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Peacock Pride (Newsletter), 2012-2013

2013-07

Peacock Pride, Ombudsman Publication / July 2013

Brandt, Kate

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PEACOCK PRIDE

Official Newsletter of the Naval Postgraduate School Ombudsman
July 2013

Interim President
RADM Jan Tighe

Provost
Dr. Douglas A. Hensler

Chief of Staff
Colonel Zoe M. Hale, USAF

Dean of Students
CAPT Tom MacRae

Command Ombudsman

Kate Brandt

Cell: 831-238-4394

npsombudsman@gmail.com

The command wants family Members, active duty, and staff to have a contact person for just about any questions you may have.

*I am available for
Emergencies
24 Hours and Non-
Emergencies
8 am-9 pm.*

“The future belongs to those who believe in the beauty of their dreams.”

—Eleanor Roosevelt

This month focuses on consumer awareness topics such as Identity Theft Safety, and Rental and Moving Scams.

We also take time to celebrate our Nation’s 237th Independence Day. Remember the reason we celebrate and thank our troops and veterans.



In this Issue:

- ♦ From the Ombudsman / Important Numbers to Know
- ♦ Consumer Safety Awareness
- ♦ Celebrating 4th of July
- ♦ Local Babysitting Resources
- ♦ July Calendar of Events
- ♦ Fleet and Family Support July Classes
- ♦ Military Spouse Owned Businesses



WHO IS THE OMBUDSMAN?

Appointed by the Command, Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members.



As an Ombudsman, I am bound by a strict code of ethics and Confidentiality. ONLY the following topics will be communicated to the Command. ALL other topics will remain CONFIDENTIAL: All suspected or known situations of child abuse or neglect; Alleged domestic abuse; Suspected or potential homicide, violence or life endangering situations; All suspected or known suicide risks; Any activity that is suspected or known to be criminal; Any severe financial issues.

Ombudsmen maintain current resource files with information on military and civilian community agencies that can help families solve a variety of problems, and successfully meet the challenges they face before, during, and after deployments. In addition to providing referral information, Ombudsmen can facilitate communication between the Command and family members. Ombudsmen may publish or contribute to command newsletters. Ombudsmen can also assist families in contacting the Command for a variety of reasons.

FROM THE OMBUDSMAN.....

Dear Families,

First, I want to thank all the service members for keeping us safe. I second want to thank the families for adjusting their everyday lives to support their spouses when called upon to serve.

As always, I am here for you and your families. If you have heard of any military or family programs and would like more information, or you have a question or concern about *anything*, please feel free to contact me at **831-238-4394** or npsombudsman@gmail.com. Contact me and I will help you find the answers to your questions or concerns.

If it is important to you, it is important to me.

Kate Brandt
NPS Command Ombudsman



Emergency Numbers

NPS Police 831- 656-2555

NPS Quarterdeck 831-656-2441

Police - Monterey 831-646-3914

Red Cross

(831) 424-4824 (Salinas)

(831) 624-6921 (Carmel)

<http://www.redcross.org>

Military One Source

Available 24/7

1-800-342-9647

www.militaryonesource.com

DEERS

1-800-538-9552

Fleet Family Support Center

831-656-3060

TRICARE DENTAL PROGRAM

<http://www.tricare.mil/Dental/TDP.aspx>

TRICARE

<https://www.tricare.mil>

Navy SAFE HARBOR:

1-877-746-8563

safeharbor@navy.mil

www.safeharbor.navy.mil

Chaplain Office

831-656-2241

tpHall@nps.edu

NPS Homepage

www.nps.edu

ID Card Office

(831) 656-3477 or

(831) 656-1174

PSD Office

(831) 656-1847/ 48



Here are the links to the local community summer camps being offered this year!

<http://www.montereycountyweekly.com/news/2013/mar/28/monterey-county-weekly-summer-camp-guide-2013/>

<http://www.monterey.org/en-us/departments/montereyrecreation/youthcamps.aspx>

<http://www.stevensonschool.org/summer/index.aspx>

<http://campsealab.org/>

<http://www.montereyart.org/press-releases/lego-summer-camps-offered-at-the-monterey-museum-of-art/>

http://www.mprpd.org/files/mprpd/MPRPD_Activities_Guides/LGO_SprSum_2013.pdf

Go on and get outside!!!

