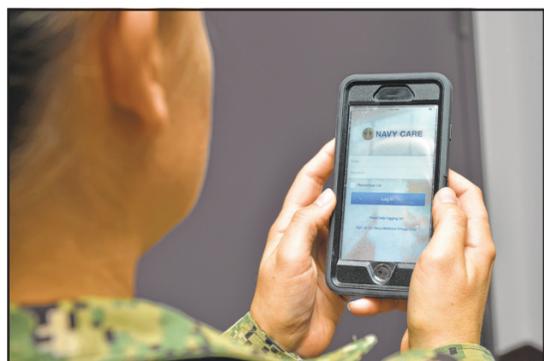


‘Navy Care’ Virtual Health App Launches At NH Jax



-Photo by Jacob Sippel
A Sailor uses the Navy Care app on her cell phone for a virtual health visit with a Naval Hospital Jacksonville provider. Navy Medicine is conducting its world-wide pilot of Navy Care in Jacksonville. Navy Care enables patients to have a live video visit with a clinician on a smartphone, tablet, or computer. It's private, secure, and free.

By Rodney Foushee

Naval Hospital Jacksonville Deputy Public Affairs Officer

Naval Hospital Jacksonville now offers some health visits as virtual visits, thanks to a new app.

Navy Medicine is conducting its world-wide pilot of Navy Care at Naval Hospital Jacksonville. Navy Care enables patients to have a virtual visit with a clinician, by using a smartphone, tablet, or computer. It's private, secure, and free.

Navy Care offers care where the patients are, and where the providers are.

For a virtual visit, the patient can be at home, at work, or anywhere that offers privacy. The clinician works from their office at the hospital or branch health clinic. The patient and clinician see and talk to each other in real time, using Navy Care's secure app or website, from any video-enabled device (such as a smartphone, tablet, laptop, or desktop computer).

"Navy Care delivers convenient care to our patients, with the same quality as a face-to-face visit," said NH Jacksonville Commanding Officer Capt. David Collins. "It's an extension of value-based care, which focuses on value from the perspective of the patient."

Navy Care has rolled out for certain types of follow-up visits in allergy, behavioral health, clinical pharmacy, diabetes wellness team, family medicine, fitness enhancement program (FEP), neurology/sleep medicine, nutrition, orthopedics/podiatry, specialty pediatrics, periodic health assessment (PHA), and urology.

"The Navy Care app was so easy to use," said Lt. Kurt Bogart, a fleet division officer based at Naval Station Mayport. "It saved me two hours in travel time for a follow-up visit with my doctor at Naval Hospital Jacksonville."

Bogart appreciates the convenience the Navy Care app provides. "I think this technology is great," he said. "My doctor could monitor my progress with the app and discuss my treatment with me, just like I was there in his office."

If your medical needs are appropriate for a virtual visit, your provider will discuss Navy Care with you. You'll fill out and submit consent forms. Hospital or branch clinic staff will create an account for you. You'll access your account by visiting the website at <https://navy.care>, or by downloading the free Navy Care app (for iOS on the Apple App Store, or for Android phones at the Google Play Store). You'll receive an email confirming your appointment. When it's time for your virtual appointment, you'll check-in using the link sent to you by email (or by logging in to the app or website). There's a technical support team available by phone (at 866-795-8900) and by email (at navycare@americanwell.com).

To use Navy Care, the patient needs to own a video-enabled device (such as a smartphone, tablet, laptop, or desktop computer) that's connected to a 3G, 4G LTE, or wireless (Wi-Fi) network.

"Our sleep medicine patients have been very

See Health App, Page 8

Pumps Stay, Store Gets Overhaul



-Photo by Paige Gnann
Chief Master-at-Arms Armando Navarro pumps gas at the Naval Station Mayport Fleet Store and Gas Mart. Effective Feb. 26, the Gas Mart inside will close for around two months for renovations. The gas pumps will be available 24 hours throughout the renovation. For your convenience, the Fleet Store will extend their hours to open earlier and close later. Effective Feb. 26, the Fleet store hours are Monday-Friday, 5:30 a.m.-9 p.m. and Saturday-Sunday, 9 a.m.-5 p.m.

Navy Updates SRB Plan

From Chief of Naval Personnel Public Affairs

The Navy updated the Selective Reenlistment Bonus (SRB) award plan for active component (AC) and full time support (FTS) Sailors in NAVADMIN 032/18 released Feb. 15.

This NAVADMIN updates NAVADMIN 311/17, adding award levels for 39 skills in 24 ratings and increasing one award level. There are no decreases or deletions of skills in this update.

In addition, this NAVADMIN provides

Sailors more flexibility, by expanding the eligibility window to reenlist for SRB from 90 days before a Sailor's EAOS. However, Sailors who are nuclear qualified, have an early promote on their most recent regular periodic evaluation or are eligible for combat zone tax exclusion are authorized to reenlist any time during the fiscal year of their EAOS, per this NAVADMIN.

Eligible Sailors desiring SRB reenlistment are encouraged to work with their command

career counselors, command master chiefs and chains of command to discuss timing of reenlistment and procedures well before their EAOS. Requests are required to be submitted a minimum of 35 days prior to the requested reenlistment date.

SRB serves as an incentive for those Sailors with critical skills and experience to remain in the Navy. Enlisted community managers continuously monitor the health of their communities to maintain acceptable manning lev-

els in critical skills, and recommend adjustments to SRBs when necessary.

Sailors can stay informed of award changes through the Navy's SRB webpage at <http://www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/Pages/SRB.aspx/> and review the NAVADMIN for a complete listing of changes to skills award levels eligible for SRBs.

NAVADMIN 032/18 can be read at <http://www.npc.navy.mil/>.

Enlisted Credentialing, USMAP Completions Now Viewable In Electronic Training Jacket

By MC2 Taylor L. Jackson

Center for Information Warfare Training Public Affairs

Sailors can now view their earned civilian certifications, licenses, and United Services Military Apprenticeship Program (USMAP) data in their Electronic Training Jackets (ETJ), Navy Training and Management Planning System (NTMPS), and Fleet Training Management and Planning System (FLTMPs).

Previously, Sailors' credentialing data could only be viewed through their Joint Service Transcripts (JST).

Navy Credentialing Opportunities On-Line (COOL), which funds certification exams for eligible Sailors, coordinated with the NTMPS and JST program to ensure Sailors' civilian credentials were being accurately reflected in FLTMPs and the Sailors' ETJs.

The change aligns with Sailor 2025 initiatives to improve fleet manning. The availability of credentialing data in NTMPS, FLTMPs and the ETJ will allow Sailors to seek compatible billets or duties based on their earned credentials. The data will also allow lead-

ership to readily seek well-qualified Sailors to fill billets or duties.

"This is a big win for both our Sailors and for Sailor 2025," said COOL's director Keith Boring. "Not having the credential data available would have hampered future goals of finding Sailors with compatible credentials to fill other positions or move to other enlisted ratings. Now that the data is flowing, credentialing data can be made readily available for Sailor and leadership detailing decisions."

Boring added that promotion and officer

boards will be able to utilize NTMPS, FLTMPs and ETJ credentialing data to assist in board decisions.

"This new process of automated integration is just awesome," said Senior Chief Hospital Corpsman Fernandel Bardouille, senior enlisted leader at Navy Aerospace Medical Institute. "In the past, it was very inefficient and difficult for Sailors to ensure their data was accurately reflected."

