match their intent.

"We need Sailors - and commands, for that matter - to be proactive in encouraging regular reviews and updates of beneficiaries and Page 2s. They should also keep hard copies of all documents on hand," said Dockery.

According to Dockery, there are more than 4,000 Sailors who have elected zero (SGLI) coverage and more than 10,000 who elected less than the full \$400,000 coverage available.

"While saving the premium costs may seem like a good idea, when a Sailor dies leaving their family with little or no money to continue, it doesn't seem like a good place to have conserved," Dockery said.

Contact the Personnel Support Detachment or personnel office if changes to beneficiary data are needed.

For more information on death benefits, Sailors should contact the Navy Casualty Assistance office at 1-800-368-3202/(901) 874-2501/DSN 882-2501 or call the Navy Personnel Command (NPC) Customer Service Center at 1-866-U-ASK-NPC, e-mail CSCMailbox@navy.mil or visit NPC's website at www.npc.navy.mil.

Mayport Security On Target



-Photos by Lt. Lawrence Morton

Above, a Crew Served Weapons instructor from Naval Station Mayport instructs annual qualifications on the M240 machine gun qualification at Camp Blanding on Jan. 14. Below, Sailors from Naval Station Mayport Security shoot on a 400-meter range at Camp Blanding.



Let's celebrate!

HAPPY NOW YEAR SALES EVENT



New lower pricing on quick move-in homes in the Jacksonville area now through February 2.

- premier homesites
- new homes loaded with design features

The event of the new year is now here! Savings are in season. Visit KB Home today.



Cedar Bay Quick Move-In Homes in Jacksonville
From the \$170s
22 miles to Mayport base

- 2-4 baths
- short drive to Jacksonville International Airport

From I-295 North, exit east on Dunn Ave. Turn left on Main St, and right on Cedar Bay Rd. to community on the left. (904) 880-4703



Residences at Wynnfield Lakes Quick Move-In Homes in Jacksonville
From the \$300s
10 miles to Mayport base

- 2-2.5 baths
- easy access to I-295 and John Turner Butler Blvd.

From I-295, exit Atlantic Blvd, heading east. Turn right on Kernan Blvd., right on Wynnfield Lakes Dr. and right on to Sunchase Dr. to community ahead. (904) 596-6768



Anniston Pines Quick Move-In Homes in Jacksonville
From the \$230s
13 miles to Mayport base

- 2-3 baths
- commuter friendly; just minutes to I-295

From I-295, exit Atlantic Blvd, heading west. Turn left on to Anniston Rd. and left on Bradley Rd. to the community straight ahead. (904) 596-6771



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The following activities target single or unaccompanied Sailors. For more information, call 270-7788/89 or stop by the Mayport Liberty Center and pick up the month-

ly activity calendar with a complete listing of all upcoming Liberty events.

Jan. 31: Mall Trip: Town Center. Van departs Liberty Center at 5 p.m. Sign up by Jan. 30; trans-

portation only.

Feb. 4: Chess Tournament. 6 p.m. at Liberty Center.

Feb. 5: WWE Smackdown. Van departs 5 p.m. FREE. Must be in uniform.

Feb. 8: Cosmic Ice Skating. Van departs 1 p.m. Cost \$5. Sign up deadline Feb. 6

Feb. 10: Liberty Programmer Meeting. 4 p.m. at the Liberty Center. This is a chance to tell the programmer what you want on YOUR Liberty

17.270-5451
Feb. 18: Men's Captain's Cup Softball Meeting. 11 a.m. at the Fitness Center. 270-5451

Mayport Bowling Center

Friday Nights: Xtreme Bowling. 8-11 p.m. at 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

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

Feb. 11: Help Feed the Homeless. Van departs 3:15 p.m. Sign up deadline Feb. 10.

Feb. 15: Mall Trip: Town Center. Van departs Liberty Center at 1 p.m. Sign up by Feb. 14, transportation only.

Feb. 16: Paintball. Van Departs 9 a.m. at Liberty Center. Transportation only; you pay for the paint. Sign up by Feb. 14.

Feb. 17: Snag Golf. 4 p.m. at Liberty Center.

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 hotdog with fries and a soda, All-You-Can Bowl with shoes, music videos, light show and colored

headpin bowling for prizes. 270-5377

Feb. 19: Billiards Tournament. 6 p.m. at Liberty Center.

Feb. 21: Movie Trip. Van departs 5 p.m. Cost \$5.

Feb. 22: Monster Jam. Van departs 5 p.m. Cost \$35 active duty, \$42 all others; Sign up deadline Feb. 20. Space is limited.

Feb. 23: Disc Golf. Van Departs 11 a.m. at Liberty Center. Equipment provided.

Feb. 24: Let's Go Fishing! 3 p.m. Free for active duty, \$10 for guests; sign up by Feb. 21. Space is limited.

Feb. 25: Help Feed the Homeless. Van departs 3:15 p.m. Sign up deadline Feb. 24.

Feb. 28: Dinner & a Movie in San Marco. Van departs 5:30 p.m. Transportation Only.



Intramural Sports
Feb. 7: Women's Volleyball Begins. Season Ends Apr. 4. 270-5451

Feb. 10-13: Pre-Season Soccer Tournament. Sign

up by Feb. 4. 270-5451

Feb. 11: Superbowl 5K Run/3K Walk. 8:10 a.m. in front of the gym.

Feb. 18: Men's Captain's Cup Soccer Begins. Season Ends Apr.

