

# Flu? What To Do

By Naval Hospital Jacksonville Public Affairs

It's that time of year, when colds and influenza spread across the country, bringing discomfort to many. And the flu is peaking earlier this year than usual, with widespread cases reported in every state across the continental U.S., according to the Centers for Disease Control and Prevention.

First, let's talk about colds. Then we'll talk about flu.

There is no cure for the common cold, which is caused by a virus. Antibiotics won't help; they don't work against viruses. Taking unnecessary antibiotics can also make it harder for your body to fight future bacterial infections.

To feel better when you have a cold, get lots of rest and drink plenty of fluids. (Yep, just like your mom told you.) Over-the-counter medi-

See Flu, Page 10



Many people are sick with colds and flu this season.

-Photo courtesy of NH Jacksonville

## Sailors Urged To Take Survey

From Chief of Naval Personnel Public Affairs

The Navy's biennial Personal and Professional Choices Survey is available for selected Sailors until Feb. 23.

This Secretary of the Navy-directed survey collects data and comments from Sailors across the Fleet to gauge the overall readiness of the Navy and the present-day impact of policies on Sailors. The survey touches on issues such as career development, work-life balance, adoption leave and family planning. Participation is anonymous and completely voluntary, but highly encouraged by Navy leadership.

The 2018 survey began Jan. 17 and will close on Feb. 23. The survey has been sent to 80,000 randomly selected active duty Sailors. Notification emails will be sent to participants from both the Chief of Naval Personnel and the survey platform Max.gov, urging Sailors to use this opportunity to provide their feedback to the Navy. Participation is anonymous and completely voluntary, but Navy leadership strongly encourages selected Sailors to participate.

If you were selected to participate, please take advantage of this opportunity to provide the Navy feedback.

Survey results are expected to be released in August and will be posted on Navy's Inclusion and Diversity website. Questions on the survey may be addressed to the Office of Inclusion and Diversity (OPNAV N1D) at ALTN\_USN\_INCLUSION\_AND\_DIVERSITY@navy.mil.

## Are You Signed Up For Emergency Alerts?

By MC1 Michael Wiss

Navy Public Affairs Support Element East, Det. Southeast

A small purple globe icon located at the bottom of your computer screen is responsible for warning personnel at Naval Station Mayport of impending danger during an emergency.

Commander, Navy Installations Command in 2008 deployed The Wide Area Alert Notification (WAAN) system to allow local commanders to pass critical information to affected personnel, military, civilians and their families. According to Mayport Installation Emergency Management Officer Steven Millican, early notification is crucial to protect personnel and their families.

"Anytime you can have an early notification message to protect yourself and your family is critical," he said. "We have been working to educate personnel about the system and maintain that education on how important this is for them."

The WAAN system is a four-prong approach. Computer Desktop Notification System (CDNS), Automated Telephone Notification System (ATNS), Giant Voice (GV) and Interior Voice (IV). The primary system at Mayport is the AtHoc notification system. Every shore based military and civilian with Common access Card (CAC), assigned to Mayport address NMCI computer and valid in the Global Address Locator (GAL) has an AtHoc account automatically generated. The AtHoc system is the program that generates CDNS



-Photo by Paige Gnann

NS Mayport Safety Director Larry DeLong hands out safety glasses and eye protection during a safety brief for an active shooter scenario, part of Exercise Solid Curtain/Citadel Shield. Citadel Shield-Solid Curtain 2018 is a two-part anti-terrorism force protection exercise conducted by Commander, Navy Installations Command (CNIC) in conjunction with Commander, U.S. Fleet Forces Command (USFFC) on all CONUS Navy installations. Command personnel, residents and family members who are signed up for the AtHoc notification system will be notified of training evolutions via email, phone and text messaging.

alerts. You can receive alerts via work/personal email, work/personal telephone and text. Sailors assigned to afloat units receive alerts via registration with the ship email and distribution lists by radio. When an alert is generated from the installation, the ship receives the alert and forwards the message via internal email and telephone text. A different system is used when the ship or unit is deployed, he added. When the ship is away from port, the ship does not receive AtHoc alerts; thus the Sailors are not notified and cannot notify their families. Millican said that the

ombudsman contact data has been included into the AtHoc server so they can receive the alert issued by the installation. According to Millican, it is essential that all personnel whether on ship or shore maintain updated information in your contact information account to make the system run properly.

"The ombudsman serve a critical role to make this system work for deployed personnel," he said. "All personnel need to make sure and have their family information updated [with their command ombudsman] so they can be contacted in case of an emergency."

Instructions for adding and updating contact information to the WAAN using the AtHoc self service client are:

- Right click on the AtHoc Self service client (Purple Globe) Icon in the desktop toolbar at the bottom of the computer screen
- Select "Access self service" from the pop-up menu
- The AtHoc self service will open. Select the "My info" tab and update your last name, first name and display name, then save. Do not enter PIN information.
- Select the "Devices" tab and enter your contact information in the appropriate fields.

**Give Blood, Save Lives**  
NS Mayport hosts Blood Drive on Feb. 22 from 9 a.m.-3 p.m. at Building One.

**CNO, MCPON**  
Speak At NS Mayport  
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**Mayport History**  
Changes Come In 60s  
**Page 11**

# Resources for Deployment Issues



**Sharon Kasica**  
School Liaison Officer

Deployment...a time of many emotions, adjustments and change. The emotional effects may be impacting your child. While most military dependents are able to deal well with a deployment of a parent, other children may exhibit behavioral changes. While a military parent may understand a child's reactions to deployment and have learned to spot these reactions, the parent may not know how to address them.

## KNOWING THE ROPES

First and foremost you need to seek help for the child. While emotional responses vary from child to child, there are some similarities in how children feel when their lives are impacted by a deployment, especially to a war zone. Some common responses include the following:

- fear,
- loss of control,
- anger,
- loss of stability, and
- isolation.

Limiting exposure to media coverage of events in the area where the parent is deployed will help the child feel encouraged and safe at a time when the world seems a dangerous place. If the child is exhibiting these responses and seems to need help beyond what you can

provide or the school, there are resources available to the military family to provide help for your child and you.

Take advantage of existing supports which are provided by a number of organizations. **The Fleet and Family Support Centers (FFSC)** offer various programs which range from crisis and information, to stress management and parenting workshops. Each center has professional counselors available for individual and family consultations. It is part of the Fleet and Family Support Center's mission to ensure that Navy families have the support they need to deal with a child's response to deployment. Contact the FFSC at NS Mayport by calling 904-270-6600.

**Military OneSource** provides access to face-to-face counseling; short-term solution-focused telephone consultation; and online consultation for Active Duty, Guard, Reserve (regardless of activation status), and their families. Contact Military OneSource 24 hours a day, 7 days a week at 1-800-342-9647 or [www.militaryonesource.com](http://www.militaryonesource.com).

The **Military and Family Life Counselor (MFLC) Program** also provides short-term, situational, problem-solving counseling services to Active Duty, Guard, Reserve, and their families. The Department of Defense Educational Activity Fund has now provided MFLC's in several of Duval County and Clay County Public Schools.

These counselors provide valuable services and support to military families at no additional cost to the families or the

school district. These services are designed to offer extra support to assist with the unique challenges which military families experience. MFLC counselors are licensed clinicians who have demonstrated expertise in working with children. They can provide support in a variety of different ways: individual meetings with children, presentations about life skills issues, skill-building group discussions, and meetings with parents and families at the family's request for additional counseling/coaching support. While meeting with children, the MFLC counselors always remain in line of sight of a teacher, staff member, or a parent.

But while you are providing extra help to your child, don't forget to take time for yourself. You, too, are dealing with your own reactions to the situation. The organizations indicated above

will also provide assistance to you in dealing with not only your child's reactions but yours too. Self-care is one of the most important – and often the most forgotten – things you can do as a parent who is carrying the load while a spouse is deployed. When your needs are taken care of, your child will benefit as well.

*Sharon Kasica 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 [sharon.kasica@navy.mil](mailto:sharon.kasica@navy.mil) or by phone at (904) 270-6289 X1305 [office] or (904) 219-3894 [cell]. Or you can schedule a meeting with her in her office in Building One.*

# The 'Rite' Stuff Brings You Closer To God



**Chaplain Phillip Webster**  
CNSS 14 Chaplain Center

One of my favorite movies of all time is "The Right Stuff".

It is the biography of a group of pilots, including men from both the Navy

## CHAPLAIN'S CORNER

and Marines, all working together to expand the limits of aeronautics and, in so doing, being chosen for the Mercury Project.

The movie is set in the historical context of the space race between the United States and the Soviet Union. However, the drive and determination shown by the characters in this movie, those who were literally reaching for the stars, provide timeless insights.

With each challenge, and each obstacle overcome, the players in this drama expand their own sense of purpose and identity, develop a new sense of comradery and, in so doing, become national heroes.

The title of this reflection is not a typo. Human history, across time and culture, has marked the development of identity, and the overcoming of obstacles, by

various rites, or rituals. Some rites are formal (Baptism, Bar Mitzvah, Eagle Scout, and Oath of Office) while many others remain informal (first fishing trip, first touchdown, or first date). Rites of passage are true for those who are religious, spiritual, and for those who claim no religious affiliation at all. Though rituals of development may be diverse, I think what is common to most is the sense of overcoming and becoming. With each rite of passage the person involved marks a new moment in his or her maturation. In many ways, rites of passage define and direct

us. Rites of passage involves struggle, sacrifice, and the sense of pride and belonging that is best shared in community. Is it any wonder that for most rites of passage there is some sort of party?

