

CDS 40/4th Fleet Bring Relief



-Photo by MC2 Kayla Cosby
Honduran locals sing "Happy Birthday" to Chaplain Michael Vitcavich at the city's landfill during Continuing Promise 2018. U.S. Naval Forces Southern Command/U.S. 4th Fleet has deployed a force to execute Continuing Promise to conduct civil-military operations including humanitarian assistance, training engagements, and medical, dental, and veterinary support in an effort to show U.S. support and commitment to Central and South America. See Page 9.

Show Your 'Funny'

By Terra Downey

MWR Mayport Marketing Technician

Morale, Welfare, and Recreation (MWR) will host Bogey's Comedy Night for free on Friday, May 4 at 8 p.m. at Bogey's Restaurant at Windy Harbor Golf Club.

The featured guest is comedian Dean Napolitano with comedian Ralph Ellis also appearing. Dinner will be available from 6:30 – 8:30 p.m. Auditions to open for Bogey's Comedy Night are available to all active duty personnel and will be held on April 13 at 4 p.m. at Bogey's Restaurant.

MWR has been hosting Comedy Night since Bogey's Restaurant at the Windy Harbor Golf Club opened in 1996. Providing evening entertainment like Bogey's Comedy Night on Naval Station Mayport has been a long-time goal of MWR Business Activity Manager, Jon Fine.

"I've always had a passion for comedy and entertainment," Fine explained. "In fact, I wanted to be a comedian and a writer for SNL."

Dean Napolitano will headline the event and is known for his observational humor. He has been seen on *The Late, Late Show with Craig Ferguson* and has made people laugh at the Improv in LA, Orlando, and Ontario. He co-starred in the television series "What About Brian," "The Shield" and "Las Vegas."

Appearing with Napolitano this year will be comedian Ralph Ellis who is a Petty Officer 1st Class (Ret.). He participated in the Funniest Man in Texas Competition and Evening at Improv by Comedy Central. He is known for doing hilarious impressions of Rodney Dangerfield, Dave Chappelle, and George W. Bush.

"We are encouraging active duty to audition to be the opening act," Fine concluded.

"We have had talented personnel perform in the past and we would love to have active duty perform at Bogey's Comedy Night this year."

Bogey's Comedy Night is free but reservations are required by calling Bogey's Restaurant at 904-270-5143.



-Photo by Bill Austin
NS Mayport Commanding Officer, Capt. David Yoder, and Rear Adm. Sean Buck, commander U.S. Naval Forces Southern Command/U.S. 4th Fleet, are flanked by active duty and civilian Sexual Assault and Prevent Response (SAPR) advocates during a proclamation signing on March 30 declaring April as Sexual Assault Awareness and Prevention Month at NS Mayport.

Navy Observes Sexual Assault Awareness, Prevention Month

From Navy Office of Information

Throughout April, the Navy joins the nation in observing Sexual Assault Awareness and Prevention Month (SAAPM).

This year's theme, "Protecting Our People Protects Our Mission," established by the DoD Sexual Assault Awareness and Prevention Office continues to reinforce the idea that our people are our most important strategic resource and that operational success depends



on supporting our personnel, protecting our shipmates, and safeguarding team cohesion.

"Sexual assault is a cancer effecting unit cohesion and lethality," said Secretary

of the Navy Richard V. Spencer. "The Department of the Navy has come a long way in addressing sexual assault, but until we get to zero, there is still work to be done. My commit-

ment is enduring and fundamental, and my position of intolerance for sexual assault anywhere is unequivocal."

Tolerating toxic behaviors within our ranks impedes our ability to fight and win wars by eroding trust and degrading individuals who contribute to the mission. This awareness month is designed to enhance year-round efforts to eliminate the crime of sexual assault

See SAPR, Page 6

Road Closure April 7

New Maine Street will be closed to traffic from 7:30 a.m.-5:30 p.m. at Bravo Pier for maintenance.

USS Hue City Rescues Mariners

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Happy Birthday CPOS! Chiefs Kick Off Heritage Week

Page 8

Free Tutoring Resource!



Sharon Kasica
School Liaison Officer

Did you know there is a **free** tutoring resource for active duty military and their children?

Tutor.com/military offers help with homework, studying, and test preparation in more than 16 subjects from elementary math to physics. All military dependent students (of active duty military) worldwide can use the program, regardless of where they attend school.

If your child has

KNOWING THE ROPES

become bogged down in a particular course and nothing you provide seems to help, try **Tutor.com/military**. Navy service members and their children have **FREE**, unlimited access to online tutoring from **Tutor.com/military**. Expert tutors help students of all ages—from K-12 to college to adult learners—one-to-one in math, science, social studies and English, as well as with resume writing, and interview preparation. Help is available 24 hours a day, 7 days a week.

Whenever a student needs help, he will just enter the question and will be connected to a tutor in an interactive online classroom and work one-to-one

in math, science, social studies, and English until the problem is solved. All tutors are screened, certified and background-checked. All sessions are recorded and reviewed for quality control.

This program is provided by the Department of Defense. Authorized patrons include U.S. active duty military service members, U.S. military reservists, U.S. National Guard personnel on active duty in a deployed status, and DoD civilians in a deployed status, and their dependents.

To access the program, login to **Tutor.com/military**. Authorized users will then follow instructions on the Web site for password and

login information.

This is also about this time in the school year that the pressure to get high marks on exams kicks in. Students who become nervous before a test should be encouraged to try the following tips and strategies for keeping anxiety down and energy up for the next big exam.

more stressed out than before. Studying is more effective if done in small doses over several days.

Make up practice questions or take practice tests: Knowing the format and style of a test can reduce anxiety. Encourage students to always ask their teachers about how the test will be formatted. Studying is so much more effective when you know what types of questions you'll be answering.

Get a good night's sleep: Lack of sleep contributes heavily to

anxiety. Be sure your child goes to bed on time the night before an exam.

Eat a healthy breakfast: Blood sugar is at its lowest in the morning. In order to think and problem-solve effectively, students need to refuel. But a good breakfast for one child is not the same for another. Figure out what works best for you child.

Read through the exam to budget time: By looking over the test, your child can avoid any unexpected surprises (and anxiety). Previewing also insures finishing in the allotted time.

Read all directions: Some students are so anxious to get the test over with that they fail to read the directions.

Jot notes: Jotting down brief notes right away can help your child feel less anxious about forgetting important facts or key infor-

mation. Some students write important formulas or critical dates in the margin as soon as they receive their test papers.

Answer easy questions first: Getting the easier questions out of the way builds self-confidence and allows your child the time to focus more clearly on the harder questions.

Organize thoughts before writing: Students who organize their writing responses before they start writing typically score higher. Having a plan or even a short outline insures a well-structured response which hits all the main points.

Think positive-ly: Negative thoughts during a test (e.g., «I'm going to fail») can not only destroy your child's confidence, but also take up valuable time which should be used to concentrate on the test!

See Tutor, Page 3

Our Victory At Easter Is Defeating Sin



Chaplain David Martin
CNSS 14 Chaplain Center

A few years ago I had the opportunity to take my family to the Centennial of Naval

CHAPLAIN'S CORNER

Aviation Celebration. One of the things I enjoyed the most was being able to watch the F4U Corsair demo.

