

Jax Air News

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U.S. Navy aircraft joins search and rescue efforts for missing mariners in East China Sea



From U.S. 7th Fleet Public Affairs

On Jan. 7, the U.S. Navy sent a P-8A aircraft attached to the "Fighting Tigers" of Patrol Squadron 8 to assist in an international search and rescue effort in the East China Sea following a collision between two commercial vessels.

After arriving on scene, the aircraft searched an area

of approximately 3,600 square nautical miles before returning to Kadena Air Base in Okinawa, Japan. None of the mariners were located.

Chinese-flagged cargo ship, CF Crystal, and Iranian-flagged MV Sanchi collided, Jan. 6. International search efforts are ongoing for MV Sanchi's 32 missing crew members.

Seventh Fleet, which celebrates its 75th year in

2018, spans more than 124 million square kilometers, stretching from the International Date Line to the India/Pakistan border - and from the Kuril Islands in the North to the Antarctic in the South. Seventh Fleet's area of operation encompasses 36 maritime countries and 50 percent of the world's population with between 5,070 U.S. ships and submarines, 140 aircraft, and approximately 20,000 Sailors in the 7th Fleet.

Photo by MC1 Jerome D. Johnson

A P-8A Poseidon assigned to the Fighting Tigers of Patrol Squadron (VP) 8 takes off from a runway at Kadena Air Base, Japan. VP-8 is currently deployed to the 7th Fleet area of operations conducting missions and providing Maritime Domain Awareness to supported units throughout the Indo-Asia-Pacific region.

Fire department gets new crash truck

By Reggie Jarrett
Editor, Jax Air News

First Coast Navy Fire and Emergency Services department has a new fire-fighting tool to respond to airfield emergencies aboard Naval Air Station (NAS) Jacksonville.

The department has acquired a Striker T-3000 Aircraft Rescue and Fire Fighting (ARFF) truck, also called a crash truck, to be used with an older crash truck it had since 2013.

The fire department received two of the \$800,000 trucks, one for NAS Jacksonville and one for Naval Station Mayport, said Fire Chief Mark Brusoe. "It gives us enhanced movement on the airfield," he said.

"Combined with the other crash trucks we have, it enhances our capability quite a bit."

AARF trucks are used for airfield emergencies.



Firefighter Jason Lynn takes the Striker T-3000 crash truck out for a test drive aboard Naval Air Station Jacksonville Jan. 10. The truck is the newest piece of equipment for First Coast Navy Fire and Emergency Services to respond to airfield emergencies.

"We're here strictly for the airfield," said Station Chief Jeff Harrell.

"We handle any kind of emergency with an aircraft, whether it's a helicopter or a fixed wing aircraft."

The new crash truck doubles the



Photos by Reggie Jarrett

First Coast Navy Fire and Emergency Services tests out its new crash truck aboard Naval Air Station Jacksonville Jan. 10. The Striker T-3000 crash truck will join an older crash truck to handle all aircraft emergencies on the airfield.

water capacity of the older truck. "It carries 3,000 gallons versus 1,500 gallons," said Harrell.

"So we can put a lot more water on the

See **TRUCK**, Page 8

The hunt is on VP-5 participates in NATO ASW exercise

Lt. j.g. Mary Carter Jordan
VP-5 Public Affairs

From Dec. 09 to 17, the "Mad Foxes" of Patrol Squadron (VP) 5 traveled to Iceland's Keflavik International Airport for an Anti-Submarine Warfare (ASW) Exercise with NATO allies.

VP-5 sent two Combat Air Crews (CAC), CAC-6 and CAC-12 on the detachment to conduct seven ASW flights with NATO allied forces. The exercise was an excellent training opportunity for VP-5 to perform coordinated operations with different countries and to strengthen relationships between the U.S. Navy and its NATO partners.

The CACs operated in the North Atlantic Ocean along with British and



Photo by Lt. j.g. Ridgely Riggs

AWO2 Tiffany Escoffery of Combat Air Crew (CAC) 12, assigned to Patrol Squadron (VP) 5, operates the camera on the P-8A Poseidon during a joint anti-submarine warfare (ASW) exercise. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and inter-agency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.

French forces. The exercise also incorporated VP-5's P-8A Poseidon aircraft, the Navy's newest patrol aircraft, capable of extended range operations to

See **VP-5**, Page 6

New child and youth program fees announced

From Staff

Fee schedules for the Naval Air Station Jacksonville (NAS Jax) Child Development Center (CDC), School Age Care (SAC) Programs, 24/7 Centers, and Child Development Homes (CDH) are mandated by the Department of Defense (DoD) and Commander, Navy Installations Command (CNIC).

The fiscal year (FY) 2018 parent fees will take effect for all CDC and SAC programs beginning Feb. 1 and for CDH on Feb. 5. To update your child(ren)'s registration and to have fees assigned appropriately, parents with children enrolled in CDC, CDH, and/or SAC must provide the following documents by Jan. 22.

Updated and signed CYP Registration Packet for each enrolled child(ren)
Current Leave and Earning Statement (LES) and/or paycheck stubs



Photos by Reggie Jarrett

Kids play with their rainbow sticks in the Preschool 3 class at the Child Development Center aboard Naval Air Station Jacksonville Jan. 12.

for all adults, married or not, sharing expenses toward the benefit of the child(ren)

Signed Fee Calculation Worksheet and Parent Fee Agreement
CDH Program - Parent/Provider Contract

Note: Parents who choose not to provide income information will be placed in Category IX.

Payment due dates for programs or

See **CDC FEES**, Page 8

INSIDE

HSM-60
Change of Command
Page 3



HONOR SUPPORT
Renders Colors for Navy Ceremonies
Page 4-5

DECA
Keeping Commissaries Safe
Page 6

This Week in Navy History

From Staff

Jan. 18
 1911 - First aircraft landing on board a ship, USS Pennsylvania (Armored Cruiser No. 4), by Eugene Ely.
 1968 - Operation Coronado X begins in Mekong Delta, Vietnam.
 1977 - The Trident (C-4) missile development flight test program commenced when C4X-1 was launched from a flight pad at Cape Canaveral.
 1991 - USS Nicholas (FFG-47) attacks and captures Iraqi oil platforms.

Jan. 19
 1840 - Lt. Charles Wilkes is first American to discover Antarctic coast.

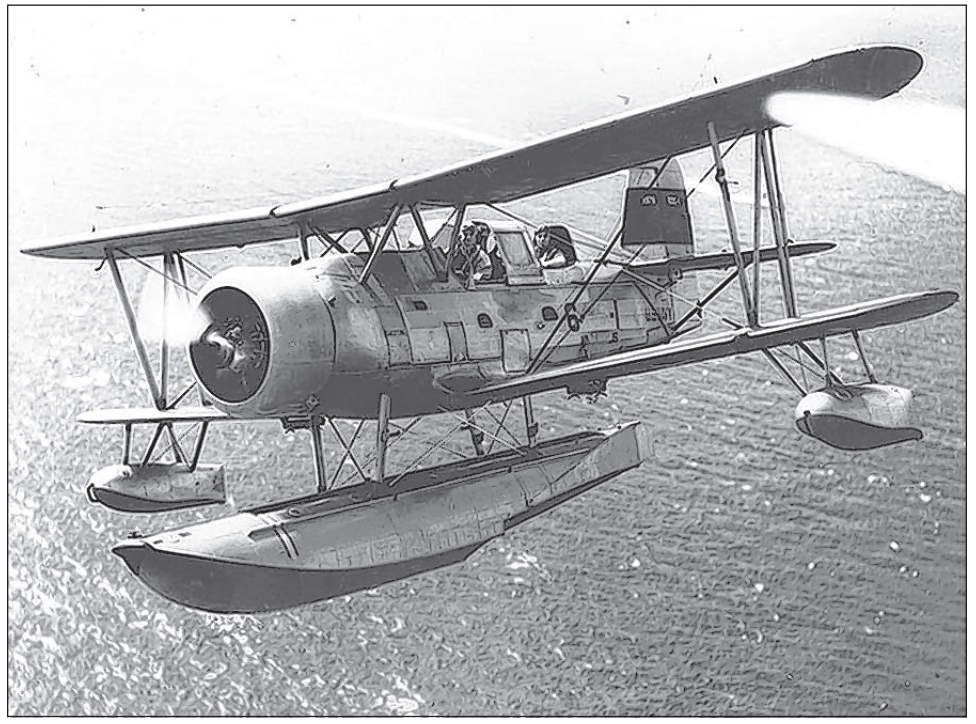
Jan. 20
 1783 - Hostilities cease between Great Britain and the United States.
 1903 - Theodore Roosevelt issues executive order placing Midway Island under jurisdiction of the Navy Department.
 1914 - School for naval air training opens in Pensacola.
 1948 - Establishment of U.S. Persian

Gulf Area Command (later changed to Middle East Force in Aug. 1948).