Naval Station Mayport Fitness Schedule



Monday through Thursday 0500-2000 ◊ Friday 0500-1900 ◊ Saturday 0800-1800 ◊ Sunday/Holidays 0800-1400					
GROUP EXERCISE ROOMS 2 & 3					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0730 Running Clinic	0730 Command Bootcamp ◊	0630 NOFFS ◊	0600-0830 Command PT By Appointment ◊	0730 Zumba	
0930 Yoga	0930 CORE & Flexibility	1130 Strength Training For Women	0930 Fitness Fundamentals	1130 Yoga	
1130 Circuit Conditioning	1130 Zumba	1230 Flex 'N' Stretch	1130 Step		
1700 Cut 'N' Core	1630 Step	1730 Zumba	1730 Circuit Conditioning		
1800 Flex 'N' Stretch	1800 Yoga				
All "Command" classes, denoted by a ◊, are for active duty only					
GROUP EXERCISE ROOM 1					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0700 TRX	1130 TRX	1130 Yoga	0700 Sunrise Yoga		
1800 Zumba	1300-1500 CFL NOFFS/TRX By Appointment ◊	1800 Kids Clinic	1800 TRX		
NATATORIUM					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0930 Aqua Toning	1630 Deep Aqua	0930 Aqua Fitness	0930 Aqua Rehab	0730 Command Aqua ◊	
1430 Aqua Rehab		1630 Deep Aqua		0930 Aqua Toning	
STRENGTH/CARDIO B					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1130 Steel Anchor	0700 Rowing	1130 Steel Anchor	1130 Rowing	1500 Steel Anchor
INDOOR CYCLING ROOM					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130 Cycling		1130 Cycling	1130 Cycling	1530 Cycling	
HIGH INTENSITY TRAINING (HIT) AREA					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130 Intro to HIT	0700 HIT	1600 HIT Mobility	1130 HIT		1130 Intro to HIT
1500 Olympic Lifting	0930 Intro to HIT	1630 HIT	1630 HIT Gymnastics		
1800 Intro to HIT	1130 Intro to HIT				

SCHEDULE EFFECTIVE 17 OCTOBER 2013



2014 Running Schedule

All runs begin at the Fitness Center

Jan. 14	Kick Off The New Year 3K Walk / 5K Run 8:10 am
Feb. 11	Superbowl 3K Walk / 5K Run 8:10 am
Mar. 11	Catch a Leprechaun 3K Walk / 5K Run 8:10 am
Apr. 8	Spring Forward 3K Walk / 5K Run 8:10 am
May 13	Armed Forces 5K / 10K Run 8:10 am
Jun. 10	Moonlight 3K Walk / 5K Run 6:30 pm
Jul. 8	Firecracker 3K Walk / 5K Run 6:30 pm
Aug. 12	Summerfest 5K / 10K Run 8:10 am
Sep. 9	Freedom 3K Walk / 5K Run 8:10 am
Oct. 7	Knock Out Domestic Violence 3K Walk / 5K Run 8:10 am
Nov. 18	Turkey Trot 3K Walk / 5K Run 8:10 am
Dec. 9	Jingle Bell 5K / 10K Run 8:10 am

MWR's Fit Trail at the beach

•Fit Trail begins behind the CPO Pavilion at Surfside Fitness Center

•1.25 mile course with 5 exercise station for strength, flexibility, balance and endurance

•5 different training exercises per station

•An individual workout in the outdoors for the avid runner & fitness enthusiast

•The ideal tool for any runner in training

For more information, please call (904) 270-5451

Golfers Wanted For Base League

The Mayport Golf Association (MGA) wants to expand its membership through active duty military personnel and golfers with military ID or

MWR Guest Card. The association meets at Windy Harbor.

For information, call Bernard Ciamarichello at 270-5126 x3517



How do you tell a 4 year old that they won't see 5?

New donors can donate life saving plasma and receive \$250 compensation in five donations.

Additional \$10 bonus with military ID on first two visits You are also qualify as a new donor if you haven't donated with us for more than 6 months .

Please Visit or Call Talecris Plasma

2444 Mayport Rd. Atlantic Beach, 32233
904-241-6376 • Grifolsplasma.com

Walk-ins welcome

Please bring picture ID, proof of Social Security number and proof of address





Auto Skills Center
January Special: \$2 off of brake rotor turning and Extreme Oil Change \$75.00 (most vehicles). 270-5392

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

February Special: 10% off alignment and deluxe oil change for the price of a regular oil changes (most vehicles). 270-5392

Beachside Bingo

W e d n e s d a y s :
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

Feb. 14: Bingo Valentine's Special. 6:30 p.m. at Beachside Bingo. There will be double payouts on all hard cards, free desserts, extra \$1000

Sweetheart Game, plus, when you bring your significant other, they will receive a free paper 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 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

Feb. 1: UFC 169- Cruz vs. Borao. 10 p.m. at Castaway's. 270-7205

Feb. 2: Superbowl

XLVIII at Castaway's Lounge. Pre-game at 5:30 p.m. Kick off at 6:20 p.m. Watch the Big Game while you enjoy refreshments, snacks, giveaways and more. Free t-shirts for the first 100 attendees through the door. 270-7205

Feb. 7: Castaways Olympics Opening Ceremony. 7:30 p.m. at Castaway's Lounge. Come show your support to your favorite athletes and country. While you're there, watch the Opening Ceremony of the 2014 Winter Games and sign up for the events YOU want to play during our very own Castaway's Olympics. 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

Feb. 2: CPO Club All-

Khaki Chili Cook-Off. 2 p.m. at Foc'sle Lounge. Bring you lawn chairs, enjoy live music from One-Eyed Jakes, and watch the Big Game on out jumbo screen. Bring your best Chili Recipe for the chance to win great prizes; individual and command teams are welcome. All entrants must register at the CPO club by Feb. 1; limit 20

entrants. For more information, please call 270-5431.