Life in the Navy carries with it many great opportunities for becoming and belonging. Earning one's warfare device, the completion of a deployment, and advancement to a new grade all are genuine rites of passage. With each, there is struggle and sacrifice, as well as the rewarding experience of Navy life in new and deeper ways. The strength and motiva-

tion to push one's limits comes from the deep spiritual well-spring within and I encourage you to consider the source of your strength and to connect with it regularly. One's character and sense of accomplishment really is forged by overcoming and achieving – and both rarely occur without the support of community. And so, my encouragement is for each of us to look forward to the challenges of life and service as an opportunity to prove to ourselves that we do, indeed, have the right stuff!

# Pork Chop Envy Only Gets You A Good Meal



**Lisa Smith Molinari**  
Military Spouse Columnist

It was another gloomy winter afternoon in our working-class English village. Ever since we'd been stationed at JAC Molesworth in the flat Cambridgeshire countryside know as "The Fens," I'd found myself counting the minutes until my husband, Francis, got home from work.

At that latitude, the sun set around four o'clock, leaving me with nothing to do but pop in a Barney video for our toddler – it was the 90s after all – and contemplate dinner.

I wandered nonchalantly to the pantry expecting to see the usual line up of canned vegetables, dried noodles and jarred pickles. But there it was, staring at me from between the peanut butter and salsa with smug indignation. It had belonged to the woman who had come before me. She had bought it, presumably,

## MEAT & POTATOS OF LIFE

for a cozy dinner with the man who was now my husband.

It was her box of Shake 'n Bake.

Michelle was Francis' old girlfriend. Her Shake 'n Bake had, along with her gawd-awful dining room chairs and etched wine glasses, mingled with our joint marital property. After we married, I moved in with Francis, and then we moved together three more times. Somehow, the Shake 'n Bake had survived.

At first, I had thought the crumb mixture was Francis'. But then I'd remembered that when I met him, his diet consisted of baloney sandwiches, cereal and take out. The Shake 'n Bake must've been Michelle's.

I had put up with the chairs and glasses out of necessity – we needed all the hand-me-downs we could get back in those early days – but I didn't need this lousy box of Shake 'n Bake.

I didn't use tawdry cooking shortcuts. It was cheap, just like Michelle with her frizzy red hair, overdone make-up and Boy George hats. I wanted rid of this relic of Francis' past life, once and for all. The vacuum

sealed pouch of pork chop coating may not have expired, but I had sentenced it to death. I grabbed the offending box from the shelf and headed for the rubbish bin.

But wait, I thought. Why not use this as a teaching moment?



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Chap.  
Steven Souders

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mass  
or upon request

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3<sup>rd</sup> Sunday of month 10:30 a.m.

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Sunday school 9:15 a.m.  
Choir: Wednesday 7 p.m.

Baptism: For information,  
contact your chaplain

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2nd & 4th Friday at Chapel  
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PWOC

2nd Saturday 9:30 a.m.  
PMOC

3rd Saturday Prayer Breakfast  
9 a.m.

For more information,  
call 270-5212.

The mixture seemed surprisingly fresh for being four years old. I followed the package instructions, throwing meat into the bag with the pouch ingredients, and laying the coated pieces out on a cookie sheet.

When Francis arrived home, our "Michelle Memorial Dinner" was ready.

While Francis changed out of his uniform, I eagerly anticipated his

reaction to the meal. I envisioned the disappointment that would most certainly appear on his face as he bit into the cheapened chop. I would ask innocently, "Do you like it, Honey? I made it with that old box of crumb coating. Wasn't it ... oh, what's her name again... Michelle's Shake 'n Bake?"

Surely he would spit the bite into his napkin and declare the meal a culinary embarrassment.

He would confess that I was a much better cook than Michelle. That I was the love of his life and Michelle was a mistake.

"Smells good," Francis said as I doled pork, green beans and potatoes onto his plate. He carved a particularly large bite of pork, plunged it into his potatoes and opened wide.

I watched intently for a grimace, a groan, a gag. "Mmm," Francis mumbled.

See **Pork Chop**, Page 3

**THE MIRROR**  
NS MAYPORT, FLORIDA

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# Mayport Sailor Of The Week



DC2 DMarcus Willingham

Name (rate/rank, first and last name): Damage Controlman 2<sup>nd</sup> Class DMarcus Willingham of SERMC Mayport

Job: Watertight Doors and Closures Craftsman

Age: 26

Hometown: College Station, Texas

Favorite Hobby: Playing and coaching basketball

Hero: Grandfather

Best Piece of Advice Received: Have a strong work ethic and be on time. Even a person with zero talent who puts up the effort, has the right attitude, and is coachable, they can become anything.

Goal for the Navy: Make the Sailor working below me better than myself. I would also like to reach the rank of Senior Chief Petty Officer.

How has the Navy Improved Your Life? If it wasn't for the Navy, I would never know what it actually means to be on time. Because if you're on time

you are actually late. But, also learning if you don't actually work for something you will never get it.

Why Petty Officer Willingham deserves? DC2 Willingham consistently shows a desire to improve himself, those around him, and leave SERMC a better place after he leaves. He is constantly training and mentoring his junior Sailors as well as volunteering to assist his superior leadership with their duties. As an Assistant Command Fitness Leader, he dedicates time to improving the overall health and fitness levels of Sailors assigned to FEP. DC2 Willingham is always upbeat, positive and motivates all he encounters. He dedicates his off duty time to improving the lives of children in the Jacksonville area as well. He is youth basketball coach for Grace Lutheran Academy as well as the Jacksonville Police Athletic League.

# VITA Program Is Here To Help

By MC3 Jason Meyer  
Defense Media Activity

Tax season can be a hectic time of year and for some reading all the different forms can be difficult. Many people will simply drop their paperwork on a professional's desk and pay a pile of cash to get the job done as quickly as possible.

If you are one of those people, save yourself money this tax season and learn a new skill in the process by taking advantage of the Volunteer Income Tax Assistance (VITA) program.

VITA is a self-service program endorsed by the IRS and offered by Military One Source that pairs Sailors and their families up with expert volunteers and streamlined tax software to get the job done right, and a refund in the bank.

"It is truly Sailors helping Sailors," said Lt. Alexandra Marin, a VITA program manager at Naval Station Norfolk, Virginia. "It is an opportunity to work with a fellow Sailor on how to educate yourself on preparing your own taxes. It's a lifelong skill and starting out with a Sailor teaching you how to do

**What Sailors Need to Know About VITA**  
The Volunteer Income Tax Assistance Program

**What is VITA?**  
The Voluntary Income Tax Assistance (VITA) program is a **FREE** alternative to commercial tax preparation services.

**What to bring**  
When you head to your local VITA location to get your taxes knocked out, make sure you don't forget these:

- Photo ID and Social Security cards
- APRIL 18 Birthdays of all dependents
- 2015 tax returns, wage and earnings statements, interest and dividend statements, health coverage statements, total paid for deductible services (with tax IDs) your bank account and routing numbers and your spouse if filing jointly.

**Commercial Tax Prep vs. VITA**

With Itemized deductions	\$273
No itemized deductions	\$152
VITA	\$0

Average cost to file!

VITA is available to service members and their families, as well as eligible civilians.

**Find a location**  
Contact your CFS to find out if your base or ship has a VITA location or call **1-800-342-9647**

Visit [www.militaryonesource.mil](http://www.militaryonesource.mil) for more information!

Logos for Military OneSource and MilTax are present.

Source: National Society of Accountants, 2014

this, so that the next year you can do it for yourself and help your family members and shipmates, that's critical, and self-

service VITA taxes is the best way to go about doing that."

Sailors helping Sailors is the main ingredient

to VITA. The volunteers share their knowledge so Sailors can learn how to complete their taxes this year and in the future.

"In previous years there was a build-up of paying someone else to do my taxes, when I noticed it was super simple," said Aviation Support Equipment Technician 1st Class Philjhon Ventura, a VITA volunteer at Naval Station Norfolk. "I got tired of paying someone else to do my taxes when I can do it myself. People should be able to do their own taxes."

Learning the how to file your own taxes isn't the only benefit of VITA. According to the National Society of Accountants, using this free service will save you on average \$152 for returns without itemized deductions, and \$273 on returns with itemized deductions. "First of all it's free, so you can save a few hundred dollars just by coming to a self-service VITA office," said Marin. "And it educates you on how to prepare your taxes on your own. So when your family and friends want to know how to do it, they can ask you and next year you can have your information saved in the software and you know how to do it yourself."

Another added benefit of VITA and learn-

ing how to do your taxes, is it will give you a new perspective on your own finances that can help you with your personal financial management.

"It actually lets you see it from the preparer's way of doing it," said Ventura. "Now you get a more in-depth look at your own finances."

Ventura said that VITA allows Sailors to have a better understanding of their own finances, allowing them to optimize their future returns.

"Finances for me are kind of a big thing," said Ventura. "Knowing I helped someone financially brightens up my day."

Doing your own taxes may not sound appealing but with VITA you'll save hundreds of dollars, have the help of an expert in the same room whenever you need them and you'll walk away empowered to do your own taxes in the future.

You also have the option of doing your taxes online at [www.militaryonesource.mil/financial-and-legal/taxes](http://www.militaryonesource.mil/financial-and-legal/taxes) and for help you can call 800-342-9647.

# DeCA Scholarships Deadline Is Feb. 16

By Mike Perron  
DeCA public affairs specialist

Having put 2017 in the rear view mirror, some military families are turning to the first big deadline of 2018: finalizing their Scholarships for Military Children applications in time for the program's Feb. 16 application cutoff.

Applying for one of the 700 available \$2,000 scholarship grants is straightfor-

ward. Requirements include providing a completed two-page application; the student's official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants, or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college; and a typewritten or computer-printed

essay of 500 words or less, and no longer than two pages.