Jan. 21
 1954 - Launching of Nautilus (SSN-571), first nuclear submarine, at Groton, Conn.
 1961 - USS George Washington (SSBN-598) completes first operational voyage of a fleet ballistic missile submarine, staying submerged 66 days. The vessel was decommissioned Jan. 24, 1985.

Jan. 23
 1960 - Bathyscaphe Trieste descends to deepest part of the ocean, Marianas Trench.
 1968 - USS Pueblo seized by North Korean forces in Sea of Japan.

Jan. 24
 1942 - Battle of Makassar Strait, destroyer attack on Japanese convoy in first surface action in the Pacific during World War II.
 1991 - Helicopters from USS Leftwich and USS Nicholas recapture first Kuwaiti territory from Iraqis.



U.S. Navy photo

Curtiss SOC "Seagull" scout-observation biplane was designed as a catapult-launched floatplane, flying from battleships for gunfire observations, and from cruisers as a scout. It was designed with folding wings to allow more planes to fit in cruisers' small hangars, and a float that could be exchanged for wheeled landing gear, facilitating operation from aircraft carriers and shore bases. Powered by a Pratt & Whitney R-1340 single-row radial engine, it had good low-speed flight characteristics, well-suited for catapult operations.

Long-time columnist says goodbye to Jax Air News

By Sarah Smiley
Special Contributor

From the Homefront

When I first started writing for *Jax Air News*, I was just 26 years old. I had two children under the age of two, and my husband was deployed again for the second time in just three years.

If my memory is correct, my first article was a profile of a fellow Navy wife. Although I had not gone to school for journalism, I had always been a writer, and seeing my name published in *Jax Air News* was quite a thrill.

The editors were pleased, too, because back in 2002, the military-wife perspective was not a regular feature in newspapers and magazines. (Online blogs were not yet a thing.)

That's hard to imagine now as military-spouse books and blogs are nearly their own well-established genre. But it was novel back then, so the editors asked me to keep writing, perhaps one article each week.

Before I knew it, I had a newspaper column.

Just as quickly, however, our family was transferred. When we left for our next duty station, I continued to write for *Jax Air News*, but I began writing for other newspapers around the country, too.

While once I had resented the fact that I was expected to follow my Navy husband around the country and support his career at the sacrifice of my own, now I was — ironically — making a career for myself by writing about his!

We've moved many times since then and had another son. The "two under 2," Ford and Owen, who were under my feet as I penned my first column are now 17 and 15-years old. Their brother, Lindell, just turned 11.

All three of them have grown up in the pages of these newspapers — from

stories of their first day of kindergarten to writing about driving school, the teenage years and growth spurts that I could not even imagine back in 2002.

Just the other day, in fact, a reader who used to see my columns in *Jax Air News* a decade ago wrote to me. He had moved out west, and he was surprised to see that my column now appears there. He was also surprised to see that the little boys he used to read about are in high school . . . and that my husband has now retired.

In July 2017, Dustin put on his uniform for the last time, and a new chapter in our lives began. Today, he's flying for LifeFlight, Maine's critical care air transport system, and our days have little semblance to the military life we once knew so well. For one thing, the weather is much colder.

Because of all of this, I've decided to not write about the military on a weekly basis anymore, and, sadly, that means

that after 16 years, this is my last regular column in *Jax Air News*. I'll still write weekly for newspapers in Maine, but my focus will be more regional.

We all know, of course, that my military upbringing and marriage colors my perspective on most things, especially politics, so I will occasionally write about military topics.

When I do, I will be sure to reach out to *Jax Air News* and see if the editors are interested in publishing those editorials.

My love and respect for the readers of this newspaper is unmeasurable. Through your feedback and encouragement, I grew into the working columnist that I am today, and I am forever grateful.

I have loved sharing our lives with you all these years, and I hope you will continue to follow us on Facebook and Instagram.

And some Maine winter when we need to warm up, I hope we can get back to Jacksonville for a visit.

Until then, thank you and God bless.

Act now to receive absentee ballots for upcoming elections

From Navy Region Southeast

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

This year the entire House of Representatives and a third of the US Senate are up for election. Don't miss your opportunity to vote in your state's primary election as it will determine who is on the November 2018 general election ballot.

To register and request your absentee ballot, visit FVAP.gov to complete a Federal Post Card Application (FPCA).

The following states have elections in the next 90 days:

- February 30 Day Notice - No elections scheduled.
- March 60 Day Notice - Texas: March 6; Illinois: March 20
- April 90 Day Notice - No elections scheduled.

FVAP recommends that all military members and their eligible family members away from their voting jurisdiction, as well as U.S. citizens overseas, send in a Federal Post Card Application (FPCA) every January to ensure receipt of absentee ballots for all federal elections in 2018.

Now is the time to update your mailing address and absentee ballot request information to reflect any changes since the 2016 general election.

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

Not voting in the states listed above? Find your states primary election dates

at FVAP.gov: Select the state where you want to register to vote from the drop-down menu in the Voters Start Here box at the top left-hand side of FVAP.gov.

To find your state's election website for specific information on candidates, elections, contact information, and links to your local election offices, visit FVAP's contact page (fvap.gov/info/contact).

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

Navy asks for feedback through Personal and Professional Choices Survey

From Chief of Naval Personnel Public Affairs

The Navy announced Jan. 12 that it is soliciting feedback from Sailors through the biennial Personal and Professional Choices Survey set to open Jan. 17.

This Secretary of the Navy-directed survey collects data and comments from Sailors across the Fleet to gauge the present-day impact of Navy policies on Sailors and their families.

The survey touches on a wide variety of issues, including career development, work-life balance, adoption leave and family planning.

The 2018 iteration of the survey is scheduled to begin Jan. 17 and close Feb. 23. The survey will be sent to 80,000 randomly selected active-duty Sailors. Notification emails will be sent to participants from the survey platform Max.gov, urging Sailors to use this opportunity to provide their feedback to the Navy.

Although participation is anonymous and com-

pletely voluntary, Navy leadership strongly encourages the selected Sailors to participate.

Results from previous surveys are available at <http://www.public.navy.mil/bupers-npc/support/inclusion/Pages/Resources.aspx>. The 2018 survey results are expected to be released in August and will be posted on Navy's Inclusion and Diversity website.



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The deadline for classified submissions is noon Monday. Questions or comments can be directed to the editor. The **Jax Air News** can be reached at (904) 542-3531, fax (904) 542-1534, e-mail [JaxAirNews@comcast.net](mailto:jaxairnews@comcast.net) or write the **Jax Air News**, Box 2, NAS Jacksonville, FL, 32212-5000.

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HSM-60 to hold change of command ceremony

From HSM-60

Commanding Officer Cmdr. James Grieco will conclude his successful tour with the squadron following a change of command ceremony at Naval Air Station Jacksonville Jan. 21. He will be relieved by HSM-60's Executive Officer Cmdr. Nate Rodenbarger.

During Grieco's tenure as commanding officer, HSM-60 supported two operational MH-60R detachments: the "Misfits" embarked aboard USS Lassen (DDG 82) and "Odin's Ravens" embarked aboard USS Leyte Gulf (CG 55).

Over the past 18 months, Grieco's leadership allowed the Jaguars to make a clean sweep



Cmdr. Nate Rodenbarger



Cmdr. Mark Grieco

of all 2016 awards, including the Battle "E", CNO Safety "S", Blue "M", and Golden Wrench. HSM-60 was also selected as Commander, Naval Air Force

Reserve's Squadron of the Year for 2016.

Under his guidance, the 230 active and Reserve Sailors set a standard of tactical excel-

lence in the MH-60R, supporting Helicopter Maritime Strike Wing Atlantic taskings at home as well as at the Atlantic Undersea Test and Evaluation Center. The Jaguars also participated in Northern Strike 17 in Alpena, Michigan, a coordinated joint exercise with Navy, Air Force, Special Operations, and interagency units.

Rodenbarger is a 1999 graduate of the United States Naval Academy and holds a Master's degree in National Security and Strategic Studies from the Naval War College in Newport, Rhode Island.

His shore and staff tours include instructor duty at VT-6 in Pensacola, deputy executive assistant to the Chief of Navy

Reserve on the OPNAV staff in the Pentagon, and Helicopter Program manager on the staff of Commander, Naval Air Force Reserve at NAS North Island, California.