As a child I remember watching *Baa Baa Black Sheep* and building Corsair models that hung from my bedroom ceiling, but seeing it fly in person was quite thrilling.

As I observed how fast and furious it was, I began to envision what it must have been like during World War II to see these planes taking control of the skies. I can certainly see why "Japanese pilots regarded it as the most formidable American fighter of World War II" (Jablonski, Edward.

Airwar. New York: Doubleday & Co., 1979, p. 171). The F4U claimed over 2,140 air combat victories during that time.

In the Christian faith this time of year, we celebrate a victory of a different kind.

The Christian Scripture tells us that sin has separated us from God (Isaiah 59:2).

While we were still in sin, God demonstrated His love toward us by giving His Son, Jesus Christ, to take our sin and punishment upon Himself when He was

crucified (Romans 3:23; 5:8; Isaiah 53:4-6). In doing so, He victoriously defeated sin. The Apostle Paul described this victory when he said, "We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. For when we died with Christ we were set free from the power of sin" (Romans 6:6-7). On the third day, Christ defeated death by coming alive again. "When our dying bodies have been transformed into

bodies that will never die, this Scripture will be fulfilled: Death is swallowed up in victory. O death, where is your victory? O death, where is your sting?" (1 Corinthians 15:55). It is because Christ died and rose again that we can have hope of salvation after this life if we put our faith and trust in Him alone. So in the midst of Easter egg hunts and parties, don't forget to celebrate the true significance of the holiday. Celebrate the God given victory that has been offered to us all.

Yellow Ribbon Program Helps Families Yellow-Bellied Over Tuition



Lisa Smith Molinari
Military Spouse Columnist

Reality has set in. There's no turning back. The kids are going off to college.

And someone has to pay for it.

It all seemed like a distant dream last fall when we signed up for campus tours.

"Sure, we can visit that private university that costs \$68,000 per year," we said, believing that something would intervene — financial aid, scholarships, public outcry, a Martian invasion, the Tooth Fairy — to make college affordable.

Back then, high school graduation was so far off, we didn't need to think it all through. Somehow, it would all work out.

In the meantime, college counselors encouraged our kids to explore their educational dreams regardless of the price, as if military families had unlimited budgets. And as if taking out massive student loans

MEAT & POTATOES OF LIFE

wouldn't translate into our kids living in our basements until they reach their thirties.

Now, here we are in April. The month when high school seniors sort through their acceptance letters, revisit colleges, and make "their choice."

And we, the parents, are hyperventilating into paper bags because we know the bills are coming.

But put down those smelling salts, because the GI Bill and the Yellow Ribbon Program can make college affordable for military families.

Legend has it that one night at the Mayflower Hotel in Washington, D.C., American Legion commander Harry Colmery scribbled an idea on a napkin for military veterans returning from WWII to receive federal unemployment pay, educational benefits, and loans to buy property to help them adjust after service. That idea eventually became the Servicemen's Readjustment Act, better known as the GI Bill of Rights, which was signed into law by President Franklin Delano Roosevelt on June 22, 1944.

The Bill saw many

revisions over the decades, most notably the 1984 Montgomery GI Bill which added an opt-in program for new recruits, and the 2008 Post 9/11 GI Bill which offered veterans serving on or after September 11, 2001 the ability to trans-

fer unused educational benefits to family members. This expansion also added the Yellow Ribbon Program which allows schools to voluntarily "fund tuition expenses that exceed either the annual maximum cap for private institutions or the resident tuition and fees for a public institution. The institution can contribute up to 50% of those expenses and VA will match the same

amount as the institution." (See https://www.benefits.va.gov/gibill/yellow_ribbon/yellow_ribbon_info_schools.asp.)

And finally, the Harry W. Colmery (the napkin scribbler) Veterans Educational Assistance Act of 2017, known as the "Forever GI Bill," which eliminates the 15-year limit on using benefits for recent enlistees, offers extra money

for those pursuing STEM degrees, and includes reservists, surviving dependents, and Purple Heart recipients.

Today, the GI Bill covers about \$22,800 annual tuition plus housing and books for four years. This amount is based on average in-state tuition, but it doesn't cover all costs at many pricey universities today, which is why the Yellow Ribbon

See Ribbon, Page 3



Command Chaplain
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.



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Mayport Sailor Of The Week



BM3 Jerry Paul

BM3 Jerry Paul is responsible for the maintenance and upkeep of all Port Operations Oil Spill equipment. He has completed more than 75 maintenance checks ensuring the readiness of all oil spill response kits, permanent oil exclusion boom, and oil spill response trailers. His efforts have helped

to ensure that Naval Station Mayport maintains 100% readiness to respond to any oil spill incidents within its area of responsibility

BM3 Paul completed his coxswain qualifications in just three months. He has been essential to more than 100 small boat evolutions with zero safety

discrepancies.

Paul is a junior member of the Mayport Command Fitness Leaders. He has lead 5 sessions of the command's **Fitness Enhancement Program**, motivating 25 sailors to improve their physical fitness.

BM3 Paul has established himself as a moti-

vated, charismatic, and resourceful sailor. He inspires his peers to better perform daily tasks with his positive attitude and determined resolve. In the several months since his check-in, BM3 Paul has proven to be a vital asset of the Port Operations Team.

From Page 2

Ribbon

Program is used as a supplement.

When our first child, Hayden was searching for colleges back in 2014, we limited his search to in-state schools and schools that participated in the Yellow Ribbon Program. By searching the state-by-state list of Yellow Ribbon participating schools on the VA website (https://www.benefits.va.gov/GIBILL/yellow_ribbon/yrp_list_2017.asp), Hayden

compiled a long list of schools that we could afford using most of my husband's transferred GI Bill benefits.

Thanks to these programs, Hayden will graduate from a top-notch research institution in May with a well-paid job as a software engineer, no significant student loans, and no plans to live in our basement until his thirties. We considered telling our second child, Anna, that that

she was limited to what was in the change jar on the kitchen counter, but luckily, she was offered a competitive financial aid package from her university. And as for Lilly, our high school senior who has her heart set on another leafy upstate private college, we still have enough GI Bill benefits left to cover one year of tuition, housing and books.

After that, we may need those smelling salts.

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

[For a fact sheet about the GI Bill, see <https://benefits.va.gov/GIBILL/docs/factsheets/ForeverGIBillFactSheet.pdf>, and for a pamphlet about the Yellow Ribbon Program, see https://www.benefits.va.gov/gibill/docs/pamphlets/Yellow_Ribbon_Pamphlet.pdf.]

Will Your Cupcakes Take This Year's Prize?

From NEX Mayport

The NEX would like to invite all commands, groups or departments on base to compete in the 8th annual Command Cupcake Wars to be held in mall of the Main NEX on April 27, 2018.

This event is opened to all departments and tenant commands based at Mayport. This also includes Family Readiness Groups. More than 1 department from the same command can enter, such as 2 different squadrons or a ship and their FRG.

Judging will begin at noon and you may start setting up at 11. A panel of 5 judges will select the best 3 cupcakes based on taste, creatively and table presentation. The NEX will award 1st, 2nd and 3rd place prizes to the winners.