This year's essay question addresses the effect of the internet on modern society and the family:

"With the development of high speed internet, you are now living in a world that is completely different than 20 years ago. What are the pluses and minuses for society and the family? How

would you address the minuses?"

All rules and requirements for the program, as well as links to frequently asked questions and the downloadable application are available at the Scholarships for Military children website.

The Scholarships for Military Children program is managed by Scholarship Managers, a national, nonprofit

organization. If students have questions about the scholarship program application, they should call Scholarship

Managers at 856-616-9311 or email them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).

## Pork Chop

From Page 2

bled, shoveling forkfuls into his mouth. I waited patiently for my opportunity to blame Michelle for his inevitable disgust.

"This is delicious, hon," Francis said, spearing a second chop. I nibbled a bite myself, and had to concede that he was right. The Shake 'n Bake wasn't half bad after all.

I realized that I was the only culinary embarrassment in our kitchen that night. My insecurities had driven me to kill an innocent box of bread crumbs in effigy. The Shake 'n Bake hadn't

been a threat to my marriage any more than Michelle had been.

I was being silly. I confessed my "Michelle Memorial Dinner" plot, and we both laughed hard at my ridiculousness. I raised a glass to Michelle, giving credit where credit is due, and promised to make her signature recipe again.

After all, it wasn't a mistake, it was just Shake 'n Bake.

For more wit and witicism from Lisa, go to [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com)

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# CNO, MCPON Visits Mayport

From USS Iwo Jima Public Affairs Office

Chief of Naval Operations (CNO) Adm. John M. Richardson and Master Chief Petty Officer of the Navy (MCPON) (SG/SW/IW) Steven S. Giordano held an all-hands call onboard the amphibious assault ship USS Iwo Jima (LHD 7) Jan. 24.

While speaking with more than 1,100 Sailors and Marines assigned to commands homeported onboard Naval Station Mayport, Richardson and Giordano answered questions on topics such as paternity leave, training and the Sailor 2025 program.

They also sent their best wishes to the crews of Iwo Jima and USS New York (LPD 21) well on their upcoming deployment.

“Over the past few months with your outstanding hurricane relief efforts, you have shown how the Navy can be the best partner and friend you can choose, but now you are going to get the fighting part of the ships going so people understand we are the worst possible enemy you can ever choose,” said Richardson. “I know that you will go out there and do a tremendous amount of good and show what the terms ‘Navy Power’ and ‘Uncommon Valor’ really mean. Be safe every day and make sure that every one of you who leave come back



-Photo by MCSN Dary M. Patten

**Intelligence Specialist 2nd Class Gregory Parker, assigned to 4th Fleet Maritime Operations Center, takes a selfie with Chief of Naval Operations Adm. John M. Richardson following an all-hands call aboard the amphibious assault ship USS Iwo Jima (LHD 7). During the call, Richardson and Master Chief Petty Officer of the Navy Steven S. Giordano discussed Iwo Jima’s upcoming deployment and answered questions on topics including advancement, uniforms, shipboard readiness throughout the fleet, and the Sailor 2025 program.**

home as well.”

Richardson and Giordano also spoke about how they begin

their jobs each day.

“As MCPON and I meet every day, we try to figure out the right deci-

sions to help make you a better Sailor and help you perform to the maximum of your potential,”

said Richardson.

Many questions from Sailors regarded future advancements in the

fleet.

“If you look at the numbers, you can see that quotas are continuing to go up,” said Giordano. “It’s critical that we help afford you every opportunity to continue your upward mobility.”

“One of the major themes of today is that our Navy is growing,” said Richardson. “We are building more ships, we are recruiting at record rates, we don’t want people to depart the Navy. We want to help build a stronger Navy for the future and that means more opportunity for each of you.”

The highlight of the call was the discussion of replacing Navy Working Uniform (NWU) Type I blue undershirts with the NWU Type III undershirts.

“This is the third time I’ve gotten this question,” said Richardson. “I think we can do away with the blue undershirts. Anybody have any use for the blue undershirt once we go to NWU Type IIIs? Anyone want to keep it? Okay, done, we’ll kill it. We’ll go to brown in the near future.”

Following the all-hands call Richardson and Giordano took time to shake hands and take personal photos with Sailors before departing the ship.



-Photo by MC2 Andrew Murray

**Chief of Naval Operations Adm. John M. Richardson takes a picture with Lt. Cmdr. Michelle M. Mayer following an all-hands call aboard the amphibious assault ship USS Iwo Jima (LHD 7).**



-Photo by MC2 Andrew Murray

**Chief of Naval Operations Adm. John M. Richardson speaks with Sailors and Marines assigned to commands on Naval Station Mayport during an all-hands call aboard the amphibious assault ship USS Iwo Jima (LHD 7).**



-Photo by MCSN Dary M. Patten

**Sailors assigned to commands on Naval Station Mayport listen to Chief of Naval Operations Adm. John M. Richardson and Master Chief Petty Officer of the Navy Steven S. Giordano during an all-hands call aboard the amphibious assault ship USS Iwo Jima (LHD 7). During the call, Richardson and Giordano discussed Iwo Jima’s upcoming deployment and answered questions on topics including advancement, uniforms, shipboard readiness throughout the fleet, and the Sailor 2025 program.**



-Photo by MCSN Dary M. Patten  
Chief of Naval Operations Adm. John M. Richardson departs the amphibious assault ship USS Iwo Jima (LHD 7) following an all-hands call.



-Photo by MC2 Andrew Murray  
Chief of Naval Operations Adm. John M. Richardson speaks with Sailors and Marines assigned to commands on Naval Station Mayport during an all-hands call aboard the amphibious assault ship USS Iwo Jima (LHD 7).



-Photo by MC2 Andrew Murray  
Chief of Naval Operations Adm. John M. Richardson listens to a Sailor's question during an all-hands call aboard the amphibious assault ship USS Iwo Jima (LHD 7).



-Photo by MC Kristopher S. Haley  
Master Chief Petty Officer of the Navy (MCPON) Steven S. Giordano speaks with Sailors at the Chief Petty Officer's Club aboard Naval Station Mayport. Giordano met with Sailor of the year selectees, to have a discussion about readiness and the evolution of the U.S. Navy.



-Photo by MC2 Andrew Murray  
MCPON Giordano takes a picture with a Sailor following an all-hands call aboard USS Iwo Jima.



-Photo by MC Kristopher S. Haley  
Master Chief Petty Officer of the Navy (MCPON) Steven S. Giordano speaks with Sailors at the Chief Petty Officer's Club aboard Naval Station Mayport.



**Auto Skills Center**  
**Saturdays: Auto Skills Center Safety Classes.** 10:30 a.m. This class is required for all DIY Auto Skills Patrons. 270-5392  
**Tuesdays thru Fridays: Auto Skills Center Safety Classes.** 3 p.m. This class is required for all DIY Auto Skills Patrons. 270-5392  
**March 17: Auto Skills Brake Class.** 1:30 p.m. - 3 p.m. Join the Auto Skills Center for this informative brake class taught by an ASE certified mechanic. The class is open to 8 active duty and their spouses. Register by calling the Auto Skill Center at 270-5392.

**Community Recreation**

**Feb 2: Mayport Movies: "My Little Pony" (PG).** 6 p.m. at the Mayport Beacon in the Tortuga Room. FREE. Bring the whole family to watch on our 20 ft. screen. 270-7198

**Feb. 3: MWR Tri-Base Bridal Expo.** 1 p.m. - 4 p.m. Ocean Breeze Conference and Catering Center at Naval Station Mayport. FREE. This is the perfect opportunity to meet all of the vendors you need for your special wedding day or formal event. There will be giveaways, plus every bride-to-be will be entered in a drawing to win a beautiful wedding dress. 270-5228

**Feb. 3: Movies at Mayport: "Thor: Ragnarok" (PG-13).** 8 p.m. at the Mayport Beacon in the Tortuga Room. FREE for all hands ages 18+. Watch on our 20 ft. screen. 270-7204

**Feb. 4: The Big Game.** 6:30 p.m. at the Mayport Beacon. Join the party! Watch the Big

Game with us on our 20 ft screen. Enjoy all-you-can-eat chili, wings and BBQ sliders until half time. Win door prizes and giveaways. Grand prize is a pair of 2018 Jaguars Tickets! Purchase your tickets at Tickets and Travel, Windy Harbor Golf, Loggerheads and the CPO Club. Tickets cost \$15 in advance or \$20 at the door. Tickets include 1 domestic draft or non-alcoholic beverage. 270-7198

**Feb. 8: Valentine Cross Stich.** 9 - 11 a.m. at the Mayport Beacon. Cost is \$18. Register by Feb. 6 at the Tickets and Travel Office. Receive professional instruction to create a cross stich ornament. Space is limited, sign up today! 270-7198.

**Feb. 8: Kids' Valentine Cross Stich.** 5 - 7 p.m. at the Mayport Beacon. Cost is \$15. Register by Feb. 6 at the Tickets and Travel Office. Children under 12 must be accompanied by an adult at all times. Receive professional instruction to create a cross stich sampler. Space is limited, sign up today! 270-7198.

**Feb 9: Mayport Movies: "Big Hero 6" (PG).** 6 p.m. at the Mayport Beacon in the Tortuga Room. FREE. Bring the whole family to watch on our 20 ft. screen. 270-7198

**Feb. 10: UFC 221: Whittaker vs Rockhold.** 10 p.m. at the Mayport Beacon in Loggerheads. Undercard starts at 8 p.m. Come and watch the fight Live at Loggerheads with the Liberty Center. 270-7198

**Feb. 13: Kid's Storytime.** Every second Tuesday of the month at 10 a.m. at the Ribault Bay Community

Center (located off base). FREE. Join MWR for a great kids story and activities. 270-7198.