ITT
Disney Jr Live: Pirates and Princesses. Tickets are now on sale for Disney Jr's "Pirates and Princesses" on March 8, 2014 at the Times Union Moran Center. Tickets \$15 each; available only at ITT on base. 270-5145

All-Khaki The Big Game Chili Cook-Off

Sunday, Feb. 2

Live DJ 4-6 pm • Chili Cook-Off Judging 6:15 pm
Kick-Off 6:20 pm

Bring your folding chairs, enjoy live music and watch the big game on our jumbo screen!

Enter your best chili recipe for a chance at great prizes. Individuals or command teams are welcome. Prizes will be awarded to 1st, 2nd, and 3rd place winners!

Chili Cook-Off Rules: All individuals/teams wishing to enter must register at the CPO Club before close of business on Jan. 31. All entrants must prepare a minimum of 2 quarts of chili. Chili must be brought to the CPO Club in crock-pot to keep it warm no later than 6:15 pm on day of the event. Limit 20 entrants; names of individuals or teams will no be revealed until after final judging.

For more information, please call (904) 270-5431



Begins Feb. 7 at Castaway's Lounge

Opening Ceremony Party- Feb. 7 at 7:30 pm
 Come to show your support to your favorite athletes and country. While you're here, watch the Opening Ceremony of the 2014 Winter Games and sign up for the events YOU want to play during our very own Castaway's Olympics!

Come for some or all of the events! Olympic coverage will be shown in HD throughout.

Events

2/11- Cornhole
 2/12- Texas Hold 'Em
 2/13- Olympic Trivia
 2/18- Darts
 2/19- Prize Pong
 2/20- Olympic Trivia pt. 2

All events begin at 8 pm
 Points will be earned in each event.
 Overall winners will be announced on Thursday, Feb. 20

More Information? Call (904) 270-7205



RIVERVIEW LIVING AT CEDAR BAY!

Along the Broward River in North Jacksonville.

NOW AVAILABLE! 13 STUNNING RIVERVIEW HOMESITES FRONTING THE BROWARD RIVER!
LAND & HOMES FROM \$183,000 TO \$259,000!

Select from beautiful home designs from 2,138 sq. ft. (3 & 4 bedrooms) to 3,022 sq ft. (4 & 5 bedrooms)

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GREENPOINTE HOMES

Designs, depictions, rendering and pricing may change without notice. CBC060332

2014 MWR Fun Runs

JANUARY 14	KICK OFF THE NEW YEAR	5K RUN/ 3K WALK
FEBRUARY 11	MARDI GRAS	5K RUN/ 3K WALK
MARCH 11	CATCH A LEPRECHAUN	5K RUN/ 3K WALK
APRIL 8	SPRING FORWARD	5K RUN/ 3K WALK
MAY 13	ARMED FORCES	5K/10K RUN
JUNE 10	MOONLIGHT	630PM 5K RUN/ 3K WALK
JULY 8	FIRECRACKER	5K RUN/ 3K WALK
AUGUST 12	SUMMERFEST	5K/10K RUN
SEPTEMBER 9	FREEDOM	5K RUN/ 3K WALK
OCTOBER 7	KNOCK OUT DOMESTIC VIOLENCE	5K RUN/ 3K WALK
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USS Gettysburg At Sea



-Photo by MC3 Karl Anderson

Sailors assigned to the guided-missile cruiser USS Gettysburg (CG 64) direct cargo from the Military Sealift Command fast combat support ship USNS Arctic (T-AOE 8) 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 MC3 Lorenzo J. Burleson

Aviation Machinist's Mate 2nd Class Hyun Park performs maintenance on helicopter parts in the hangar bay aboard the guided-missile cruiser USS Gettysburg (CG 64).



-Photo by MC3 Lorenzo J. Burleson

Gunner's Mate 2nd Class Eric Wheller stands watch aboard the guided-missile cruiser USS Gettysburg (CG 64).

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NMCRS -110 Years Serving Navy, Marines

By MC3 Bryan Jackson
Navy Public Affairs Support Element

The Navy-Marine Corps Relief Society (NMCRS) marked its 110th Anniversary amid worldwide office celebrations, Jan. 23.

The NMCRS provides financial assistance and education, as well as other programs and services to members of the United States Navy and Marine Corps, their eligible family members, widows and survivors.

The NMCRS started as a way to systematically provide support to widows and orphans of service members during World War I, according to the Society's website. The initial proceeds came from the 1903 Army-Navy Football Game and the NMCRS gave \$9,500 to widows and families of enlisted men in its first year.

The office in San Diego marked the occasion with a cake-cutting ceremony and chili potluck.

While the NMCRS still supports widows and orphans, the scope has expanded quite a bit, said Barry White, San Diego NMCRS Office director.

In 2013, the NMCRS conducted many programs, including more than 25,000 home visits and other contacts with families and retirees and more than 30,000 home visits and other contacts to provide Combat Casualty Assistance (CCA).

The NMCRS also held

a 2013 "Budget-for-Baby" workshop for more than 7,600 moms and dads and provided more than 5,800 gift bags with hand-made blankets for expectant parents.

"Some situations that Sailors come in the door with are difficult," said Marcie Land, San Diego NMCRS office chairman of volunteers. "It's very rewarding when you can help them through that."

"It's amazing how many people we impact," said Land. "It's a great organization. I've volunteered with other places where I would never have given it this much of my time."

The NMCRS formed to provide benefits to Sailors and Marines that the newly formed United States of America couldn't provide.

The primary goal of the NMCRS is to help provide each person who comes to them with support for their immediate needs and a long-term goal of educating Sailors and Marine on how to manage personal finances and plan for unexpected expenses.