1st prize - \$250 gift card

2nd prize - \$100 gift cards

3rd prize - \$50 gift card

Each group that enters the contest will receive a certificate from the NEX that they can use at a later date for up to 5% off their total purchase for their Christmas party or other function (up to \$250 discount. Some exclusions apply).

In addition to competing for the best cupcake on base, each department or command may use this opportunity to raise funds by selling their cupcakes and other baked goods to customers. Each group will determine what price they want to sell their product for.

For those who wish to enter, please contact Pam Haley at pamela.haley@nexweb.org prior to April 16, 2018.

Tutor

From Page 2

Using these tips won't necessarily keep anxiety away completely. However, practicing these techniques can give your child the right skills to manage test stress when it does happen. So hopefully a combination of tutoring through Tutor.com and these test tips will help your child achieve success and readily promote to the next grade.

Sharon Kasica is the School Liaison Officer for NS Mayport. If you have questions or feedback about this article, 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 use this contact information to schedule a meeting with her in Building One.

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Iwo Jima ARG Continues Mission



-Photo by MC3 Michael H. Lehman

Damage Controlman 2nd Class Robert Gaynor, right, gives damage control training aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) March 25, 2018. Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations.



-Photo by MC3 Daniel C. Coxwest

Sailors and Marines assigned to the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) and the 26th Marine Expeditionary Unit attend a Palm Sunday service in the ship's chapel March 25, 2018. Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations.

Iwo Jima Sailors, 26th MEU Marines Baptized In Jordan River

By MC3 Joe J. Cardona Gonzalez

USS Iwo Jima (LHD 7) Public Affairs

Fifty-eight Sailors and Marines embarked aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) were baptized in the Jordan River during a port visit to Haifa, Israel, March 17, 2018.

"The turnout we had for it was fantastic," said Cmdr. Paul Tremblay, the chaplain aboard Iwo Jima. "I think everyone involved had an experience they'll never forget."

"It felt humbling and it felt quiet," said Fire Controlman 1st Class Jason Pugh, who was baptized during the trip.

The Jordan River spans 156 miles, running roughly north to south of Israel and traversing the Galilee Sea and Dead Sea. The Bible states it is where Jesus was baptized by John the Baptist, and for many, is a site of religious pilgrimage.

Prior to being baptized, the participating Sailors and Marines had to complete a short course and speak with a chaplain.

"We wanted to ensure that the Sailors and Marines who were participating understood the sanctity of the event. So, we required a one-hour baptism class and each of the baptismal candidates had to meet with a chaplain on a one-on-one basis as well. This gave us the opportunity to educate them on the actual baptism, on how the event would go and hear their story as to why they wanted to be baptized and learn about their spirituality," said Tremblay.

The tour allowed them to also visit the Sea of Galilee and the Chapel of St. Joseph.

"It wasn't like a normal tour where you just sit back and passively observe a couple things. It was as if I were part of something greater than myself," said Pugh.

Tremblay said it was fortunate that he and the Sailors and Marines could participate in such a unique opportunity.

"It was significant and a lot of fun. Every one of the Sailors and Marines that I interviewed were very transparent; they were very open and honest about their faith. It really was a privilege," said Tremblay.

Iwo Jima, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations as part of a regularly scheduled deployment.

The Iwo Jima Amphibious Ready Group embarks the 26th Marine Expeditionary Unit and includes Iwo Jima, the amphibious transport dock ship USS New York (LPD 21), the amphibious dock landing ship USS Oak Hill (LSD 51), Fleet Surgical Team (FST) 8 and FST-4, Helicopter Sea Combat Squadron (HSC) 28, Tactical Air Control Squadron (TACRON) 22, components of Naval Beach Group (NGB) 2 and the embarked staff of commander, Amphibious Squadron (PHIBRON) 4.



-Photo by MC2 Lyle Wilkie

Sailors train how to combat a fire aboard a landing craft, air cushion in the well deck of the San Antonio-class amphibious transport dock ship USS New York (LPD 21) March 22, 2018. New York, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations.



-Photo by MC3 Daniel C. Coxwest

Capt. Darrell Canady, executive officer of the Wasp-class amphibious assault ship USS Iwo Jima, and members of the multicultural heritage committee cut a cake during a Women's History Month celebration on the ship's mess decks, March 28, 2018. Iwo Jima, homeported in Mayport, Florida, is on a regularly scheduled deployment to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.



-Photo by MC3 Daniel C. Coxwest

Sailors and Marines hold hands as a demonstration during a Women's History Month celebration on the mess decks of the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), March 28, 2018.



-Photo by MC3 Daniel C. Coxwest

Logistics Specialist 1st Class Toni Acid gives a speech during a Women's History Month celebration on the mess decks of the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), March 28, 2018.



-Photo by MC2 Lyle Wilkie

Seaman Chanel Mccray, from Newark, New Jersey, scrubs the deck of the fo'c'sle aboard the San Antonio-class amphibious transport dock ship USS New York (LPD 21) March 24, 2018. New York, homeported in Mayport, Florida, is conducting naval operations in the U.S. 6th Fleet area of operations.



-Photo by MC3 Michael H. Lehman

Chief Navy Counselor James O'Brien administers a career development training course in the chapel aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), March 28, 2018. Iwo Jima, homeported in Mayport, Florida, is on a regularly scheduled deployment to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.

Iwo Jima, 26th MEU Plant Seeds Of Friendship In Cyprus

By MC1 David Holmes
USS Iwo Jima Public Affairs

Thirty Sailors and Marines from the amphibious assault ship USS Iwo Jima (LHD 7) and the 26th Marine Expeditionary Unit (MEU) visited the Agios Stephanos Foundation as part of a community relations (COMREL) event in Limassol, Cyprus, March 20, 2018.

The Agios Stephanos Foundation provides housing and care for disabled adults. Service members spent their time at the foundation

meeting residents and working together with staff members to refurbish a garden by removing debris, trimming greenery, and planting new trees.

Emily Andreou, deputy manager for the Agios Stephanos Foundation said residents were excited, because they'd never been visited by American military members before. She also said residents use the garden often to relax, so the improvements will make the area even more enjoyable.

"For many of our

Sailors and Marines this was their first opportunity to engage with a foreign culture in this manner," said Cmdr. Paul Tremblay, a chaplain aboard Iwo Jima.

Tremblay said COMRELS present a unique opportunity for Sailors and Marines to interact with the local population and create positive memories they wouldn't normally get to experience.

Some Sailors make volunteering for a COMREL a priority in each country they visit.

"I've been deployed before and have seen many foreign countries," said Fire Controlman 1st Class Jason Pugh, a COMREL participant. "I would much rather help out the community and see the country from the ground level. I'd do a volunteer opportunity every day in port for the remainder of the deployment if they're available."

COMRELS strengthen international relationships and promote good will through positive, personal engagements.

U.S. embassies, such as the one in Nicosia, Cyprus, play a key role in coordinating events like these that leave lasting, shared experiences with visiting service members and local communities.

Iwo Jima, the command ship of the Iwo Jima Amphibious Ready Group (ARG) and homeported in Mayport, Florida, visited Limassol, Cyprus, as part of a scheduled port visit and is conducting naval operations in the U.S. 6th Fleet area of operations.

