

Completing The ARG

Iwo Jima, Ft McHenry Shift To Mayport

See Story/Photos, Pages 4-5



Photo by Katie Callaway
Tugs push USS Iwo Jima pierside as the amphibious assault ship joins USS Fort McHenry (LSD 43), pictured in the background, in completing its homeport shift to Naval Station Mayport on Sunday.

Hanna Park Opens Earlier For Base Traffic

From Staff

To help ease the transition of Naval Station Mayport's newest ships, USS Iwo Jima and USS Ft. McHenry, the city of Jacksonville and the base are working together to provide earlier access to the base through Hanna Park.

During a homeport shift celebration Sunday, Mayor Alvin Brown and NS Mayport Commanding Officer, Capt. Wes McCall, announced that the gate to the adjacent Kathryn Abbey Hanna Park will now open an hour earlier to provide base access to military personnel and earlier entry for patrons to enjoy the park.

"We are honored to be the new homeport of the USS Iwo Jima and USS Fort McHenry," said Mayor Brown. "We welcome the ship

DoD Drivers Must Have Hanna Park Sticker To Use Hanna Park Gate

crew and their families as our new neighbors. Jacksonville plays a key role in supporting our nation's security posture and the United States Navy is a vital part of our community. The arrival of these two impressive ships and mission capabilities highlights the renewed growth of the Navy's presence in Jacksonville. As a convenience to military personnel and an added benefit to park lovers, we are taking this opportunity to expand access to Hanna Park." USS Iwo Jima and



Photo by Katie Callaway

Tugs push USS Fort McHenry (LSD 43) to the pier as it officially shifts homeports to Naval Station Mayport on Sunday. The shift of Fort McHenry and USS Iwo Jima includes 1,300 additional Sailors commuting to the base.

USS Fort McHenry join USS New York, which arrived late last year, to complete the change of port for the Iwo Jima Amphibious Ready Group (ARG) from Norfolk, Va. In total, the ARG brings nearly 2,000 Sailors and marines to Jacksonville.

To help alleviate an

increase in traffic at the base's Main Gate on Mayport Road, the City and the Navy have agreed to open base access through Hanna Park at 6 a.m. The early access begins on Monday, Aug. 18, and will be available Monday through Friday. The agreement

also allows the public to enjoy Hanna Park for an additional hour during the week.

"Naval Station Mayport is thankful for the level of support that the City of Jacksonville gives to its military neighbors. By opening this gate an hour earlier, we will be

able to alleviate a large amount of traffic congestion at our main gate on Mayport Road and enhance the quality of life at the base and surrounding communities," said McCall.

Kathryn Abbey Hanna Park is Jacksonville's premier oceanfront park.

Gain Career Knowledge Through PACT

From Navy Personnel Command Public Affairs

The Professional Apprenticeship Career Track (PACT) program provides unique career opportunities for some first-term Sailors through apprentice-level formal and on-the-job training within a 24-month period.

The main purpose of PACT

is to provide Sailors who are unsure about which Navy career fields interest them an opportunity to learn about different Navy jobs without having to make a decision at the time of enlistment. The PACT program has three apprentice tracks encompassing career fields within aviation (A-PACT), engineer-

ing (E-PACT) and surface (S-PACT).

"PACT places the Sailor in a better position to choose from a variety of ratings and gives them a chance to see a rating in its entirety," said Chief Navy Counselor (SW/EXW/AW) Jesse Reed, Navy Personnel Command Force career counselor. "The Sailor is provided

an opportunity to learn more about a particular rate in order to better make a decision about what path they would like to follow."

Soon after checking aboard their first command, PACT Sailors will meet with their command career counselor and immediate chain of command to discuss personal and

professional goals. They will also discuss rating or job eligibility for potential ratings via the Career Waypoint (C-WAY) system, conduct required Career Development Boards (CDB), PACT designation quotas, and potential time-in-rate eligibility for participation in the Navywide advancement

See PACT, Page 14

Want To See More Of Your Favorite Command?

Check Out The Mirror's Photo Gallery Online At www.mayportmirror.com... Log In And SHARE

USS Zephyr Puts Pause On Patrol

Page 7

Check us out Online!



mayportmirror.com

SLO Promotes Back-to-School Information, Fun, and Games For Mayport Students



Judy Cromartie
School Liaison Officer

The week of Aug. 11 found the School Liaison Officer at Finegan Elementary's and Mayport Elementary's Back-to-School Orientations.

Finegan held their Orientations from 8:30-10:30 a.m. on Thursday, Aug. 14 for grades 3-5 and Friday, Aug. 15 for grades K-2. All grades reported on Thursday, Aug. 14 for Orientation at Mayport Elementary. Grades K-2 attended from 9-10 a.m. and grades 3-5 attended from 2-3 p.m. Sarah Kadis, SLO intern for the summer, helped man the tables at both locations.

On Friday, Aug. 14, the School Liaison Officer sponsored the Military Families Back-to-School Resource Fair from 11 a.m.-2 pm at the Commissary on Friday, Aug. 15.

Over 150 Sailors, spouses, and children stopped by the various organizations' booths to pick up program information, give-a-ways, and tips on Back-to-School success.

KNOWING THE ROPES



The goal of each program is to improve the quality of life of military families and the overall effectiveness of the military community. The programs featured at the Resource Fair included the following:

- American Red Cross
- Chapel/Club Beyond
- Child & Youth Programs
- Communities in Schools: D.R.E.A.M. Project
- Duval County Public Schools: Guidance,

School Choice, Student Services, and Transportation departments

- Fleet & Family Support Center
- Housing
- Military Family Life Counselors
- Military OneSource
- School Liaison Officer
- USO

NS Mayport's outdoor pool was rockin' Saturday night August 16th with the sounds of cool tunes from DJ Jerome Brisbane and screams of excitement from the students participating in the frozen t-shirt contest.



-Photos courtesy of Judy Cromartie

Left, NS Mayport School Liaison Officer Judy Cromartie meets a parent of a Finegan Elementary student during school orientation. Judy was at the school to answer questions and address concerns of NS Mayport families during the transition back to school. Above, kids participate in a frozen t-shirt event at the Youth Activities Center Back-to-School Splash at the outdoor pool.

Hamburgers, hot dogs, chips, and drinks were consumed while the students participated in the games and the parents enjoyed watching it all from poolside. Each child received a CYP tote. The elementary students received a pencil pouch filled with

a pencil, sharpener, glue stick, and eraser. The high school students received a pen and a spiral notebook while the middle school students could choose between the filled pouch or the pen/notebook combination.

It is hoped that the Resource Fair and the Splash will become annual events to

- facilitate relationship among students, military families, and the installation,
- introduce the Youth Sponsorship program and the School Liaison

program to new families, and

- provide resources to ease the back-to-school transition.

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.

Click 'Like' To Learning How To Love Yourself



Chaplain Stephen Cloer
CNSL Ministry Center

CHAPLAIN'S CORNER

As a father of three children, to include one teenager, I am watching day by day how technology has quite dramatically changed how we experience life on a daily basis. Facebook, Instagram, Twitter, and

Netflix delivered via cell phones and tablets make up a lot of our daily down time. It was not too long ago that having a cell phone was just a phone, and a desktop computer with a dial up connection would get you on the internet and connected to email. Oh how times have changed.

The modern day cell phone has literally turned into a personal production studio where a person can create the "All about me" channel on facebook, Instagram, Twitter, etc. We all have the ability to post daily selfies, things we like, and more. I have watched young people taking to this technology

to see how many "Likes" they can get in a given day from something they have posted. I hear kids say, "Yea, I got 100 likes!" or "I got 1,000 followers" as they cheer in victory over their accomplishment. When I ask them, hey how do you know 1000 people, they quickly admit they don't, but that they have that many people following them.

"Lean too much on the approval of people, and it becomes a bed of thorns" Tehyi Hsieh

While it is indeed fun to post something and see how many of our friends click "Like", and we can feel good when we reach more and more followers, but in doing so I would say that we need to watch out for liking the "likes" too much. Here is what I mean. We

as human beings have an inner desire to feel connected to other people. To put it simply, we like to be liked! As a matter of fact we will purposefully hang out with people that we know like us and accept us for who we are. With that being said, people can easily get addicted to seeing how many "likes" they get, and how many followers they have. We are quickly watching as the "Selfie" becomes a part of our daily life, as people post them in search of daily approval.

"Care about what other people think, and you will always be their prisoner." Lao Tzu

Approval addiction is a very real thing, and in the land of cell phone cyberspace we can easily get drawn into the virtual interactions to

gain approval of others when they click "like" or "Follow." So, if you find yourself drifting in the direction of internet approval addiction, take a week or even a month break from that website or app. Pull away and focus more on the daily face to face interactions you have with people by going to lunch together, taking extended time to talk, etc. Do some reading on Approval addiction by doing an internet search for articles, or visit your local book store. Learn to keep life in balance and build quality relationships with people who will build you up in life!

"To the praise of the glory of his grace, wherein he hath made us accepted in the beloved" Ephesians 1:6
God Bless

Service Members Receiving RAND Military Workplace Survey

DoD News, Defense Media Activity

About 580,000 service members have begun receiving emails or letters inviting them to participate in the first RAND Military Workplace Study, Defense Department officials said.

Active and reserve component members in all military branches and the Coast Guard are being invited to participate.

"The survey is unprecedented in its scale and will influence policies that affect everyone in the services," defense officials said.

The survey is voluntary and confidential. No one at the Defense Department will ever see how an individual service member responds, officials stressed.

"No service member may be ordered or pressured to complete the survey or not to complete it," officials said.

Survey respondents

can forward the survey to their personal email addresses and they can complete the survey on smart phones. Service members can use duty time to complete the survey.

Service members will not all see the same survey questions.

The study will help commanders at all levels evaluate current military workplace relations, professionalism and personal safety, officials said. It will have important implications for how the military operates.

It can have implications on military training, justice and services.

The survey is being conducted independently of the Department of Defense by experts at the nonprofit, nonpartisan RAND Corporation. A full and public report of the RAND findings will be available in May 2015.

Command Chaplain
Chap. Karen Rector

Roman Catholic Mass
Sunday 9 a.m.
Monday-Thursday 11:30 a.m.
Holy Day of Obligation (call chapel for schedule)
Confessions: before & after mass or upon request
CCD, RCIA & Adult Ed: Sunday 10:30 a.m.
Baptisms
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
Naval Station Mayport

Capt. Wesley McCall.....	Commanding Officer
Cmdr. Bo Palmer.....	Executive Officer
CMDCM Ross Cramer.....	Command Master Chief

Naval Station Mayport Editorial Staff

MCC William Townsend.....	Public Affairs Officer
GSM3 Hillary Hicks	Assistant Public Affairs Officer
Paige Gnann.....	Editor

The Mirror is distributed without charge throughout Mayport's Navy community, including the Naval Station, on- and off-base Navy housing areas, and ships, squadrons and staffs homeported at NS Mayport. Copies are also available at the Naval Station's Public Affairs Office, Building 1, and The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.