COOL provides active duty and Reserve Sailors, whether forward deployed, under-

See COOL, Page 8

Wounded Warriors
Come To NS Mayport
Pages 4-5

Helping Hand & Golf
Sign Up For NMCRS Open
Page 10

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

What Is Appropriate Cyber Behavior?



Sharon Kasica
School Liaison Officer

Social networking sites have exploded. In the eight month period following August 2008, Facebook doubled to reach its 200 millionth user. Facebook currently has 1.19 billion active users. While the social networking world is racing down the road at breakneck speed and becoming an essential personal and business networking tool, school staffs are acutely aware to post on their social pages only what they would not mind seeing displayed in the front halls of the school. The old lawyer saying, "Never put in writing anything that you wouldn't want

KNOWING THE ROPES

read in open court or by your mother" has changed to, "Never put in electronic form anything that you wouldn't want viewed by a million people, including your friends, teachers, supervisors – and your mother."

The obvious and highly publicized dangers of social network sites are frightening situations. Adult predators lure and sexually exploit children. Students and adults engage in cyber harassment and cyber bullying; however, less dramatic dangers of online posting are often overlooked by students and parents. College admissions officers and future employers are sometimes exploring these sites to make decisions.

Inappropriate photos and postings of binge drinking by underage students have gotten some students uninvited to attend certain colleges

or expelled shortly after getting there, according to Parry Aftab, an Internet lawyer and the executive director of Wiredsafety.org. Students don't realize they could miss or lose a scholarship because of what donors are finding about them on the Internet.

With scholarship organizations, college admission officers, and even potential employers looking up job candidates on these sites, students must be extremely careful about what they post and what others post about them. Students seem unconcerned about the fact that anyone can have access to these on-line profiles so the information is often not exactly "G" rated." Companies are watching the habits of potential recruits as well as employees' web habits, since 45% of respondents in an AOL

survey responded that surfing the web was their favorite time waster.

Cyber bullying, and harassment are the bane of every school administrator and school counselor because the verdict from the courts is still out as to when, where, and how schools can address cyber bullying. The issue of regulating off-campus conduct in which a student bullies from his own home computer has school officials struggling with these off campus issues. However, Cleveland, Ohio judge Thomas O'Malley has warned students that they are committing crimes when they post and pass around nude pictures in sexting. He threatens to put them in jail as registered sex offenders for passing pornography of underage children.

Duval County Schools says these are the steps to take if you are being Cyberbullied:

When cyberbullying happens, it is important to document and report the behavior so it can be addressed.

Steps to Take Immediately

- Don't respond to and/or forward cyberbullying messages.
- Don't delete the evidence of cyberbullying. Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text messages. Use this evidence to report cyberbullying to web and cell phone service providers.
- Block the person who is cyberbullying.
- What can parents do to stop cyberbullying?
 - Save all evidence of the cyberbullying.
 - Try to identify the cyberbully.
 - Send one clear message stating "Do not communicate with me again or I will contact the appropriate authorities."
 - Contact the ISP (internet service provider), forward messages and request the account be terminated
 - Notify the website and request removal of inappropriate material.
 - Contact the phone

company if bullying is happening through a cell phone.

- Contact the police if severe.
- Discuss bullying and cyberbullying with your children.
- Emphasize the importance of speaking out against cyberbullying and reporting it to an adult.

For more information and the source for this article visit:

<http://dcps.duvalschools.org/Page/11468>

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 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.

Are You Invested In Your Spiritual Health?



Chaplain Kevin Stanley
CREDO Mayport

I think that it is fair to say that we invest in the things that are most important to us. We invest our money in TSP, 401k, IRAs and various other accounts with the hope that the investment will yield a substantial return. We also invest in our careers by going to various schools to set ourselves apart from our peers and pursue higher education so that we can continue to have upward

CHAPLAIN'S CORNER

momentum setting ourselves up for success in the long run. Having a nice retirement account and retiring at the desired rank are great returns on investment. However, the best return on investment comes from spending time with yourself and the ones closest to you. When it is all said and done the ones that sacrificed with you through the many years of service will still be standing by your side, loving you unconditionally.

We must all ask ourselves a very important question. Are we making the right investments and will they produce the yield we desire? If

the answer is yes, then keep doing what you are doing if not you make the needed adjustments to receive the yield that you desire. Individually invest in yourself, spend time with you doing the things you love to do. If there has been something you wanted to try but never got around to it, just do it. Be intentional about it. I love cycling and marital arts but have not spent much time doing those activities as of late. However, this weekend I made sure that I was able to get in two 25+ mile rides and I feel good, and will be certain that I get in at least 3 rides a week from this point forward. The next area of investment should be with your family. Investing in your spouse, significant other and children will pay dividends for years to come. I know that it

can be hard are times to get in family time due to work and life, but as I said early, we must be intentional.

One of the things that I love about being a chaplain is being able to help Sailors and their families grow. CREDO is a great program that allows Sailors to invest in themselves and their families. CREDO has retreat for individuals, couples and families all expenses paid. These events are great investments that will pay off for years to come. Another great untapped resource of CREDO is their retreat geared specifically to individuals who have been victims of sexual assault. From this point forward let's invest in those things that will give us the greatest reward. If you are interested in learning more about the programs CREDO has to offer contact Mr. John Hugus: john.hugus.ctr@navy.mil or LT Kevin Stanley: kevin.t.stanley@navy.mil.

Chapel Services For Lenten, Easter

Naval Station Mayport Chapel has released the Lenten and Easter schedule for Roman Catholics and Protestants, including the annual Easter Egg Hunt.

The Chapel will host its Easter celebration, including pictures with the Easter Bunny, on March 17 from 10 a.m.-11 a.m. An Easter egg hunt will start at 10:30 a.m. on the Chapel grounds.

Protestant Holy Week Palm Sunday service will be held at 10:30 a.m. on March 25. The annual Easter Sunrise Service will be held April 1 at 7:15 a.m. behind Ocean Breeze Conference Center. Easter morning service and Easter Cantata will be held in the main Chapel at 10:30 a.m.

Roman Catholic services begin with Stations of the Cross on All Fridays of Lent in the small chapel at 6 p.m. It's followed by a pot luck in the Fellowship Hall each Friday. On March 16, Stations will be held at Eucharist Congress.

Stations before Mass will be held at 8:40 a.m. on March 18.

Holy Week schedule begins on Passion (Palm) Sunday Mass starting outside the Chapel on March 25 at 8:45 a.m.

Holy Thursday Mass will be held on March 29 at 6 p.m.

Good Friday Divine Mercy Chaplet and Confessions will be held at 2:30 p.m. on March 30 with a service at 3 p.m. and a fish fry.

Holy Saturday Easter Vigil Mass will be held on March 31 at 7:30 p.m. Blessing of Easter food baskets will happen before Mass.

Easter Sunday Resurrection of the Lord Mass will be held at the Sea Otter Pavilion on April 1 at 7 a.m. Easter Mass will be held at 9 a.m. at the Main Chapel.

Divine Mercy Chaplet will be held at 8:45 a.m. on April 8. Mass will be held at 9 a.m.

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Chap.
Steven Souders

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.

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.

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.

For more information, call 270-5212.