His sea tours include HSL-49 and HSL-60 where he supported detachments embarked aboard USS Shiloh (CG 67), USS Howard (DDG 83), USS Ford (FFG 54), USS Samuel B. Roberts (FFG 59) and USS Underwood (FFG 36).

Cmdr. Mark Risser will assume the duties of HSM-60 executive officer.

The "Jaguars" of HSM-60 transitioned to the MH-60R helicopter in 2015 and remain the only HSM squadron in the Navy Reserve.

U.S. naval officer leads drug seizure while aboard Dutch warship

By MC2 Michael Hendricks

U.S. Naval Forces Southern Command & U.S. 4th Fleet Public Affairs

Lt. Ben Hondrum, a Personnel Exchange Program officer assigned to Dutch naval warship HNLMS Zeeland, led two boarding teams during a drug interdiction Oct. 29.

The Zeeland had just begun their return transit to homeport in the Netherlands after five months when they received intelligence of a high-speed "go fast" vessel departing Venezuela heading north.

The Zeeland altered course to intercept the vessel. While en route to the intercept point, Hondrum briefed the two boarding teams before loading the Fast Raiding Intercept Special Forces Craft.

"I was excited for the opportunity to do what we had trained for in a real-world situation," added Hondrum.

"I was the boarding officer and am responsible for the safe navigation and execution of my teams in these situations, while en route to the intercept point; my teams and I went over the scenario and explored some 'what-if' situations in order to really prepare ourselves."

After warning shots were not heeded, all three outboard motors of the "go fast vessel" were disabled, allowing the boarding teams to close in on its location



U.S. Navy photo

and board the vessel.

The boarding teams apprehended three suspects, found 15 packages of cocaine onboard and with the assistance of the helicopter, recovered 12 more that were jettisoned.

A total of 1,300 kilograms of cocaine were seized with an estimated street value of \$30 million USD. The Zeeland sank the smuggler's vessel since it was a hazard to navigation.

The smugglers and the cocaine were turned over to the Dutch coast guard authorities in Willemstad, Curacao, Oct. 30.

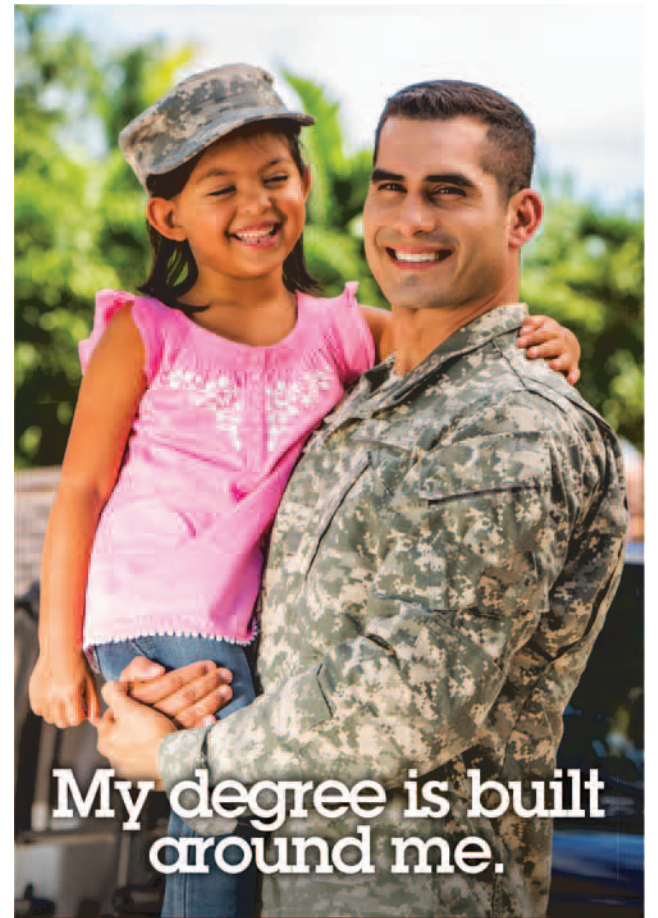
Lt. Ben Hondrum, a Personnel Exchange Program officer, recently led a drug interdiction off the coast of Venezuela while aboard the Dutch warship, HNLMS Zeeland, resulting in the seizure of 1,300 kilograms of cocaine.



Photo by Victor Pitts

FRCSE Sailors build helo parts

AM3 Zak McGee (left) and AM2 Edgar Cortez fabricate a stainless steel support bracket for an H-60 Seahawk Helicopter in the Fleet Readiness Center Southeast 500 Division Jan. 11.



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The Naval Air Station Jacksonville Honor Support Team provides honors during a Jacksonville Jaguars home football game at Everbank Field.

Photo courtesy of Sean Patrick Murphy

Honor Support Team provides service for ceremonies

By Julie Lucas
NAS Jacksonville Public Affairs

When there is a need for military funeral service and numerous other types of ceremonies, the Naval Air Station Jacksonville (NAS Jax) Honor Support Team (HST) is available to fulfill that need.

Commander, Navy Region Southeast is the regional coordinator for the Casualty Assistance Calls program and Funeral Honors Support program. Assisting the next-of-kin of military members who have passed away is an emotionally-filled process that culminates with the arrangement of funeral honors support for deceased active duty, retirees and veterans.

The HST currently has 17 members with two of them being permanently assigned to the Jacksonville National Cemetery.

To become a member of the HST, Sailors are selected for four-month TAD (temporary assigned duty) orders from various commands aboard the station. Each team member is cross-trained to perform every function.

“This has to be one of the most humbling duties our Sailors have to fulfill,” said BMC Paul Supnet, HST lead chief petty officer. “Being able to provide flag and rifle services for our fallen brothers and sisters is a responsibility that all Sailors should perform. It’s not only tradition but an honor to our Sailors and other military members who have served.”

The NAS Jax HST also provides funeral honors at other cemeteries in Florida and Southeast Georgia. For one member of the team, this was a job has been an eye-opening experience.

“The duties that I normally have in the Navy and what I’m doing now is so different,” said PR3 Al-Michael Whyte. “While being a part of the team, I’ve learn how to shoot a rifle and been able to perfect facing movements.”

Funeral honor support consists of, but is not limited to:

- Setting up the squad
- Graveside services for casketed or cremated remains
- Firing of the rifle volley
- Folding and presenting the flag

Members of the team practice daily and ensure their uniforms are squared away at all times so they are ready when the call comes in. The team at the Jacksonville National Cemetery estimates 40 minutes every day is spent working on their uniforms before services, which could be nearly every day of the week.

HST Leading Petty Officer EN1 Glenn Strode is in charge of scheduling, supervising training and performing honors.

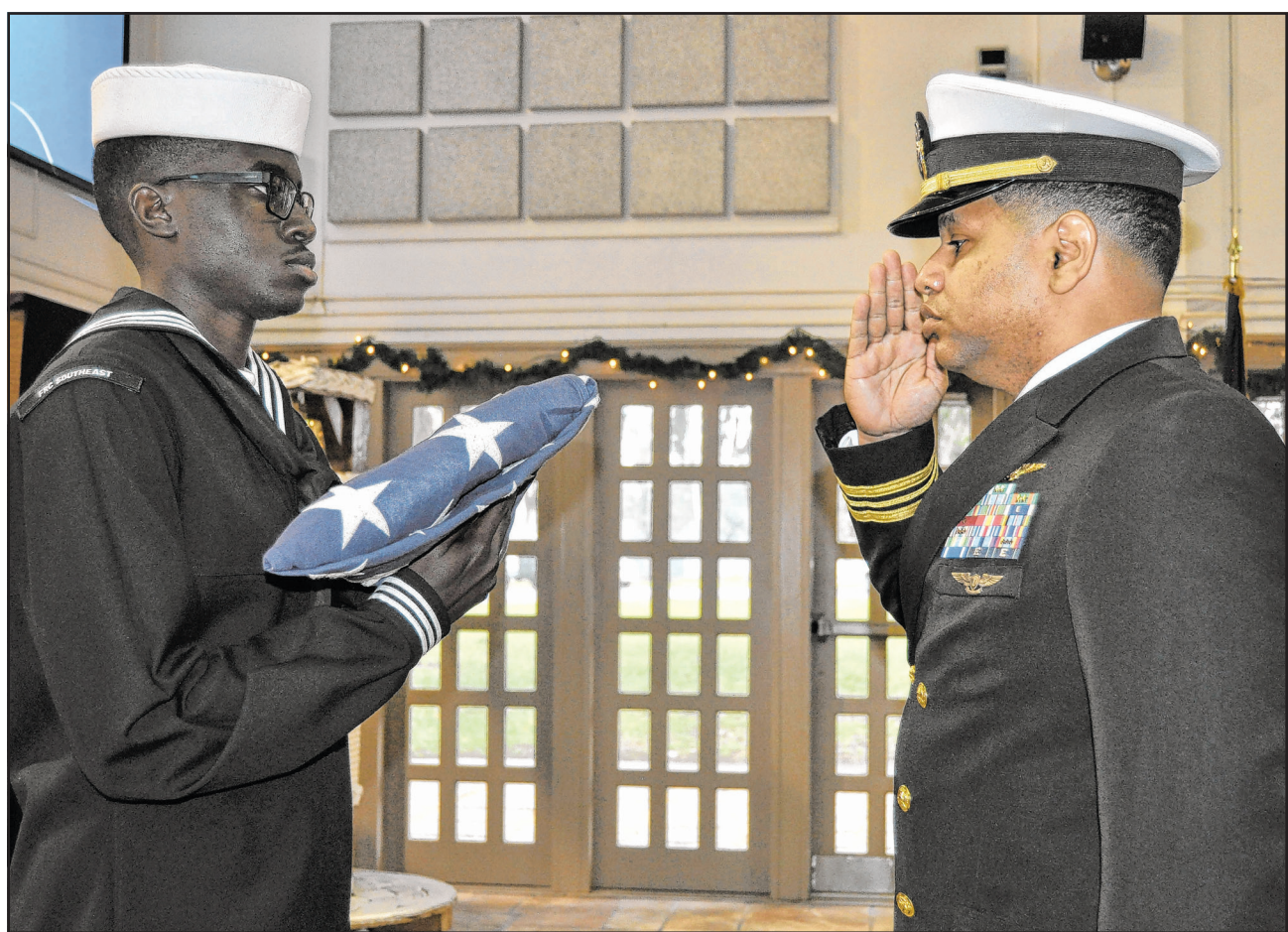
For active duty military funerals, the detail requires eight personnel including pallbearers, riflemen for a 21-gun salute, flag folders and a bugler. The team also supports Navy celebrations and community events, such as changes of command, retirements and other ceremonies.