The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

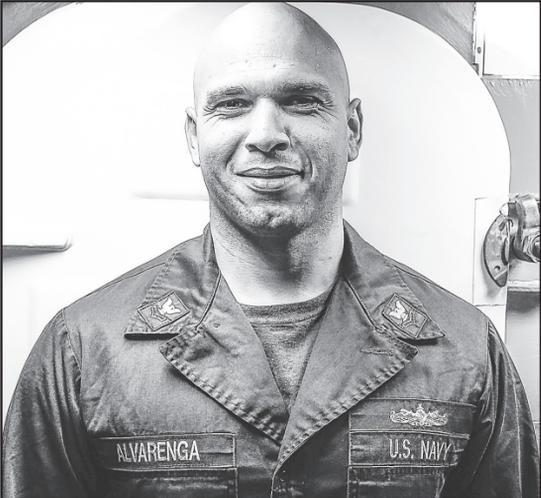
The Mirror
P.O. Box 280032
Naval Station
Mayport, FL 32228-0032
Commercial: (904) 270-7817 Ext. 1012 DSN: 270-7817 Ext. 1012
Commercial FAX (904) 270-5329 DSN FAX: 270-5329
Email: mayportmirror@comcast.net
CO Actionline: 270-5589 or 1-800-270-6307

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of **The Mirror** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Navy. Published by The Florida Times-Union, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Station Mayport, Fla. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, U.S. Navy or The Florida Times-Union, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. The editorial content of this publication is the responsibility of the Naval Station Mayport, Fla., Public Affairs Office.

Advertisements are solicited by the publisher. Inquiries regarding advertising should be directed to:

THE MIRROR
NS MAYPORT, FLORIDA
Ellen S. Rykert • Publisher
1 Riverside Avenue • Jacksonville, FL 32202
(904) 359-4168
Advertising Sales
(904) 359-4168 • (800) 472-6397, Ext. 4168 • FAX (904) 366-6230
Dorothy Krafft • Territory Sales Representative • (904) 359-4680

Mayport Sailor of the Week



FC2 Alvarenga

Name: FC2 Alvarenga Second Class (Surface Warfare)
Job: Fire Controlman CF02 Work Center

Supervisor and Lead Display Technician

Age: 30
Hometown: Las Vegas, NV

Favorite Hobby: Maintaining Peak Physical Fitness

Hero: Father, for showing me how to be the man I should be.

Best Piece Of Advice Received: Don't let the tough things in life effect how you work towards your future.

Goal for Navy: See the world and gain life experience

How has the Navy improved your life?: It has given me the

opportunity to learn skills that I may not have been given the chance to learn outside of the Navy.

Why was this Sailor/Officer chosen to be highlighted?: Petty Officer Alvarenga is the example of what today's Sailor should look like and act. He is always putting others before himself and constantly taking the opportunity to learn and pass

on his experiences to junior Sailors.

As a Work Center Supervisor and technician, he has an unwavering dedication to maintaining his equipment and correcting all deficiencies within Combat Systems. He has made numerous repairs to consoles in the equipment and can boast that he maintains a fully functional Combat Information Center,

a feat not normal to a Frigate in recent years.

As one of two 2M technicians, he has saved the Navy over \$10,000 in repairs during his time on board. He is also Simpson's primary Ammunition Administration Petty Officer maintaining with 100 percent accuracy accountability of every single round of ammunition and reportable material to the Navy.



The Meat&Potatoes OF LIFE



Lisa Smith Molinari
 Military Spouse
 Columnist

formed an underground alliance, hell bent on graduating and getting the heck outta there.

At four-o'clock every day, while I waited for Anna to be released from class, I would see the Driver's Ed teacher, with a permanent smirk on his face, saunter out of the building toward his nondescript gold sedan. He wore drab Hawaiian-style shirt with khakis, and had a wispy comb-over that was an unnatural shade of Grecian Formula black.

Clearly, he saw himself as a sort of celebrity amongst the Driver's Ed students. Nothing but a scurvy little spider in the grand scheme of things, in the realm of the Community College, this teacher had power, control, influence... and his own parking space.

Every day on our drive home, Anna would report what had happened in class. The first couple of days, she ranted about excruciating boredom. But things heated up mid-week, when at lunch, one of the girls admitted her romantic interest in one of the boys. The sophomore revelation was welcome relief from the daily tedium, so the girls exploited this little tidbit of drama to make it last, going so far as writing the boy a giggly anonymous note from his "secret admirer."

"Werr is u, Boo?" I texted Anna from the parking lot on the last day of class. I got no response, but a few minutes later, like some kind of reenactment of the final scene in "The Breakfast Club," the teens came streaming out of the Community College entrance with their final test results in hand.

I realized that, although they had initially defined each other in the simplest terms, the most convenient definitions -- The Dweeb, The Cutter, The Teen Mom, The Dumb Jocks, The Awkward Girls, The Boys with High Hats, and our daughter, The Goofy Military Kid -- these uncommon teens discovered that they shared a common goal. And by accepting their suffering and each other, they found what they were looking for in the first place: freedom.

For more wit and witicism from Lisa, visit www.themeatandpotatoesoflife.com

MAKE YOUR FIRST MOVE WITH US!



We understand that buying a home is a big step. Let Navy Federal help you find your perfect home.

We offer great options for first-time homebuyers.

- > No money down options, including VA loans¹
- > No mortgage insurance
- > \$200 Visa® Prepaid Loyalty Card² after closing
- > Get up to \$1,500 towards your closing costs³



ARMY
 MARINE CORPS
 NAVY
 AIR FORCE
 COAST GUARD
 DoD

TAKE YOUR STEP TOWARDS HOMEOWNERSHIP.

navyfederal.org 1.888.842.6328



Federally insured by NCUA. ¹100% financing loans include an additional funding fee, which may be financed up to the maximum loan amount. ²Special offer available to first-time homebuyers only. Offer available for new applications on first mortgage purchase loans only. Certain product exclusions may apply. The Visa Prepaid Loyalty Card will be mailed to you within six weeks after your loan closes with Navy Federal. One offer per household. ³Special offer available for all first mortgage purchase loans except HomePath®. Member cannot receive cash back from this offer. Certain restrictions may apply. Ask your loan officer for details. © 2014 Navy Federal NFCU 13026 (7-14)

Bring On The Ships!



-Photo by MC2 Damian Berg

The Wasp-class amphibious assault ship USS Iwo Jima (LHD-7) arrives at its new homeport at Naval Station Mayport. The homeport change is part of the Iwo Jima Amphibious Ready Group homeport change in support of strategic dispersal and two viable East Coast surface ship homeports as well as the preservation of the ship repair industrial base in those areas.

USS Iwo Jima, USS Fort McHenry Complete ARG Homeport Shift To NS Mayport Basin

By Lt.j.g. Lily Hinz
Amphibious Squadron 8 Public Affairs Officer

Naval Station Mayport's pier was filled with friends, families and the local community to welcome the newest ships to the basin. More than 1,300 Sailors can officially call Mayport and Jacksonville "home" as of Sunday afternoon when USS Iwo Jima (LHD 7) and USS Fort McHenry (LSD 43) changed homeport from Naval Station Norfolk to Naval Station Mayport on Aug. 17. All three ships that make up the Iwo Jima Amphibious Ready Group (ARG) have made the shift to NS Mayport after much preparation and planning. USS New York (LPD 21) was the first to make the move in December and received a similar welcome from the Mayport and Jacksonville communities.

Excitement filled the air as Iwo Jima and Fort McHenry arrived in the Mayport basin Sunday afternoon. The two ships moored with in a couple hours of each other, and the events culminated with a ceremony on the pier to honor the ARG's Sailors and their families.

"We have been excited about this move since we found out about it in the summer of 2012, and it is great to finally

be here. We received a warm welcome from the base and it has been a very positive experience thus far," said Capt. Jim McGovern, USS Iwo Jima Commanding Officer. Not only did Mayport facilities help to make the homeport shift day a success, but they were also on board first thing Monday morning to provide technical assistance which had been requested prior to the arrival of the two ships.

"We have only been here about fifteen hours and I am already overwhelmingly impressed by the support Southeastern Regional Maintenance Facility, or SERMC, has provided. I could not believe that we got the support we requested in such a timely and efficient manner. I love SERMC!," said Lt.j.g. Grade Waigei Yau, Fire Control Officer on board Iwo Jima.

Both Iwo Jima and Fort McHenry have been busy all summer preparing for the shift, passing inspections and assessments and conducting training in preparation for deployment, but for many, the shift was truly a light at the end of the tunnel.

For Iwo Jima Sailors like Interior Communications Specialist Seaman Andrew Bradley from

See ARG, Page 5



-Photo by MC2 Damian Berg

Sailors from Naval Station Mayport moor the amphibious dock landing ship USS Fort McHenry (LSD 43) after it arrives at its new homeport Naval Station Mayport. The homeport change is part of the Iwo Jima Amphibious Ready Group homeport change in support of strategic dispersal and two viable East Coast surface ship homeports as well as the preservation of the ship repair industrial base in those areas.



-Photo by MC2 Adam Henderson

Aviation Boatswain's Mate Handling 2nd Class Melisa Hawkins assigned to Naval Station Mayport signals to an MV-22 Osprey from Marine Medium Tiltrotor Squadron 365, about passengers being walked to the rear of the aircraft. The passengers are headed to USS Iwo Jima in preparation for the homeport shift.



-Photo by Lt. Cmdr. Cate Cook

Friends and families of USS Iwo Jima line the pier while local media films the arrival of the amphibious assault ship during its homeport shift to Naval Station Mayport on Sunday.



-Photo by Katie Callaway

Sailors aboard USS Iwo Jima get a glimpse of their new homeport as the ship pulls into Naval Station Mayport on Sunday.



-Photo by MC1 Barry Abbott

Sailors and Marines of USS Iwo Jima (LHD 7) and the 24th Marine Expeditionary Unit (MEU) depart the flight deck after manning the rails as the amphibious assault ship pulls into its new homeport of Naval Station Mayport. Iwo Jima is the first big-deck ship to be stationed in Mayport since USS John F. Kennedy (CV 67) was decommissioned in 2007.



-Photo by MC2 Damian Berg

Cmdr. Michael Johnson, assigned to the amphibious dock landing ship USS Fort McHenry (LSD 43), hugs his sons after Fort McHenry arrives at its new homeport at Naval Station Mayport.



-Photo by MC2 Damian Berg

Family members and friends of the Wasp-class amphibious assault ship USS Iwo Jima (LHD-7) Sailors and Marines gather on the pier at Naval Station Mayport to greet the crew as they arrive at its new homeport at Naval Station Mayport.



-Photo by MC1 Barry Abbott

Sailors and Marines of USS Iwo Jima (LHD 7) and the 24th Marine Expeditionary Unit (MEU) depart the flight deck after manning the rails as the amphibious assault ship pulls into its new homeport of Naval Station Mayport.



-Photo by MC2 Adam Henderson

Rear Adm. George Ballance, commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet, welcomes family members of USS Fort McHenry (LSD 43) sailors Aug. 17, at Naval Station Mayport.



-Photo by MC2 Damian Berg

Capt. Wes McCall, commanding officer Naval Station Mayport, speaks during the USS Fort McHenry (LSD 43) and USS Iwo Jima (LHD-7) homeport change ceremony at Naval Station Mayport.