**Outdoor Adventures**

**Bouncy House Rental:** \$80 per day. 270-5221

**Reactor Dive Watches:** 50% off. 270-5221

**Equipment Rental:** Enjoy the great outdoors with party and adventure rentals from the Outdoor Adventures. You'll find everything you need to host the perfect party - canopies, tables, chairs, inflatables, grills, coolers and more. Rent all of your outdoor needs including campers, boats, bikes, paddleboards, tents and more! We even have rentals for a day at the beach. Call us today! 270-5221

**Beachside Bingo Luncheon Bingo.** Wednesdays at 11:30 a.m. at Beachside Bingo. \$13.00 per pack. Buy two, get one free. Two \$500 payouts every week! 270-7204

**Bingo Night.** Mondays, Tuesdays, Thursdays and Fridays at 6:30 p.m. Doors open at 4 p.m. Test your luck at Beachside Bingo. We have 36 games with a \$10,000 progressive jackpot and two \$5,000 jackpots. Play by computer or paper. \*Thursday is paper only night. Play one or all twelve games and win up to a \$1,000 progressive jackpot. 270-7204.

**Mayport Bowling Center**

**Children's Bowling Birthdays:** Looking for a fun and unique birthday party experience? Host your child's next birthday at the Mayport Bowling Center! Available for kids ages

13 and under. Food and Bowling Package: Includes 2 hours of bowling with shoe rental and kid's meal for \$11.75 per child. Bowling Package: Includes 2 hours of bowling with shoe rental for \$9.75 per child. 270-5377

**Lunchtime Bowling Special:** Mondays 10:30 a.m. - 1 p.m. Tuesdays, Thursdays and Fridays 10:30 a.m. - 5 p.m. \$6 for 2 games (includes shoes). 270-5377

**Military Appreciate Day:** Wednesdays. Open to Close. \$1 Games, \$1 Shoes, and \$1 Hot Dogs and \$1 Soft Drinks (till 5pm)

**Recycling Mondays - Fridays.**

Open Hours 8 a.m. - 4 p.m. Don't know where to throw away all those moving boxes? What about your old car battery? Bring your recyclable materials to The Recycling Center at building 412. 270-5095

**Windy Harbor Golf Club**

**Weekdays: "Avoid the Crawl" 9-Hole Escape.** Starting at 3 p.m. at Windy Harbor Golf Club. 9 holes and a cart for just \$11. 270-5380

**Mondays and Tuesdays: All play.** 18 Holes and a Cart Only \$25. 270-5380

**Wednesdays: Military Appreciation Day.** Wednesdays at Windy Harbor Golf Club. 18 Holes and a Cart Only \$20. Offer open to DOD, active duty, retired, and military dependents (Must provide proper ID). 270-5380

**Thursdays: Fill the Void.** 10:28 - 11:53 a.m. 18 Holes and a Cart Only \$22. 270-5380

**Foc'sle Lounge CPO Club**

**Monday - Friday: All Hands Lunches.** The CPO Club is open to all hands for lunch Monday - Friday.

**Tuesdays: Wings and Trivia Night.** Enjoy wings and trivia until 10 p.m. 270-5431

**Wednesdays: Fried Chicken Special.** Enjoy three pieces of specialty fried chicken and two sides for \$8 at lunch. 270-5431

Watch the game on our 20ft Screen  
 Door Prizes & Giveaways  
 Enjoy all-you-can-eat chili, wings, & BBQ sliders during the first half of the game  
 Grand Prize of a pair of 2018 Jaguars tickets  
 Ticket also includes 1 domestic draft or non-alcoholic beverage  
 Tickets are \$15 advanced sale, \$20 at the door.  
 Purchase tickets at Tickets and Travel, Windy Harbor, Loggerheads, & CPO Club

Neither the Department of the Navy nor any component of the Department of Defense has endorsed these sponsors, their products, or services

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# Win Big At Big Game

By Terra Downey

MWR Marketing Technician

Naval Station Mayport's Moral, Welfare and Recreation (MWR) will be giving away a pair of Jaguars Tickets at "The Big Game Party" on Feb 4 at 6:30 p.m. during the viewing of the annual championship game of the National Football League (NFL) at the Mayport Beacon.

"We wanted to create an opportunity for sailors, their families and MWR patrons to get together for the Super Bowl," said Jon Fine, MWR Food and Beverage and Entertainment Director.

The pair of Jaguars tickets will be awarded in a drawing at halftime along with other door prizes and giveaways throughout the game. The party will feature a theater-like viewing of the game on the 20 ft screen located in the Tortuga Room at the Mayport Beacon. Patrons will be able to grab beverages in Loggerheads located adjacent to the Tortuga Room and an all-you-can-eat buffet will be available during the first half.

"It will be an experience unlike sitting in your living room," Fine added, "on a 20 ft screen with friends, prizes, food and fun."

Tickets are \$15 in advance or \$20 at the door. Advance tickets can be purchased at Tickets and Travel, Windy Harbor Golf Club, Loggerheads Pub and the CPO Club.

"I am upset the Jags aren't in it but I do enjoy watching the championship game, especially on the 20 ft screen." Fine concluded.

**American Red Cross**  
 Learn-to-Swim winter program.  
 This 4-week program consists of 8 half-hour swim lessons. Classes begin Feb. 27

**Learn-to-Swim Level 1**  
 Tuesdays 4-4:30 pm  
 and Saturdays 10:15-10:45 am

**Learn-to-Swim Level 2**  
 Tuesdays 4:45-5:15 pm  
 and Saturdays 11-11:30 am

Registration will be held at the Natatorium on Friday, Feb. 23 from 11 am- 1 pm and Saturday, Feb 24 from 10 am-12 pm  
 Price per child per session \$45.00.  
 Cash or charge only please.

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**Mayport Color Run!**  
 Saturday, March 3  
 9 am in front of the Fitness Center

Get Moving!  
 Get Colorful!  
 Cost is \$5 per person.  
 (Includes powder and free sunglasses)  
 Pre-register and pay at the Fitness Center.  
 Eye protection and signed waiver required for all participants.

Sponsored by FirstCommand FINANCIAL SERVICES USAA

Neither the Department of the Navy nor any component of the Department of Defense has endorsed these sponsors, their products, or services

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**MWR Fitness Aquatics**  
**Family Swim.** Saturdays 10 a.m. - 12 p.m. FREE. Family Swim is a great way for children and their families to spend a morning in our indoor pool. 270-3275  
**Mayport Swim Club.** Open hours at the Natatorium. FREE. Build up your cardio strength and endurance while earning great incentives. Swimmers can track their mileage in our binder on the pool deck. Awards will be given at 50 miles, 100 miles,

200 miles, 300 miles, 400 miles and 500 miles intervals. 270-3275  
**Masters Swim.** Mondays, Wednesdays and Fridays 5:30 - 7 a.m. and 11:00 a.m. - 12:30 p.m. Tuesdays and Thursdays 4 p.m. - 5:30 p.m. FREE. Masters Swimming is an Adult Swimming Fitness program that meets the needs of all swimmers from beginners to former Olympians. Our workouts are designed to help each swimmer met their individual goals ranging from improving their

swimming skills, learning new strokes, prepping for the Navy PFA, qualifying for special warfare programs, getting ready for swimming competitions and Triathlons or just to add variety to their workout regimen. 270-3275

**Feb. 5 - American Red Cross Water Safety Instructor (WSI) Course.** Mondays and Wednesdays in February from 4 p.m. - 9 p.m. Cost is \$200.00. Candidates must pre-qualify before making payment. Candidates must be at least 16 years old and complete 25 yards of front crawl, back crawl, sidestroke and elementary backstroke, 15 yards of butterfly, tread water for 1 minute, and float on their back (supine position) for 1 minute. Proof of age required. The class is available for Military, dependents and DoD. For additional information please call 270-3275 /3276.

**Feb. 6 - March 1: Swim Stroke Training: Session 2.** Tuesdays 6 - 7 a.m. and Thursdays 4:30 - 5:30 p.m. at the Natatorium. FREE. Open to active duty only. Register at the Natatorium by Feb 2. Swim Stroke Training is designed to develop, improve, or refine stroke mechanics and improve swimming endurance. Session will empower

the active duty sailors with the swimming skills that are needed to pass 1st, 2nd, and 3rd Class swim test.

**Fitness**

**March 3: Mayport Color Run 5K.** 9:00 a.m. at the Fitness Center. Pre-register at the Fitness Center for \$5 or register the day of the race for \$10 (cash only). Get splashed in waves of color and become your own work of art in this one-of-a-kind event. Registration includes sunglasses, and custom headband. 270-3274

**Zumba.** Mondays at 11:15 a.m. and 5 p.m., Tuesdays at 9:15 a.m., Thursdays at 5 p.m., Fridays at 9:15 a.m. and Saturdays at 10:15 a.m. Join the ultimate dance party! This high-energy, motivating class is a fusion of hot, sexy, explosive Latin American and International music. No dance experience required! 270-3274

**Intramural Sports**

**Feb. 7: Men's Captain's Cup Softball Organizational Meeting.** 11 a.m. at the Fitness Center. Open to active duty, retirees, DOD dependents 18 +. Season begins Feb. 20 and ends March 22.