“HST is an excellent opportunity to represent the Navy in front of the community, your peers and your superiors,” said EN2 Valerie Jackson. “You feel a great sense of pride knowing you were the face of the Navy to families who have lost loved ones. By doing funeral services, you see how much the Navy matters in people’s lives.”

To learn more about serving with the special unit, call 542-2330.



The Naval Air Station Jacksonville Honor Support Team renders colors during the national anthem at a retirement ceremony aboard the base. The team consists of volunteers from commands around the base.



NAS Jax Honor Support Team member PR3 Al-Michael Whyte (left) presents a flag to Lt. Cmdr. Al Toney during his retirement Dec. 7. The team provides a variety of support on and off base.



EN2 Valerie Jackson of the Naval Air Station Jacksonville Honor Support Team, updates the schedule board with upcoming details for funerals for the team. According to Jackson, the team is available every day at the week, sometimes at very little notice.



EN2 Valerie Jackson, former Naval Air Station Jacksonville Honor Support Team leading petty officer, works with LSSA Caesar Sanchez on his rifle movements for funeral ceremonies.



The Naval Air Station Jacksonville Honor Support Team presents the colors during the playing of the national anthem at the Fleet Readiness Center Southeast Change of Command ceremony July 21.



Photos by Julie M. Lucas and Kaylee LaRocque

PR3 Al-Michael Whyte of the Naval Air Station Jacksonville Honor Support Team (HST) stands at attention while a deceased military member's funeral service begins at the Jacksonville National Cemetery Jan. 10. The HST provides honors to all branches of the military.



New Naval Air Station Jacksonville Honor Support Team member LSSA Caesar Sanchez works on his flag-folding skills with AOAA Kaylynn Giron Jan. 12.



During the 2017 Wreaths Across America ceremony at the Jacksonville National Cemetery, Naval Air Station Jacksonville Honor Support Team members (from left) LS2 Keondre Jermany, PR3 Al-Michael Whyte and CS2 Darrell Thigpen provide honors Dec. 16.



Members of the Naval Air Station Jacksonville (NAS Jax) Honor Support Team parade the colors during the last NAS Jax Change of Command ceremony at Hangar 117.

Photo by AMAN Otisa Williams



Naval Air Station Jacksonville Honor Support Team members stand at attention with their rifles, preparing for a 21-gun salute during a funeral service at Jacksonville National Cemetery. (From left) AEAA Zechariah Kaser, IS3 Reed Kaelan and PR3 Al-Michael Whyte.

Supporting clean performance

Commissaries partner with DOD to help ensure dietary supplements remain safe

By Kevin L. Robinson
DeCA Public Affairs Specialist

Commissaries are partnering with the Department of Defense (DOD) to help ensure the dietary supplements on store shelves remain free of illegal and unsafe ingredients.

In December, the Defense Commissary Agency announced to its industry partners that it added another layer of protection regarding dietary supplements by requiring these products to be free of any ingredients noted on DOD's prohibited list posted on the Operation Supplement Safety (OPSS) website.

OPSS is a DOD dietary supplement resource created by the Consortium for Health and Military Performance (CHAMP), a Defense Center of Excellence Department at the Uniformed Services University

of the Health Sciences.

"Many of our commissary patrons use dietary supplements to support their physical fitness regimens," said Deborah Harris, DeCA dietitian and health and wellness program manager.

"By using DOD's list of prohibited ingredients to screen our products, we are adding an extra layer of confidence for our military members and their families and installation leadership that the supplements they buy in our stores are safe and legal."

LaRue Smith, DeCA's category manager for health and beauty care products, is the agency's contact person for suppliers wanting to sell supplements in military commissaries.

"Preventing harmful supplements from showing up on store shelves is critical to sup-

porting the mission of delivering an efficient and effective commissary benefit.

"Once a supplier presents a product to us for consideration to be in our commissaries, we work with them to confirm they've checked the DOD banned substances list," Smith said.

"We still have our own checks and balances such as feedback from patrons and stores. However, the DOD list adds a very important safety level of protection for DeCA's customers."

The path to the current OPSS program began in January 2012, when DOD wanted a Department-wide campaign to educate the military community on dietary supplements as far as potential health risks and safe products. A collaboration of organizations under the DoD Dietary Supplement

Subcommittee (DSSC) - the U.S. Army Public Health Command and USU's CHAMP - gave birth to Operation Supplement Safety.

"Some dietary supplement products contain stimulants, steroids, hormone-like ingredients, controlled substances, or unapproved drugs and the consumer has no way of knowing this," said Dr. Patricia Deuster, PhD, director of CHAMP and professor at the Department of Military and Emergency Medicine.

"The DOD prohibited list helps you identify supplements that might pose a potential risk to your health or career. Not all supplements on the list are illegal or banned, but all pose a potential health and readiness risk."

OPSS has now grown DoD-wide in its campaign to deliver relevant and current informa-

tion on dietary supplements to the military community.

"Our patrons need to know there are unsafe and substances banned by the Food and Drug Administration that can affect their health and, for some service members, negatively impact their career through a positive drug test," she said.

"The DOD list helps us stay vigilant at the commissary as we help them avoid some of these pitfalls."

In addition to the DOD list, the FDA ultimately regulates and enforces legislation affecting dietary supplements, Deuster said.

To access the FDA website for their statements about dietary supplements, go to <https://www.fda.gov/Food/DietarySupplements/>.

Fleet and Family Support Center offers life skills workshops

From FFSC Public Affairs

Your NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for growth in personal and family issues.

All FFSC workshops and classes are free to service members and their families. Pre-registration is required at 542-5745. If special accommodations or handicapped access is required, please notify FFSC upon registration.

The following is the schedule for 2018:

- **Ombudsman Basic Training** - Feb. 4-6 (8 a.m.-4 p.m.), May 13-16 (5:30-10 p.m.), Aug. 19-21 (8 a.m.-4 p.m.), Nov. 12-15 (5:30-10 p.m.)
- **Transition Assistance Program (TAP) Separation Workshop** (7:30 a.m.-4:15 p.m.) - Feb. 4-8, Feb. 11-15, March 4-8, March 11-15, April 1-5, April. 8-12, May 6-10, May 13-17, June 3-7, June 17-21, July 8-12, July 15-19, Aug. 5-9, Aug. 19-23, Sept. 9-13, Sept. 16-20, Oct. 7-11, Oct. 21-25, Nov. 4-8, Dec. 2-6.
- **Transition Assistance Program (TAP) Retirement Workshop** (7:30 a.m.-4:15 p.m.) - Jan. 28-Feb. 1, Feb. 25-March 1, March 25-29, April 15-19, May 20-24, June 24-28, July 22-26, Aug. 26-30, Sept. 23-27, Oct. 28-Nov. 1, Nov.