-Photo by MC1 Barry Abbott

Captain James McGovern, Commanding Officer USS Iwo Jima (LHD 7), speaks at the arrival ceremony.

ARG

From Page 4

Chickamauga, Ga., the homeport shift has brought them closer to their families.

"I am closer to my hometown now, which is nice, but I am honestly pretty excited about being closer to these awesome beaches," Bradley said.

Amphibious ships like USS Iwo Jima and USS Fort McHenry provide the nation a crisis response capability and demonstrate the Navy-Marine Corps team in action. Now together with USS New York, the Iwo Jima ARG is finally together, ready to expertly respond to national tasking alongside their Marine brothers and sisters from the 24th Marine Expeditionary Unit.

For more information about the ships of the Iwo Jima ARG, check out the ships' Facebooks at:

- <https://www.facebook.com/USSIwoJimaLHD7>
- www.facebook.com/uss-new-york-LPD-21
- www.facebook.com/uss-fort-mchenry-LSD-43



-Photo by MC2 Damian Berg

The amphibious dock landing ship USS Fort McHenry (LSD 43) arrives at its new homeport at Naval Station Mayport.

ATG Mayport Cleans Up Hanna Park

By Lt.j.g. John Rosa
ATG PAO

Afloat Training Group Mayport volunteers banded together to help clean up Hanna Park recently.

Located out outside Naval Station Mayport, Hanna Park is enormous and has beaches, a fresh water lake, a water playground with fountains, kayaking, fishing, and campsites. The 450-acre park is 17 miles east of Jacksonville and is also known for excellent surfing.

Chief Ship's Serviceman Bernard Jones was the lead for



-Photo courtesy of ATGM

Volunteers from Afloat Training Group Mayport (ATGM) stand together after completing a community relations project cleaning up Hanna Park.

the ATG staff on this volunteer project.

"I feel blessed having the ability to have a positive impact in our community," said Jones. "As

a native of Jacksonville and frequent visitor to Hanna Park with my family, it was a pleasure to clean the park up with my fellow service members."

Chief Electronics Technician Tyrone Matthews from Afloat Training Group said, "It was a nice day out. I really do enjoy helping clean up a place where I bring my family. It is beautiful out here and I want to ensure I am doing my part to preserve the gorgeous parks and beachfront located in Hanna Park."

"I am privileged to

be able to have a group of Sailors who want to make a difference," said Cmdr. Adam Aycock, Afloat Training Group Mayport's commanding officer. "Here at ATG, we have all served at sea and now have a unique opportunity as a Command to make a difference. Hanna Park is a family favorite for locals and the many Sailors stationed in the area. We will continue to do our best to leave a positive footprint and continue to support our community the best we can."

TRICARE Website: Easier to Use

From TRICARE TRICARE.mil unveiled a new design to give TRICARE's 9.6 million beneficiaries clear and easy access to benefit information on July 26. Users now have more ways to browse our site. We've added easier navigation, a login button for quicker access to our partner's secure services, and a section on the homepage dedicated to life-changing events. We've also streamlined and reorganized our content so users can find what they're looking for in the way they're expecting.

We're listening to our beneficiaries. Our new design is the result of an ongoing review about what beneficiaries are looking for when they visit TRICARE.mil. We are using satisfaction surveys, analytics, and user feedback to high-

light key information. We are also closely monitoring our most visited pages and our most frequent search terms on TRICARE.mil. Some of the most popular things that beneficiaries look for include:

- What plan can I use?
- What's covered?
- How do I find a doctor?
- How much will I pay?

We paired these findings with an extensive review of 34 government and private sector health insurance plan websites. This allowed us to apply common industry practices of website navigation, organization, content, naming convention, and readability.

TRICARE.mil is a powerful educational tool for beneficiaries to learn about their health benefits and stay updated on the latest changes.

TRICARE Set To Cover Laboratory Developed Tests

From Health.mil

Beginning in September, TRICARE will cover certain laboratory developed tests under the Defense Health Agency Evaluation of Non-United States Food and Drug Administration Approved Laboratory Developed Tests Demonstration Project. The demonstration also allows TRICARE to cover

approved laboratory developed tests retroactively if the coverage guidelines for the specific test are met.

If a TRICARE beneficiary has paid for a laboratory developed test since Jan. 1, 2013, and it is now included in the demonstration, they may be eligible for reimbursement. Beneficiaries will have to file a claim with their regional contractor

to receive payment.

To find out which laboratory developed tests are covered, and which are eligible for retroactive reimbursement, visit the TRICARE covered services section to see the full list. Most tests must be preauthorized by the regional contractor before they can be covered. Tests approved for the demonstration must be offered by an

authorized provider.

The demonstration allows the Defense Department to perform its own evaluation of a laboratory developed test, establish a list of these tests deemed safe and effective, and establish a process to add new tests to that list. TRICARE will maintain and publish a list of approved tests, and will continually update it as new tests are reviewed and approved for coverage.

'Final Rule' Offers Broader Mental Health Care Coverage

By Amaani Lyle
DoD News, Defense Media Activity

TRICARE military health plan beneficiaries will now have access to both TRICARE-certified mental health counselors and supervised mental health counselors, a Defense Health Agency official said here today.

In an interview with DoD News, Dr. John Davison, DHA's behavioral health branch chief, said the so-called "Final Rule," published yesterday, will go into effect Aug. 18 and is a follow-on to an interim rule published in 2011.

"This will help ensure that no matter where our beneficiaries are living, they can access the services of either a supervised mental health counselor or a TRICARE-certified mental health counselor and still receive high-quality mental health care," he said.

The changes, Davison explained, came about as the result of TRICARE goals to standardize care despite license criteria variation across states. Many beneficiaries elect to keep their current supervised mental health counselors, he added, and TRICARE will continue to authorize such treatment indefinitely.

TRICARE-certified mental health counselors differ from supervised mental health counselors in that the former have the education and training experience that meet Institute of Medicine recommendations, enabling them to practice independently to diagnose and treat mental illness without physician oversight, Davison said.

Beneficiaries can access the services of both types of mental health counselors through TRICARE's managed care support

contractors: United HealthCare, HealthNet Federal Services and Humana ValueOptions.

"These managed care support contractors also provide services of other mental health practitioners such as psychiatrists, clinical social workers and psychiatric nurse specialists," Davison said.

Davison also emphasized that the Final Rule creates no disruption to beneficiaries' current care or services. "If they're receiving care from a supervised mental health counselor and they like that counselor," he said, "they may continue to do so, and TRICARE will reimburse those claims."

Ultimately, Davison said, beneficiaries have ongoing, high-quality mental health care with access to a robust pool of counselors.

Mayport Rolls Up Their Sleeves



-Photo by Paige Gnann

American Red Cross representative Liz Smith presents the "Mayport Challenge Blood Drive" trophy to NS Mayport Commanding Officer, Capt. Wes McCall and one of the command blood drive coordinators, Electronic Technician 3rd Class Catherine Gist, after NAVSTA had the most participation in this quarter's blood drive. The American Red Cross continues to have an urgent need for blood and platelet donations. To schedule a donation appointment, call 1-800-RED CROSS or visit redcrossblood.org.

JDRF Improving lives. Curing type 1 diabetes.

As many as 3 million Americans may have type 1 diabetes (T1D).

JDRF.org • 1-800-533-CURE

A CFC participant. Provided as a public service.

MAYPORT HAIR PORT

HAIRCUT PRICES \$8.00 - 12 & under
\$11.00 Men's
\$16.00 Ladies

Beauty & Barber Shop
Full Hair Care Services

27 Years of Continuous Operation
Veteran Owned & Operated

Hours: Monday 10-5 • Tuesday-Friday 9-6 • Saturday 9-3

Walk-ins Welcome • Appointments Accepted

2292 Mayport Rd. #32 • 904-246-0907

NOW SELLING-FINAL 8 UNITS



Live at the **ST JOHNS TOWN CENTER**

Georgetown

(904) 998-3628

- the only townhomes at the Town Center
- large 3 bedroom, 3 bath townhomes with lanai & balcony
- walking distance to shopping & dining
- gated community
- community pool
- fitness center

DON'T MISS YOUR CHANCE!

PRICED FROM THE MID \$200 S

VISIT NOW FOR BEST SELECTION

SEDA
NEW HOMES

www.SEDANewHomes.com

SEDA Construction Company-CGC020890

USS Zephyr Puts Pause On Patrols

From USS Zephyr Public Affairs

The Cyclone-class coastal patrol ship USS Zephyr (PC 8) was lifted out of the water at Colonna's Shipyard Aug. 8 to undergo a projected 347-day, dry-docking maintenance availability.

Throughout the course of the next year Zephyr will have extensive maintenance performed on the hull and several other areas of the ship.

"It was a sad day for me to watch Zephyr exiting the water because I will not get the chance to put the ship through its paces upon completion," said Zephyr Commanding Officer, Lt. Cmdr. Daniel Follett.

"At the same time, I know the ship will come out of the yards 'fit to fight' and fully capable to be an asset for 4th Fleet. The crew has done a phe-

nomenal job preparing the ship for this maintenance period," Follett added. "They are by far the best and most cohesive crew I have had the pleasure to lead."

Refurbishments and upgrades will be completed on the ship's fin stabilizers, gearboxes, reverse osmosis units, anchor windlass, combat craft retrieval system, communications suite, and messing and berthing facilities.

"I'm really looking forward to the new berthing spaces on the ship," said Boatswain's Mate 2nd Class Anthony Hester. "Gaining more locker space for our personal gear will be a great improvement in our quality of life on board for our deployments."

Some of the ship's crewmembers will take advantage of the time



-Photo by Lt. Cmdr. Daniel Follett

The Cyclone-class coastal patrol ship USS Zephyr (PC 8) is lifted out of the water by a travelift at Colonna's shipyard. Zephyr will receive extensive maintenance, upgrades and refurbishments during a scheduled 347-day dry-docking maintenance availability.

ashore to attend training courses, while others will work alongside shipyard workers to ensure Zephyr completes this dry-dock period as mission ready as possible.

This maintenance period will reset the ship's service life and, upon completion, Zephyr will return to her homeport of Mayport, Fla. as part of Commander, U.S. 4th

Fleet. Patrol craft support maritime security operations in order to maintain access, enhance interoperability, and build enduring part-

nerships that foster regional security in the area of operations which includes South America, Central America, the Caribbean and surrounding waters.

HSM-48 Det, Vella Gulf Arrive In Georgia

By MC3 Weston Jones
Navy Public Affairs Support
Element East Detachment Europe

The Ticonderoga-class guided-missile cruiser USS Vella Gulf (CG 72), with embarked HSM-48 Detachment Two, arrived in Batumi, Georgia, for a scheduled port visit, Aug. 18.

While in Georgia, Vella

Gulf is scheduled to participate in a joint training exercise with the Georgian Navy focusing on signaling and visit, board, search and seizure tactics. Vella Gulf will also host a reception onboard for Georgian dignitaries.

Vella Gulf's mission in the Black Sea is to

work with NATO allies and European partners, demonstrating the United States' commitment to strengthening and improving interoperability while working toward mutual goals in the region.

In addition to experiencing Georgian culture, Vella Gulf sailors will

also participate in a soccer match against the Georgian Coast Guard.