The Iwo Jima ARG

embarks the 26th MEU and includes the Iwo Jima, the amphibious transport dock ship USS New York (LPD 21), the amphibious dock landing ship USS Oak Hill (LSD 51), Fleet Surgical Team (FST) 8 and FST-4, Helicopter Sea Combat Squadron (HSC) 28, Tactical Air Control Squadron (TACRON) 22, components of Naval Beach Group (NBG) 2 and the embarked staff of commander, Amphibious Squadron (PHIBRON) 4.

FFSC Classes 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.

April 5, 8 a.m.-Noon, FAP Key Personnel Training, BLDG 1, RM 1616

This session is specifically designed for command leadership triads and others that support the command's Family Advocacy Program efforts.

April 5, 11 a.m.-Noon, Renting, BLDG 1, RM 607

This interactive workshop is suitable for all potential renters. It is designed to increase the knowledge and comfort level of first-time renters, and to serve as a refresher for repeat renters.

April 6, 10 a.m., CAPM Proclamation Signing, CDC

April 9-13, 7:30 a.m.-4:30 p.m., Transition GPS Separatee 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 requirements to meet Career Readiness Standards, and to identify common issues Service members and their families experience during the transition process.

April 10, 8:30

a.m.-12:30 p.m., Understanding Anger, BLDG 1, RM 702

Participants learn the skills to take control of their anger and direct it in ways that will make them more effective and productive at work and at home.

April 10, 4 p.m.-5 p.m., EFMP Support Group, BLDG 1, RM 607

Would you like general information about the EFM program and its benefits? Are you

interested in learning about local community resources for special needs families? Would you like to connect with other special needs families? Are you looking for a comfortable environment to share resources and experiences with other special needs families?

April 11, 11 a.m.-1 p.m., SAAPM & CAPM Stand UP & Strike, Bowling Alley

In support of Sexual Assault Prevention Month and Child Abuse Prevention Month, join us as we stand up and strike down sexual assault and child abuse.

April 12, 11 a.m.-Noon, Gambling Awareness, BLDG 1, RM 607

Participants will complete a self-assessment

of their gambling habits and learn about the warning signs of problem behavior.

April 12, 1 p.m.-3 p.m., Spring Tea for Expectant Mothers, BLDG 1, Stark Memorial Classroom

We are honoring our expectant moms in recognition of April's Child Abuse Prevention Month. Come and enjoy to hours of pampering, good food, and company.

April 13, 8:30 a.m.-5 p.m., FRG Leadership Training, BLDG 1, RM 702

Training customized to fit your FRG, whether the command is starting a group or re-energizing an existing group.

April 16-17, 8 a.m.-4:30 p.m., Technical Track, BLDG 1, RM 1616

Healthy Women Support Group

From FFSC

Spring is right around the corner! Give yourself some time to regroup with a "new" group here at the Fleet and Family Support Center.

Come join the Healthy Women's Support Group and develop a "New Approach" to life for women who want MORE!!

E m o t i o n a l Health, Healing and Empowerment, Healthy Women Support Group helps you to increase your self-esteem, get what you want and deserve thru effective communication techniques, take and find out your personal personality type with the Myers-Briggs Personality Inventory, learn how to set good boundaries with others, tips how to meet your career goals, how to be a SURVIVOR and flourish and much, much more!!

Please join us every Thursday starting, April 26th - 1:00 to 2:30, for 12 weeks here at Fleet and Family Support Center, Building 1.

Call to sign up or for more information - 904-270-6600 ext. 1700.



Stroller Strut-2018



Date: Thursday, April 19th, 2018

Time: 10am-11am

Location: Balfour Housing Office on Base

Join us for some fun and exercise!

We are looking for the best decorated stroller

Prizes will be awarded!

NEX Mayport Sells NMCRS Benefit Coupon

From TRICARE

From March 22 – April 22, 2018, customers at select NEXs will be able to take advantage of a great sale event and support the Navy-Marine Corps Relief Society (NMCRS) by purchasing a \$5 benefit coupon. This coupon entitles customers to specific percent-off discounts applied to a one-time NEX purchase from April 20 – 22, 2018. The entire \$5 donation will be passed onto NMCRS on behalf of NEX customers.

“Our partnership with the Navy Exchange Service Command is important because we share a common mission, to support Sea Service members and their families” said Adm. Steve Abbot (Ret), President and CEO, Navy-Marine Corps Relief Society. “Their annual coupon sale to benefit the Navy-Marine Corps Relief Society supports the Society’s interest-free loans and grants for Sailors and Marines

in need, and allows Navy and Marine Corps families to enjoy significant savings on their NEX purchases during the redemption period. That’s a win-win!”

NEXs participating in this event include NEX Jacksonville, Mayport and Kings Bay, Ga.

The coupon is valid for one-time use in-store only and is limited to \$1,000 total discount. For more information, speak to a NEX associate.

FAMILY EMERGENCY PREPAREDNESS & COMMUNITY RESOURCE FAIR

Date: May 22, 2018

Time: 5:00 PM- 8:00 PM

Location: Ocean Breeze Conference Center



ARE YOU PREPARED?

You should be. Sometimes, nature doesn't call first. Get your Preparedness Checklist at the Family Emergency Preparedness & Community Resource Fair.



SAPR

and ensure all Sailors are treated with dignity and respect.

“On our One Navy team, we are dedicated to achieving our best possible performance - we go to our limits. There are no bystanders on our team. On our team, we drive sexual assault to zero,” said Chief of Naval Operations Adm. John Richardson. “Sexual assault is a toxic behavior that weakens our team and therefore helps the enemy. On our team, we all build strength and toughness to defeat our enemies. Unit leaders - leading petty officers, chiefs, junior officers - are especially important here - it's why you joined the Navy. No bystanders. Destroy our enemies, not ourselves. End sexual assault.”

SAAPM provides the Navy with the opportunity to highlight programs and initiatives that educate Sailors, support victims, and encourage shipmates to take an active role in preventing,

reporting, and eliminating sexual assault in the force. Sexual harassment and assault, in person or online, violates the Navy's core values and is not tolerated.

“There is no place for sexual assault in our Navy and Marine Corps,” said Ms. Jill V. Loftus, Director of the Navy's Sexual Assault Prevention and Response Office. “We need to be there to instinctively step in when necessary and support those who have been victimized. We must do our part to foster a culture based on respect and professionalism.”

In an effort to eliminate instances of sexual assault, Navy leadership has issued guidance on online misconduct, established counselors within the Fleet in addition to family support centers, improved personnel management processes to better respond to occurrences of sexual assault, encouraged bystander intervention,

and leveraged technology to remove stigma and barriers associated with seeking help following a sexual assault.

“We're looking at new ways to convey the message,” Loftus continued. “We're developing preplanned response cards for junior leaders, we have worked on a graphic novel, and we're looking at training utilizing avatars. There are a lot of new and innovative methods that we're exploring that will engage Sailors and keep them engaged.”

The Navy's Sexual Assault Prevention and Response (SAPR) program falls under the purview of the 21st Century Sailor office, which exists to provide Sailors and their families with resources, training, and skills to overcome adversity and improve well-being.