**Valentine's Day Bingo Special**  
 Tuesday, Feb. 13  
 6:30 pm at Beachside Bingo

- Snack foods provided by MWR
- Double payouts on all warm ups & hard cards
- Drawing for Valentine of the Year
- Ladies, bring your sweetheart & they will receive a free package
  - Coin Game
- Prizes for wearing red or pink
- Extra Drawings

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# Liberty Center Has Activities For You

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

**Mondays: Billiards Tournaments.** 6 p.m. at the Liberty Center. Prize for 1<sup>st</sup> place. 270-7204

**Feb. 2: Paintball Trip.** Van departs the Liberty Center at 9 a.m. All hands welcome over 18+. Transportation only. Paint and gear rental is \$15 at GTF Paintball. Sign up by Feb. 1 at the Liberty Center inside the Mayport Beacon. 270-7204

**Feb. 2: Town Center Trips.** Van departs the Liberty Center at 5 p.m. Transportation only.

270-7204

**Feb. 3: Hoggetowne Medieval Fair.** Van departs from the Liberty Center at 9 a.m. Cost is \$7 at the gate. Sign up by Feb. 1. 270-7204

**Feb. 6: Adobe Photoshop 1 Workshop.** Van departs at 1:30 p.m. Class starts at 2 p.m. at the Beaches Branch Library. Sign up by Feb. 2. Learn the basics of Adobe Photoshop. In this introduction we will learn how to use some of the more common tools, make basic changes to an image, gain familiarity with Adobe's directory software, and make your great photos ever better. 270-7204

**Feb. 7: Bowling Clinic.** 5 p.m. at Mayport Bowling Center. 3 games and shoe rental FREE. Liberty patrons only. Sign up by Feb. 6. 270-7204

**Feb. 9: Movie Trips.** Van departs the Liberty Center at 6 p.m. Transportation only. 270-7204

**Feb. 12: How to use the MWR Digital Library 24/7/365.** 4 p.m. at the Mayport Beacon. FREE. All hands welcome. Sign up by Feb. 11. We will assist you with logging on to the Digital Library for the first time and will help you navigate the program. Digital customers enjoy e-books and audiobooks, foreign language learning, test prep, and research resources that support lifelong learning, and professional and recreational reading. 270-7204

**Feb. 13: Adobe Photoshop 2.** Liberty Van departs at 1:30 p.m. Class starts at 2 p.m. at the Beaches Branch Library. Sign up by Feb. 9. In this class,

we will dig deeper into using Photoshop, as we learn about layers, masking, and selection tools. Students for this course should have taken Photoshop 1 or have a basic understanding of Photoshop. 270-7204

**Feb. 14: Anti-Valentines Movies.** 6 p.m. Watch two great anti-Valentines movies with us in the Tortuga Room on our 20 ft screen. "War of the Roses" (R) and "How to be Single" (R). 270-7204

**Feb. 15: Surf Fishing.** Fishing will start at 2 p.m. behind the Liberty Center. Liberty Patrons only. Sign up by Feb. 14 at the Liberty Center. Have you ever wanted to learn to fish, or are you already a pro? Join Liberty & Outdoor Adventures for a day of fishing behind the Liberty Center. All equipment will be pro-

vided but you must have a valid FL Shore Fishing license, available at <http://myfwc.com/license>. 270-7204

**Feb. 16: Town Center Trips.** Van departs the Liberty Center at 5 p.m. Transportation only. 270-7204

**Feb. 16: Volunteer Opportunity: Feeding Northeast Florida.** Van departs from the Liberty Center at 11:30 a.m. Sign up by Feb. 13. 270-7204

**Feb. 20: Selling Items Online workshop.** Liberty Van departs at 3 p.m. Class starts at 4 p.m. at the Mandarin Branch Library. Sign up by Feb. 16. This class is an introduction to selling goods and services online via eBay, Craigslist, Etsy and Amazon Marketplace. Learn what skills are

needed to sell online, how to create and manage accounts on these sites, and how to stay safe and avoid scams. 270-7204

**Feb. 21: Bowling Clinic.** 5 p.m. at Mayport Bowling Center. 3 games and shoe rental FREE. Liberty patrons only. Sign up by Feb. 20. 270-7204

**Feb. 23: Movie Trips.** Van departs the Liberty Center at 6 p.m. Transportation only. 270-7204

**Feb. 24: Seawalk Music Fest.** Van departs from the Liberty Center at 11 a.m. FREE. Sign up by Feb. 22. Transportation only. 270-7204

**Feb. 26: Liberty Committee Meeting.** 4 p.m. - 5 p.m. at the Liberty Center. Tell us what you want to see on the calendar. 270-7204



**Family Formal**

Friday, February 16  
6:30-8:30 pm • The Mayport Beacon

You are cordially invited to this unique event for the whole family. Enjoy hors d'oeuvres, a photo booth, dancing & more

Semi-formal dress required.

Tickets are \$7.50 per person or reserve a table of 8 for \$50  
Purchase tickets at [Tickets & Travel](#).

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You are cordially invited to the  
**MWR Tri-Base Bridal Expo**  
February 3, 2018 • 1-4 pm  
Ocean Breeze Conference and Catering Center  
Naval Station Mayport • Free Admission

Let MWR help you plan your special day!

- Meet with vendor from various wedding & party industries
- Food samples
- Drawings for prizes from participating vendors
- Chance to win one of 8 wedding dresses
- Free tote bag with goodies for first 100 brides

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## MWR Child and Youth Programs

**Feb. 2: Cupcake Wars.** 5 - 9 p.m. at the Teen Center. Open to Middle and High School students.

**Feb. 3: Super Bowl Party.** 1 - 5 p.m. in the Kids Club. Sign up to bring an item to share. Must be store bought and packaged. Children in Elementary School are eligible for the Recreation School-Age Program at the Youth Activities Center.

**Feb. 3: "Speak Out" Game Night.** 5 - 9 p.m. at the Teen Center. Open to Middle and High School students.

**Feb. 9: #We Own Family "Peanut Butter Jelly Time."** 7 - 9 p.m. at the Teen Center. Open to Middle and High School students.

**Feb. 10: Feeding the Homeless.** 9 a.m. - 12 p.m. Keystone Club Community Service. Permission slip required. Open to Middle and High School students.

**Feb. 10: Cookies and Canvas.** 1 - 5 p.m. in the Kids Club. "Valentines Day Theme." Wear something you won't mind getting paint on. Children in Elementary School are eligible for the Recreation School-Age Program at the Youth Activities Center.

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# DoD, VA Release Online Tool to Assist Vets with Discharge Process

From Department of Defense

The Department of Defense, through a joint initiative with the Department of Veterans Affairs, is pleased to announce the launch of a web-based tool that will provide customized guidance to veterans who desire to upgrade or change the conditions of their military discharge.

"We are thrilled to have partnered with the Department of Veterans Affairs in developing this wonderful and easily-accessible tool," said Mr. Robert Wilkie, Under Secretary of Defense for Personnel and Readiness. "We support our veterans, whether they served recently or long ago, and we are excited to introduce a tool that will individualize the guidance for those who desire an upgrade or change in their military discharge," he said.

Over the years, some veterans have criticized the review process as

daunting or difficult to understand. The issuance of supplemental guidance over the past few years, while helpful to many, has the side effect of creating multiple guidance documents that can be confusing to some. Furthermore, some veterans suffer from mental health or other conditions that make tasks like these more difficult for them than for others.

This innovative tool simplifies and customizes the guidance. By answering a few short questions, veterans will know which board they need to go to, what form to fill out, any special guidance applicable to their case, where to send their application, and some helpful tips for appealing their discharge. Any veterans who believe their discharge was unjust, erroneous, or warrants an upgrade are encouraged to use this tool and then apply for review.

This tool can be found on Vets.gov at [www.vets.gov/discharge-upgrade-instructions](http://www.vets.gov/discharge-upgrade-instructions). The link is also available on Military OneSource ([www.militaryonesource.mil/](http://www.militaryonesource.mil/)) and each of the review board's websites (listed below). The link has also been forwarded to a number of Veterans Service Organizations and Military Service Organizations in order to spread the news to as many Veterans as possible.

This initiative was one of many in recent years aimed at improving the review process and guidance available to veterans who believe they may have been unfairly discharged or received an unfair discharge characterization. The Department issued special guidance in 2011 for veterans discharged under "Don't Ask, Don't Tell" or its predecessor policies. Also, the Department issued guidance related

to post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI) in 2014. Most recently, in February 2016, the Department redoubled its efforts to ensure veterans received the benefit of the latest guidance and statutes of limitations were liberally waived in such cases. Subsequently, in December 2016, the Department launched an internal review of its policies and procedures. That review disclosed some gaps and confusion in the previous guidance. In August 2017, the Department issued significant guidance clarifying how review boards will consider cases involving mental health conditions, including PTSD, TBI, sexual assault or sexual harassment.