18-22, Dec. 16-20.

- **Federal Employment Workshop** (9 a.m.-noon) - Feb. 19, March 20, April 22, May 3, June 12, Aug. 16, Sept. 6, Oct. 17, Nov. 27, Dec. 11. (Noon-3 p.m.) - Jan. 22, July 2.
- **Job Search & Interview Techniques Workshop** (8-9:30 a.m.) - Jan. 23, April 10, May 30, July 15, Sept. 5, Nov. 25.
- **Resumes & Cover Letters Workshop** (9:40 a.m.-noon) - Jan. 23, April 10, May 30, July 15, Sept. 5, Nov. 25.
- **Million Dollar Sailor Workshop** (7:30 a.m.-4 p.m.) - Feb. 20-21, May 1-2, Aug. 14-15, Nov. 13-14.
- **Command Financial Specialist Training** - (7:30 a.m.-4 p.m.) - March 18-22, June 10-14, Sept. 30-Oct. 4, Dec. 9-13.
- **Money, Debt and Credit Management Workshop** (8-11 a.m.) - Jan. 22, April 30, July 2, Oct. 15.
- **Strategies for First-time Home Buyers** (1-3:30 p.m.) - April 22, May 29, Sept. 4.
- **Strategies for Best Deals in Car Buying** (9-10:30 a.m.) - Feb. 22, May 29, Aug. 12, Nov. 26.
- **PCS Sponsor Training** (1:30-3 p.m.) - Feb. 14, April 11, June 13, Aug. 8, Oct.

10, Dec. 12.

- **PCS Smooth Move Workshop** (1:30-4 p.m.) - March 14, May 9, July 11, Sept. 12, Nov. 14.
- **Military Spouse 101 Workshop** - Jan. 28 (9-10:30 a.m.), March 16 (10-11:30 a.m.), May 21 (5-6:30 p.m.), July 18 (1-2:30 p.m.) Sept. 14 (1-2:30 p.m.) Nov. 21 (5-6:30 p.m.)
- **What About the Kids** (9-11 a.m.) - Feb. 11, March 11, April 8, May 13, June 10, July 8, Aug. 12, Sept. 9, Oct. 7, Nov. 4, Dec. 9.
- **Stress Management 101 Workshop** (9-10:30 a.m.) - Feb. 12, March 12, April 9, May 14, June 11, July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 5, Dec. 10.
- **Extended Stress Management Workshop** (8 a.m.-noon) - April 16 & 30, July 16 & 30, Oct. 15 & 29.
- **Anger Management Workshop** (8 a.m.-noon) - Jan. 22, Feb. 26, March 26, April 23, May 21, June 25, July 23, Aug. 27, Sept. 24, Oct. 22, Nov. 26, Dec. 17.
- **Personal Anger Control Group** - March 12 - April 16 (Tuesdays 2-4 p.m.), May 2 - June 6 (Thursdays 11 a.m.-1 p.m.), June 25 - July 30 (Tuesdays 2-4 p.m.), Aug. 15 - Sept. 19 (Thursdays 11 a.m.-1 p.m.), Oct. 8 - Nov. 12 (2-4 p.m.)
- **Individual Communication** (11 a.m.-

1 p.m.) - March 19, May 14, July 9, Sept. 10, Nov. 19.

- **Parenting with Love & Logic** (1-3 p.m.) - Jan. 22, 29; March 5, 12, 19, 26; May 7, 14, 21, 28; July 9, 16, 23, 30; Sept. 3, 10, 17, 24; Nov. 5, 12, 19, 26.
 - **Active Parenting of Teens** (1-4 p.m.) - Feb. 6, 13, 20, 27; April 3, 10, 17, 24; June 5, 12, 19, 26; Aug. 7, 14, 21, 28; Oct. 2, 9, 16, 23.
 - **Power 2 Change Women's Support Group** (9:30-11 a.m.) - Every Wednesday
 - **Expectant Families** (9 a.m.-3 p.m.) - March 5, June 4, Sept. 16, Dec. 3.
 - **Tiny Tots Play Group** (10 a.m.-noon) - Jan. 22; Feb. 5, 19; March 5, 19; April 2, 16, 30; May 14, 18; June 11, 25; July 9, 23; Aug. 6, 20; Sept. 3, 17; Oct. 1, 15, 29; Nov. 12, 16; Dec. 10, 17.
 - **Exceptional Family Member Program (EFMP) Orientation** (1:30 p.m.-3 p.m.) - March 7, May. 2, July 3, Sept. 5, Nov. 7.
 - **EFMP Command POC Training** (1:30 p.m.-3 p.m.) - Feb. 7, April 4, June 6, Aug. 1, Oct. 3, Dec. 5.
- To register for any of the above workshops please contact 542-5745.



Photo by Lt. j.g. Zachary Sanicola

Helo maintenance

AM3 Conner Warden of Helicopter Maritime Strike Squadron 70 performs maintenance on a tail rotor of a MH-60R "Romeo" helicopter Jan. 10. The aircraft is the U.S. Navy's most advanced maritime helicopter used for anti-submarine and anti-surface warfare, search and rescue, medical evacuations and vertical replenishment. The squadron returned from deployment with the USS George H. Bush Carrier Strike Group in August and is currently in a training and maintenance phase.

Drop-in care resuming at CDC

From Staff

Hourly drop-in care for infants and pre-toddlers will resume at the Naval Air Station Jacksonville Child Development Center beginning Feb. 5. Reservations

can be made 30 days in advance on the CYP website at <https://myffr.navyaims.com/wbwc/nrsejxcyms.wsc/wbsplash.html?wbp=1>.

For questions or more information, please call 542-5529.

VP-5

From Page 1

conduct its missions.

As the host nation, Iceland provided support for VP-5 operations out of Keflavik while CAC-6 and CAC-12 conducted flights in which they were able to practice realistic and well-planned scenarios.

Throughout these mission flights, VP-5 was partnered with the British and French forces to locate and track the submarine targets.

"The target submarine was very evasive while we were tracking it but this exercise was an excellent opportunity to demonstrate how multiple platforms working together can provide positive results," said AWOI Xavier Page.

"We operated seamlessly with the other platforms to successfully execute each mission."

The complex nature of the flights during the exercise tested VP-5's ASW acumen, while working with NATO allies during this exercise proved successful in further advancing security, safety and stability in the region.

"The exercise provided

an excellent opportunity for the crews to enhance their interoperability and increase their proficiency in ASW skills," said Lt. Eran Wilson, officer in charge of the VP-5 detachment in Keflavik.

"We look forward to any opportunity to return and participate in more exercises with our NATO partners."

POLAR PLUNGE 5K

Jan. 27 | 9 a.m. | Outdoor Pool

Register on race day from 8 - 8:45 a.m. Runners will finish off with a plunge into the Outdoor Pool. Call (904) 542-2930 for questions.

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Photo by Lt. j.g. Zachary Sanicola

HSM-70 hosts congressional staff member

Lt. Christopher Reeves, a pilot with Helicopter Maritime Strike Squadron 70, right, discusses the capabilities of the MH-60R helicopter with Jonathan Murray, legislative assistant to Sen. Bill Nelson (D-FL) during a visit to the squadron Jan. 10. Murray also met with Naval Air Station Jacksonville leadership to learn more about base infrastructure, visited Unmanned Patrol Squadron 19 for an update on the MQ-4C Triton aircraft, and Patrol Squadron 26 to tour a P-8A Poseidon aircraft.

Balfour Beatty Communities Foundation accepting applications for annual scholarship program

From Balfour Beatty Housing Office

Applications are now being accepted for the Balfour Beatty Communities Foundation scholarship program for the 2018-2019 academic year. All residents living in Balfour Beatty Communities housing - including spouses and children - who are pursuing a degree are eligible to apply.

The Balfour Beatty Communities Foundation Scholarship Program recognizes those residents who are students or aspiring students excelling academically and looking to make a difference both in and out of the classroom. Scholarship applicants must currently reside in Balfour Beatty Communities housing and plan to attend or already attend an accredited college or university on a full-time basis in the fall of 2018, or be enrolled in a program of study designed to transfer directly into a four-year program.

The Balfour Beatty Communities

Foundation is a non-profit organization committed to supporting the post-secondary educational goals of residents who live in a Balfour Beatty community. About 300 academic scholarships have been awarded to residents, including active duty service members and their dependents, since the program was established in 2009. Scholarship awards range from \$1,000 to \$2,500, with the potential for being larger for exceptional submissions. Achievements made by our applicants, both in academics and community participation, consistently inspire us every year. We're honored to be able to assist them in their academic endeavors through our scholarship program.