For more information on SAAPM, including more information on how to prevent and report sexual assault, go to www.navy.mil/saapm.

From Page 1

USS Hue City Rescues Distressed Mariners Off Georgia Coast

By Ensign Nicholas Vandiver

USS Hue City (CG 66) Public Affairs Officer

Guided-missile cruiser USS Hué City (CG 66) rescued three fishermen March 27 off the coast of Georgia. At approximately 4:00 a.m. Hué City was notified by the U.S. Coast Guard and USS Mitscher

(DDG 57) that a small craft in their vicinity had issued a distress signal and needed assistance.

Hué City Commanding Officer, Capt. Jake Douglas, and the ship's crew turned to the last known position of the distressed vessel, fishing vessel Barbara Lynn, and began the search.

Approximately 20 minutes later, the cruiser's lookout spotted the flashing strobe light of the life raft and its three passengers.

Hué City deployed their Search and Rescue Swimmer, Sonar Technician (Surface) 3rd Class Nathan Andrade, who swam to the life raft

and assisted in attaching the rescue harness to each passenger. The ship recovered survivors using medical litters and a rescue davit.

Two hours after receiving the distress call, all three passengers were aboard Hué City with no significant injuries.

Following the rescue,

the recovered personnel were transferred by an embarked helicopter from Helicopter Maritime Strike Squadron (HSM) 70 to Naval Station Mayport, Florida, for further assessment and treatment.

"The Hue City team did a great job this

morning," said Douglas. "They showed their excellence in seamanship and exemplified the Navy Core Values. We are glad to have been able to assist fellow mariners at sea."

Hué City is underway supporting Carrier Strike Group 4 Task Force Exercise 18-2.

Get In Ship Shape For 2018

From Health Promotions by the Ocean

The Navy and Marine Corps Public Health Center's nutrition and weight management "Shipshape Class" will be held in two different sessions for patron convenience.

The first session will start on April 10. It runs for eight consecutive Tuesdays from 9-10 a.m. at Building 2050.

The nutrition and weight management course guidelines are directed by the Navy and Marine Corp Public Health Center. Class is open to active duty, adult dependents, eighteen years of age and older, and retirees.

The eight-week session discusses a different topic every week to help with your weight loss management. The

course begins with the orientation and registration process. The seven other objectives to be covered are:

- Healthy Nutrition- This session reviews the basics of nutrition
- Tracking Your Nutrition- Focuses on healthy weight loss strategies and reviews fad diets
- Physical Activity- Behavioral strategies are developed to initiate and maintain an exercise program.
- Your Nutrition Environment- The focus is on strategies for fitting healthy eating habits into a busy lifestyle
- Psychology of Weight Management- Discussing factors that are common barriers to weight loss and techniques to overcome them.

•Bringing It All Together- The tools participants have gained from previous sessions are used to prepare for making healthy selections when shopping for groceries.

•Long Term Success- Lapse and relapse are defined and participants are given tips for continued weight loss and weight maintenance.

According to Mayport Health and Wellness center ShipShape Facilitator Laura Goldstein RN, BSN the program is not just about weight management but is a complete healthy lifestyle commitment.

Call 270-5251 for more information.

2018 MONTH OF THE MILITARY CHILD Resource Fair

**April 13, 2018
11AM-2PM**

Stop by and speak to a representative from each of the following organizations:

Navy Marine Corps Relief, Civilian SAPR Victim Advocate, CREDO, DeCA, DeCA Bakery & Deli, USO, NFCU, Fleet & Family Services, EFMP, Naval Branch Health Clinic, NS Mayport Homes, Mayport School Liaison

NEX Navy Exchange

CHILD ABUSE PREVENTION MONTH
APRIL 2018

Because helping you succeed is what we do, it has to be UMUC.

Join us this April for an online or on-site event near you, and learn how you can earn a career-relevant degree from a respected public state university. You can speak with an advisor who can help you navigate your options and manage or reduce your education costs. You will also learn about our flexible online and hybrid classes, and find out how you can transfer up to 90 credits toward your bachelor's degree for prior learning and military experience.

Prospective students who attend one of these events and apply within 30 days after attending will be eligible to have the \$50 application fee waived.

The \$100 application fee for the Doctor of Management program cannot be waived.

FOR MORE INFORMATION

Call 904-477-0433
or visit umuc.edu/info.



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Happy Birthday 125th Chiefs!



-Photos by MC2 Megan Anuci
Naval Station Mayport Chief Petty Officers observe morning colors to kick off CPO Heritage Week on April 2. Above left, NS Mayport Command Master Chief Bill Houlihan stands with chiefs as they wait for morning colors.

APRIL 27, 2018
11AM-2PM
 Cupcakes & Baked Goods ON SALE!
8th Annual CUPCAKE COMMAND
 Judging Starts At NOON

NAVAL STATION MAYPORT - FLORIDA
 Come & Support your favorite Mayport Command at the Main Exchange Mall!
NEX Navy Exchange

Open to all Mayport Commands. Each Command that enters will receive a certificate that can be used at a later date for 5% Off their total purchase for their command Christmas party up to the maximum discount of \$250. (Excludes gift cards and prepaid cards, gas, uniforms, Tempur-Pedic, tobacco, alcohol, price adjustments, home delivery charges, concessionaires, Western Union, previously purchased merchandise, special orders, existing layaways) Any Command interested in entering the competition please contact pamela.haley@nexweb.org by April 16, 2018 for further details.

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 283 College Drive, Orange Park, FL

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Sailors Employ Preventive Medicine to Save Lives in Honduras

By MC2 Brianna K. Green
U.S. Southern Command

The ability to shower in a remote campground, or shave every morning in a plastic storage container or walk on dry sand because of proper drainage are all luxuries made possible by the Continuing Promise 2018 Forward-Deployed Preventive Medicine Unit 2.

Public health is an essential part of daily life, in and out of the military. Navy Environmental and Preventive Medicine Unit 2 performs many tasks to help protect sailors, soldiers and the local community during CP18.

Team Effort
“Public health is a critical part of any mission, because if troops are sick, they cannot complete the mission,” said Navy Petty Officer 1st Class Adriane Weldon, a hospital corpsman assigned to NEPMU 2 in Norfolk, Virginia. “Educating the public really does help lessen the transmission and spread of diseases, as well as build a bond between nations.”

Public health covers a wide range of necessities such as water purifica-



-Photo by MC2 Brianna K. Green

Lt. Marcus McDonough and Hospital Corpsman 1st Class Adrian Weldon, assigned to Navy Environmental and Preventive Medicine, Unit Two, prepare a BG-Sentinel mosquito trap outside the Franklin D. Roosevelt School during Continuing Promise 2018. U.S. Naval Forces Southern Command/U.S. 4th Fleet has deployed a force to execute Continuing Promise to conduct civil-military operations including humanitarian assistance, training engagements, and medical, dental, and veterinary support in an effort to show U.S. support and commitment to Central and South America.

tion, epidemiology, parasitology, food-borne illnesses and berthing and food inspections.

“This is really a team effort here,” said Navy Lt. Cmdr. Amy Rogers, officer in charge of the Forward-Deployed Preventive Medicine Unit. “We have a physician, an entomologist, environmental health officer and three preventative medicine technicians.”