RAISING CONSUMER AWARENESS

Identity Theft Protection

According to the Federal Trade Commission, millions of people are victimized by identify theft in the United States each year. Service members may be especially vulnerable because of their frequent moves and deployments. Though the law does not hold victims responsible for debts incurred by identity thieves, victims are responsible for restoring their credit records, a process that can be time-consuming and expensive.

Many insurance companies offer policies to help cover the expenses victims often incur in the process of recovering from identity theft. In this article, you'll find information about identity theft and identity theft insurance.

Protecting yourself against identity theft

The Federal Trade Commission recommends a three-pronged approach to protect yourself against identity theft:

Deter. Deter identity thieves by safeguarding your information. Never leave your purse or wallet unattended in a public place, protect your Social Security number and other personal information and protect your personal information on the Internet. Be wary of email scams asking for personal information.

Detect. Detect suspicious activity by routinely monitoring your financial accounts and billing statements. Check your credit reports at least once a year to be sure they don't contain erroneous information. You can order a free credit report once a year online at AnnualCreditReport.com or by calling 877-322-8228.

Defend. Defend against identity theft as soon as you suspect it. If you find an error on your credit report, fill out an online dispute form through the credit bureau's website or send a letter with your suggested correction. The process of resolving a dispute or unraveling a case of identity theft can be complex and lengthy. If you get involved in this situation, be sure to keep detailed records of letters and conversations and be assertive about following up with everyone you contact.

RAISING CONSUMER AWARENESS

As a service member, you move more frequently than most people. Fortunately, there are plenty of resources available to help you find a new place to live and a moving company to transport your belongings there. You'll have an even greater chance of a smooth move if you learn to avoid some common scams that target people when they're planning for or are in the middle of relocating.

Warning signs of a rental scam

Scammers who prey on people looking for a home to rent may copy the text and photo of an actual rental ad but change the contact information and post it on another online site. Beware of the following red flags:

The rent is lower than the rent for similar properties. Often scammers will advertise low rent to lure people in.

No one is available to show you the property. The owner may give you an address to look at the outside of the place, but claim to be out of the country or traveling, and therefore unable to show you the inside of the home.

The owner doesn't ask for references. Be suspicious if the landlord doesn't care to do a background check to confirm that you can afford the rent.

The owner asks for a deposit before you've seen the rental property. Never put down a deposit without inspecting a place to confirm that it's for rent. If you can't visit the place yourself, ask a trusted friend to look at the property and confirm that it's for rent.

The owner wants you to wire money for the security deposit, first month's rent, or application fee. Wiring money is like sending cash. Wiring provides no special protections.

Work with an established property-management agency or realtor. This will offer you a measure of reassurance, particularly if you're trying to rent a place while you're still on a deployment.

Ask your legal assistance office to review your lease before signing. To find an office near you, use the Armed Forces Legal Assistance Locator.

Protecting yourself from rental scams

Take the following measures to protect yourself from rental scams:

Compare the advertised rent to other rents in the area. A fraudster may try to lure you in with the promise of a bargain. Search other listings to determine the market rate in the area. If a property is advertised at a rent far below those of comparable properties, it may be a sham listing.

Do an online search of the listing. Type the landlord's name, the property address, and other details from the listing into a search engine. If you find the same or a very similar ad with different contact information, that may be a sign that it's a scam.

Check the property owner's name with the assessor's office in the municipality where the property is located. If it doesn't match, you may be dealing with a scammer.

RAISING CONSUMER AWARENESS

Warning signs of moving scams

A common moving scam involves a mover giving you a low-ball estimate without ever seeing your household goods. After the movers have loaded the truck and transported the goods, they raise the price, citing unexpected costs. By law, it's illegal to charge more than 10 percent above a non-binding estimate.

Here are some signs of a moving scam:

The mover gives you an estimate over the phone or online without visually inspecting the items the company will be transporting.

The mover requires a cash deposit before the move.

The mover doesn't give you a copy of the federal booklet, "Your Rights and Responsibilities When You Move." Long-distance movers are required by law to give you a copy of this booklet.

The mover shows up in a rental truck, rather than a company-owned, marked fleet truck.