For information on a specific board, please contact the board directly or through its website at:

Navy Board for

Correction of Naval Records:

Website: [www.secnav.navy.mil/mra/bcncr/Pages/home.aspx](http://www.secnav.navy.mil/mra/bcncr/Pages/home.aspx)

Phone: 703-607-6111  
E-mail: [BCNR\\_Application@navy.mil](mailto:BCNR_Application@navy.mil)  
Navy Discharge Review Board:

Website: [www.secnav.navy.mil/mra/CORB/Pages/NDRB/default.aspx](http://www.secnav.navy.mil/mra/CORB/Pages/NDRB/default.aspx)

Phone: 202-685-6600  
E-mail: [NDRB@navy.mil](mailto:NDRB@navy.mil)

Air Force Board for Correction of Military Records

Website: [www.afpc.af.mil/Career-Management/Board-for-Correction-of-Military-Records/](http://www.afpc.af.mil/Career-Management/Board-for-Correction-of-Military-Records/)

Phone: 240-612-5379  
E-mail: [usaf.pentagon.saf-mr.mbx.saf-mrbc@mail.mil](mailto:usaf.pentagon.saf-mr.mbx.saf-mrbc@mail.mil)

Air Force Discharge Review Board:

Website: [www.afpc.af.mil/Separation/Discharge-Review-Board/](http://www.afpc.af.mil/Separation/Discharge-Review-Board/)

Phone: 240-612-0995

E-mail: [usaf.pentagon.saf-mr.mbx.saf-mrbc@mail.mil](mailto:usaf.pentagon.saf-mr.mbx.saf-mrbc@mail.mil)

Army Board for Correction of Military Records:

Website: <http://arba.army.pentagon.mil/>

E-mail: [army.arbainquiry@mail.mil](mailto:army.arbainquiry@mail.mil)

Army Discharge Review Board:

Website: <http://arba.army.pentagon.mil/>

E-mail: [army.arbainquiry@mail.mil](mailto:army.arbainquiry@mail.mil)

To submit feedback on related Department policies or processes:

Send an e-mail to [osd.pentagon.ousd-p-r.mbx.legal-policy@mail.mil](mailto:osd.pentagon.ousd-p-r.mbx.legal-policy@mail.mil) or mail your feedback to Office of Legal Policy at:

Office of Legal Policy  
Office of the Under Secretary of Defense (Personnel & Readiness)

4000 Defense Pentagon

Washington, DC 20301-4000

# Navy Civilian Learns Life Lessons In Jax

By Mark Burrell  
Office of Civilian Human Resources

In the middle of nowhere, between Bradford and Union counties just west of Jacksonville, Florida, down a long, long washed-out dirt road, a recently-widowed elderly lady sat outside her log cabin, looking at her flooded vehicles.

Historic flooding from Hurricane Irma took Jacksonville and nearby towns by surprise. Federal Emergency Management Agency (FEMA) officials called the flooding "epic," hitting water levels not seen since 1846.

Lynette George, a FEMA volunteer, found the elderly woman sitting outside. Immediately, George began to assess the damage but was unable to enroll her into the FEMA system due to connectivity issues.

Fortunately, volunteers, like George, a federal civilian at the Department of the Navy (DON), raised their hands to deploy after this year's hurricane season as a member of the Surge Capacity Force.

The Post-Katrina Emergency Management Reform Act mandated the creation of a Surge Capacity Force (SCF) that will be "capable of deploying rapidly and efficiently after activation to prepare for, respond to and recover from natural disasters, acts of terrorism, and other man-made disas-



-Photo by Lynette George

**Lynette George, a finance manager for the Navy's Office of Civilian Human Resources-Operation Center Silverdale, checks on a hurricane survivor after she volunteered to do an interagency deployment with the Federal Emergency Management Agency near Hastings, Fla.**

ters, including catastrophic incidents."

George found out that soon after Hurricane Irma, the lady's husband died. The hurricane destroyed most of her property and even her dog was missing. The only access to her home for five weeks was by boat, the long winding dirt road was impassable.

"How could I possibly do 45 days of this? Its heart wrenching and I started crying," said George.

This was her first day in the community. Yet, she carried on.

George, a finance manager for the Navy's Office of Civilian Human Resources - Operations Center Silverdale, has carried on for more than 35 years with the

Department of the Navy.

"My whole life has been volunteering - from Sunday school to managing a non-profit - it's a lifetime passion for me because I've been blessed with a wonderful job and family," George said.

FEMA put out a call for volunteers shortly after hurricanes Harvey, Irma, Jose and Maria, devastated the Southern U.S. and Puerto Rico in late August and September 2017. Like many of the almost 50 Department of the Navy volunteers, George arrived in Anniston, Alabama, for training with almost no idea of what this experience would entail.

"Before I left, I had a feeling like I wasn't coming back," George explained. "That I was

going into a disaster area but it was something that I knew I needed to do. There was no hesitation on my part and I was prepared for the worst."

Even though she had spent four years on active duty in the Navy, she never spent time on the ground in a conflict or disaster zone.

"My family thought

that I was crazy," George said.

After meeting fellow Navy employees during training, she deployed to Jacksonville, Florida, to work with a FEMA crew on a Disaster Survivor Assistant Team going door-to-door to ensure the survivors were safe and help register people in the FEMA database.

According to FEMA, the DSA mission is to build and sustain an expeditionary cadre to establish a timely presence in disaster impacted areas. DSA primarily focuses on addressing the needs of disproportionately impacted populations and disaster survivors.

With the amount of damage caused in Bradford and Union counties, George and her team had their work cut out for them.

Her supervisor, Tammy Johnson, said George is no stranger to getting out in the community.

"She has always been engaged in the giving community. She is the founder of the

'Blue Star Banner' program in Kitsap County, Washington - honoring those that served in the military.

She routinely volunteers for other events such as 'Wreaths Across America' for those veterans we have lost. So, in my mind, George has always been an individual who is engaged and giving," said Johnson, director of Office of Civilian Human Resources (OCHR) Silverdale.

Johnson encouraged George as soon as she found out she was volunteering. Johnson said she knew George could make a difference by helping people and have an unforgettable life experience.

"The FEMA surge deployment provided Lynette with increased appreciation for the things in her life -- family, friends, shelter, to name a few," said Johnson. "It is such an honor to work with a person so empathetic to others. She truly cares and tries her best to

See Lessons, Page 9

Fleet and Family Support Center  
Invites Military Spouses to



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## Military Spouse Connection!

This three-day workshop held from 9:00 am to 12:00 pm each day is designed to connect military spouses with the many resources who can assist them in successfully navigating the challenges of the military lifestyle. Additionally, spouses will enjoy a guided tour of Naval Station Mayport.

2018 Schedule	
7 - 9 February	5 - 7 September
2 - 4 May	12 - 14 December

For more information and to register please call or email:  
(904) 270-6600 ext. 1721

[Krischele.Edmondson.ctr@navy.mil](mailto:Krischele.Edmondson.ctr@navy.mil)

## Naval Station Mayport, Fleet and Family Support Center 2018 Military Saves Month Events

01 - 28 Feb - Credit Card Cut Up

01 Feb - Thursday	14-15 Feb - Wednesday and Thursday	27 Feb - Tuesday	28 Feb - Wednesday	1 March - Thursday
Military Saves Proclamation Signing Bldg 1 Quarterdeck 1045	Million Dollar Sailor (MDS) Class Bldg 1 RM 1616 0730 - 1600 (2-Day Class and sign-up required)	Financial Leadership Seminar ATG Auditorium 0900 - 1000 TSP/Blended Retirement System ATG Auditorium 1300 - 1500 Spouse Financial Brief STARK Memorial Classroom 1800-1900	Paying for College/Paying off your Student Loans ATG Auditorium 0900-1100	Planning for Your Retirement ATG Auditorium 0900-1100

Build Wealth, NOT Debt!

NOTE: Please contact FFSC to register at (904) 270-6600 x 1700 / 1701

# LCSRON 2 Hosts Annual Reserve Leadership Symposium



Chief Engineman Nathaniel Farahkhan conducts a brief prior to a tour of the Freedom-class littoral combat ship USS Detroit (LCS 7) to U.S. Navy Reserve Sailors.



-Photo by MC Kristopher S. Haley  
Rear Adm. Jesse A. Wilson Jr., commander, Naval Surface Force Atlantic, speaks to U.S. Navy Reserve Sailors.



-Photo by MC2 Michael Lopez  
Lt. Caroline Stanton, an instructor at the Littoral Combat Ship Training Facility aboard Naval Station Mayport, teaches Sailors how to simulate navigating an LCS as part of a tour for the annual Reserve Leadership Symposium hosted by Littoral Combat Ship Squadron (LCSRON) 2. A primary goal of the symposium was to provide an open forum for reservists to discuss continued strategies with active-component leadership regarding the success and future changes to the LCSRON program and the important role reservists currently play, and how they can best augment the community moving forward.

## Congressman Rutherford Meets With Mayport First Responders



Congressman John Rutherford, Florida's 4th congressional district, dons protective gear before being lifted up in a fire ladder aboard Naval Station Mayport.



Senior Chief Master-at-Arms Javier Santiago shakes hands with Congressman John Rutherford, Florida's 4th congressional district, at Naval Station Mayport's fire station.



-Photos by MC2 Michael Lopez  
Congressman John Rutherford, left, Florida's 4th congressional district, and Capt. David Yoder, middle, commanding officer of Naval Station Mayport, help operate a fire ladder during Rutherford's visit to the base. Rutherford met with fireman and Sailors assigned to base security to thank them for their service and gather their thoughts on how he can best represent them on congressional issues moving forward.

### Lessons

help others. She is a role model for us all."

George spent 45 days on a DSA crew using tablets and other mobile reporting tools to bring services directly to survivors who needed the most help.

The technology registers survivors at home, work, shelters, hotels or wherever they may be. The Survivor Mobile Application Reporting Tool (SMART) uses mobile geo-tagging and photo-capable devices in the field to give FEMA leaders an instant picture of critical and emerging needs, as well as the overall pulse of impacted communities.

Learning the methods and technologies of another agency benefits all those involved, explained Lisa Jox, HR Operations director at OCHR.

"The benefit to the DON and OCHR of such interagency experiences

is really two-fold: one, gaining new perspectives on how other agencies operate, their best practices and sharing that knowledge within the DON; and two, sharing DON best practices with our sister agencies," Jox said.

Though the level of support for another federal agency was unprecedented, explained Jox, she wasn't surprised that OCHR employees were ready and willing to answer the call.

"While FEMA has had the ability to reach out to other federal agencies for assistance, this is the first time they requested employee volunteers from those agencies," said Jox. "Working with other agencies allows us to see how almost every federal agency relies, in some part, on the work the DON performs every day, including disaster and humanitarian assistance. OCHR is a key

partner in supporting the DON mission and seeing firsthand how the DON supports national interests abroad and at home enables us to be a more effective partner."

Though some of the places George visited felt like they were conflict zones overseas, the people were extremely grateful even though they had lost so much.