"Visiting Georgia is sure to be a rewarding experience for the entire crew," said Capt. Robert D. Katz, commanding officer of Vella Gulf. "Vella Gulf is committed to regional stability and maritime security with

our partners in the Black Sea."

"We are honored to host a reception, spend a day training together, and see the unique sights of Georgia," Katz added.

Upon departing Georgia, Vella Gulf will continue its deployment in the U.S. 6th Fleet area of operations.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied, joint, and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



...a COMPASSIONATE RESPONSE to a world in need, bringing FREE SURGERIES to the world's poor.



While he works to defend our country, St. Jude works to save his son from a deadly disease.

St. Jude patient, Aaron, with his father Lieutenant Commander, Scott

800-822-6344 • stjude.org

A CFC Participant - provided as a public service.



SWITCH TO THE INSURANCE WHERE 92% OF MEMBERS PLAN TO STAY FOR LIFE¹

USAA members Brett Bonifay
Commander, U.S. Navy, Ret.
and his daughter

USAA Auto Insurance rates beat the competition 3 out of 4 times²

In fact, members who switch to USAA save an average of \$409 a year.²

Competitive rates: just one reason our members are as loyal to us as we are to them.

★ **GET A QUOTE.** usaa.com/insurance or 800-531-8722

¹92% based on 2014 member communications trend survey. ²Savings based on countrywide survey of new customers from 11/1/2012 to 10/31/2013, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products or legal or ownership rights in USAA. Ownership rights are limited to eligible policyholders of United Services Automobile Association. Membership and product eligibility and underwriting restrictions apply and are subject to change. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, and USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2014 USAA. 207910-0814

CNO, MCPON Talk Navy Leadership

From Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Jonathan Greenert and Master Chief Petty Officer of the Navy (MCPON) Mike Stevens discuss leadership in the latest chapter of "Conversation with a Shipmate."

During a trip to the Pacific Northwest region the two leaders sat for an interview with Mass Communication Specialist Second Class Fred Gray to talk about an essential aspect of military service.

"For well over the two hundred years of this great Navy of ours somebody has to lead, has to define the reality to people, their reality and why they are doing what they are doing and what the mission is," said Greenert. Leadership is the foundation of the Navy and its heritage, Greenert added.

During the interview Greenert made two main points about leadership, integrity and character. He said integrity is the foundation of leadership and Sailors have to believe and trust each other. Number two, leaders must have character with a foundation of good ethical behavior. And MCPON highlighted during the interview the need to develop leaders calling it his number one priority.

"If we hope to continue to get better as a Navy," said Stevens, "we have a responsibility to always seek ways to improve leadership and leadership opportunities."

Greenert and Stevens gave the interview Aug. 6, the day after the FY2015 Chief Petty Officer advancement list came out. They welcomed the opportunity to discuss senior enlisted leadership development.

Speaking on the controversy surrounding the changes made to the Chief's training process with the inception of CPO365; MCPON thanked the world-wide Chief's mess for implementing the program so effectively.

"I never asked it to be easy, I want it to be hard, testing and challenging," said Stevens. "I believe we can accomplish that while also treating one another with the dignity and respect I

often talk about."

Greenert recalled three Chief Petty Officers he has encountered in his over 40 years of naval service as instrumental leaders and mentors, as he called them out by name.

"You ask any officer, somebody sat them down at some time and brought them along," said Greenert. "The CPO Mess takes care of our officer corps, the lead the vast majority of the Navy and directs the work that gets done day in and day out."

Both leaders stressed the fact that though senior enlisted and officers need to set the moral example, leadership is something that needs to be cultivated throughout every rank in a military member's career.

"Where there are two Sailors, there will always be at least one leader," said Stevens. "So to me leadership has no rank. Leadership is something that everyone is responsible for, and must embrace."

"I need our E-1s and O-1s to understand the foundational pieces, number one integrity. They have to understand integrity and understand the basics," said Greenert who went on to highlight the importance of integrity, trust and good character in the Navy when people are watching and not watching. "You can't go to sea, with 200 to 300 people and not have trust in them," he said.

Revitalizing incremental leadership such as the Petty Officer leadership and the Senior Enlisted Academy requirements has been a priority for both Greenert and Stevens during their tenures as the top Navy leaders.

Lastly, both leaders answered the question, 'are leaders born or bred?'

"You take someone who can communicate and you give them a foundation of character, understanding of integrity, teach them the importance of a professional skill and you've got a nice mixture of a great leader," said Greenert.

To watch the entire video: <http://www.navy.mil/viewVideo.asp?id=19733>.

CPO Selects Get It Clean



-Photo by Paige Gnann

Above, Chief Petty Officer Selects from around Naval Station Mayport hold a car wash to raise funds for the CPO Ball on Friday. Below, Chief Select Quartermaster Brissetta Gunner of USS Hué City cleans a windshield during a Gas and Glass fundraiser.



Sept. 10th Military Event!

Military receives a FREE Autobahn License. 50% goes to Combat2College & AFF

Prizes available also! • 2 tickets to Talebaha

6601 Executive Park Ct N. • Jacksonville, FL 32216 • 904-425-5005 • www.autobahnspeed.com

\$0 DOWN* ON A LENNAR HOME. JUST FOR MILITARY FAMILIES.



Homes with luxury features are more affordable than ever. Come find yours in these Lennar communities near Naval Station Mayport.

Yellow Bluff Landing

Single-family homes from the \$200's
16253 Tisons Bluff Road, Jacksonville
Only 27 miles from Naval Station Mayport
904-757.1473

Lexington Park

Single-family homes from the high \$100's
1508 Oldenburg Drive, Jacksonville
Only 26 miles from Naval Station Mayport
904-380.0774

Bainebridge Estates

Single-family homes from the high \$100's
15787 Bainebridge Drive, Jacksonville
Only 26 miles from Naval Station Mayport
904-596.4331

Mill Creek at Kendall Town

Single-family homes from the high \$100's
1172 Ballard Ridge Road, Jacksonville
Only 11 miles from Naval Station Mayport
904-751.6510

No other home builder offers this much luxury at these prices. **ACT NOW.** Come see a Lennar community where *Everything's Included®* for one great price.



904.380.0774 • Lennarjacksonville.com

LENNAR

*PURCHASE INCENTIVE: For families with at least one immediate family member with active military status. Seller requiring \$0 down. Zero down offer applies only to buyers who qualify for financing through Universal American Mortgage Company and closing at a designated closing agent. Veteran applicant must have sufficient VA entitlement to qualify for the \$0 down payment. See a UAMC Loan Officer for more information. Mortgage Lender/Service License #MLD549. NMLS #1058. Tax laws are subject to change. Not valid with any other offers. Features vary by community. Prices, features and specifications subject to change without notice. See a Lennar New Home Consultant for details. Copyright © 2014 Lennar Corporation and Universal American Mortgage Company, LLC. Lennar, the Lennar Logo and Everything's Included are registered service marks or service marks of Lennar Corporation and/or its subsidiaries. 7/14 H720402

2014 NAS JAX AIR SHOW

Birthplace of the Blue Angels



They're returning!

Be a part of it!

Enjoy the benefits of advertising your business in the **2014 NAS JAX AIR SHOW "Birthplace of the Blue Angels"** program. This air show features the Navy's world-renowned Blue Angels. Drawing an estimated 275,000 attendees, the air show is a premiere event for the First Coast.

This year's show will take place October 25-26. Don't miss this excellent opportunity of showcase your business.

Distribution: 65,000 copies
32,000 air show programs will be inserted into the three military publications – *Jax Air News*, *The Mirror* and *The Periscope* – on Thursday, October 16.

15,000 copies will be inserted in *The Florida Times-Union* for distribution in Clay County on Saturday, October 18.

15,000 copies will be distributed at the air show.

3,000 copies will be distributed to local hotels and restaurants prior to the show.

Space Reservation Deadline: Monday, September 22, 5 p.m.

Please call Military Sales and Marketing: 904.359.4168.



USS Halyburton Chiefs Keep Legacy Alive



-Photo by Paige Gnann

USS Halyburton Command Master Chief CMDCM Lee Friedlander and the USS Halyburton Decommissioning Chiefs Mess presents a plaque with the United States Navy Chief Petty Officer Creed to NS Mayport Command Master Chief Ross Cramer on behalf of the Naval Station Mayport Chief Petty Officer Club last week. The plaque will be displayed in the Foc'sle Lounge as a lasting memorial to the decommissioning frigate.

511 FLORIDA TRAFFIC INFO

CALL 511 | VISIT 511.COM | TWITTER | FREE APPS

DUCKS UNLIMITED

ducks.org
800-45-DUCKS

13 MILLION ACRES... AND COUNTING

Help us conserve another 13 Million acres.

A CFC participant - provided as a public service

HOVER GIRL PROPERTIES



NAVY SPOUSE OWNED & OPERATED FULL SERVICE REAL ESTATE FIRM

- SALES
- RESIDENT PLACEMENT
- PROPERTY MANAGEMENT
- **EXPERIENCED IN USACE / HAP**

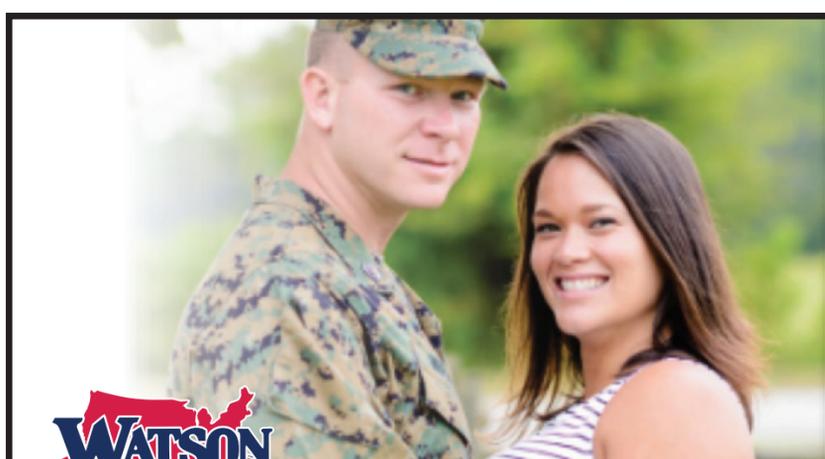
SERVING THE MILITARY COMMUNITIES AT NS MAYPORT & NAS JACKSONVILLE

JOY DOYLE 904-881-7775
JOY@HOVERGIRLPROPERTIES.COM

LARA YEHL 904-248-0332
LARA@HOVERGIRLPROPERTIES.COM

WWW.HOVERGIRLPROPERTIES.COM

HORIZON REALTY OF NORTHEAST FLORIDA, LLC D/B/A HOVER GIRL PROPERTIES



Watson Realty Corp. REALTORS®

I'm glad I chose Watson.



Samantha Heflin, Sales Associate, Watson Realty Corp, North Jacksonville Office

"Being married to a member of the military for 12 years, I have learned to adapt quickly, overcome adversity and confront challenges at every turn."

In the past seven years of service, we have moved seven times and lived in four different states. I have also "survived" three deployments and a recruiting tour.