Protecting yourself from moving scams

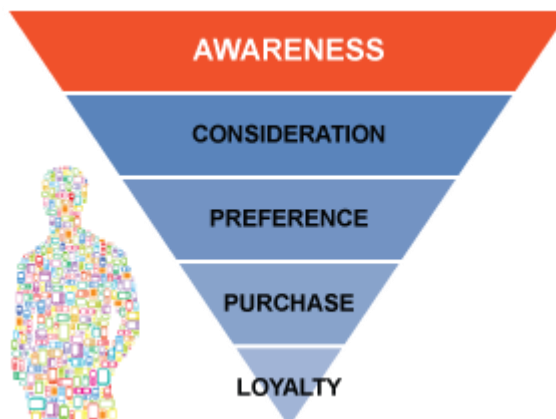
Avoid becoming a victim of a moving scam by taking the following precautions:

Get written estimates from several movers. The movers should base their estimates on an inspection of your household goods.

Check the complaint histories of movers you're considering. Look them up with the Better Business Bureau or the consumer agency in your area. Also, type the mover's name and the word "complaint" in an online search engine to see whether there have been any complaints against the mover.

Choose a mover who is licensed and insured. Movers who transport goods from one state to another will have a Department of Transportation number issued by the Federal Motor Carrier Safety Administration (FMCSA). Go to ProtectYourMove.gov or call 202-366-9805 for licensing and 202-385-2423 for insurance to determine if a mover is registered with FMCSA. Movers who transport goods within state lines are regulated by the state where they operate. Check your state attorney general's office or your local consumer affairs agency to learn about regulations for in-state movers.

Visit the moving company's office. You can get a sense of whether the company is legitimate by visiting its place of business.



Exceptional Family Member Program Presents

SUPPORT GROUP

The Support Group meets the second Thursday of every month from 6–8 p.m. in the Army Community Service Gold Room. Free Childcare provided by Aptitude Habilitation Services until 8 p.m.

The evenings agenda includes:

Introductions 6:00–6:15 p.m. • **Presentations** 6:15–7:15 p.m.
Facilitated Support Group 7:15–8:00 p.m. • **Social** 8:00–Close

PRESENTATIONS		
SPEAKER	ORGANIZATION	DATE
Jennifer D’Attilio	Central Coast Language, Learning Inc., and Avalon	May 9th
Ilene Allinger Candreva & Dierdre Hickey Strum	Special Kids Crusade ISK Presentation	June 13th
M.J. Viglizzo & Alethea Leandro-Farr	Salinas Circle for Children	August 8th
Natalie Sanders	TheraSens Pediatric and Rehab Center	September 12th
EFMP	Health Q&A	October 10th
Dr. Douglas Hulstedt	Primary Care Manager/ Pediatrician	November 14th
NA	Holiday Event Bring a dish	December 12th
ACTIVITIES		
ACTIVITY	LOCATION	DATE/TIME
*Horses, Hope & Kids	220 J San Benancio Rd Salinas, Ca 93908	1st Saturday each month, 10:00 a.m.–12:00 p.m.
Women’s Group Volunteer Meeting	Lala’s Grill	1st Tuesday, Monthly 7:00–9:00 p.m.
Men’s Group Volunteer Meeting	Chili’s Monterey	4th Thursday, Monthly 6:00–7:30 p.m.
Library Visit (Split ages 2–5 & 6–12)	Monterey Public Library	May 11th 10:30–11:30 a.m.
Craft With Kids (60 child limit)	Gold Room ACS	June 15th • 1–3:00 p.m. Open to all
Oceans Miniature Golf (50 person limit)	125 Ocean View Blvd, PG (Registration Required)	August 3rd
Water City (60 child limit)	2800 Second Ave, Marina (Registration Required)	September 13th



* Must be enrolled in EFMP and pre-registered with the EFMP office for slot allocations. Events and times subject to change. Call before the event for the latest information.

For more information please contact Linda Moseley at 242-7960 or 242-7660
 Visit us online at www.pom-fmwr.com/EFMP or www.facebook.com/presidioEFMP

America Celebrates its 237th Independence Day

During the American Revolution, the legal separation of the Thirteen Colonies from Great Britain occurred on July 2, 1776, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia declaring the United States independent from Great Britain. After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining this decision, which had been prepared by a Committee of Five, with Thomas Jefferson as its principal author. Congress debated and revised the wording of the Declaration, finally approving it on July 4. A day earlier, John Adams had written to his wife Abigail:

The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more.

Adams's prediction was off by two days. From the outset, Americans celebrated independence on July 4, the date shown on the much-publicized Declaration of Independence, rather than on July 2, the date the resolution of independence was approved in a closed session of Congress.

Historians have long disputed whether Congress actually signed the Declaration of Independence on July 4, even though Thomas Jefferson, John Adams, and Benjamin Franklin all later wrote that they had signed it on that day. Most historians have concluded that the Declaration was signed nearly a month after its adoption, on August 2, 1776, and not on July 4 as is commonly believed.

