

Retired Navy Captain Mark C. Fava Launches Children's Book Teaching Character, Leadership and Service

*Andy the Admiral and the USS Shipshape sets sail
September 1; Fava is a featured author at the
Charleston Library Society Children's Festival on September 12*

CHARLESTON, SC, UNITED STATES, August 19, 2026 /EINPresswire.com/ -- Award-winning author, retired U.S. Navy Captain, attorney and aerospace executive Mark C. Fava will release his first children's book, *Andy the Admiral and the USS Shipshape*, published by Mascot Books, an imprint of Amplify Publishing Group, on September 1, launching a new series introducing young readers to the values of character, leadership, and service.

“

I wanted to take the values I learned during 30 years in the Navy and share them with children in a way that is fun, memorable, and meaningful.”

Mark C. Fava

Written for children ages 3–8, the beautifully illustrated book takes readers aboard the fictional USS Shipshape,

where Andy and his shipmates discover that keeping a ship “shipshape” requires more than ships and Sailors—it takes teamwork, integrity, kindness, respect, preparation, accountability and service to others.

Fava drew upon his 30 years of service in the U.S. Navy, including his experiences as a Naval Flight Officer and commanding officer, to create a rhyming adventure introducing Navy traditions and lessons applicable far beyond the military.

“I wanted to take the values I learned during 30 years in the Navy and share them with children in a way that is fun, memorable, and meaningful,” Fava said. “I originally wrote the book with our three daughters in mind. They were young during much of my military career and didn’t always understand why I served. Andy lets me share those values with a new generation of children.”

The book is the first installment in Fava’s new Shipshape Shipmates series, using colorful characters, maritime adventures, and Navy traditions to introduce character and leadership.

Fava also has a free six-week educational lesson plan on his website to accompany the book,

giving parents, teachers, librarians, and homeschool families resources to continue the lessons beyond the story.

Illustrated by Agus Prajogo and Yohanes Bastian, the book features authentic naval terminology, traditions, and hidden “Easter eggs” for children and adults to discover.

Ahead of its release, *Andy the Admiral and the USS Shipshape* received a Literary Titan Gold Book Award and an Honorable Mention in the Purple Dragonfly Book Awards.

Charleston Children’s Literary Festival Appearance

Just days after the book’s release, Fava will be a featured author at the Charleston Library Society’s second annual Children’s Literary Festival, “Up, Up & Read!” on Saturday, September 12, at the Charleston Library Society, 164 King Street in downtown Charleston.

Fava will read from *Andy the Admiral and the USS Shipshape* and sign copies of the new book during the September 10–12 festival featuring children’s authors, story times, a book fair, crafts, music, and family activities. The appearance gives Charleston families an opportunity to meet Fava shortly after the book’s national release.

From Leadership Lessons for Adults to Lessons for Children

Andy the Admiral follows the success of Fava’s first book, *Lessons from the Admiral: Naval Wisdom and Sea Stories for Leaders*, which uses stories from his military, legal and corporate career to explore leadership and decision-making.

Now in its third printing with nearly 10,000 copies in print, *Lessons from the Admiral* established Fava as a leadership author and speaker. With *Andy the Admiral*, he is taking those same principles to an entirely new audience.

“My first book was about lessons I learned over a lifetime of leadership,” Fava said. “With *Andy*, I wanted to start much earlier. You don’t have to wait until someone becomes a manager, military officer, or CEO to talk about integrity, teamwork, preparation, kindness, and service. Those lessons can begin with our children.”



Author Mark C. Fava discusses his new children's book, *Andy the Admiral and the USS Shipshape*, during a recent television appearance.

About Mark C. Fava

Mark C. Fava is an award-winning author, retired U.S. Navy Captain, attorney, aerospace executive, and keynote speaker. During 30 years of Navy service, he served as a Naval Flight Officer and mission commander aboard the P-3 Orion and commanded three Navy units. His professional career has also included leadership roles in the legal and aerospace industries.

He is the author of *Lessons from the Admiral: Naval Wisdom and Sea Stories for Leaders* and creator of the *Shipshape Shipmates* children's series.

Andy the Admiral and the *USS Shipshape* will be available beginning September 1, 2026, through Amazon, Barnes & Noble, and booksellers nationwide.

Additional information, including the free educational lesson plan, is available at TheShipshapeShipmates.com.

MEDIA CONTACT

Mark C. Fava

MarkCFava.com

TheShipshapeShipmates.com

markcfava@gmail.com

Mark C. Fava

What I Learned LLC

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/934946557>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.