For more details regarding scholarship requirements and to complete an online application, please visit the Foundation's website, www.bbcommunitiesfoundation.org. Applications must be submitted no later than March 30.



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Summer is coming soon - don't wait to secure your summer job! Opportunities for Seasonal Day Camp Counselors, Lifeguards and Swim Instructors will be open soon.

MWR employees receive access to use all MWR programs and facilities including: Special Events, Fitness Facilities, Indoor/Outdoor Pool, Restaurants, Auto Skills Center, Bingo, Bowling, Golf, Marina, etc.

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TRUCK

From Page 1

fire." The truck's two water turrets can spray 1,750 gallons of water per minute on a fire and they are controlled by two joysticks in the cab.

In addition to water, the truck carries 420 gallons of fire-fighting foam.

Increased water capacity is not the only advantage with the new crash truck. "The technology is making everything really simple," Harrell said. "It is very operator friendly. We call it fireman-proof."

Each crash truck operates with a three-man crew.

The department took possession of the new truck Jan. 10 and firefighters were given instruction on its operation and then took the truck on several practice runs. "It's awesome," said engineer Frank Knott, who drove the truck during the training session. "It's always nice to get a new piece of equipment."

The new AARF truck will be put into service later in the month after the firefighters have been fully trained on the vehicle.



Photo by Reggie Jarrett

Members of First Coast Navy Fire and Emergency Services get instruction on the Striker T-3000 crash truck. The new truck doubles the water capacity of the department's older crash truck for handling aircraft emergencies aboard Naval Air Station Jacksonville.

CDC FEES

From Page 1

types of care are listed below. Payments for care are due prior to services being rendered, except for hourly and daily services. Parents enrolled in CDC or SAC programs must use auto-debit or make payments in person with a credit card. Parents whose children are participating in the CDH program should contact their CDH Providers for more

information on payment options.

There are 10 income categories used to determine fees. Contractor employees in Category IX do not receive childcare fee assistance in FY2018 based on the recommendation from a DoD efficiency study in 2012. The following chart shows FY2018 total family income (TFI) categories:

TFI Fee Categories	
TFI Category	TFI
I	\$0 - \$31,794
II	\$31,795 - \$38,604
III	\$38,605 - \$49,959
IV	\$49,960 - \$62,448
V	\$62,449 - \$79,482
VI	\$79,483 - \$91,918
VII	\$91,919 - \$108,138
VIII	\$108,139 - \$135,220
IX	\$135,221 +
IXA	\$135,221 +
Contractor Employees	

For FY2018, fees for currently enrolled DoD contractors and specified space available patrons will remain partially subsidized, with the exception of DoD contractors in category IX who must be charged category IXA fees. Specified space available patrons include military retirees and other federal employees in all categories.

DoD contractors and specified space available patrons enrolled after Jan. 1 pay the unsubsidized Category IXA contractor childcare fee therefore TFI will not be required.

The FY2018 parent fees for the CDC are as follows:

CDC Full-Time Parent Fees				
TFI Category	Military Pay Day Rate		VPK Wrap-Around	
	1st Child	2nd Child	1st Child	2nd Child
I	\$128	\$102	\$93	\$74
II	\$160	\$128	\$117	\$94
III	\$199	\$159	\$146	\$117
IV	\$232	\$186	\$169	\$135
V	\$267	\$214	\$195	\$156
VI	\$290	\$232	\$212	\$170
VII	\$299	\$239	\$218	\$174
VIII	\$310	\$248	\$226	\$181
IX	\$321	\$257	\$234	\$187
IXA	\$451	N/A	\$329	N/A

Parents using CDH care full-time will pay the following fees:

Subsidized CDH Full-Time Parent Fees		
TFI Category	Weekly Rate	
	1st Child	2nd Child
I	\$47	\$38
II	\$59	\$47
III	\$74	\$59
IV	\$86	\$69
V	\$98	\$78
VI	\$107	\$86
VII	\$110	\$88
VIII	\$114	\$91
IX	\$118	\$94
IXA	N/A	N/A
Contractor Employees		

The FY2018 Parent Fees for SAC programs are:

FY2018 School Age Care Parent Standard Fees						
Military Payday Rates						
TFI Category	Before School		After School		Before & After	
	1st Child	2nd Child	1st Child	2nd Child	1st Child	2nd Child
I	\$26	\$21	\$47	\$38	\$73	\$58
II	\$32	\$26	\$57	\$46	\$89	\$71
III	\$40	\$32	\$68	\$54	\$108	\$86
IV	\$46	\$37	\$78	\$62	\$124	\$99
V	\$53	\$42	\$88	\$70	\$141	\$113
VI	\$58	\$46	\$95	\$76	\$153	\$122
VII	\$60	\$48	\$98	\$78	\$157	\$126
VIII	\$62	\$50	\$101	\$81	\$163	\$130
IX	\$64	\$51	\$105	\$84	\$168	\$134
IXA	\$90	N/A	\$180	N/A	\$261	N/A

For more information and questions, please contact Mary Grenier at mary.grenier@navy.mil.

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Photo by Jacob Sippel

NH Jax hosts diabetes symposium

Nancy Pullen, a diabetes nurse educator at Naval Hospital (NH) Jacksonville, discusses diabetes management strategies at a diabetes symposium at the hospital on Jan. 10. About 120 patients attended and heard from NH Jacksonville's commanding officer, as well as a diabetes nurse, dietitian, clinical pharmacist, case manager and a physician as they talked about diabetes, how to prevent it and how to manage it. Patients can also talk with their primary care manager about the Diabetes Wellness Team.

NAS Jax Sports

4 on 4 flag football league forming

The league is open to active duty, selective reservists, DOD civilians, DOD Contractors, Dependent spouses assigned to a command at NAS Jacksonville and Retirees. The games are played in the evenings. All interested personnel should contact the NAS Jax Sports department to get the rules and the required paperwork to join the league.

Badminton doubles league forming

The league is open to active duty, selective reservists, DOD civilians, DOD Contractors, Dependent spouses assigned to a command at NAS Jacksonville and Retirees. The matches are played at lunch time. The entry and roster forms are due by January 26th. All interested personnel should contact the NAS Jax Sports department to get the rules and the required paperwork to join the league.

Skeet shooting league forming

The league is open to active duty, selective reservists, DOD civilians, DOD Contractors, military spouses assigned to a command at NAS Jacksonville and retirees. Matches will be played at lunch time. The entry and roster forms are due by January 26th. All interested personnel should contact the NAS Jax Sports department to get the rules and the required paperwork to join the league.

Winter golf league meeting Jan. 17

The league is open to active duty, selective reservists, DoD civilians, DoD contractors, dependent spouses assigned to a command at NAS Jacksonville and retirees. The meeting will be held at the NAS Jax Gym in the conference room upstairs outside the women's locker room at 11:30 a.m. Commands having their athletic officer or designated representative attend the meeting will receive five captain's cup points. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

League ultimate frisbee league meeting Jan. 17

The league is open to active duty, selective reservists, DoD civilians, DoD contractors, dependent spouses assigned to a command at NAS Jacksonville and retirees. The games are played in the evenings at the turf field. The meeting will be held at the NAS Jax Gym in the conference room upstairs outside the women's locker room at noon. Commands having their athletic officer or designated representative attend the meeting will receive five captain's cup points. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

Winter bowling league meeting Jan. 19

The league is open to active duty, selective reservists, DoD civilians, DoD contractors, dependent spouses assigned to a command at NAS Jacksonville and retirees. The games are played at lunchtime. The meeting will be held at the NAS Jax Gym in the conference room upstairs outside the women's locker room at 11:30 a.m. Commands having their athletic officer or designated representative attend the meeting will receive five captain's cup points. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

Valentine's Day 5k Feb. 9

The race is free and open to all authorized gym patrons. Runners will earn captain's cup points for their commands for participating. The race will be held on Perimeter Road at the end of Mustin Road at the Antenna Farm at 11:30 a.m. Registration will be held at the race site from 10:30-11:15 a.m. Awards will be given to the top male and top female runner for age groups: 17 & under; 18-23; 24-29; 30-39; 40-49; and 50 over.

Women's racquetball tournament Feb. 20

The tournament is open to active duty, selective reservists, DOD civilians, DOD contractor, and dependent spouse women assigned to a command at NAS Jacksonville. Participants will earn participation points for their command toward the captain's cup and can earn additional points for finishing 1st, 2nd, or 3rd place. Call NAS Jax Athletics to sign up by Feb. 15.

Men's racquetball tournament Feb. 26

The tournament is open to active duty, selective reservists, DOD civilians, DOD contractor, and dependent spouse men assigned to a command at NAS Jacksonville. Participants will earn participation points for their command toward the captain's cup and can earn additional points for finishing 1st, 2nd, or 3rd place. Call NAS Jax Athletics to sign up by Feb. 22.