In a remarkable coincidence, both John Adams and Thomas Jefferson, the only signers of the Declaration of Independence later to serve as Presidents of the United States, died on the same day: July 4, 1826, which was the 50th anniversary of the Declaration. Although not a signer of the Declaration of Independence, but another Founding Father who became a President, James Monroe, died on July 4, 1831, thus becoming the third President in a row who died on this memorable day. Calvin Coolidge, the 30th President, was born on July 4, 1872, and, so far, is the only President to have been born on Independence Day.



The Fourth of July 2013

On this day in 1776, the Declaration of Independence was approved by the Continental Congress, setting the 13 colonies on the road to freedom as a sovereign nation. As always, this most American of holidays will be marked by parades, fireworks and backyard barbecues across the country.

2.5 million

In July 1776, the estimated number of people living in the newly independent nation.

Source: Historical Statistics of the United States: Colonial Times to 1970

<<http://www2.census.gov/prod2/statcomp/documents/HistoricalStatisticsoftheUnitedStates1789-1945.pdf>>

316.2 million

The nation's estimated population on this July Fourth.

Source: U.S. and World Population Clock <<http://www.census.gov/popclock/>>

\$302.7 million

Dollar value of shipments of fabricated flags, banners and similar emblems by the nation's manufacturers in 2007, according to the latest published economic census statistics.

Source: 2007 Economic Census, Series EC0731SP1, Products and Services Code 3149998231

<<http://www.census.gov/econ/census07/>>

Patriotic-Sounding Place Names

Fifty-nine places contain the word "liberty" in the name. Pennsylvania, with 11, has more of these places than any other state. Of the 59 places nationwide containing "liberty" in the name, four are counties: Liberty County, Ga. (65,471), Liberty County, Fla. (8,276), Liberty County, Mont. (2,392) and Liberty County, Texas (76,571).

One place has "patriot" in its name. Patriot, Ind., has an estimated population of 209.

The most common patriotic-sounding word used within place names is "union" with 136. Pennsylvania, with 33, has more of these places than any other state. Other words most commonly used in place names are Washington (127), Franklin (118), Jackson (96) and Lincoln (95).

Sources: TIGER Shapefiles, the Census Bureau's geographic database (Place/MCD/County combined "used within name" count), Annual Estimates of the Resident Population for Incorporated Places: April 1, 2010 to July 1, 2011

<<http://www.census.gov/popest/data/cities/totals/2011/SUB-EST2011-3.html>>

The British are Coming!

\$109.8 billion

Dollar value of trade last year between the United States and the United Kingdom, making the British, our adversary in 1776, our sixth-leading trading partner today.

Source: Foreign Trade Statistics <<http://www.census.gov/foreign-trade/statistics/highlights/top/top1112yr.html#total>>

Fourth of July Cookouts

65.9 million

Number of all hogs and pigs on March 1, 2013. Chances are that the pork hot dogs and sausages consumed on the Fourth of July originated in Iowa. The Hawkeye State was home to 20.3 million hogs and pigs. North Carolina (8.9 million) and Minnesota (7.8 million) were also homes to large numbers of pigs.

Source: USDA National Agricultural Statistics Service,

<<http://usda01.library.cornell.edu/usda/current/HogsPigs/HogsPigs-03-28-2013.pdf>>

6.3 billion pounds

Total estimated production of cattle and calves in Texas in 2012. Chances are good that the beef hot dogs, steaks and burgers on your backyard grill came from the Lone Star State, which accounted for nearly one-sixth of the nation's total production. And if the beef did not come from Texas, it very well may have come from Nebraska (estimated at 5.1 billion pounds) or Kansas (estimated at 3.8 billion pounds).

Source: USDA National Agricultural Statistics Service

<<http://usda01.library.cornell.edu/usda/current/MeatAnimPr/MeatAnimPr-04-25-2013.pdf>>

Fireworks

\$218.2 million

The value of fireworks imported from China in 2012, representing the bulk of all U.S. fireworks imported (\$227.3 million). U.S. exports of fireworks, by comparison, came to just \$11.7 million in 2012, with Israel purchasing more than any other country (\$2.5 million).

\$231.8 million

The value of U.S. manufacturers' shipments of fireworks and pyrotechnics (including flares, igniters, etc.) in 2007.