In 2013 the NMCRS provided more than 65,000 clients with more than \$48.6 Million in financial assistance.

For more information about the NMCRS or to make a donation, contact your local NMCRS Coordinator or visit www.nmcrs.org.

Night Ops On Taylor



-Photo by Lt. j.g. David Hancock

The flight deck refueling team hot pumps an MH-60R Sea Hawk helicopter during flight quarters aboard the guided-missile frigate USS Taylor (FFG 50). Taylor, homeported in Mayport, Fla., is deployed supporting theater security cooperation and maritime security operations in the U.S. 6th Fleet area of responsibility.

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Australian Navy Celebrates In Service Date

By Clark Pierce

Editor

Focusing on what unites Aussies and Yanks in the Helicopter Maritime Strike Wing community, officers and Sailors from both navies gathered Jan. 24 at NAS Jacksonville Hangar 1122 to commemorate the Royal Australian Navy (RAN) 725 Squadron In Service Date (ISD) milestone.

"Historically, Australia has enjoyed a close relationship with America since World War II in the Pacific. Through innumerable campaigns, a mutual friendship developed between allies that continues today," said Head of Australian Defense Staff (Washington) Rear Adm. Stephen Gilmore. "Now, as America rebalances its naval assets around the globe, this close relationship will continue to be critical - and what we're accomplishing here in Jacksonville with the MH-60R program is an important part of that relationship."

Achievement of the ISD followed a comprehensive range of activities undertaken over the past 14 months by the joint RAN and the U.S. Navy Foreign Military Sales team to deliver 24 MH-60R Seahawk helicopters by 2016. Since the formal acceptance of its first two MH-60R Seahawks



Photo by Clark Pierce

RAN 725 Squadron Commanding Officer Cmdr. David Frost, right, expresses his thanks to Naval Station Mayport's HSM-40 Commanding Officer Cmdr. Sil Perrella. The HSM-40 "Airwolves" train MH-60R pilots and aircrew of the U.S. Atlantic Fleet, in addition to foreign students from around the globe.

in December 2013, RAN 725 Squadron conducted its acceptance program aboard NAS Jacksonville to ensure the aircraft were ready to commence service - with everything well ahead of schedule.

Gilmore added, "The Royal Australian Navy is in a period of regeneration and our new Romeo helicopters will deploy with guided-missile destroyers supported by the evolutionary Aegis combat system. Their capabilities in both anti-submarine and anti-surface warfare create a very lethal combination."

"Whilst the RAN men and women serving in Jacksonville return home by the end of this year, the

professional relationships and friendships that were formed create a legacy that will last for the next 20 years of Romeo operations," he said. "Australia is proud to be the first U.S. ally to purchase and operate the same version MH-60R that is flown by USN squadrons. We appreciate your welcoming us into your rotary wing community at NAS Jacksonville and NS Mayport. Indeed, you are now a part of RAN history. Thank you."

RAN 725 Squadron Commanding Officer Cmdr. David Frost said the term ISD best translates as, "we are ready!" He added that the ISD event is also the squad-

ron's way of saying "thank you" to all the commands and individuals that have contributed to the success of the acquisition project. In particular, he mentioned HSM-40 at NS Mayport and the Center for Naval Aviation Technical Training Unit Jax for developing and implementing the training systems.

Frost told reporters that RAN has flown an early version of the anti-submarine warfare Seahawk for more than 24 years, "So even though we understand the Seahawk platform - the MH-60R variant is a whole new ballgame. The Romeo integrates many mission systems, sensors

and weapons that are new to us, including the anti-surface warfare capability. Except for a kangaroo on the tail, we'll be operating the Seahawk that's identical the USN squadrons in the helicopter maritime strike wing. When this acquisition is complete, RAN will operate 24 Romeos - seven for our training squadron (725) and 17 for our operational squadron (816) that will deploy at sea on board RAN surface combatants."

Rear Adm. Sinclair Harris commander, U.S. Naval Forces Southern Command and U.S. 4th Fleet, told the audience, "The Royal Australian Navy and the U.S. Navy are kinsmen of the sea. They are our brethren. Our relationship is the strongest it has ever been. Our two navies have fought beside each other in numerous conflicts and today we celebrate another important collaboration - the induction of the MH-60R here at Naval Air Station Jacksonville. This project represents the continuing evolution in our partnership and I am excited to say it can only lead to continued cooperation in the future."

"By training with our counterparts, like the Royal Australian Navy, the U.S. and our partner nations learn from each other, sharing the best practices and prov-

ing collective reliability for addressing common challenges," Harris continued. "In a larger sense, these opportunities for exchange of ideas not only allow us the chance to learn best practices and challenges, but also allows us to unite around the common goals of securing our waters and providing for peace in our regions."

Frost also expressed his appreciation for the families of 725 Squadron officers and Sailors who moved from the coast of New South Wales to the shores of the St. Johns River in Jacksonville. "To our families, thank you for supporting us and working to be part of this great community," he said.

Frost concluded, "The USN uses the term 'ship-mates' whilst the RAN, in true Aussie fashion, abbreviates it to 'mates.' For us, this is a very strong word - bringing with it a commitment that you will always be there for each other, will watch each other's back, and share a bond that will stand the test of time. You never forget your mates, you remember when you met them and you look forward to when you meet them again. I am very proud to call our USN hosts ... mates."

Don't Wash Grease Down Sink

From Mayport Environmental Division

Be careful what you put down the sinks and drains in your homes and food establishments. Fats, oils, and grease, when improperly disposed in the sanitary sewer system or storm drain system, can cause property damage, health hazards and environmental problems.