THE MIRROR
NS MAYPORT, FLORIDA

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Mayport Sailor Of The Week

Name: MN2 Brooke Bauer
 Command: LCS 11 USS Sioux City Blue
 Job: Training Petty Officer and ASM Coordinator for MCM Blue Detachment 23.
 Age: 24
 Hometown: Born and raised in Cissna Park, Illinois
 Favorite Hobby: Riding motorcycles, cooking, swimming
 Best Piece Of Advice Received: It's important to always start your day on a positive note. Whether it's doing something you enjoy or lis-

tening to music on your way to work, that energy keeps you going through the day.
 Goal For Navy: To become one of the few female MNCs
 How Has The Navy Improved Your Life?: The Navy gave me the opportunity to leave my small town and grow as a person through the guidance of my leaders and experiences.
 Why was this Sailor/Officer Chosen To Be Highlighted? MN2 has not only aggressively sought out challenging new duties but

is excelling at those duties. She has taken over as Training Petty Officer and ASM coordinator for the MCM Detachment in support of Sioux City Blue. She has spent the last month correcting 20 training records and standardizing their format. MN2 ensures all members of the Detachment have up to date qualifications, which directly impacts the operational readiness of Sioux City Blue. She is currently representing the LCS community and her crew as the Griffin of the Month.



MN2 Brooke Bauer

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2018 Team Navy DoD Warrior Games Trials Commence

By MC2 Michael Lopez
Navy Public Affairs Support
Element East, Detachment
Southeast

The Team Navy opening trials for the 2018 Department of Defense (DoD) Warrior Games kicked off Feb. 20, at Naval Station (NAVSTA) Mayport, where over 70 seriously wounded, ill and injured Sailors and Coastguardsmen will compete for a spot to represent the Navy in this year's DoD Warrior Games.

Navy Wounded Warrior-Safe Harbor (NWW-SH) and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, cycling, wheelchair basketball, shooting, sitting volleyball, swimming, track and field. The top performing athletes will fill 40 competitive spots and five alternative spots on Team Navy.

"We hope the trials and the DoD Warrior Games pull athletes out of whatever they may be struggling with," said Lt. Cmdr. Therese Pederson, Navy Region Southeast Warrior Games Trials coordinator. "We hope this gives them something to focus on while achieving success in a sport that they may not have thought they could do before."

Both first time and returning athletes from all over the country will be competing in the trials to participate in sports they're familiar with while also trying their hands in sports they've never attempted.



-Photo by MC2 Amanda Battles

Active duty service members and veterans train in sitting volleyball prior to the 2018 Team Navy trials at Naval Station (NAVSTA) Mayport's gymnasium. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling, wheelchair basketball, shooting, sitting volleyball, and swimming. The top performing athletes will fill 40 competitive spots and five alternative spots for Team Navy at the 2018 Department of Defense Warrior Games.

"I've always been active and athletic," said Intelligence Specialist 2nd Class Cassidy Busch, a first time Team Navy athlete. "I've really missed getting to be involved in sports and fitness like I was before, and the DoD Warrior Games just kind of fell into my lap as a way for me to be better and push myself at something new and exciting."

The Team Navy athletes, their families and caregivers arrived in Jacksonville Feb. 16, for informational events before beginning training for the trials. The athletes trained until the

trials began, then went into competition mode to earn their spot in the various sports until the final day of the trials Feb. 24.

"This is something that pushes me mentally and physically," said Busch. "We're all doing things adaptively that we may have never even tried before and it makes you utilize your mind and body in a different way than an able-bodied person would attempt the same thing, but the people here really make it a bonding experience as a healing process we're all going through together."

With athletes com-

peting at NAVSTA Mayport's fitness facilities, and the nearby Hannah Park and Fletcher High School, many local spectators are expected to attend the events to show their support.

"The important thing is that athletes get to become part of a team again," said Meagan McAllister, an adaptive athletics coordinator. "Many have been in places where they feel isolated, so it's important that they're around their Navy family and community in a fun team-building environment. I think this environment can

show these athletes how much hope they have around them."

After the conclusion of the trials, active duty service members and veterans representing teams from the Air Force, Army, Coast Guard, Marine Corps, Navy, and U.S. Special Operations Command, as well as the Australian Defence Force and the United Kingdom Armed Forces, will go head to head at the DoD Warrior Games at the Air Force Academy in Colorado Springs, Colorado June 2-9.

The DoD Warrior Games is an annual event recognizing the

importance adaptive sports plays in the recovery and rehabilitation of wounded, ill, and injured service members and veterans. Participation in the DoD Warrior Games allows service members and veterans to build a supportive social network and develop relationships with other athletes, giving them a sense of community on their path to recovery.

"These events provide a unique sense of purpose and camaraderie," said Pederson. "They are helping service members interact and compete with people who are in similar situations, and we ultimately hope that they feel supported and build important relationships that they can take with them after this to further build their support network."

(NWW-SH) is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and support to their families. The program provides individually tailored assistance designed to optimize the success of the wounded warrior's recovery, rehabilitation and reintegration activities.

For more information please visit the DoD Warrior Game's official website at <http://www.dodwarriorgames.com>.



-Photo by MC2 Mark Andrew Hays

Active Duty Sailors and veterans train in wheelchair basketball prior to the 2018 Team Navy Trials at Naval Station (NAVSTA) Mayport's gymnasium. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling, wheelchair basketball, shooting, sitting volleyball, and swimming. The top performing athletes will fill 40 competitive spots and five alternative spots for Team Navy at the 2018 Department of Defense Warrior Games.



-Photo by MC2 Class Michael Lopez

Yeoman 3rd Class Alexis King shoots a bow during archery training prior to the Team Navy trials at Naval Station Mayport's fitness center in preparation for the



-Photo by MC2 Amanda Battles

Hospital Corpsman 1st Class Romulo Urtula trains in archery prior to Team Navy trials at Naval Station (NAVSTA) Mayport's gymnasium. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling,



-Photo by MC2 Amanda Battles
 Chief Engineman Matthew Parker practices shooting an air rifle prior to the 2018 Team Navy trials in Naval Station (NAVSTA) Mayport's gymnasium. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling, wheelchair basketball, shooting, sitting volleyball, and swimming. The top performing athletes will fill 40 competitive spots and five alternative spots for Team Navy at the 2018 Department of Defense Warrior Games.



-Photo by MC3 Kristopher S. Haley
 Information Systems Technician 1st Class Pou (retired) practices shot put at Fletcher High School in Jacksonville, prior to Team Navy Trials.



-Photo by MC2 Class Michael Lopez
 Senior Chief Hospital Corpsman Joseph Paterniti takes a breath during swimming training prior to the Team Navy trials at Naval Station Mayport's fitness center in preparation for the 2018 Department of Defense Warrior games.



-Photo by MC2 Mark Andrew Hays
 Active Duty Sailors and veterans practice cycling prior to the 2018 Team Navy Trials at Naval Station (NAVSTA) Mayport. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling, wheelchair basketball, shooting, sitting volleyball, and swimming.



-Photo by MC2 Amanda Battles
 Fireman Ting Du trains with an air pistol prior to the 2018 Team Navy trials in Naval Station (NAVSTA) Mayport's gymnasium.



-Photo by MC2 Mark Andrew Hays
 Active Duty Sailors and veterans train in wheelchair basketball prior to the 2018 Team Navy Trials at Naval Station (NAVSTA) Mayport's gymnasium. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling, wheelchair basketball, shooting, sitting volleyball, and swimming.



-Photo by MC2 Amanda Battles
 Active duty service members and veterans train for rowing prior to the 2018 Team Navy trials at Naval Station (NAVSTA) Mayport's gymnasium. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling, wheelchair basketball, shooting, sitting volleyball, and swimming.