In 2013, my husband made the difficult decision to get out of the military. I knew it was time to start a career of my own and real estate was what I wanted to do.

I chose Watson Realty Corp. because they thrive on seeing their associates succeed. Not only did they give me, a rookie, a phenomenal opportunity to be a part of a successful team, but they gave me the tools and knowledge I needed to be confident in my abilities and effective in my career.

The team at the North Jacksonville office has been an amazing support. I simply could not have asked for a better team for my first year in real estate."

Contact the career development team at JoinWatson.com.
904.596.5928



1965 **50** 2015





-Photo by MC2(SW/AW) Adam Henderson

Navy Reservists filled 161 billets and Marine Corps Reservists filled four others on the Combined Forces Maritime Component Commander (CFMCC) staff during PANAMAX 2014, held from Aug. 4 through Aug. 15 at six locations, including Naval Station Mayport. Rear Adm. George W. Ballance, seated at left, commands U.S. Naval Forces Southern Command/U.S. 4th Fleet (USNAVSO/4th Fleet), which hosted CFMCC for the exercise. Rear Adm. Jon Matheson, also seated, is the USNAVSO/4th Fleet deputy commander and served as deputy CFMCC commander.

Reservists Play Major Role In PANAMAX

By MC1
Andre N. McIntyre
*U.S. Naval Forces Southern
 Command/U.S. 4th Fleet Public
 Affairs*

Navy Reservists from across the country played a major role in PANAMAX 2014, filling 161 billets on the Combined Forces Maritime Component Commander (CFMCC) staff at Naval Station Mayport and 52 billets at Multi-National Forces South (MNFS) headquarters at Fort Sam Houston, Texas.

The purpose of PANAMAX is to exercise a variety of responses to any request from the government of Panama to protect and guarantee safe passage of traffic through the Panama Canal while respecting national sovereignty. Rear Adm.

Benjamin Calle of the Colombian navy served as CFMCC commander for the exercise, which ran from Aug. 4-15 and included more than 1,200 participants at six locations, with Rear Adm. Jon Matheson of the U.S. Navy as his deputy commander. Matheson, the deputy commander of U.S. Naval Forces Southern Command and U.S. 4th Fleet (USNAVSO/4th Fleet), is a Navy Reservist.

"This exercise is a large one, and in order to make it work we have to staff the manning document appropriately," said Matheson. "It would have been impossible to execute this mission utilizing just the staff from the USNAVSO/4th Fleet team. In order to meet the objectives for this exercise, we needed to rely on augmentees, many of whom were from the Reserve Component, and the wealth of knowledge that they bring from previous experiences and their civilian skill sets."

The exercise involved more than 340 military members at Mayport, where Navy Reservists filled nearly half of the billets. Lt. Monica Iannacone, a Navy Reservist on active duty as the operational support officer and deputy personnel officer for USNAVSO/4th Fleet, was responsible for filling the joint manning document. Her staff members were the human resource managers.

"We screened each reserve billet to make sure we had the best candidate in place," said Iannacone. "The Reservists that we



Operations Specialist 1st Class Gavin Hawthorne, right, of Navy Operational Support Center Pensacola, Fla., talks with Chilean navy Capt. Allan Nettle, the commander of Combined Task Force 801, about high value target locations Aug. 14 during PANAMAX 2014 on Naval Station Mayport.

brought aboard are experts in their fields, which made them key role players to completing the mission, as they held many leadership roles. This exercise depended heavily on them in order for PANAMAX to succeed."

For example, Capt. Steven Grover, the chief staff officer of Navy Reserve (NR) Information Dominance Corps Region Southeast, served as the lead planner for CFMCC fires.

Cmdr. Eric Denis, the executive officer of NR U.S. Cyber Command, directed information operations. For all of the Reservists, PANAMAX represented an opportunity to refresh and sharpen military skills.

"This is the bread and butter for us," said Information Systems Technician 1st Class James Lane, a member of NR Commander Destroyer Squadron 40, Detachment Bravo, and an account executive in civilian life. "We don't get 365 days a year to get hands on training like this," said Lane. "We have to do it in two weeks. So, we have a lot of initiative to step up our game when we report to our Navy jobs."

During the exercise, Lane was leading petty officer for the communications cell, which maintained CENTRIXS systems CFMCC used for much of the work it did.

"The communica-

tions unit is the backbone of the operation," said Lane. "Without us, orders could not be passed and instruction can't be received." For the exercise, 80 military members from Brazil, Chile, Colombia, Costa Rica, the Dominican Republic, El Salvador, France, Jamaica, Guatemala, Honduras, Mexico, Panama, Paraguay and Peru participated on the CFMCC staff. "I had a preconceived notion before this exercise, but that has all changed," said Lane. "I have always thought that the U.S. military is the brightest and sharpest tack on the wall, but we all have something to bring to the table." MNFS was commanded by Maj. Gen. Joseph DiSalvo of U.S. Army South, the U.S. Southern Command. Capt. Joey Dodgen, the commanding officer of the USNAVSO/4th Fleet reserve unit, was among the Navy members attached to the MNFS headquarters staff. "Due to the complex maritime environment surrounding the Panama Canal, it was imperative to have the right naval representatives available to advise the commander and to liaise with the other land and air components to create a synergy of effort," said Dodgen. The commander's staff relied heavily on their expertise, and the



-Photos by Andre McIntyre

Above, Lt. Tim Cox, of Navy Operational Support Center Louisville, Ky., consults with a Colombian navy officer in the Fleet Combat Center on Aug. 14 during PANAMAX. Below, Information Systems Technician 3rd Class Adriana Nuevo, of Navy Operational Support Center Puerto Rico, breaks down communications equipment Aug. 14 at the conclusion of PANAMAX 2014.



Navy members succeeded in transferring a great deal of knowledge to U.S. and partner-nation participants, but the work wasn't easy, Dodgen said. "Integrating with the U.S. Army-led headquarters in a maritime-centric environment provided many challenges," he said. "Add to that 17 partner nations and a language barrier, and you see how complex this operation really is. Our active and Reserve Sailors really answered the call and gained the respect of their U.S. and partner nation peers. I

was very proud of their strong, professional representation of CFMCC and as naval warfare subject matter experts." An important goal of PANAMAX was to develop and sustain relationships that improve the capacity of emerging partners' security forces to achieve common desired goals while fostering friendly cooperation and understanding among participating forces.

"This is an exercise in which many challenges intersect, but in the end we worked through them," said Matheson.

"By integrating, we became better. Some of the things we worked through were different languages, national caveats, perspectives and capabilities, but during the exercise we learned a lot and also got the best from one another."

"PANAMAX is a fantastic opportunity for all of us to understand the challenges that are going to exist," said Matheson. "It is important because in the event of a humanitarian assistance or natural disaster effort in our hemisphere, we will need to come together quickly and be effective."



-Photos by MC2 Justin Wolpert

Chief of Naval Personnel, Vice Adm. William "Bill" Moran answers a sailor's question during a tour aboard the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80).



Gas Turbine System Technician (Electrical) 2nd Class Delicia Bartee gives Moran a tour of an engineering space during hip tour aboard USS Roosevelt. Roosevelt is deployed as a part of the George H.W. Bush Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th fleet area of responsibility.

CNP Talks Service, Stability, Leadership

By MC3 Jeffrey Madlangbayan

USS George H.W. Bush Public Affairs

The chief of naval personnel (CNP) and fleet master chief responsible for manpower in the Navy visited forward deployed units in the Arabian Gulf to meet with Sailors, Aug. 9 and 10.

Vice Adm. William Moran, CNP, and Fleet Master Chief April Beldo, Moran's senior enlisted advisor, spoke to the crew of the aircraft carrier USS George H. W. Bush (CVN 77) during a televised all-hands call on Site TV where they addressed Sailors' questions.

"It's great to be here, and we've been here all day talking to a lot of Sailors from many departments," said Moran. "We got a lot of great feedback during our conversations with them, and we appreciate it."

Moran and Beldo received questions from Sailors and discussed topics such as retirement plans, benefits, advancement policy, rating billets, and sea and hazardous pay.

"We're trying to stabilize advancement opportunities for all of the rates in the Navy," said Moran. "There are some rates that are really tough. We are trying to figure out ways to increase opportunities so when Sailors take the exam they have a better chance to advance to the next pay grade."

Recently, more than 50 1st class petty officers throughout the strike group were selected to advance to chief petty officer. Moran took time to acknowledge and congratulate the chief selects for their hard work and dedication to the Navy.

"I'd like to give a shout out to all of the chief selects out there who made it just recently,



Moran speaks with Gunner's Mate 2nd Class Jeff Straus about visit, board, search and seizure (VBSS) team gear during a tour aboard USS Roosevelt (DDG 80).

you've earned it," said Moran. "There are 52 chief selects across the strike group and that is outstanding. I saw many of them down at the mess decks and I'm really proud you all for making it to this milestone of your career. I look forward to seeing you all with anchors on your uniform in September."

Moran offered words of wisdom to Sailors who still endeavor to make chief some day.

"For those of you that want to make chief our opportunity is still above historic norms and we don't see that changing in the future," said Moran. "So continue to work hard, test well and you'll see some great results in the future."

During their visit, Moran and Beldo visited many of the ship's departments and squadrons, dined with service members and viewed

the ship's daily operations. Moran later met with the chief petty officers during a visit to the chiefs mess, and also spoke with officers during an officers call in the wardroom. In addition to his visit to George H.W. Bush, Moran also took time to visit Sailors aboard USS Roosevelt (DDG 80) and USS Philippine Sea (CG 58).

Moran added that he wanted to remind Sailors that their country continues to stand by them, and he personally appreciated what the crew does in support of operations.

"Thank you for the great questions you all sent in," said Moran. "We really appreciate the opportunity to get around and talk with you. I couldn't be more proud of the work you're doing. Keep up the great work."

Beldo offered her

appreciation to the crew of George H.W. Bush for their kindness and service to their country.

"Thank you so much for the hospitality from the crew," said Beldo. "We had a great visit during the past few days. We're really impressed with the work and the tone of the fleet force out here. You're doing a great job out here."

CNP is responsible to the chief of naval operations for the Navy's man-

power readiness, and also serves as deputy chief of naval operations (manpower, personnel, training and education) and oversees the Bureau of Naval Personnel, Navy Personnel Command and the Navy Manpower Analysis Center.

Commanded by Rear Adm. DeWolfe Miller, George H. W. Bush Carrier Strike Group (GHWB CSG) is comprised of the aircraft carrier George H.W. Bush,

Carrier Air Wing (CVW) 8, Destroyer Squadron (DESRON) 22, guided-missile cruiser USS Philippine Sea (CG 58), guided-missile destroyer USS Truxtun (DDG 108) and guided-missile destroyer USS Roosevelt (DDG 80).

GHWB CSG deployed Feb. 15 and is supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.



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)

Many design options and upgrades available

Riverfront Community Park

Call (904) 619-1928 cedarbayjax.com



GREENPOINTE HOMES

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

GLOBAL SCENE TRAVEL

TAMPA BAY BUCS vs BALTIMORE RAVENS
October 11-12, 2014
Tampa Bay, Florida

Tour Package includes:
Transportation, Dinner, Hotel, Game Tix, Evening Social.