When cleaning up after dinner, pouring a little meat fat from your frying pan down the kitchen sink may not seem like such a bad thing. After all, what harm can that little bit of grease cause? However, grease sticks to the insides of sewer pipes (both on your property and in the streets). Over time, the small quantities of grease can build up and block the entire pipe. Garbage disposals do not keep grease out of the plumbing system. They only shred solid material

into smaller pieces but do not prevent grease from solidifying in the drain. The result can be sewage backing up and overflowing in your or your neighbors' homes, yards, streets, wetlands, or the river. When this occurs, it is not just the oils and grease that overflow, but untreated sewage as well. This would entail an expensive and unpleasant cleanup and possibly cause contact with disease-causing organisms.

The best way to solve the grease problem and help prevent overflows of raw sewage is to keep this material out of the sewer system in the first place.

How you can help:

- Never pour cooking fats, oils, or grease down sink drains or into toilets.
- Pour liquid waste cooking oil and grease into a metal can (soup, vegetable, etc.). Let the

grease cool and solidify (you can place the container in the refrigerator or freezer), then place it in the garbage can for disposal.

- Scrape or wipe grease and food scraps from trays, plates, pots, pans, utensils and grills and cooking surfaces into the trash for disposal.

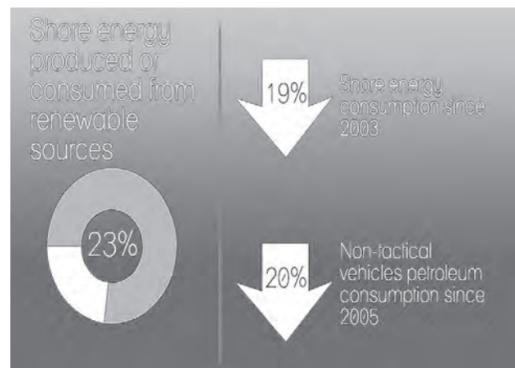
- Do not put grease or greasy foods down garbage disposals. Put baskets/strainers in sink drains to catch food scraps and other solids, and empty the drain baskets/strainers into the trash for disposal. •

Do not run water over dishes to wash oil and grease down the drain.

Restaurants that have grease traps in place still need to follow the proper disposal practices for fats, oils, and grease. The grease traps serve as a backup and only remove

minimal amounts of grease. Restaurants with grease traps or grease interceptors are responsible for inspecting and cleaning them regularly in order for them to be effective.

Onetime events or ongoing cooking activities can sometimes generate a large quantity of used cooking oil. Used cooking oil can be taken to the MWR Recycling Center (Bldg. 1624) and placed in the used cooking oil storage tank. This cooking oil is recycled into biodiesel and provides a beneficial reuse by fueling equipment and vehicles. If you have questions about disposal or recycling of used cooking oil or grease, call the Environmental Division at (904) 270-6816.



Conserving Energy With One Sailor At A Time

By Capt. Pat Rios
Director, CNIC Facilities and Environmental

From the use of energy-saving technologies and biofuels for our aircraft and ships to the eventual sailing of the Great Green Fleet in 2016, the Navy is leading the charge in incorporating best practices and affordable, domestically produced energy sources within our operating forces.

While those initiatives can enhance combat capability and overall energy security, they tend to have little impact on the day-to-day life of the Sailor and his family or at home, at work or impact behaviors of his or her family.

I want to talk about a program that affects everyone - Sailors, civilians, dependents and contractors. It's called the Navy Shore Energy Program - the impact of which can be felt across the Navy's bases worldwide.

Changing the paradigm for how we manage energy on our bases is essential. Energy costs are on the rise and, as global demand continues, we don't foresee it getting cheaper. To provide some perspective, energy bills for Navy installations

equal almost a third of the entire cost it takes to manage all our bases, making it the single largest expense out of our \$6.1 billion shore budget.

Turning off the lights when you leave a room is not going to get us the future reductions we need to make. Although basic steps like these are important in order to achieve our goals, we've got to take bigger steps and engage in more effective energy conservation and management. Many of these steps are ongoing and already saving the Navy millions, putting us well on the road to reducing our shore energy intensity (energy consumption (MBTU) per square foot (kSF)) by at least half of what we're using now by 2020.

In fact, we've already reduced shore energy consumption by 19 percent since 2003 and we currently produce or consume 23 percent of our shore energy from renewable sources. In addition, non-tactical vehicles (NTV) petroleum consumption is down by more than 20 percent since 2005. These savings are equal to about 83,000 flight hours for an F/A-18 or 3,000 days at sea for a DDG-51.

VITA

From Page 1

Those eligible for the free tax preparation include:

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- *Reservists involved in pre-mobilization

Before making an appointment, customers should have:

- *All 2013 W-2's and 1099's
 - *Copies of social security cards for taxpayers and dependents
 - *Taxpayer(s) military ID cards
 - *Bank account numbers and routing numbers
 - *Any other tax records including copies of 2012 tax returns if available
- Service members must provide either a copy of a Social Security card or a previous year's tax return,

along with the same documentation for all dependents. Couples wishing to file joint returns should come to the tax center together. If a spouse is unavailable, the spouse preparing the return will need to bring a power of attorney that specifically covers tax filing purposes or an IRS Power of Attorney Form 2848.

The Mayport VITA Center is located at 707A Everglade Ct. (adjacent to the Thrift Store) and will be open beginning February 3. Hours of operation will be Monday-Thursday from 8 a.m. to 3 p.m. and Friday from 8 a.m. until Noon. There are no appointments; all those wishing to use VITA are on a walk-in basis. For more information or to volunteer contact the Mayport VITA center at 904-270-5150.