"People were positive and they had nothing. Yet they were so willing to help others and give and not take," said George. "This was one of the most amazing experiences I've ever encountered. I thought we were going to get greeted by angry people but, instead, it renewed my faith in humanity."

A few weeks after George's first day, she recognized one of the hurricane survivors at a FEMA community resource event. The elderly lady who lost

her husband was able to make it to town to register. George said she was happy to see her getting assistance from FEMA, but her missing dog was nowhere in sight.

"My goal is to write a letter to FEMA to help improve the process and help survivors even more," explained George after she returned home. "I think I'm actually going to volunteer for the FEMA Reserves when I retire."

Though her family might still think that's crazy, George is determined to continue living a life of service.

From Page 8

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# Take Command: Urgent Care Is Now Easier to Access!

From TRICARE

As of Jan. 1, 2018, most TRICARE Prime enrollees no longer need a referral for urgent care visits and point of service charges no longer apply for urgent care claims. This change replaces the previous policy, which waived referrals for the first two urgent care visits per year. Active duty service members (ADSMs) should continue to visit military hospitals and clinics for care. ADSMs enrolled in TRICARE Prime Remote who do not live near a military hospital or clinic do not need a referral when seeking an urgent care visit.

“We wanted our service members’ families and others to have easier access to urgent care,” explained Mr. Ken Canestrini, acting director, TRICARE Health Plan within the Defense Health Agency. “Beneficiaries can go visit an urgent care center right away

## TRICARE Wants Feedback On New Program

From TRICARE

We want your feedback. Got comments or suggestions about a TRICARE newsletter, fact sheet or handbook you read recently? Take a brief survey about our TRICARE publications.

Our TRICARE publications are your resources for questions about your TRICARE medical, dental and pharmacy benefits. A new search feature now on the TRICARE Publications page allows you to quickly find the information you need to make informed decisions about your health care.

If you have ideas for new resources or topics covered in future publications, share your feedback here. This is your benefit, and we want to hear from you.

You can learn more about the 2018 changes and how to take command of your health, by visiting Changes on the TRICARE website at [www.tricare.com](http://www.tricare.com).

anytime they have a need.”

If you use TRICARE Select or any other TRICARE plan, you may visit any TRICARE-authorized provider, network or non-network, for urgent care.

Urgent care is care you need for a non-emergency illness or injury requiring treatment within 24 hours. Examples of urgent care conditions include a sprain, rising temperature or sore throat. It is not an emergency and doesn’t threaten life, limb or eyesight.

If you are unsure whether to seek urgent care, call the 24/7 Nurse Advice Line at 1-800-TRICARE (874-2273)—Option 1. You will speak with a registered nurse who can answer your questions and give advice. The nurse can also assist you with finding a provider and scheduling an appointment.

If you need care after hours, while traveling, or if your pri-

mary care manager is unavailable, urgent care is a great option. Contact Humana Military, the East regional contractor, at 1-800-444-5445 to help you find an appropriate urgent care facility or provider. You can also use the TRICARE provider search tool online at [www.tricare.mil/FindDoctor](http://www.tricare.mil/FindDoctor).

Any TRICARE Overseas Prime enrollees requiring urgent care while TDY or on leave status in the 50 United States and the District of Columbia, may access urgent care without a referral or an authorization, but the ADSMs must follow-up with their PCM in accordance with applicable DoD and Service regulations concerning ADSM care outside MTFs.

This is your benefit. Visit [www.tricare.mil/changes](http://www.tricare.mil/changes) to learn more about the changes and take command of your health!

## Vets Have New ID Card

From VA

The U.S. Department of Veterans Affairs (VA) announced that the application process for the national Veterans Identification Card (VIC) is now available for Veterans - yet another action honoring their service.

This has been mandated through legislation since 2015 to honor Veterans, and today’s rollout of the ID card fulfills that overdue promise.

Only those Veterans with honorable service will be able to apply for the ID card, which will provide proof of military service, and may be accepted by retailers in lieu of the standard DD-214 form to obtain promotional discounts and other services where offered to Veterans.

“The new Veterans Identification Card provides a safer and more convenient and efficient way for most Veterans to show proof of service,” said VA Secretary Dr. David J. Shulkin.

The VIC provides a more portable and secure alternative for those who served the minimum obligated time in service, but did not meet the retirement or medical discharge threshold. Veterans who served in the armed forces, including the reserve components, and who have a discharge of honorable or general (under honorable conditions) can request a VIC.

To request a VIC, Veterans must visit [vets.gov](http://vets.gov), click on “Apply for Printed Veteran ID Card” on the bottom left of the page and sign in or create an account.

Veterans who apply for a card should receive it within 60 days and can check delivery status of their cards at [vets.gov](http://vets.gov). A digital version of the VIC will be available online by mid-December.

## Flu

cines might help ease your symptoms. But they won’t make the cold go away any faster. Always read the label and use as directed. Be especially careful with children and cold medicine. Some medicines have ingredients not recommended for children.

Cold symptoms include sore throat, runny nose, coughing, sneezing, headaches, and body aches. Most people recover within about seven to 10 days. But people with weakened immune systems, asthma, or respiratory conditions might develop serious illness, such as pneumonia.

To reduce your risk of getting a cold:

- Wash your hands often with soap and water. Wash for 20 seconds. Help young children do the same. If soap and water aren’t available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay away from people who are sick.

To protect others, if you have a cold:

- Stay at home while you’re sick.

- Avoid close contact with others, such as hugging, kissing, or shaking hands.

- Move away from people before coughing or sneezing.

- Cough and sneeze into a tissue, and then throw it away. Or cough and sneeze into your upper shirt sleeve. Either way, completely cover your mouth and nose.

- Wash your hands after coughing, sneezing, or blowing your nose.

- Disinfect surfaces and objects that you touch often (such as toys, door-knobs, light switches, faucet handles, keyboards, and cell phones).

- Call your doctor, if you or your child has one or more of these:

- Temperature above 100.4° F\*

- Symptoms that last more than 10 days

- Symptoms that are severe or unusual.

- If your child is younger than three months of age and has a fever, always call your doctor right away. Your doctor can determine if you or your child has a cold, and can recommend

therapy to relieve symptoms.

Now, on to influenza.

You might have the flu, if you have some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting.

Most people with the flu have mild illness, and don’t need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. Stay home for at least 24 hours after your fever is gone, except to get medical care or other necessities. Your fever should be gone without the use of fever medicine (like Tylenol). Stay home from work, school, travel, shopping, social events, and public gatherings.

While you’re sick with flu: stay away from others, wash your hands often, and cover coughs and sneezes with a tissue. If you must leave home, wear a facemask if you have one.

People who are only mildly ill shouldn’t go to the emergency room. If

you go to the ER and you don’t have the flu, you might catch it from people who do have it.

If you have flu symptoms and are in a high-risk group, or are very sick or worried about your illness, contact your doctor. High-risk groups include: young children (age younger than five, and especially younger than age two), people age 65 and older, pregnant women, and people with certain medical conditions (such as asthma, diabetes, or heart disease). High-risk patients should contact your doctor early in your illness. Remind them of your high-risk status for flu, and ask about antiviral treatment.

If anyone has any of these emergency warning signs of flu sickness, go to the ER:

**Children:**

- Fast breathing or trouble breathing

- Bluish skin color

- Not drinking enough fluids

- Not waking up, or not interacting

- Being so irritable that the child doesn’t want to be held

- Flu-like symptoms improve, but then return

with fever and worse cough

- Fever with a rash

**Infants:** in addition to the signs above, get medical help right away for any infant who has any of these signs:

- Unable to eat

- Trouble breathing

- No tears when crying

- Significantly fewer wet diapers than normal

**Adults:**

- Difficulty breathing or shortness of breath

- Pain or pressure in the chest or abdomen

- Sudden dizziness

- Confusion

- Severe or persistent vomiting

- Flu-like symptoms that improve, but then return with fever and worse cough

For 24/7 clinical advice, call the Nurse Advice Line at 800-TRICARE (800-874-2273).

It’s not too late to get your flu shot. For immunizations, stop by or call 904-270-4305.

You can also email your doctor for non-urgent issues, using RelayHealth secure email messaging. Go to the TRICARE Online Patient Portal at [www.tricareonline.com](http://www.tricareonline.com) or

<https://mil.RelayHealth.com>. For appointments or to call your doctor, call 904-270-3248. Or schedule online at [www.tricareonline.com](http://www.tricareonline.com).

To find out more, visit CDC at [www.cdc.gov/flu](http://www.cdc.gov/flu).

Naval Branch Health Clinic Mayport is one of Naval Hospital Jacksonville’s six health care facilities located across Florida and Georgia. NH Jacksonville’s priority since its founding in 1941 is to heal the nation’s heroes and their families. The command is comprised of the Navy’s third largest hospital and five branch health clinics across Florida and Georgia. Of its patient population (163,000 active and retired sailors, soldiers, Marines, airmen, guardsmen, and their families), about 85,000 are enrolled with a primary care manager and Medical Home Port team at one of its facilities. To find out more or download the command’s mobile app, visit [www.med.navy.mil/sites/navalhospitaljax](http://www.med.navy.mil/sites/navalhospitaljax).

For more information about the TDP, download the *TRICARE Dental Program Handbook*.

For information about all dental plans, visit Dental Plans on the TRICARE website.

Don’t let another year pass. Make an appointment for your next cleaning now. Do it for your teeth, your wallet and your health.

The dentist will also look for signs of gum disease, also called periodontal disease. Gum disease is an infection in the tissues that hold teeth in place. Nearly half of all adults age 30 or older show signs of gum disease, which is the leading cause of tooth loss in adults. Finally, the dentist checks for proper tooth alignment and biting, chewing and swallowing patterns.