-Photo by MC2 Amanda Battles
 Active duty service members and veterans train for wheelchair basketball prior to the 2018 Team Navy trials at Naval Station (NAVSTA) Mayport's gymnasium. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling, wheelchair basketball, shooting, sitting volleyball, and swimming. The top performing athletes will fill 40 competitive spots and five alternative spots for Team Navy at the 2018 Department of Defense Warrior Games.



-Photo by MC3 Kristopher S. Haley
 Active Duty Sailors and veterans train in cycling prior to Team Navy Trials held at Naval Station (NAVSTA) Mayport. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling, wheelchair basketball, shooting, sitting volleyball, and swimming. The top performing athletes will fill 40 competitive spots and five alternative spots for Team Navy at the 2018 Department of Defense Warrior Games.



About MWR

Morale, Welfare and Recreation (MWR) for Naval Station Mayport in Jacksonville, FL provides a variety of programs and activities for the local community. More information about our programs can be found at www.navymwr-mayport.com, on www.facebook.com/mwr-mayport, or by calling 904-270-5228.

Auto Skills Center

February Special: 10% off alignment. Free alignment with purchase of 4 tires.

Saturdays: Auto Skills Center Safety Classes. 10:30 a.m. This class is required for all DIY Auto Skills Patrons. Tuesdays – Fridays: Auto Skills Center Safety Classes. 3 p.m. This class is required for all DIY Auto Skills Patrons.

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 23: Mayport Movies: "Justice League" (PG-13). 6 p.m. at the Mayport Beacon in the Tortuga Room. FREE. Bring the whole family to watch a great movie on our 20 ft. screen.

Feb. 24: Movies at Mayport: "Justice League" (PG-13). 8 p.m. at the Mayport Beacon in the Tortuga Room. FREE for all hands ages 18+.

March 1: Intro to Crochet. 6 – 8 p.m. Cost is \$25 and all supplies are provided. Register by Feb. 27. Receive professional instruction to create a crocheted infinity scarf. Sign up by Feb. 27.

March 1: REI Presents FL Hiking Basics. 6:30 p.m. – 8 p.m. FREE. Learn about the hiking basics for Florida-trip planning, essential items, equipment, safety precautions, along with local resources and places to go. Join us there or take the van at 5:30 p.m. Sign up by Feb. 27..

March 2: Mayport Movies: "Finding Dory" (PG). 6 p.m. at the Mayport Beacon in the Tortuga Room. FREE. Bring the whole family to watch a great movie on our 20 ft. screen.

March 3: UFC 222. Fight starts at 10 p.m. at the Mayport Beacon in Loggerheads. Come and watch the fight Live at Loggerheads with the Liberty Center.

March 8: Intermediate Crochet & Pattern Reading. 6 – 8 p.m. Cost is \$25 and all supplies are provided. Register my March 6. Learn the ins and outs of crochet pattern reading and be on your way to creating a beautiful crocheted hat. Some crochet experience required.

March 9: Mayport Movies: "Coco" (PG). 6 p.m. at the Mayport Beacon in the Tortuga

Room. FREE. Bring the whole family to watch a great movie on our 20 ft. screen.

March 10: Movies at Mayport: "Star Wars: The Last Jedi" (PG-13). 8 p.m. at the Mayport Beacon in the Tortuga Room. FREE for all hands ages 18+. Enjoy a thrilling movie on our 20 ft. screen.

March 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.

March 13: Kid's Story Time. 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 kid's story and activities.

March 15: REI Presents Backpacking Basics. 6:30 p.m. – 8 p.m. FREE. REI will take the mystery out of backpacking with an overview of planning, preparation and gear. Learn how to choose a park, select proper clothing and footwear. Join us there or take the van at 5:30 p.m. Sign up by March 13.

Outdoor Adventures

Bouncy House Rental: \$80 per day.

Reactor Dive Watches: 50% off.

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 (904) 270-5221!

March 8: Surf Fishing. 3:30 p.m. – 5 p.m. Join MWR and learn the basic skills to surf fishing. Cost is \$5 and equipment is provided or you can bring your own. Sign up by March 6. All skill levels welcome! *A Shore Fishing License is required from the state of Florida. The license can be obtained for free from the local tax collector's office or can be purchased for a small fee online at myFWC.com.

April 12: Crabbing. 3:30 p.m. – 5 p.m. Join MWR and learn crabbing techniques to catch blue crabs. Cost is \$5 and includes bait, line and nets. Bring your own bucket or cooler if you plan on keeping your catch. Sign up by April 10. All skill levels are welcome! *A Shore Fishing License is required from the state of Florida. The license can be obtained for free

from the local tax collector's office or can be purchased for a small fee online at myFWC.com.

MWR Entertainment Beachside Bingo

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

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.

March 16: Luck o' the Irish Bingo. Join Beachside Bingo for Luck o' the Irish Bingo! Doors open at 4 p.m. Specials include double payouts on all warm ups and hard cards, a Pot o' Gold coin game and prizes for wearing the best St. Patrick's gear!

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.

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).

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

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.

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

Thursdays: Blue Plate Special. Enjoy the chef's special of the day at lunch

Sunday Nights: Xtreme Family Fun Night. 4 – 7 p.m. at Mayport Bowling Center. Cost is \$13 per person (includes shoes and kids hot dog or hamburger meal). Bring the kids out for 3 hours of Xtreme bowling.

March 1: Thursday Bowling League. Thursdays from 6:30 p.m. – 8:30 p.m. Cost is \$15 per week for 15 weeks. Bowl every week and receive a free sports

team bowling ball of your choice. Open to all MWR patrons and guests.

March 10: Saturday Bowling League. Every other Saturday from 6 p.m. – 8 p.m. Cost is \$15 per week for 15 non-consecutive weeks. Bowl every other week and receive a free sports team bowling ball of your choice. Open to all MWR patrons and guests.

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.

Windy Harbor Golf Club

Weekdays: "Avoid the Crawl" 9-Hole Escape. Starting at 3 p.m. at Windy Harbor Golf Club. Don't get stuck in traffic leaving the base, swing by Windy Harbor on the way out for a quick game! Save on gas, save the environment and make your afternoon more enjoyable. 9 holes and a cart for just \$11.

Mondays and Tuesdays: All play. 18 Holes and a Cart Only \$25.

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).

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

March 11: Family Golf. Sundays after 3 p.m. Families play 9 holes of golf on a shortened course, no more than 125 yds per hole. \$8.00 for adults, \$4.00 per child (must be accompanied by an adult). \$2.00 for pull cart rental, no charge for kid's golf club rental (if available). Electric cart rental is available at \$8.

March 21: Intramural Golf. 11:00 a.m. informational meeting and 12:00 p.m. shot gun start. Join the Intramural Golf Captain's Cup League.

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<p>Lot 42 3 bd, 2 ba, plus a study 1,881 sq. ft.</p> <ul style="list-style-type: none"> Open floorplan Corian countertops in the kitchen Stainless steel appliances Kitchen island Tile floors in the foyer, kitchen, gathering rm, dining, laundry & bathrooms Covered porch <p>\$229,900</p>	<p>Lot 17 4 bd, 2.5 ba 2,268 sq. ft.</p> <ul style="list-style-type: none"> Open floorplan 3rd car garage Corian countertops in the kitchen Stainless steel appliances Kitchen island Tile floors in the kitchen, breakfast area, foyer, laundry & bathrooms Covered porch <p>\$263,300</p>
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Does your spouse or partner suffer from PTSD?