The team began their mission in Honduras by coordinating meetings with local hospitals. Then, they gathered a list of needs and organized training events accordingly.

Rogers explained the impact is on more than one or two patients, it’s about the larger population and sustaining preventive measures such as the use of bug spray or proper hand-washing

and sanitation measures. Stopping Mosquitoes, Disease

The team hosted an interactive table with microscopes and specimens such as a scorpion, mosquitoes and houseflies. They went a step further and explained how children can minimize standing water, which is a breeding ground for mosquitoes.

Furthermore, during black-flag weather con-

ditions, the team set up two BG-Sentinel mosquito traps around an open grass field behind the Franklin D. Roosevelt School in Puerto Cortes to trap day-biting mosquitoes.

“Day-biting mosquitoes spread many of the epidemic diseases we are trying to prevent,” Weldon said. “This area is a great place to catch mosquitoes because the temperature, climate and extended period of time that it’s warm.”

Mosquitoes have a hard time flying against the wind, so the traps consist of a fan and catch net. The bait is a clear tube filled with small blue pebbles made of human hormone derivatives and scents, which mosquitoes cannot resist. Once they enter the trap to explore the scent, they are unable to fly out against the fan.

“Once we catch the mosquitoes, we usually freeze them,” Weldon said. “We then identify the females by species so we can determine if they’re carrying any dis-

eases.”

Weldon went on to say that this area is very high in malaria and Zika, [so] testing here provides a great deal of valuable knowledge that helps the team educate the public on how to minimize the risk of transmission.

“A lot of our job is learning and sharing that knowledge with the host nation,” Rogers said. “That’s why it’s so great having a team with all different specialties, so we can communicate things from disaster response to mosquito safety and preventive measures.”

Members of the Forward Deployed Preventive Medicine Unit are truly the unsung heroes of any mission they’re on. They are often hard to find, spending their time exploring the tall grasses and reeds of Honduras to seek out the creatures that most people avoid. They are the first line of defense between people and the dangers of the natural world around them.



-Photo by MC2 Kayla Cosby
Cmdr. Jeanne Lewandowski, right, speaks with first lady of Honduras Ana Garcia Hernandez and U.S. Ambassador to Honduras Brian Nichols at the Expeditionary Medical Unit in Puerto Cortes, Honduras, during Continuing Promise 2018.



-Photo by MC1 Mike DiMestico

Capt. Angel Cuz, commander of Destroyer Squadron (DESRON) 40, hands a package of toilet paper to a Honduran girl at the Franklin D. Roosevelt School in Puerto Cortes, Honduras, during Continuing Promise (CP) 2018.

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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.navymwrmayport.com, on www.facebook.com/mwrmayport, or by calling 904-270-5228.

Community Recreation

April 6: Mayport Movies: "The Greatest Showman" (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.

April 7: UFC 223 - Khabib vs. Ferguson. 10 p.m. at the Mayport Beacon in Loggerheads. Undercard starts at 8 p.m. Come and watch the fight Live at Loggerheads.

April 8: The Catty Shack Ranch. 5:30 p.m. You will go on a guided walking tour with the opportunity to see resident animals, which include tigers, lions, cougars, leopards, lynx, coatimundis, and foxes. Tickets are \$13.50 and can be purchased at Tickets and Travel.

Sign up by April 6. Transportation is provided by the Liberty Center. All hands welcome.

April 9: 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.

April 13: Audition for Bogey's Comedy Night. 4 p.m. Want to be a comedian? Audition to be the opening act! We will be holding auditions on April 13 at 4 p.m. at Bogey's. Auditionees

Royal Prince & Princess Costume Breakfast

Saturday, April 28
10 am at The Beacon

Join your favorite princes and princesses for a wonderful breakfast! Make sure to wear your finest royal garb and bring your camera for lots of photo opportunities!

The castle can get crowded, so make sure to purchase your tickets at the Ticket & Travel Office by April 25!

\$10 per guest

Open to All Authorized Personnel and Families

NAVYMWRMAYPORT.COM

will have 90 seconds to impress! Open to all active duty.

April 13: Mayport Movies: "Sing" (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.

April 14: Movies at Mayport: "12 Strong" (R). 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.

April 15: 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 April 13.

April 19: Spring Embroidery. 6 p.m. – 8 p.m. Embroider your own spring towel with a design of your choosing. This class includes professional instruction and supplies. Open to all MWR patrons 14+. Tickets are \$18 per person and available for purchase from the Tickets & Travel before April 17. Space is limited, hurry and get your tickets now!

Auto Skills Center April Special: 10% off alignment. 10% off A/C gauges and vacuum pump.

Auto Skills Center Safety Classes. Tuesdays – Fridays 3 p.m. and Saturdays at 10:30 a.m. The Auto Skills Center conducts safety classes for all DIY patrons. This one-time class is required for all DIY Auto Skills Patrons.

May 16: Customer Appreciation Day. 11 a.m. – 1 p.m. at the Auto Skills Center. Join us for free automotive electrical system tests and giveaways. We will have factory reps on site to answer all your questions. Plus, free food!

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!

April 12: Crabbing.

Youth Co-Ed Flag Football

Age 5-18 (age determined by April 1, 2018)

Registration: April 8-May 4
Register at the Youth Activities Center
Monday-Friday 11:30 am-6:30 pm. Cost \$50 per player
Open to Active Duty, Retirees, and DoD Civilians

We're looking for head coaches & assistant coaches. Contact the Youth Sports Coordinator for information. (904) 246-0362

Flag Football Parent Meeting
May 8 • 6 pm at the Youth Center
May 12 • 10 am at the Youth Center



Season runs May 14- July 7.
Practice & Games will be held aboard NS Mayport.
Team shirts provided; trophy awarded at the end of the season

For more information, please contact the Youth Activities Center (904) 270-5680

NAVYMWRMAYPORT.COM

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 at Outdoor Adventures 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.

May 5 – 6. Family Camping Trip at Ft. Clinch. Sign up at Outdoor Adventures by April 30. Stay tuned! More details coming soon!

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!

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.

April 20: MWR Says Thank You. 6:30 p.m. Doors open at 4 p.m. Specials include double payouts on all hard cards, specials and warm ups. We will also have a gift table with fabulous prizes and a potluck.

May 11: Mother's Day Bingo. 6:30 p.m. Doors open at 4 p.m.

Join Beachside Bingo for a great Mother's Day event with a \$1,000 giveaway! Double payouts on all hard cards, warm ups and specials. MWR will provide a dessert table and we will award Mother of the Year!

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.

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.

Sundays: Family Golf. Sundays after 3 p.m. Families play 9 holes of golf on a short-ened course, no more than 125 yds per hole. \$8.00 for adults, \$4.00 per child (ages 8 and older). \$2.00 for pull cart rental, no charge for kid's golf club rental (if available). Electric cart rental is available at \$8.

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 \$8.50 at lunch.

MWR Says THANK YOU

Bingo Special
Friday, April 20
6:30 pm at Beachside Bingo

- Double payouts on all hard cards, specials, & warm ups.
- Potluck
- Gift Table with Fabulous Prizes

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Spend Liberty With MWR

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.