Inspects your mouth, lips, jaw and throat.

Normal dental cleaning visits generally follow a similar format. First, a dentist or hygienist reviews your medical history with you.

If you’re due for X-rays, these images will help detect decay or changes in your mouth. Next, the dentist or hygienist will remove plaque, tartar and stains from your teeth. Polishing the teeth and applying fluoride are the final steps.

If you’re age 18 or younger, the dentist may consider placing sealants onto the back teeth to help prevent cavities on the chewing surfaces. The TDP covers sealants for permanent molars through age 18.

A healthy mouth may lower your risk for some serious medical issues, including stroke and heart disease. Early signs of certain medical conditions may be visible in the mouth, including oral can-

cers. For these reasons, the dentist

inspects your mouth, lips, jaw and throat.

The dentist will also look for signs of gum disease, also called periodontal disease. Gum disease is an infection in the tissues that hold teeth in place. Nearly half of all adults age 30 or older show signs of gum disease, which is the leading cause of tooth loss in adults. Finally, the dentist checks for proper tooth alignment and biting, chewing and swallowing patterns.

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Don’t let another year pass. Make an appointment for your next cleaning now. Do it for your teeth, your wallet and your health.

From Page 1

# The Navy's Brightest Star Shines At Naval Station Mayport

By Joe Pickett

Former Station Librarian

Editor's note: The following article is part of a continuing series on the history of Naval Station Mayport in honor of its 75<sup>th</sup> anniversary.

On June 7, 1965, General William Westmoreland requested 35 battalions of combat troops, plus another nine in reserve – a request that would change the U.S. role and course of the war in Vietnam. On June 16, Secretary of Defense Robert McNamara announced that “21,000 more U.S. troops” would be sent to Vietnam, and General Westmoreland requested 125,000 more.

On Aug. 16, 1965, troops of the First Cavalry Division (Air Mobile) embarked on MSTs Kula Gulf. With their helicopters on USS Boxer, the troops departed Naval Station Mayport for combat in Vietnam. On Sept. 11, the division landed at Qui Nhon, where it was redeployed to An Khe (“The Golf Course”).

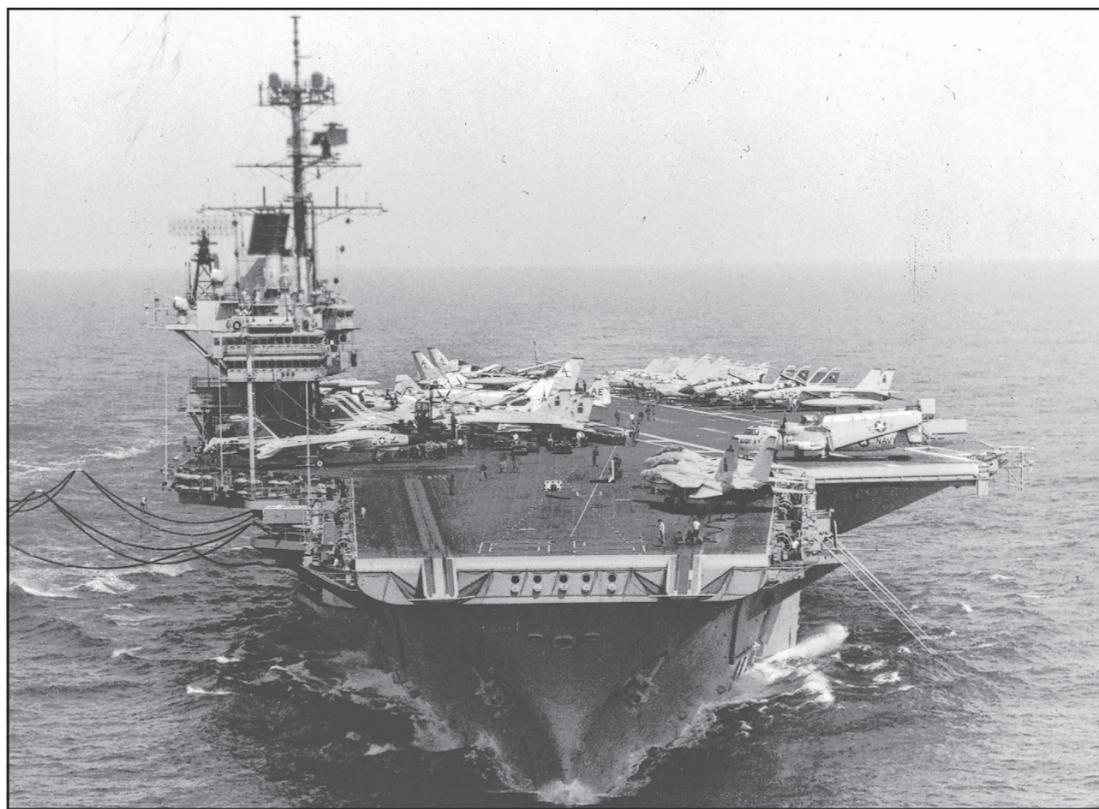
Between Oct. 23 and Nov. 20, while seeking to destroy enemy forces in Pleiku Province, the division fought a bitter battle in the Iadrang Valley when retreating North Vietnamese army troops decided to protect an important staging area and supply base in the valley; 500 North Vietnamese ambushed a battalion, wiping out almost an entire company.

When USS Franklin D. Roosevelt (CVA 42) cast off lines on June 21, 1966, she became the first Mayport homeported ship to be deployed for combat duty in the Western Pacific. The “Rosie” first steamed to the Puerto Rico operating area, where she conducted training exercises. The carrier also visited St. Thomas, Virgin Islands, from June 27-30, when she departed for the Pacific, via the Cape of Good Hope, on July 1. Eight months later to the day, “Rosie” returned to Mayport.

On the day that the Roosevelt returned to Mayport, USS Royal (DD 872) and USS Ware (DD 865), departed for duty in the Far East.

Commanding officers of the naval station had field days with ribbon-cutting ceremonies and official openings of recreational and service facilities in the 1960s.

Beginning in 1965, official openings included the Ribault Bay Club restaurant near pier C-1, the Fleet Training



USS Franklin D. Roosevelt (CVA 42) was the first Mayport ship to deploy for combat duty in the Western Pacific on June 21, 1966 at the start of the Vietnam War.

-Photos by Paige Gnann

Center, a new station chapel, six new bowling lanes with a snack bar, and a club for teenagers.

The years 1967 through 1970 saw additional ribbon-cutting ceremonies that included a new hotel/motel facility consisting of 16 house trailers, a family services center, the Navy Exchange and Express Store opened, four new high explosive magazines, and the Kavanaugh Field picnic area was dedicated. And more toward the recreational needs of the Mayport naval community were the opening of a remodeled library, a modernized lounge at the commissioned officers mess, a hobby shop complex, and a four-room pediatric trailer clinic for examination and treatment of children.

During 1968, a 20-room bachelor officer quarters was completed at a cost of \$274,000, and a contract was awarded to construct a three-story, 210-man bachelor enlisted men's quarters. A new air terminal maintenance building was dedicated March 1.

Also during the 1960s, hurricanes just seemed to have a thing for Naval Station Mayport. A category two hurricane named Dora slammed into northeast Florida in September 1964, causing a considerable amount of damage to the station and surrounding areas.

The damage was so extensive that, on Oct. 9, Under Secretary of the Navy Paul B. Fay Jr. toured the naval station to review the damage.

And there's more!

On June 8, 1966, all available tugs began clearing the basin of ships in preparation for a visit by Hurricane Alma. A few hours later, at 2 a.m. June 9, extremely bad weather was encountered by YTB-752 and YTM-749, which YD-204 in tow, as the vessels were heading up-river to hurricane moorings at Jacksonville. Upon arrival, and during efforts to moor to the sea land pier, the boom of YD-204 struck the pier and nearby high-voltage lines.

In October of 1968, Hurricane Gladys disrupted the naval station's routine activities when its oncoming presence forced the evacuation of fleet units and service craft from the carrier basin.

Quick action and effective prevention measures by Naval Station Mayport and tenant command personnel kept storm damage to a minimum. By Oct. 20, all units had returned to port.

During the decade, Naval Station Mayport hosted ships and crews from several different countries – Italy was represented by guided missile cruisers Garibaldi in 1962, Caio Duileo in 1965, and Vittorio Veneto in 1970, and the destroyer Impavido in 1965; France sent her guided missile frigate Du Chayla in 1964 and the guided missile destroyer Bouvet in 1965; Holland was represented by the guided missile cruiser Dezeven Provincien in 1965; and Australia's

destroyer Hobart arrived in 1966.

During 1970, Mayport had its share of distinguished visitors – Senator Margaret

Chase Smith, Secretary of the Navy John H. Chafee, Congressman Charles E. Bennett, ex-Navy astronaut Walter Schirra, Imogene Coca

and Playboy queen June Wilkinson.

On Feb. 15, 1969, USS Saratoga (CVA 60) returned to Mayport after a \$40 million overhaul at Philadelphia Naval Shipyard.

A few months later, the “Sara” was ordered to the Mediterranean, where President Richard M. Nixon paid a visit to the ship in September 1970. In April 1972, the ship was deployed to the Seventh Fleet in the Western Pacific – Saratoga would find herself on Yankee Station off North Vietnam.

The next article will cover the first five years of the 1970s, which were filled with anxiety; fears for loved ones on board Mayport ships deployed to the war zone; happiness for safe returns; commissioning and decommissionings of ships; and a visit by President and Mrs. Nixon to see their son-in-law, Lt.j.g. David Eisenhower. All in all, Naval Station Mayport was the brightest star in the U.S. Navy's constellation of shore stations.



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