If your spouse or partner lived through a traumatic event while serving, and is now experiencing stress, anxiety, or trouble sleeping – it may be post-traumatic stress disorder (PTSD), and you're not alone. It is estimated that in a given year, up to 20% of Veterans have PTSD.

Right now, Dr. Mark Joyce at CNS Healthcare in Jacksonville is accepting new participants for the **HONOR Clinical Study**. The study is for an investigational medication that may help improve trauma-related symptoms, including sleep disturbances.

No cost to participate • Compensation for time & travel

Dr. Mark Joyce | CNS Healthcare
5200 Belford Rd, Suite 420
Jacksonville, FL
904-281-5757 | cnshealthcare.com



Get Fit With MWR

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.

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.

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 meet 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.

Feb 27: Learn-to-Swim Level 1 and 2. Our Learn-to-Swim winter program is a 4-week program consisting of 8 half-hour lessons. Classes begin Feb. 27. Level 1 is Tuesdays 4 – 4:30 p.m. and Saturdays 10:15 – 10:45 a.m. Level 2 is Tuesdays 4:45 – 5:15 p.m. and Saturdays 11 – 11:30 a.m. \$45 per child per session. Register at the Natatorium on Friday, Feb. 23 from 11 a.m. – 1 p.m. and Saturday, Feb. 24 from 10 a.m. – 12 p.m. Please bring cash or charge.

March 5 - 19: American Red Cross Lifeguard Instructor Course. Mondays 10 a.m. – 4 p.m. and Thursdays 4:30 p.m. – 8:30 p.m. Cost is \$200 for military, dependents and DoD, and \$250 for civilians. Participants in the Lifeguard Instructor Course must be at least 17 years old and must

be American Red Cross Lifeguard, First Aid/CPR/AED certified and successfully complete an online session.

March 19 - 23: American Red Cross Lifeguard Course. 9 a.m. – 3 p.m. Cost is \$165 for military, dependents and DoD, and \$195.00 for civilians. Participates in the Lifeguard Course must attend ALL the dates (no Exceptions). Candidates must pre-qualify before making payment. Candidates must be at least 15 years old and swim 300 yards continuously, tread water for 2 minutes and complete a 1 minute timed event.

Fitness 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!

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.

March 20: Pre-Summer Meltdown. 11:00 a.m. – 1 p.m. at the Fitness Center. Get ready to strut your stuff this summer and get a jump start on that beach body! Join MWR Fitness for a 2 hour, calorie-destroying fitness session featuring a wide sampling of classes offered at the Fitness Center, from cardio and strength to CORE and recovery.

Intramural Sports Feb. 28: Women's Soccer Organizational Meeting. 5 p.m. in the Fitness Center Conference Room. Open to active duty, retirees, DOD dependents 18 +. Season begins March 23.

March 9 - 11: March Madness Basketball Tournament. Registration deadline March 1. Entry fee \$250 per team. Open to active duty, dependents, retirees, and DOD 18 years and older.

Mayport Liberty Center Has Fun For You

The following activities target single or unaccompanied Sailors. For more information, call 904-270-7788 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 1st place.

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

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

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.

Feb 28: Ice Skating. Van departs from the Liberty Center at 7:30

p.m. All hands welcome over 18+. Transportation only. Sign up by Feb. 26 at the Liberty Center inside the Mayport by the Beacon.

March 2: Town Center Trip. Need a ride? Join us for a trip to the Town Center. Van departs the Liberty Center at 5 p.m. Transportation only.

March 4: Paintball. Join the Liberty Center and GTF Paintball for a day of epic battles. Trip includes transportation. Van departs the Liberty Center at 9am. No gear, no problem! GTF offers all of your paintball equipment, safety gear, field fees and 500 markers for only \$15 (pay at GTF). Sign up dead line is March 1. (All hands welcome, 18+)

March 7: Bowling Clinic. 5 p.m. at Mayport Bowling Center. Do you need a little help on your game? Are you a little rusty? Join the Liberty Center for 3 FREE games

of bowling at Mayport Bowling Center. This trip includes games and shoe rental. Sign up dead line is March 6. (Liberty Patrons only)

March 8: Surf Fishing. Fishing will start at 2 p.m. behind 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 provided but you must have a valid FL Shore Fishing license, available at <http://myfwc.com/license>. Please sign up by March 6. (Liberty Patrons only)

March 9: Movie Trip. Van departs at 6 p.m. to head to your favorite movie or entertainment venue in town.

March 11: St. Augustine Celtic Music and Heritage Festival. Van departs at 9 a.m. Join Liberty for Celtic

music and fun in St. Augustine. Don't forget to wear your green! Sign up by March 8.

March 13: Ice Skating. 7:30 p.m. Transportation only. All hands welcome 18+. Sign up by March 12.

March 16: Town Center Trip. Need a ride? Join us for a trip to the Town Center. Van departs the Liberty Center at 5 p.m. Transportation only.

March 18: Paintball. Join the Liberty Center and GTF Paintball for a day of epic battles. Trip includes transportation. Van departs the Liberty Center at 9am. No gear, no problem! GTF offers all of your paintball equipment, safety gear, field fees and 500 markers for only \$15 (pay at GTF). (All hands welcome, 18+). Sign up by March 16.

March 21: Bowling Clinic. 5 p.m. at Mayport Bowling Center.

Child and Youth Programs

Become a Child Development Home Provider. The Child Development Home (CDH) Program is an extension of the Child Development Center Program. CDHs are independent business enterprises operated by Navy certified military family members in their own homes. For information on how to become a CDH Provider, call t 904-270-7740.

Feb. 23: Silent Library. 7 – 9 a.m. at the Teen Center. Open to Middle and High School students.

Feb. 24: Teen Choice Movie Night. 5 – 9 p.m. Join us for popcorn to watch at the Teen Center. Open to Middle and High School students.

March 19 – 23: Spring Camp. 5:30 a.m. – 7 p.m. at the Youth Activities Center. Are you ready for Spring Break? Parents can request care at militarychildcare.com.



Spring Camp
March 19-23
 5:30 am- 7 pm at the Youth Activites Center

- Parents can request care at militarychildcare.com beginning Feb. 5
- Children already enrolled in the Before & After School Program don't need to register
- Meals and snacks provided
- A Non-School Day Care Option will be offered on March 16 and March 30 (Daily Rate). Hourly Care will be offered based on availability at \$4 per hour

Open to children Kindergarten through age 12

NAVYMWRMAYPORT.COM
 CHILD & YOUTH PROGRAMS



Craft & Leisure Workshops
 Spring 2018 - At the Mayport Beacon

Intro to Crochet
 Thursday, Mar. 1 • 6-8 pm
 \$25; supplies provided. Receive professional instruction to create a crocheted infinity scarf. Sign up Feb. 27

Intermediate Crochet & Pattern Reading
 Thursday, Mar. 8 • 6-8 pm
 \$25; supplies provided. Learn the ins and outs of crochet pattern reading and be on your way to creating a beautiful crocheted hat. Some crochet experience required. Sign up Mar. 6

Basic Jewelry Making
 Thursday, Mar. 29 • 9-11 am
 \$18; all supplies provided. Receive professional instruction to learn the basics of jewelry making, and create your own beaded necklace. Sign up by Mar. 27

Wire Wrapping Jewelry
 Thursday, Apr. 5 • 9-11 am
 \$20; includes supplies. Receive professional instruction to make a wire-wrapped pendant and necklace. Sign up by Apr. 3

Spring Embroidery
 Thursday, Apr. 19 • 6-8 pm
 \$18; supplies provided. Embroider your own Spring-themed towel with a design of your choosing. Sign up Apr. 17

Mother's Day Cross Stitch
 Thursday, Apr. 26 • 6-8 pm
 \$18; supplies provided. Receive professional instruction to cross stitch a perfect gift for mom. Sign up Apr. 24

Please sign up at the Tickets & Travel Office
 NAVYMWRMAYPORT.COM



Family Golf
 Beginning March 11
 Every Sunday after 3 pm
 at Windy Harbor Golf Club

Bring together the entire family for a 9-hole round of golf on a shortened course (no more than 125 yds.)