April 6: Town Center or Walmart Trip. Need a ride? Join us for a trip to the Town Center or Walmart. Van departs the Liberty Center at 5 p.m. Transportation only.

April 13: Volunteer Opportunity. 11:30 a.m. Volunteers represent an integral part of Feeding Northeast Florida's ability to help provide food to people in need in our commu-

nity. You will help ensure high-quality, safe food is being distributed to clients by working with teams to inspect, categorize and package food items. Van departs at 11:30 a.m from the Liberty Center. Please sign up by April 11. All hands welcome!

April 13: Movie Trip. Van departs at 6 p.m. to head to your favorite movie or entertainment venue in town.

April 15: 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 April 13.

April 18: 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 April 17. (Liberty Patrons only)

April 20: Town Center or Walmart Trip. Need a ride? Join us for a trip to the Town Center or Walmart. Van departs the Liberty Center at 5 p.m. Transportation only.

April 22: Daytona Flea Market Trip. Van departs for the market at 9 a.m. The transportation is FREE and open to Liberty patrons only. Sign up at the Liberty Center by April 19.

April 23: Liberty Committee Meeting.

LEGOLAND FLORIDA RESORT

Parent & Child MASTER BUILD-OFF

Saturday, April 21
1-4 pm at the Youth Activity Center

Are you a true Master Builder?
Kids can team up with a parent or adult to construct the Lego creation of their dreams! The top Master Builder will receive a ticket to Legoland Florida

Entry is FREE but you must pre-register at the Youth Activities Center

Rules:

- Open to children in grades K-5. Child does not have to be registered with CYP to participate.
- Adult/Child pairings must provide own legos. If financial circumstances do not allow for this, please let YAC staff know and arrangements can be made.
- All projects must be built on-site during designated build time (1-4 pm). Projects must be original designs. Judging will take place from 4-4:30 pm at the YAC
- 1 winner will be chosen from each Category: Grades K-2 and Grades 3-5
- Active Duty personnel receive FREE admission to Legoland Florida with valid ID. Additional tickets for family members and retirees can be purchased at the Tickets & Travel Office.

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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Fitness, Sports Programs Available

Aquatics

Family Swim. Saturdays 12 – 2 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 met their individual goals ranging from improving their swimming skills, learning new strokes, preparing 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.

April 9 – 19: American Red Cross Water Safety Instructor (WSI) Course. Mondays and

Thursdays April 9 - 19 from 4:30 p.m. – 9 p.m. and Friday, April 14 from 8 a.m. - 1:30 p.m. Cost is \$195.00 military and \$250 non-military. 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. For additional information please call (904) 270-3275 /3276.

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! This high-

energy, motivating class is a fusion of hot, sexy, explosive Latin American and International music. No dance experience required!

May 5: Windy Harbor 5K. 8 a.m. at Windy Harbor Golf Club. Tee off your day with a run across Windy Harbor Golf Course! The 5K course starts at 8 a.m. and 1-Mile Kids Run starts at 8:45 a.m. Cost is \$5 per person and each participant receives a medal, plus prizes for the top finishers in each age group. Register at the Fitness Center by May 4.

Intramural Sports

April 10: Captain's Cup Celebrity Awards Banquet Luncheon. 11:30 a.m. – 1 p.m. at Ocean Breeze Catering and Conference Center. Join MWR, guest speaker Brent Martineau of Action News Jax and

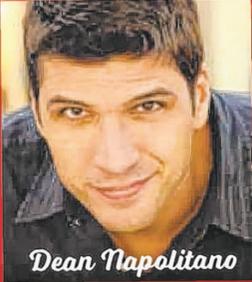
professional athletes from the Jacksonville Jaguars, the Jacksonville Giants, the Jacksonville Armada FC, and more in recognizing the top male and female athletes of the 2017 Mayport Captain's Cup Sports Season.

April 18: Captain's Cup 2v2 Beach Volleyball Organizational Meeting. 11 a.m. at the Fitness Center. Open to active duty, retirees, family members and DoD ages 18+. Season begins May 7 and ends June 28.

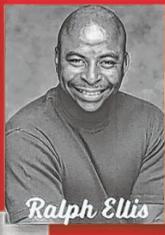
April 25: Captain's Cup Pickleball Organizational Meeting. 11 a.m. at the Fitness Center. Open to active duty, retirees, family members and DoD ages 18+. Season begins May 9 and ends July 12.

Bogey's Comedy Night

Friday, May 4 • 8 pm at Bogey's • Doors at 6:30 pm • FREE*



Dean Napolitano



Ralph Ellis

Also Appearing

Want to be a Comedian? Always wanted to be on stage?

Audition to be the opening act! We'll be holding auditions on April 13 at 4 pm at Bogey's. You'll have 90 seconds to show off your best material and impress our judges. Open to active duty only.

Featured

Menu (Served between 6:30-8:30pm)

Shrimp Burger - \$10
Topped w/Avocado Aoli on a Brioche Bun w/house made chips
Loaded Tots - \$6.95
Cheddar, bacon crumbles, jalapenos, ranch
Blue Chips (House Made Chips) - \$7.50
w/Blue Cheese and Balsamic drizzle
Jalapeno Cornbread/Topped w/Pulled Pork - \$8
Garlic Parmesan Wings w/carrot sticks (8) - \$9
Artichoke Dip w/ tortilla chips - \$5.00
Buffalo Tenders (5) w/fries - \$8.50
Drink Specials - \$6
Caribbean Rum Punch or Cranberry Pineapple Sangria

*May contain adult material; please no one under 17 years of age

Reservations required. Call Bogey's to reserve your spot. 904-270-5143

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ENTERTAINMENT



MWR 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. The CDH program allows young children to receive the same early start in learning just as the CDC provides. For information on how to become a CDH Provider please call the Child Development

Center at 904-270-7740.

March 26 – April 13: Start Smart Registration. Season runs Thursdays, April 19 – May 24, from 1 – 2 p.m. Start Smart is a six-week instructional program that helps parents work one on one with their children while teaching them the basics of sports: throwing, catching, kicking and batting. The program helps prepare children for organized sports by using safe and fun equipment to teach them the basic motor skills needed to compete. Register

at the Youth Activities Center Monday – Friday 11:30 p.m. – 6:30 p.m. by April 13.

April 8 – May 4: Flag Football Registration. Season runs May 14 – July 7. Youth Co-Ed Flag Football is for youth ages 5 – 18 years of age (determined by April 1, 2018). Cost is \$50 and is open to all active duty, retirees and DoD civilians. Register at the Youth Activities Center Monday – Friday 11:30 p.m. – 6:30 p.m. by May 4.

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Mirror Classified

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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
Auctions	Employment
Real Estate for Sale	Services
Real Estate for Rent	Merchandise
Commercial Real Estate	Pets/Animals
Financial	Transportation

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Merchandise

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

Garage Sales

ARLINGTON - CHRIST THE KING SCHOOL - is holding the annual Sprint Event. "The Country Store" A HUGE SALE - 1000's of Items. 82 Tables of Merchandise + Home furnishings, etc. 742 Arlington Rd. N. 32211. Fri 4/6 8am-4pm Sat. 4/7 8am-3pm Super Discount Sun. 4/8 8am-2:30pm. Admission is (2) non perishable food items for St. Vincent De Paul Food Pantry. Numerous Vendors! Nurses for Wellness giving Free CPR classes. Massage Therapist giving free massages. Catholic Charities selling numerous items from various counties. Sign up to win FREE GIFT CARDS. Fri. & Sat. We will have Chick-Fil-A Sandwiches, chips and drinks for lunch. Bake Sale all (3) day. All major credit cards accepted.