Package \$240.00 pp (based on double occupancy)

[Facebook.com/Globalscenetravel](https://www.facebook.com/Globalscenetravel)
Go to www.globalscenetravel.com to book
904-874-0530

All Beach Body

922 7th Avenue South
Jacksonville Beach, FL 32250

10% Military Discount
(with I.D.)

USAA Insurance Shop

Cell: (904) 671-2511 • Shop: (904) 595-5441

Paint / Body Shop
Custom WorkMechanical / AC
Auto Repair / Diagnostic



Make saving lives your part-time job.

octapharma plasma

Donate plasma. Save lives. Earn up to \$400 per month.*

- All donors must:
- Be age 18-64 and in good health
 - Have a valid picture ID and Proof of SSN. See website for details.
 - Be able to show proof of residence postmarked within last 30 days

www.octapharmaplasm.com

Plasma donations are vital to the treatment of rare, chronic and genetic diseases, which means that plasma donors get paid to save lives.

*Programs and fees vary by location. Contact your local center for details.

Bring in this coupon for an extra **\$5** on your first donation.

Jacksonville: 904.805.0381 • 978 N. Arlington Rd. Suite 11, Jacksonville FL, 32211 • Orange Park: 904.276.2084 • 2141 Loch Rane Blvd, Orange Park FL, 32073

MWR Runners Celebrate End Of Summer



-Photos by MC2 Damian Berg
Sailors, Soldiers, Coast Guardsmen and their families run during the 2014 Summer Fest 5K Run at Naval Station Mayport. The annual run is one of 12 5Ks hosted by Moral Welfare and Recreation fitness Center.



Sailors, Soldiers, Coast Guardsmen and their families hold up their 2014 Summer Fest 5K Run t-shirts after the 5K held on Naval Station Mayport.



Command Master Chief Ross Cramer, Naval Station Mayport, signs up for the 2014 Summer Fest 5K Run at Naval Station Mayport.

VPK 2014 - 2015
VOLUNTARY PRE-KINDERGARTEN



BEACHES ACADEMY
Gold Seal Quality Care Center
An A.P.P.L.E. Accredited School

1725 Penman Road
Jacksonville Beach
904-246-3885
www.beachesacademy.com
Lisc # C04DU0084

FREE FOR ALL FOUR YEAR OLDS
For all children turning four on or before September 1
FREE BREAKFAST & LUNCH
8:30 - 12:30

FIFTH THIRD MORTGAGE IS A PROUD MEMBER OF THE JACKSONVILLE COMMUNITY.



Give us a call today to see what we can do for you!

Chris Clemente
Mortgage Loan Originator
NMLS #117752
Cell/Text: 904-945-3929
Fax: 904-483-2259
Chris.Clemente@53.com

Visit www.53.com/mlo/chriscllemente to apply securely online.

Specializing in VA Home Loans!

Competitive rates & closing times!

Loans subject to credit review and approval. Prices and programs subject to change without notice. Fifth Third Mortgage Company, 5001 Kingsley Drive, Cincinnati, Ohio 45227 an Illinois Residential Mortgage Licensee. Fifth Third Mortgage is the trade name used by Fifth Third Mortgage Company (NMLS #134100) and Fifth Third Mortgage-MI, LLC (NMLS #447141). Fifth Third Bank, Member FDIC. Equal Housing Lender.



Auto Skills Center
August Special: 10% off lift fees and 4-Wheel Brake Job \$140. 270-5392

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

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 Wednesday: Whiffle Ball Wednesdays. 5 pm at Castaway's. Bring your friends and play some Whiffle Ball! 270-7205

Aug. 22: XBOX 360 Madden 25 Tournament. 7 p.m. at Castaway's Lounge. FREE! Great prizes

Aug. 30: UFC 177- Dillashaw vs. Barao II. 9 p.m. at Castaway's.

Community Activities
Aug. 22: Outdoor Movies- Free Birds (PG). Film begins at Sunset behind Beachside Community Center. FREE. 270-7205

Aug. 29: Outdoor Movies- Cloudy with a Chance of Meatballs (PG). Film begins at Sunset behind Beachside Community Center. FREE. 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 50-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-

Block Party

Saturday, Sept. 6
5-8 pm at the Teen Center

Sponsored by
Military Family Life Counselors
Mayport Teen Center

- Free Food!
- Games (Let's get messy!)
- Prizes
- Dunk Tank with Local Principles & NS Mayport Command Staff and School Liaison Officer
- Cornhole Tournament

5431
Chicken Wednesdays: Every Wednesday, 11 a.m.-1:30 p.m., at Foc'sle Lounge. Enjoy an all-you-can-eat Fried Chicken Buffet with side for just \$8.

Italian Buffet Fridays: Every Friday 11 a.m.-1:30 p.m., at Foc'sle Lounge. Enjoy salad, pasta, sauces, meatballs and garlic bread for only \$8.00.

ITT Jaguars Football Tickets on Sale Now. Purchase tickets for the 2012 Jaguars Football Season. Section 149 \$70.00. 270-5145

Jacksonville Suns Baseball. Ticket of sale now. Tickets run \$5.50-\$11.50. 270-5145

Catty Shack Ranch Tickets Available: Adult Day Time Tickets (1-4 pm) \$8.50. Child Ticket can be purchased at gate for \$5 for ages 3-11, 2 & under free. Adult Night time tickets (after 6 pm) \$13.50. Child Ticket \$10 for ages 3-11, 2 & under free.



Liberty Call
 The following activities target single or unaccompanied Sailors. For more information, call 270-7788/89 or stop by the Mayport Liberty Center and pick up the monthly activity calendar with a complete listing of all upcoming Liberty events.

Aug. 21: Dinner Trip: Hooters. Van departs 5 p.m. Transportation only.

Aug. 22: Movie Trip: "Sin City: A Dame to Kill For". Van departs 5:30 p.m. Transportation only.

Aug. 23: Starlight Movie. At Liberty

Center. Enjoy a movie under the stars! Starts at 8 p.m.
Aug. 24: A Day at the Beach- Huguenot Park. Van departs 9 a.m. FREE.

Aug. 26: Billiards Tournament. 4 p.m. at Liberty Center.

Aug. 28: Jacksonville Jaguars vs. Atlanta Falcons. Van Departs 4:30 p.m. at Liberty Center. Cost \$15. Sign up by Aug. 26.

Aug. 29-31: DragonCon. Trip includes transportation and hotel; Cost \$55; guests \$75 (must be 18+). Van departs 4:30 p.m.

Child and Youth Programs

Aug. 29: Freedom Friday "Rock 'n Glow". 7-11 p.m. at the Youth Center. Cost is \$10 advanced sign-up and \$12 day of, space permitting. 270-5680

Intramural Sports

Aug. 25-28: Pre-Season Flag Football Tournament. Sign up by Aug. 18. 270-5452

Aquatics

All Summer: Pool Open for Recreation Swim Open Full Time. Tuesdays-Fridays 12-6 p.m. Saturdays 11 a.m.- 6 p.m. Sundays and holidays 1-6 p.m. Active Duty and children ages 2 or under free. Entrance fees are ages 13-15 \$1.50, and ages 16 or older \$2.00. Season passes available for sale at ITT. 270-5101/5425



Mayport Bowling Center

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

Saturday Nights:

Xtreme Bowling.

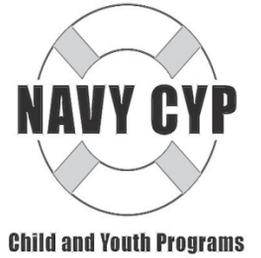
8-11 p.m. every Saturday at Mayport Bowling Center. \$10 include 2 hours of black light bowling, shoe rental, prizes and dazzling laser light show. 270-5377

Sunday Nights: Bowling Family Fun Night. 4-7 p.m. at Mayport Bowling Center.

Cost is \$10 per person and includes your choice of a 1/4 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

Windy Harbor Golf Club

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



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	0930 Yoga	0700 Sunrise Yoga	0700 NOFFS Ⓟ	0730 Command Bootcamp Ⓟ	0930 Zumba	
0930 Zumba	1630 Step	0945 Zumba	0930 Fitness Fundamentals	0945 Zumba	1100 Vets Yoga	
1130 Circuit Conditioning		1130 Strength Training For Women	1130 Zumba	1130 Yoga		
1500 Strength & Conditioning			1700 Yoga			
1630 BOSU Bootcamp						
1800 Zumba Step						
GROUP EXERCISE ROOM 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
0700 TRX	1130 TRX	1130 Yoga	1130 TRX	0930 CORE & Flexibility		
1800 13th Clinic	1300-1500 CFL NOFFS/TRX By Appointment Ⓟ	1600 TRX				
NATATORIUM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1130 Aqua Rehab	0630 Aqua Fitness		0800 Deep Aqua	0730 Command Aqua Ⓟ		
	0800 Deep Aqua		1430 Aqua Rehab			
OUTDOOR POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	0930 Aqua Fitness	0930 Aqua Fitness	0930 Aqua Fitness	0930 Aqua Fitness		
STRENGTH/CARDIO B						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1130 KB Conditioning	1600 Rowing		1130 Rowing		
INDOOR CYCLING ROOM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1130 Cycling	1130 Strength & Cycle	1130 Cycling				
HIGH INTENSITY TRAINING (HIT) AREA						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1130 HIT	0700 HIT	0630 Intro to HIT	0700 HIT	0930 HIT		
1630 HIT	1130 HIT	0930 Intro to HIT	0930 HIT for Women	1130 HIT Gymnastics		
	1600 Intro to HIT	1130 HIT	1130 HIT			
			1600 Intro to HIT			

All "Command" classes, denoted by a Ⓟ, are for active duty only

BEACHSIDE BINGO

Extravaganza – Over \$43,000 Payouts & Prizes
 September 26th, 2014 - 6:30pm

Tickets are \$200 and **MUST BE PURCHASED PRIOR TO THE EVENT**
 All Games Paper Only - Additional packs will be available at the event for \$100
 1 - \$25,000 Giveaway 7 - \$1,000 Games 17 - \$500 Games Appreciation \$1,199

<p>EARLY BIRD GAMES</p> <p>1. Blue Border Six Pack \$100</p> <p>2. Orange Border Double Bingo \$100</p> <p>3. Green Border Any Straight Line \$100</p> <p>4. Yellow Border Postage Stamps - 4 corners \$100</p> <p>5. Pink Border Any Straight Line \$100</p> <p>REGULAR PROGRAM</p> <p>6. Yellow Single Card Layer Cake \$1000</p> <p>7. Blue Border Letter T Any Direction \$500</p> <p>8. Orange Border Double Bingo \$500</p> <p>9. Green Border B & O Row Only \$500</p> <p>10. Purple 3-on Part 1 - Single Coverall \$200 Part 2 - Double Coverall \$1000</p> <p>11. Yellow Border Block of Nine Anywhere \$500</p> <p>12. Red Single Card Single Coverall with Wild # \$1000 10 Minute Break</p>	<p>I ♥ Bingo</p> <p>13. Pink Border Single Bingo \$500</p> <p>14. Gray Border Double Bingo \$500</p> <p>15. Green Single Card Large Frame \$1000</p> <p>16. Olive Border Any Straight Line \$500</p> <p>17. Brown Border 2 Postage Stamps \$500</p> <p>18. Blue Single Card Letter X \$1000</p> <p>19. Red Border Double Bingo \$500</p> <p>20. Purple Border Single Bingo \$500</p> <p>21. Odd or Even Coverall Grey Single Card \$1000</p>	<p>22. Black Border Any 2 Lines \$500</p> <p>23. Aqua Border Check Mark \$500</p> <p>24. Purple Single Card Coverall \$1000</p> <p>25. Lime Border Small Picture Frame \$500</p> <p>26. Tan Border Any 2 Lines \$500</p> <p>27. Blue Border Single Bingo \$500</p> <p>28. Double Action Coverall \$500</p> <p>29. Brown Single Card Appreciation - Coverall \$1,199</p> <p>30. Blue 3-on JACKPOT Part 1 - Single Coverall \$200 Part 2 - Double Coverall \$500 Part 3 - Triple Coverall \$25,000</p> <p style="text-align: center;">MWR MAYPORT</p>
---	---	--

FFSC Workshops Available

Aug. 25, 2014 1330-1500 Targeting Your Resume, BLDG 1, RM 702

Participants will learn how to highlight their skills and experiences as they directly relate to the each job they are applying for.