Tennis lessons and clinics now offered on base

We now have a professional tennis instructor on base to offer tennis lessons to all authorized MWR patrons. Interested personnel can contact the base gym at 542-2930 to get more information about the tennis lessons and to make an appointment for a lesson.

Private Lessons

Adults and Juniors:
60 minutes = \$40
90 minutes = \$60
Additional hours if person takes more than two hours per week = \$25

Semi-Private (2 people) Lessons

Adults and Juniors: 60 minutes = \$20 each person
Group/Clinic Lessons (3 or more people taking lesson(s) together):

Adults: 3-8 people (60 minutes for 3 people; 90 min for 4 or more people) = \$15 per person
Note: The minimum of each clinic is 3 people and maximum is 8.

For more information, call Bill Bonser at 542-2930/3239 or e-mail bill.bonser@navy.mil. Visit the MWR website at www.cnic.navy.mil or [www.facebook.com nas-jaxmwr](http://www.facebook.com/nas-jaxmwr).



Photo by Jacob Sippel

NH Jax awards

Naval Hospital Jacksonville leadership, along with personnel from First Command Financial Services, award HN Karina Garcia, HM2 Sara Bookall, HM1 Alexandria Artis and HM3 Veronica Morris a \$500 scholarship. Other awardees included: Cmdr. Catherine Hagan (Meritorious Service Medal), HMC Robert Crampton (Navy and Marine Corps Commendation Medal), HM3 Melissa Johnson (Navy and Marine Corps Achievement Medal), Rebecca Pojas (Civilian Meritorious Service Medal), HM2 Coty Johnson (Military Outstanding Volunteer Service Medal), and HM2 Pablo Yuguero (Military Outstanding Volunteer Service Medal). Group Award: HM1 Dorian Mathis, HM2 Nakiesha Cooper, HM2 Doyle Frisbee, HM2 Steven Huskey, and HM3 Pablo Flemate (Commanding Officer Naval Air Station Jacksonville Letter of Appreciation).

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Community Recreation

Call 542-3227
Paint Night
 Jan. 23, 7–9 p.m.
 Enjoy a fun night of freehand painting. Tickets are \$25 and include one beverage per person. Purchase from the Tickets & Travel Office. Open to MWR patrons 18 and older.

Frozen Formal
 Jan. 27, 5–8 p.m. at River Cove Catering & Conference Center
 Get dressed up and enjoy a magical evening of dancing with your princes and princesses. There will be a DJ, character appearances from Frozen, a photobooth and child friendly buffet. The cost is \$15 per person or \$100 per table of eight people. Children 2 and under are free. Tickets can be purchased from the Tickets & Travel Office.

River Cove Catering & Conference Center

Call 542-3041
 Did you know you can book weddings, luncheons, retirements, birthday parties, conferences and more at the River Cove Catering & Conference Center?

Dewey's

Call 542-3521
Super Bowl Party
 Feb. 4, 5 p.m. at Dewey's
 Food will be served at 6 p.m. Tickets are \$15 and can be purchased at Dewey's.
Friday Family Night
 Third Friday of each month, 5–8 p.m.
 Bring your family out to Dewey's! Featuring the Balloon Man Justin, karaoke with DJ Tom and much more!
Bingo at Dewey's
 Great cash payouts, even better jackpots! Lunch and evening sessions available. Call 542-8449 for current promotions and times.
Free Texas Hold'em Tournaments every Monday and Thursday at 7 p.m.
Friday Karaoke starts at 6 p.m.

Freedom Lanes Bowling Center

Call 542-3493
Monday: \$6 All you can bowl, 4–6 p.m.
Wednesday: \$7.95 All you can bowl, 4–10 p.m.
Thursday: Free bowling for active duty 11 a.m. - 1 p.m.
Saturday: \$10 Extreme Bowling, 4 - 6 p.m. \$13 Party Extreme, 9 p.m. – midnight. Shoes included.
Youth Bowling League: Held every Saturday at 10:30 am. New bowlers always welcome!
Winter Bowling Leagues: Now forming! Call for details.
 Please note, the specials do not include shoes unless stated otherwise

Fitness, Sports & Aquatics

Call 542-2930
Navy Fit Games
 Jan. 22–26, 12-1 p.m. at the Fitness Center Outdoor Pavilion.
 Teams of two will compete against each other for points earned upon the completion of various exercises. The event will conclude with a cookout & awards ceremony. Register now!
Polar Plunge 5K
 Jan. 27, 9 am at the Outdoor Pool
 Race day registration is 8–8:45 a.m. Runners will finish the 5K by going down the pool slide.
Captain's Cup Valentine's Day 5K
 Feb. 9, 11:30 a.m. at the Antenna Farm
 Race day registration will be from 10:30-11:15 a.m. Awards will be given to the top men and women in each division. Captain's Cup points awarded to participating commands.
Indoor Pool and Outdoor Pool
 Visit www.navymwrjacksonville.com for the current hours of operation.
 Group and private tennis lessons are now available.
 Call the base gym for pricing information.
 Patrons can select from a variety of massage types, including Swiss, Deep Tissue/Sport, as well as other spa services, such as facial & body treatments. For a complete list of services, visit the base gym or fitness center.

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Newspapers, Journals, Auto Repair, Tutoring Service & much more! Visit NavyMWRDigitalLibrary.com to register.
 Contact Community Recreation at (904) 542-3227 for assistance.

The Liberty Recreation Center

Trips & events are for all E1-E6 single or unaccompanied active duty members & reservists only. Call 542-1335 for information.
 Jan 20-21: Walt Disney World Trip - \$100
 Jan 27: Horseback Riding - \$25
 Jan 28: Hockey Game - \$10
 Jan 30: Trivia Night!

NAS Jax Golf Club

Golf Course: 542-3249
Mulligan's Restaurant: 542-2936
Frostbite Open
 Jan. 26, 11 a.m.
 There is a \$45 entry fee. Food will be provided and prizes will be awarded after play. Remember to sign up at the Pro Shop before game day.
NAS Jax Golf Expo
 Feb. 2, 10 a.m. – 3 p.m.
 Golfers of all abilities are welcome to test the latest equipment at the driving range for free! On-site vendors will include Callaway, Titleist & more! Call the Pro Shop for more info.
Appreciation Days
 Play 18-holes with cart for \$19.
Active Duty Day: Jan. 23
Retiree Day: Jan. 25
Swing It & Wing It Special: Play 18 holes with a cart and enjoy 10 wings and two draft beverages for only \$25 after noon daily.
Daily Twilight Special: Play 18-holes with cart for only \$18 after 1:30 p.m.
Monday - Friday
Monday & Tuesday: Play 18-holes for \$20, 6:30 a.m. – 1 p.m. Cart & green fees included. Not applicable on holidays.
Golf Lessons with Angello: Call the Pro Shop to set up an appointment!

Mulberry Cove Marina

Call 542-3260
Free Kayak & Canoe Rental
 Every Thursday for active duty and their guests only

Auto Skills Center

Call 542-3681
 The center has 22 work bays, wheel balancing, tool checkout, paint booth and welding
 ASE certified mechanic onsite.

Youth Activities Center

Call 778-9772
Before & After School Care
 Open to children 5 - 12 years
 Register today!

Family Fitness Center

Call 771-8469
 The Family Fitness Center is open Mon. – Fri., 9 a.m. - 1 p.m. Bring your children! Children 5 and older are welcome to workout with you. Group classes are available from 10–11 a.m.

Jax Navy Flying Club

Call 542-8509
 Learn to fly at NAS Jax
 Call for introduction flight
 Additional ratings are available including instrument, complex and commercial
 Find more info. online at jaxnfc.net

Community Recreation Tickets & Travel Office

Call 542-3318, Email directly at nasjaxtickets@navy.mil
Daytona International Speedway 2018 Rolex 24: Jan. 27-28, \$31 Garage Access \$25.50.
Advance Auto Parts Clash/Daytona 500 Qualifying: Feb. 11, \$38.75/\$61, Child \$9.75, FanZone \$16.50 (Child free 12 & under free with paying adult).
Duels at Daytona: Feb. 15, \$46.50/\$61, Child \$9.75, FanZone \$16.50 (Child free 12 & under free with paying adult).
Nextera Energy Resources 250: Feb. 16, \$38.75/\$61, Child \$9.75, FanZone \$16.50 (Child free 12 & under free with paying adult).
Daytona 300: Feb. 17, \$46.50/\$61, Child \$9.75, FanZone \$16.50 (Child free 12 & under free with paying adult).
Daytona 500: Feb. 18, \$187/\$205.25, FanZone \$72 (Child 12 & under free with paying adult).
Monster Jam, Feb. 24
 Includes Pit Passes: \$27, \$40.50 & \$68.
Comedy Club of Jax (11000 Beach Blvd.)