INTRACOASTAL WEST
 Kensington Community Yard Sales Sat. April 7th at 8am-11! On Atlantic Blvd. East of Kernan www.KensingtonAssociation.com and click on Garage Sales for a list of featured addresses.

JAX BEACH - Ocean Cay
 Community Garage Sale Saturday 4/7, 8am-1pm Off S. Beach Pkwy at Ocean Cay Cir. GPS 3495 Ocean Cay Cir. 32250

Mandarin - The Greentland Chase Homeowners Association is having a community wide garage sale on Saturday, April 7th from 8 a.m. to 1 p.m. located off Greentland Road in Jacksonville, FL 32258

Middleburg - The Kindelwood Homeowners Association is having a community wide garage sale on Saturday, April 7th from 8 a.m. to 1 p.m. located off of Kindelwood Dr. in Middleburg, FL 32068

Middleburg - The Woodbridge Forest Homeowners Association is having a community wide garage sale on Saturday, April 7th from 8 a.m. to 1 p.m. located off County Road 220 in Middleburg, FL 32068

Southside - Timberlin Parc Community Garage Sale - April 7, 2018 from 8 am until 3 pm. Off Southside Blvd. just before Phillips Highway. GPS is 7802 Timberlin Park Blvd. 32256

Appliances

Appliances Buy-Sell-Trade-Repair
 W/Ds, Refrigs., stove, \$85up, wrnty Mon-Sun 9-7. Delivery. 904-695-1412

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

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

Machinery and Tools

 **Radial Arm Saw 10"**
Craftsman - with a new blade and solid table on wheels. Works great. \$175 OBO - (904) 482-2668.

Wanted to Buy or Trade

TICKETS WANTED - JAGUARS
 (800) 296-3626 X 3

Miscellaneous

 **MICHELIN Latitude Tour**
 P275-55-18 4 tires for car or truck, original sticker, never been mounted, \$195.00 each, call 904-384-7809

 **Trailer Hitch 20,000lb** for Chevy 2017 2500 or 3500 - GM part #84133717 New \$300. CALL 904-476-7544

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

Pets and Supplies

 **SHIH TZU - CKC MALE PUPPY** - health certificate, puppy pad trained. \$800. 904-625-3500

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Gated Community Low Maintenance Great Amenities Lifestyle Director
OakLeaf Plantation Pkwy in Duval County
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Real Estate For Rent

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 Apartments Unfurnished
 Condominiums
 Retirement Communities
 Homes Furnished
 Homes Unfurnished
 Manufactured Homes
 Mobile Home Lots
 Roommates
 Rooms to Rent
 Beach Home Rentals
 Beach/Vacation/Resorts
 Storage/Mini-Lockers
 Management/Rental Services
 Wanted to Rent
 St. Johns Apartments Furnished
 St. Johns Apartments Unfurnished
 St. Johns Condominiums
 St. Johns Duplex
 Townhomes
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 St. Johns Houses Furnished
 St. Johns Houses Unfurnished
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 St. Johns Oceanfront/Waterfront
 St. Johns Vacation Rental
 St. Johns Storage/Mini-Lockers
 St. Johns Wanted to Rent

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

Automobiles

 **CHEVY CORVETTE 1980**
 32k original miles, metallic grey, garage kept, immaculate condition \$17,500 obo, appointment only. 904-234-0654

 **Toyota Scion XB 2008** - 79,000 mi., Auto. Trans., A/C w/new Compressor, P/B (just re-built), P/W, P/L with remote, P/S, New Batt., Tinted Windows, AM/FM CD. Car is in excellent cond. \$6,995. Cute, cute, cute. 904-525-4828.

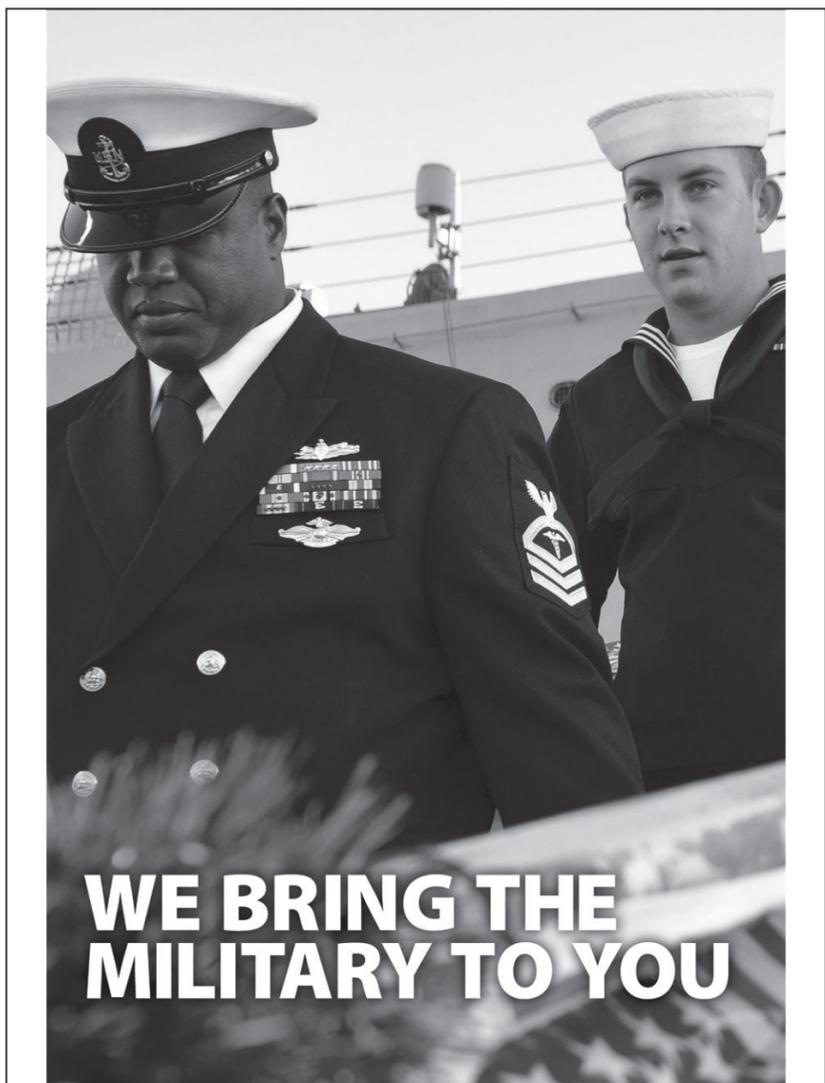
Boats

 **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

Motorcycles/Mini Bikes

 **Yamaha XSV 950 - 2011**
 V-Star Touring Windshield, floor boards, handside leather bags. Garage kept, never been in the rain. Bike is in showroom condition with only 1200 actual miles. \$5000. Johnny 904-735-1309

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