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Craig Morgan Free Ticket Drawing

Country music star Craig Morgan is coming to Mavericks at the Landing on Feb. 7 and the Greater Jacksonville Area USO wants to send you to the concert. We are having a drawing for a limited number of FREE pairs of tickets to this concert. The ticket drawing is open to active duty military families only. Deadline to enter the drawing is 9 a.m. on Friday, Jan. 31. Winners will be notified beginning at noon.

To enter, email drawing@usojax.com with the following information:

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Name of Guest:

USO News

FRA #91 Daddy Daughter Dance

Join FRA #91 at the Daddy Daughter dance on Feb. 15 from 6-8 p.m. Enjoy dinner, dancing, and daddy/daughter time. Tickets are \$10 for each daddy/daughter pair and \$5 for each additional daughter. Proceeds benefit the Greater Jacksonville USO. Please contact FRA #91 for more information or to purchase tickets at 904-264-2833.

Harlem Globetrotters
Enjoy a military discount on tickets to see the Harlem Globetrotters on Friday, Feb. 28 at

7:00PM at the Jacksonville Veterans Memorial Arena.

Calling All Chili Cooks

Join us for the 3rd annual Jax USO Chili Cook Off on March 15 from noon-5 p.m. at the Fleet Reserve Association on Collins Road. Visit jaxusochilicookoff.com for more information on rules and sign ups.

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 oppor-

tunity 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.

Recycling

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

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

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you reading a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them. Please contact your local USO center for more information.

There is a computer

resource center available to all service members with email, Internet and word processing. Fax, copy and free notary service is also available.

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.

Out in Town

Saturday, Feb. 1

The Florida Department of Environmental Protection's Fort Clinch State Park, 2601 Atlantic Ave., Fernandina Beach, will host a Union Garrison event on Saturday, February 1 from 9 a.m.-5 p.m. and Sunday, Feb. 2 from 9 a.m.-noon. This program will allow visitors to interact with living historians to experience life in the fort as it was in 1864. The grounds will be bustling with soldiers in period costumes involved in firing demonstrations, marching drills, cooking and daily activities. Ladies in their dresses, sutlers displaying their wares, fife players and drummer boys bring every part of the civil war era to life. Come join in this unique, family friendly event. Fees include the \$6 per vehicle Park entrance fee plus \$2 per person Fort admission. For additional information, contact the park at (904) 277-7274 or visit www.FloridaStateParks.org.

Tuesday, Feb. 4

Beaches Photography Club will meet at the Beaches Library, 600 3rd St., Neptune Beach, 6-8 p.m. The program will be presented by Linda Olsen, professional photographer and fine artist on "The Art and Business of Photography". Linda will be discussing some tips on making a hobby of photography into a business as well as showing the evolution of her fine art photography over the last decade.

For more information go to www.beachesphotographyclub.org

Friday, Feb. 7

The Ladies Auxillary FRA #290 will hold a steak dinner from 5-8 p.m. at the branch home, 390 Mayport Road. A glass of wine and a box of chocolates will be served with the mea. Donation is \$12. Open to the public. Take out orders welcome. 249-6855

Saturday, Feb. 8

Davidson Realty, Inc., has announced the Davidson Cares 5K and Fun Run through World Golf Village. Registration is open now at www.DavidsonCares.com or www.UltimateRacingInc.com. Runners, walkers, strollers and dogs are all welcome! There will be fun kids' activities like giant hamster balls, laser tag, a bouncy house, face painting, temporary tattoos, a

COMMUNITY CALENDAR

mile long kids' fun run and more. The event sponsor, Mile Marker Brewing, will have delicious brews on tap, and the S.O.S. Diner food truck will be on site. The race starts at 11 a.m.

"Growing and Eating Seasonally: 9 a.m.- 1 p.m. at the Duval County Extension Office. Grow Warm-Season Vegetables, Compost, and Food Sampling using seasonal product. Cost \$10, checks should be made payable to DCOHAC, send to 1010 N. McDuff Avenue, Jacksonville, FL 32254. Pre-registration and pre-payment required. Call Jeannie at 255-7450 to pre-register.

Red knots migrate from the southern tip of South America to the arctic every year. Join a park ranger at 2 pm to learn about these and other shorebirds that rely on the beaches of Little Talbot Island. The program will take place at the multi-use trail pavilion located at the south beach area on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Saturday, Feb. 15

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

Saturday, Feb. 22

The Duval County Extension Office is offering a fun day for gardening enthusiast to listen to exciting speakers on many different subjects from 8:30 a.m.-2:30 p.m. You can shop for plants and garden themed items with the ven-

dors and have lunch with us. The workshop will be located at 1010 N McDuff Ave. Jacksonville, FL. The cost is \$15 per person Pre-payment and registration required. Payment must be received by Tuesday, Feb. 18. To pay by check, please email BeckyD@coj.net to get a registration form. You can register with credit card at <http://2014adayofgardening.eventbrite.com>. There is a small service fee for registering online. No walk-ins. Space is limited. For questions, call 904-255-7450.

Join a Park Ranger at 2 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. 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.

Saturday, March 1

The St. Marys, Ga., Mardi Gras Festival will feature a parade with decorated floats and impressive costumes. This years "Out of This World" themed event showcases exciting activities that are family friendly and begins with a 7 a.m. Color Run that offers both a 5K Run and 1-Mile Walk. Other festival events continue from 9 a.m.-5 p.m. and include a 10 a.m. parade and more than 100 vendors offering food, art, and miscellaneous items. The center stage will be bursting with entertainment throughout the afternoon including a performance by 2012 America's Got Talent performer Chris McCarty. Chris is a high-energy charismatic artist with an eclectic rock/pop music style that is out of this world. The St. Marys Waterfront Park will host the 11 a.m.-2 p.m. Great Camden County Chili Cook-Off benefit and the 1 p.m. costumed pet-parade. For any additional information contact the St. Marys Welcome Center at www.visitstmarys.com or 912-882-4000.