\$4 per child (must be accompanied by an adult).
 \$8 per adult
 No charge for kids golf club rental!*
 Pull cart rental \$2
 Electric cart rental \$8

* Youth club rental subject to availability

NAVYMWRMAYPORT.COM



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.

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Pentagon Releases New Policy On Nondeployable Members

By Lisa Ferdinando
DoD News, Defense Media Activity

The Defense Department has released a new policy on military retention for nondeployable service members as it seeks to provide more ready and lethal forces, the undersecretary of defense for personnel and readiness told Congress yesterday.

"The situation we face today is really unlike anything that we have faced, certainly in the post-World War II era," Robert Wilkie told the Senate Armed Services Committee's personnel subcommittee.

On any given day, about 286,000 service members - 13 to 14 percent of the total force - are nondeployable, Wilkie said at a hearing on

military and civilian personnel programs and military family readiness.

Defense Secretary James N. Mattis in July tasked the Office of the Undersecretary of Defense for Personnel and Readiness with developing policies to ensure everyone who enters the military and those who remain in the military are worldwide deployable, he explained.

Service members who have been nondeployable for more than 12 consecutive months will be processed for administrative separation or referred to the disability evaluation system, he said.

"This new policy is a 12-month 'deploy-or-be-removed' policy," he said,

noting there are exceptions, such as pregnancy and postpartum conditions. Medical boards will review the medical status of those who have been wounded, he said.

"We need to look at the force holistically," he said. "We have to ensure given the climate that this country faces that everyone who signs up can be deployed to any corner of the world at any given time, and that is the reason for the change in policy."

Focus on Readiness, Lethality

The new policy is effective immediately. Military services have until Oct. 1 to begin mandatory processing of nondeployable service members, Patricia Mulcahy, the director

of DoD's officer and enlisted personnel management office, said.

Service members could be nondeployable for any number of reasons, she said, such as falling behind on annual medical exams or due to combat or training injuries. Only a small percentage of those who are nondeployable have been in that status for more than 12 months, Mulcahy said.

Each service member's case will be individually reviewed, she said, and the secretaries of the military departments are authorized to grant waivers to retain members.

The purpose of the policy is not to separate members, but rather is to get members back into a deployable status if pos-

sible, she emphasized.

"I think it's important to know that there is the balance between readiness and helping our members who are not going to be able to heal adequately to be deployable to help them with the next phase of their lives as well," she said.

The policy is meant to improve readiness and ensure members are deployable worldwide to carry out the mission of safeguarding the nation and fighting and winning the nation's wars, she said.

"Since Secretary Mattis has been on board, readiness and lethality of the forces has been [the] absolutely No. 1 priority for him, and thus for the department," she said.

Drill Keep Iwo Jima ARG Sailors Ready



-Photo by MC3 Michael H. Lehman
Members of a repair locker group together while receiving damage control training during general quarters drill aboard the amphibious assault ship USS Iwo Jima (LHD 7). The Iwo Jima Amphibious Ready Group is deployed in support of maritime security operations and theater security cooperation efforts in Europe and the Middle East.



-Photo by MC2 Lyle Wilkie
Machinist Mate 3rd Class Christopher Smudzinski crawls under a ventilation duct to look for simulated hotspots in a fan room during command firefighting drills aboard USS New York (LPD 21).



-Photo by MC1 Kristin M. Schuster
Senior Chief Damage Controlman Shimran Ali (center) demonstrates how to use a Naval Firefighting Thermal Imager during a general quarters drill aboard USS Iwo Jima (LHD 7).

COOL

way or ashore, a way to map their Navy education, training, experience and competencies to civilian credentials and occupations. It also allows Sailors to pursue credentials throughout their military life cycle, from completion of technical training until they become eligible for transition opportunities. Navy COOL is located with the Center for

From Page 1

Information Warfare Training, which delivers trained information warfare professionals to the Navy and joint services, enabling optimal performance of information warfare across the full spectrum of military operations. For more information about Navy COOL, visit www.cool.navy.mil/ or call (850) 452-6683.

Health App

pleased with the convenience of follow-up visits using the Navy Care virtual environment," said John Hawley D.O., a neurologist at Naval Hospital Jacksonville.

Each of the nearly 50 providers selected for this pilot program have completed specialized training to provide care through the new service.

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

From Page 1

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), almost 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.

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You're invited to celebrate the introduction of
Supportive Independent Living at our innovative community.

Anthem Lakes truly is a unique senior living experience.
Extensive research links numerous health benefits to nature. Our residents share a park-like 14-acre campus featuring a lake, three ponds and a dock with turtles, fish, birds, ducks, rabbits, squirrels, dogs, and cats. After all, discerning consumers know it's far better to live in a park than next to a busy street.

Please join us to learn more about Supportive Independent Living as we celebrate our ONE-YEAR ANNIVERSARY!

February 24, 2018 • 9 AM – 3 PM
Anthem Lakes, Dockside Building
905 Assisi Lane • Atlantic Beach, FL 32233

- Chef's selection of heavy hors d'oeuvres
- Community tours
- Meet the owners

RSVP to Brittney at 904-601-1299, ext. 101

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AnthemLakes.com

Assisted Living License #12972

SecNav Names Two Littoral Combat Ships

From SECNAV Public Affairs

On Feb. 13, Secretary of the Navy Richard V. Spencer announced the next Freedom and Independence variant Littoral Combat Ships will be named USS Nantucket (LCS 27) and USS Savannah (LCS 28).

The future USS Nantucket (LCS 27), a Freedom-variant Littoral Combat Ship, will be the third commissioned U.S. Navy ship to honor the maritime history of Nantucket.

The future USS

Savannah (LCS 28), an Independence-variant Littoral Combat Ship, is the sixth ship to bear the name of the oldest city in Georgia.

Nantucket will be built by Fincantieri Marinette Marine in Marinette, Wisconsin. Savannah will be built by Austal USA in Mobile, Alabama.

LCS is a modular, reconfigurable ship, designed to meet validated fleet requirements for surface warfare (SUW), anti-submarine warfare

(ASW) and mine countermeasures (MCM) missions in the littoral region. An interchangeable mission package is embarked on each LCS and provides the primary mission systems in one of these warfare areas.

Media may direct queries to the Navy Office of Information at 703-697-5342. For more news from Secretary of the Navy public affairs, visit www.navy.mil/SECNAV



Work From Home • Run Your Own Buisness • Stay with Your Kids



Become a Child Development Home Provider

The Child Development Home (CDH) Program is an extension of the Child Development Center Program. CDHs are independent business enterprises operated by Navy certified military family members in their own homes.

The CDH program allows young children to receive the same early start in learning just as the CDC provides, but in a home like environment while providing continued support to parents and military readiness. Providers may live either on or off base and may care for up to six children. To become a CDH provider, you must submit to a medical screening, complete an application packet, provide three references, and undergo extensive background checks which will be provided to you by the CDH installation director.