Source: 2007 Economic Census, Series EC0731SP1, Products and Services Code 325998J108 <<http://www.census.gov/econ/census07/>>

Flags

\$3.8 million

In 2012, the dollar value of U.S. imports of American flags. The vast majority of this amount (\$3.6 million) was for U.S. flags made in China.

Source: Foreign Trade Statistics <<http://www.census.gov/foreign-trade/www/>>
<<http://www.usatradeonline.gov>>

\$614,115

Dollar value of U.S. flags exported in 2012. Mexico was the leading customer, purchasing \$188,824 worth.

Source: Foreign Trade Statistics <<http://www.census.gov/foreign-trade/www/>>
<<http://www.usatradeonline.gov>>

\$302.7 million

Dollar value of shipments of fabricated flags, banners and similar emblems by the nation's manufacturers in 2007, according to the latest published economic census statistics.

Source: 2007 Economic Census, Series EC0731SP1, Products and Services Code 3149998231
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Source: USDA National Agricultural Statistics Service
<<http://usda01.library.cornell.edu/usda/current/MeatAnimPr/MeatAnimPr-04-25-2013.pdf>>

Local Babysitting Resources

La Mesa Babysitting Coop
POC Carah Tabar carahtabar@gmail.com

Babysitters Exchange (Facebook Page)
<https://www.facebook.com/groups/387982454548659/>

Fort Ord Babysitting Trade (Facebook Page)
<https://www.facebook.com/groups/354374547927290/>

Military SitterCity
www.sittercity.com/Military





Grieving the loss of your child from Miscarriage, Stillbirth, or Early Infant Death?

Monterey Peninsula Bereaved Parents Network

Grieving a child that died before or shortly after birth is a unique experience. Come join us for peer to peer support. Listen to and talk with others that may have similar experiences as you. We want to provide a safe space of acceptance and understanding. You don't have to be on this painful journey alone.



Day Meeting: 2nd Tuesday of the month
12-2pm. Children welcome.



Evening Meeting: 4th Tuesday of the month
6:30-8pm. No children please.

For further information please contact group coordinators
Kaylan Pesature & Elizabeth Millhouse at MPBPNetwork@gmail.com



Both meetings will be held at Parents' Place
at Pacific Grove Adult Education located at
1025 Lighthouse Ave Pacific Grove, CA 93950

Take Hwy 1 South toward Carmel. Take exit 399A for CA-68 W toward Pacific Grove/Pebble Beach. Turn right at the stoplight; continue along Hwy 68 until you end up on Forest Avenue. Merge left at CA-68/Sunset Drive. Turn right at 17 Mile Drive. Turn left at Lighthouse Avenue.

Parents' Place/PGAE is a red building on your left. Turn left on Ridge Rd., then turn left into the parking lot.



Calendar of Events

July 2013

Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4 Independence Day	5	6 46th Annual Scottish Games & Celtic Festival Monterey Fairgrounds
7 46th Annual Scottish Games & Celtic Festival Monterey Fairgrounds	8	9	10	11 New Spouse Orientation 6-8pm	12	13 2nd Annual Oldtown Salinas Chili Cook-Off 12-4pm
14 Monterey Obon Festival 12 - 7 pm	15	16 ITT Travel/New Student Fair 11-1pm	17	18	19	20 Pacific Grove's Feast of Lanterns www.feast-of-lanterns.org
21	22	23	24 Pacific Grove's Feast of Lanterns www.feast-of-lanterns.org	25 Pacific Grove's Feast of Lanterns www.feast-of-lanterns.org	26 Pacific Grove's Feast of Lanterns www.feast-of-lanterns.org	27 Pacific Grove's Feast of Lanterns www.feast-of-lanterns.org
28 Pacific Grove's Feast of Lanterns www.feast-of-lanterns.org	29	30	31			

Event links can be found at:

<http://www.navylifefsw.com/monterey/wp-content/peacockpress/peacockpress.pdf>

<http://www.mbaykids.com/happenings.asp>

<http://www.montereycountyweekly.com/events/>

FFSC Workshops *Classes are free of charge. Space is limited. Please call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. **Childcare is available but must be arranged no later than 5 days prior to*

Available by appointment:

- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

FAMILY & LIFESKILLS

Couples Communication

Mon, Jul 22, 3:30-5 pm
Mon, Aug 5, 3:30-5 pm
Mon, Sep 9, 3:30-5 pm

Military Basics for New Spouses

Mon, Jul 15, 11 am-12:30 pm
Tue, Aug 13, 10-11:30 am
Mon, Sep 16, 10-11:30 am

Parenting Education

Available upon request, tailored to your needs

Suicide Prevention Awareness

Tue, Jul 16, 10-11:30 am
Tue, Aug 6, 10-11:30 am
Tue, Sep 10, 10-11:30 am

Stress Management Techniques

Thu, Jul 25, 3-4:30 pm
Thu, Aug 22, 3-4:30 pm
Thu, Sep 26, 10-11:30 am

Responsible Anger Management

Thu, Jul 18, 10-11:30 am
Thu, Aug 15, 1-2:30 pm
Thu, Sep 19, 10-11:30 am

EMPLOYMENT

Job Search Strategies

Tue, Jul 2, 9-11 am

Interviewing Skills

Thu, Jul 25, 4-6 pm
Thu, Aug 1, 4-6 pm
Thu, Sep 5, 4-6 pm

Resume Writing

Thu, Jul 18, 4-6 pm
Thu, Aug 15, 4-6 pm
Thu, Sep 19, 4-6 pm

Federal Employment System

Tue, Jul 16, 9-11 am

FINANCIAL MANAGEMENT

Million-Dollar Sailor

Saturdays, 8 am-4 pm
Call to schedule specific dates.

Car Buying Strategies (New/Used)

Tue, Jul 23, 10 am-Noon
Tue, Aug 27, 10 am- Noon
Tue, Sep 24, 10 am- Noon

Credit Management

Wed, Sep 4, 1-3 pm

Investment and Savings

Wed, Jul 17, 1-3 pm
Wed, Aug 14, 1-3 pm
Wed, Sep 11, 1-3 pm

Preparing a Personal/Family Spending Plan

Fri, Aug 9, 1-3 pm

Home Buying

Fri, Jul 19, 1:30-3:30 pm

RELOCATION

Smart Move (Transferring/PCS)

Tue, Jul 30, 2-3:30 pm
Wed, Aug 28, 10-11:30 am
Fri, Sep 27, 10-11:30 am

Pre-Deployment/Mobility

Briefing - Fri, Jul 26, 1-3 pm

Mid-Deployment/Mobility Briefing

Fri, Aug 23, 1-3 pm

Post-Deployment Return & Reunion

Fri, Sep 27, 1-3 pm

IA Spouse Discussion/Support Group Meeting

Wed, Jul 17, 11 am-Noon
Wed, Aug 14, 11 am-Noon
Wed, Sep 11, 11 am-Noon

TRANSITION CONSEP

Mon-Tue Jul 29-30, 8 am-4 pm
Transition GPS (Goals, Plans Success) Workshop (AKA "TAP" workshop)
Mon-Fri Sep 23-27, 9 am-5 pm

Transition GPS (Goals, Plans Success) - Entrepreneurship Workshop
Mon-Tue Sep 9-10, 9 am-5 pm

Transition GPS (Goals, Plans Success) - Higher Education Workshop
Mon-Tue Sep 16-17, 9 am-5 pm

Transition GPS (Goals, Plans Success) - Technical Workshop
Mon-Tue Sep 30-Oct 1, 9 am-5 pm

For Command Appointed Personnel (available upon request)

- SAPR POC Training
- SAPR Liaison Training
- SAPR DCC Training
- Sponsor Training
- Ombudsman Training
- New Parent Support Home Visitor



Military Spouse - Owned Businesses

If you have a business you would like to see on here, please email me at npsombudsman@gmail.com. I will only know about your business if you notify me, and I only ask that you let me know when you PCS so we can keep our business listing up-to-date.

HEALTH CARE and BEAUTY

Hair by Tina - Tina Young
912-674-1558

[Hair by Tina](#)

Body by Vi Challenge/ViSalus - Jessica Bryant
www.jessmbryant.bodybyvi.com/

Hair Doctor - Rachel Van Duran
[The Hair Doctor](#)

Rodan + Fields Skin Care Line - Andrea Steinbrenner
andreasteinbrenner.myrandf.com
andrea.steinbrenner@gmail.com
314.304.3478

Renovo Pilates - Meg Sullivan
Master Pilates Instructor + Owner
www.renovopilates.com

Meghan Milliron - Certified Massage Therapist
thewholeathlete.massagetherapy.com
253-279-9409

Shelly Jacinto - AdvoCare Distributor
www.islandchampions.com

Mary Kay Consultants

Dwan Barker Muehling
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