Bowl Day

From Page 2



-Photo submitted
Lisa Smith Molinari has a favorite spot on her couch. and she's ready to tackle for it.

"God help me," he grumbles under his breath.

I settle temporarily for the other end of our couch, and realize that my husband's offensive move required a smarter defense. "You know, I think you'd better poke that fire Honey, you know how unpredictable those starter logs can be."

My husband looks at me suspiciously, but I feign ignorance, "Have the Seahawks colors changed? Didn't they have royal blue jerseys a few years ago?"

As my husband steps toward the fireplace, I inconspicuously employ a slide-lift-blitz maneuver to regain territory. But just as I reach the center cushion, our dog appears, licking my face. *Nice block.*

GUH-GLUNK "Alright guys, c'mon, let's get some real points on the board!" my husband yells after swiftly retaking my rightful seat. To add insult to injury, he lobs his ratty sheepskin-slipped foot into my lap and slurps the last of his beer. *Unsportsmanlike conduct.*

"Hey Mom."

"Yes," I mutter, trying to hide my gritting teeth.

"Are those wings done yet?"

"Not yet," I look over just as my son tips the bag of chips over his open mouth, triggering a mini-avalanche of corner crumbs which cascades into his mouth, eyes, shirt, and the freshly-vacuumed family room carpet, "but I'm fairly certain you'll survive."

Just then, the cells of my brain call a huddle, and a new play is formed. *Time out.*

While my husband and son laugh at silly beer commercials like simpletons, I disappear to the kitchen, returning a few

minutes later with a heaping tray of hot wings. Like some kind of modern day June Cleaver, I smilingly dole out platefuls to my unsuspecting husband and son.

And then I wait, nibbling patiently on a stalk of celery.

As expected, they dig right in, my son meticulously dissecting each tiny radius, ulna and humerus, then sucking each finger from base to tip. My husband on the other hand, plops whole wings into his open mouth, and after manipulation with teeth and tongue, pulls the bones out from his pursed lips, stripped clean of meat, fat, skin and cartilage.

"Whew!" my husband exclaims, wiping his brow with a saucy napkin, "Spicy, huh?!"

My son is the first casualty, running for a soda, while my husband tenaciously sweats through another wing or two before abandoning his position in search of cold beer to sooth his burning lips.

Thanks to a few extra shakes of hot sauce, my play worked. With the coast finally clear, I muster what's left of my middle aged agility. *Hail Mary.*

Reentering the room, my husband sees me, firmly seated in my favorite spot on our couch. I pump my upturned hands in the air while wiggling my knees back and forth, in a pompous victory dance.

Score.

Get more wit and observations from Lisa at her blog, The Meat and Potatoes of Life, www.themeatandpotatoesoflife.com

Gov Honors Troops To Teachers

By Ed Barker

Naval Education and Training Command

Florida Gov. Rick Scott has honored five educators certified through the Troops to Teachers Program with the Governor's Shine Award for exemplary service to their country and contributions to Florida's students.

The Governor's Shine Award is presented to Floridians who have positively impacted children through education.

Kim Stefansson, a Navy veteran and currently a history teacher at Bellview Middle School represented the veterans.

"Both the military and education career fields call for flexibility and those who are not easily deterred," Stefansson told a meeting of the governor's cabinet. "Both careers call for service

24/7, whether you are standing watch or spending your weekends grading papers, and both jobs ask our families to be supportive when we need extra time to do our jobs."

"It is an honor to thank these teachers who went from serving their country to serving Florida students in the classroom," Gov. Scott said.

"A great education system is key to creating a highly-skilled workforce and driving our economy forward," the governor added. "These teachers have gone above and beyond the call of duty by preparing our students today for the jobs of tomorrow and I thank them for their continued service to Florida families."

David Silverman, a veteran of both the Marine Corps and Florida Army

National Guard, is now teaching adults at the Clay County Center for Adult and Community education in Orange Park, Fla. He said that like many of the jobs he held in the military, teaching adults is enjoyable.

"Teaching adults in many respects is easier than teaching kids -- they want to be here and really care about getting an education; they need to get their diploma or GED to get or keep a job, so they are definitely motivated with a positive attitude," Silverman said.

William McAleer, Chief of the Troops to Teachers Program for the Defense Activity for Non-Traditional Education Support in Pensacola Fla., said that teaching is an outstanding fit for many veterans.

"Every service mem-

ber was training their replacement while on active duty," McAleer said. "They bring real-life experiences into the classroom and add perspective to subjects."

The other Florida Troops to Teachers veterans honored with Shine Awards at the cabinet meeting included: Kenneth McAllister, an Air Force veteran now teaching at Clay High School in Green Cove Springs; Jacqueline Williams, a Navy veteran now teaching at A. Phillip Randolph High School Academies of Technology in Jacksonville; and Glenn Meyer, an Air Force veteran and 5th grade teacher at Navy Point Elementary in Pensacola.

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Commercial Embroidery Machines for sale. Two Happy machines. Exc. cond. Orig. sold for \$40K. Asking \$14K. Will not sell individually. Comes with frames for hats, shirts, etc. and supplies. 904-762-5995

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Our new military discount price means greater savings for you. We've increased the discount on every eligible vehicle. Plus, you can combine it with most current incentives - including bonus cash, consumer cash and trade-in allowance. You'll also get the security of Chevrolet Complete Care available on all 2014 purchased and leased vehicles. Backed by 24 months or 24,000 miles of included scheduled maintenance⁵ warranties that cover powertrain, bumper-to-bumper, anti-corrosion and five years or 100,000 miles of roadside assistance with courtesy transportation⁶. USAA members receive an additional \$750 private offer⁷.