For information on how to become a CDH Provider, Please call the Child Development Center at (904) 247-7740

NAVYMWRMAYPORT.COM

CHILD & YOUTH PROGRAMS



Don't Miss Out On Voting Opportunity

From Staff

Don't miss your opportunity to vote in upcoming primary elections! Register now and request your absentee ballots at FVAP.gov

Primary Elections Begin in March - Register and request your absentee ballots for all 2018 elections now at FVAP.gov

This year the entire House of Representatives and a third of the US Senate are up for election. Don't miss your opportunity to vote in your states primary election as it will determine who is on the November 2018 general election ballot. To register and request your absentee ballot, visit FVAP.gov to complete a Federal Post Card Application (FPCA).

FVAP recommends that all military members and their eligible family members away from their voting jurisdiction, as well as U.S. citizens overseas, send in a Federal Post Card Application (FPCA) every January to ensure receipt of absentee ballots for all federal elections in 2018. Now is the time to update your mailing address and absentee ballot request information to reflect any changes since the

2016 general election.

To register and request your ballots, complete the FPCA using the online assistant (fvap.gov/military-voter/registration-ballots). You may also use the fillable PDF (fvap.gov/uploads/FVAP/Forms/fpca.pdf) or pick up a hard-copy version from a Voting Assistance Officer on your installation or at the nearest U.S. Embassy or Consulates American Citizen Services Office.

Not voting in the states listed above? Find your states primary election dates at FVAP.gov: Select the state where you want to register to vote from the drop-down menu in the Voters Start Here box at the top left-hand side of FVAP.gov. To find your state's election website for specific information on candidates, elections, contact information, and links to your local election offices, visit FVAP's contact page (fvap.gov/info/contact).

If you'd like more information on the Federal Voting Assistance Program or need help with the absentee voting process please go to FVAP.gov or call [FVAP at 703-588-1584](tel:703-588-1584) (toll free 1-800-438-VOTE or DSN 425-1584) or email (vote@fvap.gov).

LOWCOUNTRY HANG TIME



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FFSC Workshops For Sailors, Families

From Staff

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and child-care is not available. For more information about the classes or to register call 270-6600, ext. 1701. FFSC is located in Building One on Massey Avenue. Jan. 9-13, 7:30 a.m.-4:30 p.m.

Feb. 22, 8 a.m.-noon 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).

Feb. 26 - March 8, 7:30 a.m.-4:30 p.m. Transition GPS Retiree Workshop, BLDG 1, RM 1616

The class is designed for military personnel who are within 24 months of retiring or 90-180 days of separating from completion of military services. It helps Service members understand the overall Transition GPS program, the require-

ments to meet Career Readiness Standards, and to identify common issues Service members and their families experience during the transition process.

Feb. 26, 6 p.m.-7 p.m. 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!

Feb. 27, 9 a.m.-11 a.m. Financial Leadership Seminar, ATG Auditorium

Provides Senior Leadership (E-6 and above) with exposure to a wide array of financially related matters locally. Open forum setting, topics of discussion to include: Common financial trends, PFM program awareness, recent/projected program updates etc.....

Feb. 27, 10 a.m.-noon Active Parenting (ages 1-5), BLDG 1, RM 702

Feb. 27, 1 p.m.-3 p.m. TSP/Blended Retirement System, ATG Auditorium

Training designed to educate about the new

Blended Retirement System. The Fiscal Year 2016 Nation Defense Authorization Act created a new military retirement system that blends the traditional legacy retirement pension with a defined contribution to Service members' Thrift Savings Plan account. The new Blended Retirement System goes into effect on January 1, 2018.

Feb. 27, 4:30 p.m.-6 p.m. Expectant Parents Workshop, BLDG 1, RM 702

Expecting a new baby can be a worrying time for expectant parents! You need to know what to expect with a new baby. Join us to meet and gain support from others and exchange new ideas.

Feb. 27, 6 p.m.-7 p.m. Financial Brief for Spouses, BLDG 1, Stark Memorial Classroom

Feb. 28, 9 a.m.-11 a.m. Paying for College, BLDG 1, ATG Auditorium

This workshop provides information on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives.

NMCRS Open Helps Shipmates

By Terra Downey
MWR Marketing Technician

The fourth annual Navy Marine Corps Open will be held March 16 at 12:30 p.m. at Windy Harbor Golf Club. The tournament will benefit the Navy Marine Corps Relief Society and feature a special appearance by PGA Tour Player Jim Furyk.

Furyk is most known for winning the 2003 U.S. Open and as being

"Mr. 58" because he holds the record for lowest score in the PGA Tour history. Furyk lives in Jacksonville and has always been supportive of the military.

"My favorite thing is having Jim participate with the sailors," said Jon Fine, PGA Golf Professional and Food and Beverage and Entertainment Director for Morale, Welfare and Recreation (MWR).

The tournament is organized as a 4-person killer scramble. Mulligans are for sale for \$5 per person, up to 4 per person. The cost is \$75 per player and includes a cart, greens fees, range balls, a box lunch, prizes, a gift certificate for a return round of golf and a Banquet. The deadline to register for the tournament is March 12.

Navy Marine Corps Open Golf Tournament to benefit

March 16, 2018 at Windy Harbor Golf Club

4-Person Killer Scramble
Mulligans for Sale (\$5 per person, up to 4 per person)

Special Appearance by PGA Tour Player Jim Furyk

\$75 per player
12:30 pm Start Time
includes cart, greens fees, range balls, box lunch, prizes, gift certificate for a return round of golf and Banquet

Deadline for sign up March 12, 2018 by COB

NAVYMWRMAYPORT.COM

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

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Jacksonville FL

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MARCH 1-4

PRIME OSBORN CONVENTION CENTER

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4 DAYS ONLY!

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GET YOUR HANDS DIRTY AT A MAKE IT, TAKE IT WORKSHOP AND BRING HOME YOUR VERY OWN CREATION.

ENJOY ONE-OF-A-KIND EATS AT THE FOOD TRUCK RALLY ON FRIDAY, MARCH 2 FROM 11AM-8PM AND SUNDAY, MARCH 4 FROM 10AM-6PM.

FIND FRESH IDEAS FROM MORE THAN 350 EXPERTS IN REMODELING, KITCHEN & BATHS, CABINETS, FLOORING & MORE!

SATISFACTION GUARANTEED: WE'RE SO SURE YOU'LL ENJOY THE SHOW, WE'LL REFUND YOUR ADMISSION IF YOU DON'T.

SHOW DATES & HOURS

THURS.	MARCH 1	11AM - 9PM
FRI.	MARCH 2	11AM - 9PM
SAT.	MARCH 3	10AM - 9PM
SUN.	MARCH 4	10AM - 6PM

BUY ONLINE & SAVE \$2

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JacksonvilleHomeShows.com

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CLASSIFIED INDEX

BY PHONE 366-6300
Mon. - Thurs. 7:30 a.m. - 6:00 p.m.
Fri. 7:30 a.m. - 5:30 p.m.

TOLL FREE 800-258-4637
BY FAX 904-359-4180

IN PERSON
Many people prefer to place classifieds in person and some classified categories require prepayment. For your convenience, we welcome you to place your classified ad at The Florida Times-Union from 7:30 a.m.-5:00 p.m., Monday-Friday at One Riverside Avenue (at the foot of the Acosta Bridge).