Aug. 25, 2014 1800-1900 IA Family Connection Group, USO, Mayport RD

Open discussions where spouses and family members can ask questions and connect with other family members of deployed IA

service members. This group meets once a month and child care is provided for free!

Aug. 27, 2014 0800-1200 Capstone Event (All Pay Grades), BLDG 1, RM 1616

The final component of Transition Goals, Plans, Success (TGPS). During Capstone, Individual Transition Plans (ITP) are reviewed and the completion of CRS is verified and recorded on the ITP checklist (DD Form 2958).

Aug. 27, 2014 0900-1300 Organizing

Your Job Search and Networking, BLDG 1, RM 702

Participants will gain the tools and strategies necessary to map their career paths, organize and perform an effective independent job search, and how to build their own network of peers for continued support.

Aug. 27, 2014 1100-1230 Raising Financially Fit Kids, BLDG 1, RM 719

Studies show that the single most important place where children learn about money is in

the home and the most important teachers are their parents. Join us and learn how to raise financially fit kids.

Aug. 28, 2014 0900-1100 SAPR Victim Advocate Refresher Training, BLDG 1, RM 104

Credentialed Victim Advocates must complete 32 hours of refresher training every two years to maintain credentials and receive the latest SAPR Program updates.

10th Annual Jason Burnett Memorial Ride

Join us on Sept. 12-13 for the 10th Annual Jason Burnett Motorcycle Ride. Ride registrations benefit the USO care package campaign. Participants can enjoy food, raffles, live music and a silent auction after the ride to benefit the Greater Jacksonville USO. For more information, visit usobenefitride.com.

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!

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. Sign up for the USO newsletter by emailing lquinn@uso-jax.com

Resident of the Week



-Photo courtesy of Balfour Beatty
Balfour Beatty Communities would like to congratulate Ronald Staffelli who is the Resident of the Week! We appreciate the Staffelli Family and all of our residents who live with Balfour Beatty Communities! Will you be the next Resident of the Week? For more details about the program, please call 904-270-8870.

Aug. 21, 28

The University of Florida Institute of Food and Agricultural Sciences Florida Master Naturalist Program Freshwater Wetlands Module sponsored by the St. Johns County Recreation and Parks and Duval County Extension will be offered throughout August. Classroom sessions will be held at Trout Creek Park, 6795 Collier Road, Orangedale, Florida.

This program is for adults who want to learn more about Florida's environment. Individuals as well as educators and those in the eco-tourism business can benefit.

Teachers may receive up to 40 hours continuing education credits. Topics include: ecosystems (swamps, marshes, and permanent wetlands), key plants and wildlife, and the role of humans in shaping the environment.



Each module includes classroom presentations, videos, field trips, and practical interpretation. Advance registration is required. Course fee is \$225.

Course instructors are Ayolane Halusky and Carol Wyninger. Student requirements include attendance, participation, and enthusiasm! For registration and program information contact the web site www.masternaturalist.org. For further questions contact Carol Wyninger at (904)220-0232 or wyninger@comcast.net, or Ayolane Halusky at (904) 209-0348 or ahalusky@sjcfl.us.

Saturday, Aug. 23
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. 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.

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

the program is free.

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

Monday, Aug. 25
Duval County Cooperative Extension Service, in cooperation with BEAM, will be holding monthly education classes for the general public on various gardening subjects. The classes will be at BEAM in the conference room from 6-7 p.m. BEAM is located at 850 6th Avenue, South, Jacksonville Beach 32250. Although classes are free, space is limited so participants are asked to call Jeannie at 255-7450 to register and obtain directions, if needed.

Saturday, Aug. 30

Want to find out how to lawn bowl or play croquet? Join a ranger at 2 p.m. on the green to learn about these fun outdoor games. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary.

Sunday, Aug. 31

Now that the Summer Boating Season is in full swing, it's the perfect time to learn how to boat safely. The United States Coast Guard Auxiliary Flotilla 14-2 is presenting the About Boating Safely Class at the Fort Caroline Community Club located at 4131 Ferber Rd. Jacksonville, FL 32277. Class starts at 7:30 a.m.

Cost of the class is \$20 for individuals or \$30 for 2 persons that can share materials. Passing the class will

earn you NASBLA certification as well as the Florida State Boating Education Card, which is required for all persons born after January 1st, 1988 in order to operate a recreational vessel in the state of Florida. To sign up contact: Charles Hayes, charles.s.hayes@gmail.com, (904) 652-7767 before Aug. 28.

Saturday, Sept. 6

A Canning Workshop "Beautyberry Jelly" come learn to make and take home some of the product made at Duval County Canning Center, from 9:00 AM - 1 PM. Cost is \$20 with limited space; with pre-registration and pre-payment being required. Please contact Jeannie Crosby @ 255-7450. Make checks payable to: DCOHAC and mail to: Duval County Extension Office, Attention: Jeannie.

PACT

exams.

"It is detrimental to the Sailor if commands are not engaging with the progression of their PACT designated Sailors," added Reed.

PACT Sailors who are not designated into a specific rating within

12-months on board their first duty station may apply for an available Navy "A" school quota provided that they have maintained PACT program and "A" school eligibility. If a Sailor has not received a quota into a new rating within the

original 24-month window, their projected rotation date will extend to their end of active obligated service. If they don't pick up a rating by their EAOS, they will be separated.

For more information about PACT informa-

tion visit the following sites: <http://www.public.navy.mil/bupers-npc/enlisted/detailing/shore-specialprograms/Pages/PACTDetailing.aspx>, and <https://www.cool.navy.mil/enlisted/pact.htm>.

From Page 1

Naval Officers' Spouses' Association of Mayport is hosting a

FLIP FLOP SOCIAL

for new and returning members

Thursday, August 21st
10:00-12:00
3678 Oriskany, Naval Station Mayport

Make new friends and learn more about NOSA at our 2014-2015 kickoff event. Prize awarded for BEST FLIP FLOPS!

Free babysitting provided

NOSA yearly dues are \$25 (cash or check)
Membership forms will be available



If you are unable to attend but would like more information, please contact NOSA President Lindsay Crossman at absolutxman@earthlink.net or check out our website: www.orgsites.com/fl/nosamayport

Never leave your child alone in a car.

Your car heats up faster than you think. Help reduce the number of deaths from heatstroke by remembering to ACT.

A: Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute.

C: Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination.

T: Take action. If you see a child alone in a car, call 911.

Take them with you.

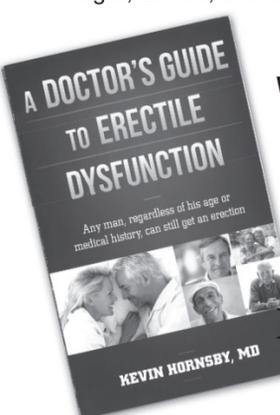
SAFE KIDS WORLDWIDE
safekids.org

PERFORMANCE ON A WHOLE NEW LEVEL



"The Hornsby Method"

Developed by Kevin Hornsby, M.D., The Hornsby Method is designed to perform where other treatments and medicines like Viagra, Levitra, and Cialis fail.



We urge you to learn more. Take the first step!



All calls are held in complete confidence.

MEN'S MEDICAL CLINIC 1-800-777-1922
Board Certified Urologist endorsed

Maintenance / Janitorial Services

Life Care Center of Orange Park
Now Hiring

FT MAINTENANCE ASSISTANT
HVAC exp req, Electric & Healthcare exp a plus

Apply at:
2145 Kingsley Ave.
Orange Park, FL 32073
Ph # 904-272-2424
Fax # 904-272-0013

Work At Home

Military personnel and families wanted to help expand global health and wellness company. Call toll free for pre-recorded message 888-722-2154

Lawn Service / Landscaping

A SOD Replacement Removal & Instal \$300, per pallet, sod & labor incl. No fees up-front. 7 days wk 904-868-7602

Merchandise

AC, Heating, Fuel Antiques
Appliances
Arts & Crafts
Auctions
Building Supplies
Business/Office Equipment
Clothes
Collectibles
Computer
Craft/Thrift Stores
Electronics
Estate Sales
Farm/Planting
Fruits/Vegetables
Furniture/Household
Garage Sales
Garden/Lawn
Hot Tubs/Spas
Jewelry/Watches
Kid's Stuff
Machinery & Tools
Medical
Miscellaneous Merchandise
Musical Merchandise
Photography
Portable Buildings
Public Sales
Sporting Goods
Tickets
Trailers
Wanted to Buy or Trade

Appliances

Appliances, buy, sell, trade & repair W/Ds, Refrigs., stove, \$85-up wrnty. Mon-Sun. 9-7. Delivery 904-695-1412

COMBO-Washer/Dryer set.
Top loaders \$500 obo. 912-573-9265

KENMORE-Washer/Dryer Set.
Can deliver. 904-994-0100. \$280

Estate Sales

B. LANGSTON'S PRESENTS WATERFRONT HOME
Fine furniture, lots of musical instr., Waterford, china, books, elects, etc. 10538 Broomesdge Ct. Thurs. 4-7, Fri./Sat 9-5 blangston.com/904-642-1003

Furniture / Household

TABLE, oak w/4 upholstered chairs. Good cond., asking \$150 for set. 912-729-2939

WEBER SPINET PIANO
Like new Weber Spinet model 114F piano, 5 years old. Cherry finish. Bench included. Orange Park. Buyer must pick up \$1200. 904-406-9613

Garage Sale

SAN MARCO- GARAGE SALE
Household Items, office supplies, clothing, small furniture, no early birds. Fri. 8/22 & Sat. 8/23, 8a-2p. 2835 Lorimier Terrace.