** Disclosure = All payments above are based on 760+ beacon score W.A.C. Payments calculated with tax, tag, lic and notary fee of (\$499.50) as down payment. Terms are based on 75 month financing with approved bank financing. Sales prices above are before titl. Pictures for illustration purposes only.



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Over 10 Available

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<p>NOW ON SALE \$10,995</p>  <p>2005 NISSAN MURANO ROOMY AND CLEAN</p>	<p>NOW ON SALE \$11,500</p>  <p>2007 TOYOTA RAV4 SUV CLEAN, ROOMY</p>	<p>NOW ON SALE \$12,998</p>  <p>2012 SCION IQ HATCHBACK GAS SAVER, LOW MILES</p>	<p>NOW ON SALE \$13,495</p>  <p>2003 JEEP WRANGLER RUBICON 4X4, READY FOR THE ROAD</p>
<p>NOW ON SALE \$13,500</p>  <p>2005 CHRYSLER CROSSFIRE LIMITED, CONVERTIBLE</p>	<p>NOW ON SALE \$13,650</p>  <p>2007 TOYOTA CAMRY XLE V6 FULLY LOADED, CLEAN</p>	<p>NOW ON SALE \$16,595</p>  <p>2008 GMC ACADIA SLT-1 VERY ROOMY, CLEAN</p>	<p>NOW ON SALE \$16,995</p>  <p>2008 NISSAN ARMADA LE FFV FULLY LOADED, AND CLEAN</p>
<p>NOW ON SALE \$19,500</p>  <p>2008 JEEP WRANGLER X 4X4, BUCKET SEATS</p>	<p>NOW ON SALE \$20,500</p>  <p>2010 DODGE CHARGER R/T SEDAN SPORTY, FULLY LOADED</p>	<p>NOW ON SALE \$24,995</p>  <p>2008 JEEP WRANGLER X SUV 4DR, 3.8 6 CYL</p>	<p>NOW ON SALE \$27,995</p>  <p>2012 DODGE CHALLENGER R/T SPORTY & RED, LOW MILES, FUN TO DRIVE, FACTORY CERTIFIED</p>
<p>NOW ON SALE \$28,450</p>  <p>2013 RAM 1500 R/T 2WD, SPORTS REG. CAB</p>	<p>NOW ON SALE \$29,995</p>  <p>2013 JEEP GRAND CHEROKEE 4X4, PLENTY OF ROOM, LUXURY TO DRIVE, FACTORY CERTIFIED</p>	<p>NOW ON SALE \$33,500</p>  <p>2010 INFINITI QX56 SUV LOW MILES, CLEAN</p>	<p>NOW ON SALE \$38,450</p>  <p>2011 RAM 2500 BIG HORN CREW CAB, 4X4</p>

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- 2006 CHEVROLET COBALTNOW ONLY \$6,995
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36-Month Lease

40 MPG*



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*\$1989 due at Lease Signing. Includes 1st Month's Payment. Monthly payment includes \$595 acquisition fee. No security deposit required. Excludes taxes, title and fees. **\$2599 due at Lease Signing. Includes 1st Month's Payment. Monthly payment includes \$595 acquisition fee. No security deposit required. Excludes taxes, title and fees.

2014 MAZDA 6

\$209/Mo*

36-Month Lease

38 MPG*



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2014 MAZDA CX-5

\$239/Mo*

36-Month Lease

35 MPG*



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\$199*/Mo.
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2014 VOLKSWAGEN TIGUAN S 2.0T
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 36-Month Lease

*\$2,999 due at signing. (Excludes title, tax, options and dealer fees. Excludes TDI® Clean Diesel and Convertible models.) Expires 2/3/14



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2002 PONTIAC GRAND PRIX



\$1,999⁵⁴

2005 DODGE CARAVAN SXT



\$2,179⁴²

2011 YAMAHA VSTAR 25



\$2,474²³

1999 FORD MUSTANG



\$2,487⁴³

1999 FORD EXPEDITION EDDIE BAUER



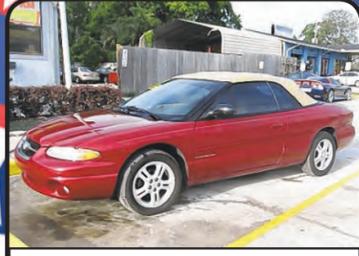
\$2,974²²

2003 NISSAN ALTIMA



\$2,999⁵¹

1997 ACURA RL



\$3,474²⁴

1997 CHRYSLER SEBRING CONV.



\$3,620⁴⁷

2002 DODGE INTREPID



\$3,642⁷³

2006 CHRYSLER SEBRING



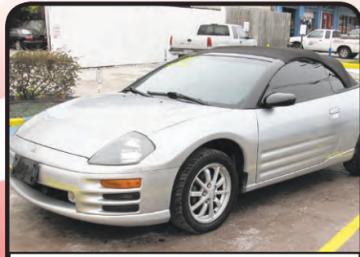
\$3,947⁶²

2005 PONTIAC GRAND AM



\$3,973²⁴

2002 FORD WINDSTAR



\$3,974²¹

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\$3,974²²

2001 HYUNDAI XG300



\$3,988⁴²

1997 JAGUAR XJ6



\$3,994⁵¹

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\$4,595²⁶

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\$4,788⁴⁴

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