Deadlines
Run date Call by Fax by
Thursday Tue, Noon Tue, 11 a.m.
Please note: **Fax deadlines are one hour earlier.** Holiday and Legal deadlines vary and will be supplied upon request. Cancellation and correction deadlines are the same as placement deadlines.

CANCELLATIONS, CHANGES & BILLING

Ad Errors - Please read your ad on the first day of publication. We accept responsibility for only the first incorrect insertion and only the charge for the ad space in error. Please call 366-6300 immediately for prompt correction and billing adjustments.

Ad Cancellation - Normal advertising deadlines apply for cancellation. When cancelling your ad, a cancellation number will be issued. Retain this number for verification. Call 366-6300.

Billing Inquiries - Call the Billing Customer Service Department at 359-4324. To answer questions about payments or credit limits, call the Credit Department at 359-4214.

GENERAL INFORMATION

Advertising copy is subject to approval by the Publisher who reserves the right to edit, reject or classify all advertisements under appropriate headings. Copy should be checked for errors by the advertiser on the first day of publication. Credit for Publisher errors will be allowed for the first insertion for that portion of the advertisement which was incorrect. Further, the Publisher shall not be liable for any omission of advertisements ordered to be published, nor for any general, special or consequential damages. Advertising language must comply with Federal, State or local laws regarding the prohibition of discrimination in employment, housing and public accommodations. Standard abbreviations are acceptable; however, the first word of each ad may not be abbreviated.

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

Announcements	Instruction
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Financial	Transportation

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Clothes

LADIES LEATHER COAT w/purse red suede size 12, \$75.00 Levi's men's suit grey/ beige jacket \$7 38R pants 33W x 29 L \$35.00ea. 904-384-7809

Furniture/Household

Ashley Dresser with mirror, and electric leather loveseat, both one year old. \$2795. Sony TV two years old. \$2000, or best offer takes all 386-590-7798

CHANDELIERS - (a) Etched glass bells for 3 lights nickel \$100. (b) Gold 7 lights & 5 dz glass crystals. (c) Gold 12 lights. RUG 6 1/2' x 8' \$55. Like new. Call 904-384-7809

Howard Miller Grandfather Clock 1983 - \$2500. One owner excellent condition, at 10150 Beach Blvd. Suite #9. Call Tony for appt. 904-641-5005

Garden/Lawn

TROY CLIPPER/SHREDDER 6HP \$300. GAS GARDEN CULTIVATOR \$30. 5 CU. FT. CHEST FREEZER \$70.00 Callahan call 904-879-1937

Sporting Goods

GUN SHOW
February 24 & 25
Saturday 9-5, Sunday 9-4
Morocco Shrine
3800 St. Johns Bluff Rd., Jax
Admission \$8.00
Info Cliffhangers
386-325-6114
cliffhangersgunshows.com

Miscellaneous

BIKES - Girls 20" Tires for young girl to teen. white, pink & purple \$50. Girls Banana seat bike, white, pink, w/basket 12x18" \$60. Excel. cond. call 904-384-7809

MICHELIN Latitude Tour P275-55-R18 - 4 tires for car or truck, original sticker, never been mounted. \$195.00 each, call 904-384-7809

PRINTER - Lexmark Fax/Printer, HP PSC, 1315, HP, Photo smart printer, C4795. Laska Power Toolbox. Taskforce 10" Compound Mitre Saw Call 904-583-2246

Very ornate boards, slabs, stumps & finished rustic furniture. Live-edge cut. Fully cured. 904-482-2668.

WICKER MIRROR - Beautifully carved, white wicker mirror, w/4" border & 7 cloth flowers, hangs 19"x29" \$50. Potted SAGOS 904-384-7809

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Apartments Unfurnished

ARLINGTON \$525/MO. 1BR/1BA, Fully Renovated, tile floor, small complex, security camera. 904-252-3626

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ARLINGTON \$700/MO. 2BR/2.5BA Fully Renovated, tile floor, secured complex, central air. 904-252-3626

ARLINGTON \$850/MO. 2br/1ba, fully renovated, wood floor, new kitchen granite tops, central air, new bathroom, new windows great condition. 904-252-3626

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1987 WELCRAFT STEP LIFT V-20 with 200HP OMC Sea Drive, Bimini top with Overnight cabin for 2 people, runs great, tandem aluminum trailer \$3,500. Call Jim 904-384-7809

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Yamaha V-Star 2001 approx. 1K mi offer engine rebuild. 650 board out on jetted, Cobra pipes, Saddlemans seat, chrome has been re-chromed, Ape hangers, and other custom parts, for info call Ernie 904-380-1418

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RVs and Supplies

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A45437	2017 Mazda CX-5 Sport.....	\$22,487
A50487	2015 Mazda CX-5 Sport.....	\$16,900
A38904	2017 Mazda CX-9 Grand Touring.....	\$35,500
49429A	2015 Mazda CX-9 Grand Touring.....	\$26,987
65598A	2015 Mazda CX-9 Grand Touring.....	\$25,987
A10916	2016 Mazda CX-9 Sport.....	\$26,900
S35656	2017 Mazda CX-9 Touring.....	\$32,500
A39348	2017 Mazda CX-9 Touring.....	\$31,987
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S44946	2016 Mazda3 i Grand Touring.....	\$18,900
95107A	2014 Mazda3 i Grand Touring.....	\$16,687
79594A	2016 Mazda3 i Sport.....	\$15,387
S26266	2016 Mazda3 i Sport.....	\$16,800
48564A	2016 Mazda3 i Sport.....	\$13,987
47558A	2013 Mazda3 i Sport.....	\$9,487
61696A	2016 Mazda3 i Touring.....	\$16,987
S22249	2016 Mazda3 i Touring.....	\$17,950
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A34182	2017 Mazda3 4-Door Touring.....	\$18,987
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*2018 Mazda3 Sport Automatic Transmission 36-Month Lease, 15% of MSRP due at Lease Signing. Monthly payment includes \$595 acquisition fee. No security deposit required. Excludes taxes, title, \$689.50 dealer fee and other fees. Not all Lessees will qualify for lowest payment through participating lender. Some Payments higher, some lower based on residency and other factors. Lessee responsible for excess wear and mileage over 30,000 at \$0.15/mile. **2017.5 Mazda6 Sport Automatic Transmission 36-Month Lease, 15% of MSRP due at Lease Signing. Monthly payment includes \$595 acquisition fee. No security deposit required. Excludes taxes, title, \$689.50 dealer fee and other fees. Not all Lessees will qualify for lowest payment through participating lender. Some Payments higher, some lower based on residency and other factors. Lessee responsible for excess wear and mileage over 30,000 at \$0.15/mile. ^2018 Mazda CX-3 Sport Automatic Transmission 36-Month Lease, 15% of MSRP due at Lease Signing. Monthly payment includes \$595 acquisition fee. No security deposit required. Excludes taxes, title, \$689.50 dealer fee and other fees. Not all Lessees will qualify for lowest payment through participating lender. Some Payments higher, some lower based on residency and other factors. Lessee responsible for excess wear and mileage over 30,000 at \$0.15/mile. ^^2018 Mazda CX-5 Sport Automatic Transmission 36-Month Lease, 10% of MSRP due at Lease Signing. Monthly payment includes \$595 acquisition fee. No security deposit required. Excludes taxes, title, \$689.50 dealer fee and other fees. Not all Lessees will qualify for lowest payment through participating lender. Some Payments higher, some lower based on residency and other factors. Lessee responsible for excess wear and mileage over 30,000 at \$0.15/mile. Photos are for illustration purposes only. Offers expire TO 2/28/18.