Garden / Lawn

LAWN MOWER-Toro Recycler self propelled 22" cut, high wheel, serviced, looks & runs great \$155. 904-502-1748

LADDER 6' Fiberglass type 1 250lbs Werner brand. Some paint/sealant stains but in exc cond. \$22. 502-1748

LADDER alum. 2-8' = 14' extends \$65. New shingles left-over 2-26 gauge 6" alum drip 10' long heavy 28"x8" galvan. flashing \$50. 384-7809

YARD VAC. Craftsman self propelled, vac shred, & chip. Serviced recently. Looks & runs great. 904-502-1748

Jewelry / Watches

Beautiful Quality Ladies Engagement Ring 1.21 CTW Diamond. Appraised \$7200. Sacrifice for \$2500 firm. 904-220-9276

Ladies Diamond Solitaire 1 1/2ct Princess cut 14k white gold sz6, \$4200obo. 269-1478

Medical

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

Misc. Merchandise

52" Sharp Aquos 1080P TV & Blu-Ray Player, exc. cond. \$450. 904-616-6008

CEMETERY LOTS (5) Jax Mem. Gardens Hillside Location single/multi qty \$1600ea. 904-771-7295

GIRLS 20" BIKE, pink purple white exc \$45. Michelin Radial LT X P 265/70R16 exc \$75. healthy potted sago's \$7. Plus different sizes. 904-384-7809

Like new Jazy motorized wheel chair with access. & motorized lift to place chair in rear of mini-van. \$2000. 904-786-0037

PLAYER PIANO ROLLS - QRS Rolls. Hundreds to pick from. Exc. cond. \$7.50ea. 904-772-0301

Sporting Goods

ATV-Argo Vanguard '93 - 6 wheels winch, low hours, good condition, well maintained. \$2500. 904-645-0630

Complete set of scuba equipment with dive bag. Underwater camera with extra's. Contact Intsbuddy@aol.com (reference Dive Gear) for complete details

LOOK

GUN SHOW
Aug. 23rd 9-5 & Aug. 24th 9-4
Prime Osborne. 1000 Water St. Jax.
Admission \$8. Free Parking
Info. Cliffhangers 386-325-6114

S.C. HUNTING LEASE 2014/2015 season. Hampton area 545 ac great hunting, 3br house river frontage, 20 min from I-95. Jason 803-671-0153

Pets & Animals

Adopt a Pet
Pets & Supplies
Livestock & Supplies
Animals Wanted

Transportation

Aviation
Boats
Sailboats
Boat Dockage & Rentals
Marine Equipment & Supplies
RV Rentals
RV's & Suppliers
Motorcycles & Mini Bikes
Auto Brokers
Auto Parts
Antiques/Classics
Automobiles
Trucks/Trailers/SUVs
Vans/Buses
\$2000 or Less
Commercial Vehicles
Misc. Auto
Autos/Trucks Wanted
Auto Rent/Lease

RVs and Supplies

VR1 TT - All towing 2TV, queen bed, lrg slide-out, new tires, great shape, slips 6. In bad health, need to sell \$10K. Call 904-642-0881/904-716-1968

Motorcycles/Mini Bikes

2010 Harley Davidson Dyna Superglide Motorcycle (FXD). Less than 6K miles. Gar. kept, like new. Vance and Hines pipes and fuel Pak. Roland Sands air cleaner, Memphis Shades detachable windshield, Harley detachable sissy bar and extra HD chrome pipes, extra HD Screamr Eagle Pipes and Service Manual. \$9,950.00. George, 912-729-4793

Harley Davidson VROD 2003 Anniversary Edition
Excellent condition, climate-controlled garage kept, new tires, mapping system installed, removable windshield and more. \$7,200. No trades, serious inquiries only. (904) 377-6755

HD97 Heritage Springer (w/B trim) 20K mi's, original owner, gar. kept, supreme fuel only. Exc. cond. runs like new, maintain w/love. All orig. hardware & parts, over 3K+ original HD chrome extras. Saddle bags are new, never on bike. Quick disconnect back rest & seat. Only 1500 produced. True collectible can be yours for \$10K.
Contact retired MCPO Wayne at 904-491-5233 after 5:30.

Auto Parts

1996 Corvette C4, yellow w/bk inter. 126k miles, removable top. 904-683-5045

Chrome Step Bars, new, fit 2006-2012 Tacoma ext. cab, will install \$150. 912-673-7995

Automobiles

HONDA ACCORD 1993, clean lided, 12K mi's, white, good for starter car. \$1500. 904-629-5267

LEXUS GS350 2013 clean, lided \$12K, org. owner, garaged, beige 48k mi's. 904-629-5267

Trucks / Trailers / SUVs

2004 GMC YUKON XL Fully loaded, leather, sunroof, new tires, brakes, \$6200. 195k miles, tow 5.3L, mechanically sound 904-225-0880

2009 JEEP PATRIOT, Silver, very good condition, \$14,000. Call 904-221-7323

The Times-Union
drive
DEALER DIRECTORY

TO LIST YOUR DEALERSHIP, PLEASE CALL 904-359-4193

<p>BUICK</p> <p>KEY BUICK-GMC 4660 Southside Blvd. 642-6060</p> <p>NIMNIGHT BUICK-GMC 11503 Phillips Hwy 685-8820</p> <p>CADILLAC CLAUDE NOLAN CADILLAC 4700 Southside Blvd.</p> <p>CHEVROLET</p> <p>NIMNIGHT CHEVY 1550 Cassat Ave. 904-647-4220 www.nimnichtchevy.com</p> <p>JERRY HAMM CHEV 3494 Phillips Hwy. 398-3036 www.jerryhamm.com</p> <p>CHRYSLER</p> <p>ATLANTIC CHRYSLER www.atlanticjeep.com 2330 US1 South 354-4421</p> <p>JACKSONVILLE CHRYSLER JEEP DODGE 9A & BAYMEADOWS. 493-0000</p> <p>RICK KEFFER I-95 Exit 373, Fern Bch. 1-800-228-7454 www.rickkeffer.com</p> <p>ORANGE PARK CHRYSLER JEEP DODGE 7233 Blanding Blvd. 777-5500 www.orangeparkdodge.com</p> <p>MIKE SHAD FORD AT THE AVENUES 10720 Philips Hwy. 904-292-3325</p> <p>MIKE DAVIDSON FORD AT REGENCY 9650 Atlantic Blvd. 725-3060</p> <p>MIKE SHAD FORD OF ORANGE PARK 7700 Blanding Blvd. 777-3673</p> <p>GMC GMC TRUCKS</p> <p>NIMNIGHT GMC 11503 Phillips Hwy 685-8820</p> <p>HONDA</p> <p>LOU SOBH HONDA OF THE AVENUES 11333 Phillips Hwy. 370-1300</p>	<p>DODGE</p> <p>ATLANTIC DODGE www.atlanticjeep.com 2330 US1 South 354-4421</p> <p>JACKSONVILLE CHRYSLER JEEP DODGE 9A & Baymeadows 493-0000</p> <p>ORANGE PARK CHRYSLER JEEP DODGE 7233 Blanding Blvd. 777-5500 www.orangeparkdodge.com</p> <p>RICK KEFFER I-95 Exit 373, Fern Bch. 1-800-228-7454</p> <p>PAUL CLARK FORD-MERCURY I-95 N. Exit 129 (Yulee) 225-3673</p> <p>MIKE SHAD FORD AT THE AVENUES 10720 Philips Hwy. 904-292-3325</p> <p>MIKE DAVIDSON FORD AT REGENCY 9650 Atlantic Blvd. 725-3060</p> <p>MIKE SHAD FORD OF ORANGE PARK 7700 Blanding Blvd. 777-3673</p> <p>GMC GMC TRUCKS</p> <p>NIMNIGHT GMC 11503 Phillips Hwy 685-8820</p> <p>HONDA</p> <p>LOU SOBH HONDA OF THE AVENUES 11333 Phillips Hwy. 370-1300</p>	<p>HYUNDAI</p> <p>KEY HYUNDAI 4660 Southside Blvd. 642-6060</p> <p>JEEP</p> <p>ATLANTIC JEEP www.atlanticjeep.com 2330 US 1 South 354-4421</p> <p>JACKSONVILLE CHRYSLER JEEP DODGE 9A & BAYMEADOWS. 493-0000</p> <p>RICK KEFFER I-95 Exit 373, Fern Bch. 1-800-228-7454 www.rickkeffer.com</p> <p>ORANGE PARK CHRYSLER JEEP DODGE 7233 Blanding Blvd. 777-5500 www.orangeparkdodge.com</p> <p>KIA</p> <p>KIA</p> <p>KIA OF ORANGE PARK 6373 Blanding Blvd. 771-6078</p> <p>LINCOLN</p> <p>LINCOLN</p> <p>NORTH FLORIDA LINCOLN 4620 Southside Blvd. 642-4100</p> <p>MIKE SHAD FORD LINCOLN 7700 Blanding Blvd. 777-3673</p>	<p>TOYOTA</p> <p>KEITH PIERSON TOYOTA 6501 Youngerman Circle. 771-9100</p> <p>ERNIE PALMER TOYOTA 1310 Cassat Ave. 389-4561</p> <p>VOLKSWAGEN</p> <p>O'STEEN VOLKSWAGEN VISIT OSTEENVW.COM TODAY! 904-322-5100</p> <p>VOLVO</p> <p>O'STEEN VOLVO www.osteenvolvo.com 396-5486</p>	<p>PRE-OWNED VEHICLES</p> <p>DARCARS WESTSIDE PRE-OWNED SUPERSTORE 1672 Cassat Ave. 904-384-6561 www.westsidedodge.net</p> <p>O'STEEN VW CERTIFIED PRE-OWNED CENTER VISIT OSTEENVW.COM TODAY! 904-322-5100</p> <p>SUPPORT YOUR LOCAL DEALERSHIPS BY SHOPPING LOCALLY. READ DRIVE EVERY SATURDAY IN THE TIMES-UNION OR GO TO DRIVE.JACKSONVILLE.COM FOR GREAT LOCAL DEALS. LET'S SHOP LOCAL!</p>
---	---	---	--	---

ATTENTION

MEMBERS

USAA®

YOU ARE ELIGIBLE FOR UP TO **\$2,000** IN USAA REBATES* ON THE PURCHASE OR LEASE OF ANY NEW VEHICLE AT **TOM BUSH BMW JACKSONVILLE**

THESE REBATES ARE IN ADDITION TO DEALER DISCOUNTS AND INCENTIVES!

ONLY AVAILABLE TO USAA MEMBERS.

Tom Bush BMW

9850 Atlantic Blvd.
(866) 958-3780
tombushbmw.com

*All USAA members that have PNC are eligible. One incentive per USAA member account per year. Must present USAA ID card and valid driver license.

'We Bring The Military Market To You!'

ADVERTISE IN THE MILITARY PUBLICATIONS

Regional Economic Impact \$7.8 billion/year

Military Publications reach 81% of the military community

Regional Payroll (all 3 bases) \$2.04 billion/year

Military Community Includes 92,103 Active-Duty, Reserves, Retirees and Contractors

The Navy is the largest employer in Northeast Florida and Southeast Georgia

Working On Base 50,631
Active-Duty, Reserves, Civilians, Contractors

Call Advertising Today 904-359-4336

THE MIRROR NS MAYPORT, FLORIDA **Jax Air News™ Periscope** KINGS BAY, FLORIDA

Published by **The Florida Times-Union**