Open Mic Night every first Thursday:
 \$8
 - Theo Von: Jan. 18-20, 2 for \$20.
 - Tez Brooks: Jan. 25, \$8.
 - Brandon T Jackson: Jan. 26-27, \$17.
 - Damon Williams: Feb. 9-10, \$2 for \$25.
 - Bill Bellamy: Feb. 23-25, \$23.
 - Tony Roberts: April 26-28, 2 for \$25.
 Jeff Dunham - Veteran's Memorial Arena
 April 27: \$59.50.
 2017 - 2018 Broadway Series Shows
Times-Union Moran:
 - The Lion King: Feb. 2, 3, 7 & 11, \$71/\$103.
 - Alvin Alley, The American Dance Theater: Feb. 20
 - The Illusionists: March 2-3
 - Motown The Musical: March 10-11
 - Super Scientific Circus: March 11
 - Celtic Woman: March 13
 - Million Dollar Quartet: March 15
 - Cirque Eloize-Saloon: March 16
 - Peter Pan - A Live Stage 3D Spectacular: March 28
 - Beautiful: April 11 & 14, \$75/\$80.
 - A Chorus Line: April 28
 - Chicago: May 15, 18 & 19, \$54/\$87.
 2017 - 2018 Thrasher Horne:
 - Cabaret: Feb. 1, \$51.50 .
 - Wizard of Oz: March 10, \$51.50.
 - What's Going on: The Marvin Gaye Experience: March 11, \$30.
 - Hotel California: A Salute to the Eagles: March 16, \$30.
 - Jersey Boys: April 15, \$57.
Armed Forces Vacation Club
 Take advantage of these vacations at an affordable price! Space A stays are only \$349 a week
 Visit www.afvclub.com and use "NAS JACKSONVILLE" when booking.
Red Roof Hotels – A 15% savings.
 Over 450+ properties nationwide.
 Now offering upgraded properties, Red Roof Plus. Pets stay free! Go To: <https://www.redroof.com> and input Jacksonville Code 621573 into VP+/ Company code/promo
 Also for your convenience you can purchase thru Choice Hotels
 Go to: www.choicehotels.com and click on destination. Enter destination, dates and number of travelers. From best available rate drop down menu, choose special rate Corp ID, input 00555400 and click apply.
What to do this year? Local Fun Trips!
 Come join us on our scheduled trips. Relax and let us do the driving!
 All trips will leave NAS Jax at 8 a.m. and return at 5 p.m., unless stated otherwise.

Paula Deen's in Savannah, Ga.: April 21, \$40. Bus departs at 8:30 a.m., returning at 5:30 p.m.
Scenic Cruise Trip, St. Augustine: May 19, \$22. Bus departs at 9:30 a.m., returning at 3:30 p.m.
Orlando Shopping (Millennia Mall and Premium Outlets): Aug. 4, \$25.
34th Annual Mt. Dora Craft Fair: Oct. 27, \$20. Bus departs at 8 a.m., returning at 3 p.m.
Paula Deen's in Savannah, Ga.: Dec. 15, \$40. Bus departs at 8:30 a.m., returning at 5:30 p.m.
Current Ticket Promotions Include the Following:
Adventure Landing Dry Park
 Attractions: 22.
Alhambra Dinner Show: Prices range \$40 - \$50.
Autobahn Indoor Speedway: (28% Savings) \$25 Gift Card - \$20. \$50 Gift Card - \$40.
Bahamas Paradise Cruise Line: 2 Night Cruises \$209 and up. Prices vary depending on room type and dates. Gratuities not included. Departs from

Port of Palm Beach.
Biltmore Estates Asheville, NC: Adult - \$51, Youth - \$22.
Captain Clif's Fishing Charter - Half Day Inshore (3Pax): \$216. Full Day Inshore (3Pax): \$330. Half Day Offshore (4Pax): \$385. Full Day Offshore (4pax): \$495. Half Day Nature /Dolphin Experience (6Pax): \$216.
Catty Shack Ranch Wildlife Sanctuary: \$8.50 - \$13.50.
Chocolate Kingdom (Kissimmee/ Orlando, Fla.): Adult \$14, Child \$11.
Disney World Orlando Armed Forces 2018 Salute tickets 4 or 5 day available (6 tickets max): 4-Day ticket with hopper option - \$222; 4-Day Hopper ticket with water park fun & more - \$260.75. 5-Day ticket with hopper option - \$241.50; 5-Day Hopper ticket with water park fun & more - \$280.25. *Tickets valid January 1, 2018 and expire December 19, 2018.*
Disney World Orlando Armed Forces 2018 Salute tickets. Coming soon!
Disneyland, Ca. Armed Forces Salute tickets (6 tickets max): 3-Day Park Hopper - \$165 each and 4-Day Park Hopper \$184.75.
Jacksonville Icemen Hockey: \$17 - \$33.
Jacksonville Symphony: \$27.50.
Jacksonville Zoo, General admission & admission w/unlimited train rides: \$10.25 - \$19.
Madame Tussauds Orlando: Adult \$14.50, Child \$11.75.
Orlando Magic, Amway Center: \$11 - \$77.50. Tickets vary by price per game.
Paintball Adventures!: Military special includes everything except paint balls - \$15.
Scenic Cruise, St. Augustine: \$5.50 - \$11.75.
Spanish Military Hospital Museum: \$5 - \$7.50.
St. Augustine Alligator Farm Zipline: \$37, Park admission \$9.50 - \$15.
St. Augustine Old Town Trolley: \$7.50 - \$19.50 BOGO.
St. Augustine Oldest Store Museum: \$4 - \$7.
St. Augustine Pirates Museum: \$3 - \$8.
St. Augustine Potters Wax Museum: \$4.75 - \$7.75.
St. Augustine Sight Seeing Train: \$4.50 - \$11.50.
Universal Blue Man Group: \$46. Child \$26.
Universal Orlando Military Special: (Tickets not available at the gate. No blackout dates. Maximum of 6 tickets per valid military ID) Ticket Option #1: 2-Park, 4-Day Park to Park Ticket Adult \$179, Child \$174 (*Redeemable through 12/31/18, ticket expires on this date*). Valid 4 days of admission to Universal Studios Florida and Universal's Islands of Adventure. Ticket Option #2: 3-Park, 4-Day Park to Park Ticket, Adult \$219, Child \$214 (*Redeemable through 12/31/18, ticket expires on this date*). Valid for 4 days of admission to Universal Studios Florida, Universal's Islands of Adventure and Universal's Volcano Bay Water park. Visit the Ticket Office for further details.
Velocity Air Sports Jacksonville, Fla.: 1 Hr. (socks included): \$14. 2 Hr (socks included) \$25.
Wild Adventures (Valdosta, Ga.): Gold Pass Special – \$81. While supplies last. One day: \$32.50. Two Day must be used two consecutive days. \$39. (Days must be used consecutively) *Plan your travel vacation package or book your cruise and travel package through the Navy Community Recreation Tickets and Travel Office.*

NAVY FIT GAMES CHALLENGE

Jan. 22 - 26

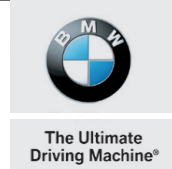
**Fitness Center
Outdoor Pavilion**

Teams of two will compete against each other for five days straight! Points are earned based upon the completion of various exercises. The event will conclude with a cookout and awards ceremony. The competition time frame each day will be from 12 - 1 pm.

- Squats
- Deadlifts
- Wall Balls
- Burpees
- Sprint Relay
- Pull Ups
- Push Ups
- Surprise Rounds!

Register now through January 17!

NAVYMWRJACKSONVILLE.COM
 Call the Fitness Center at (904) 542-3518 to register or for more information.



LEASE SALES EVENT

2017 X1 SDRIVE28I

LEASE FOR

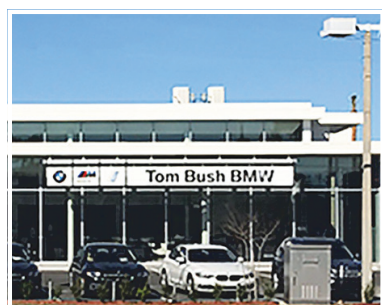
\$299

 /MO.


2017 X3 SDRIVE28I

LEASE FOR

\$379

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Tom Bush BMW

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(866) 958-3780
tombushbmw.com



Tom Bush BMW

Orange Park
6914 Blanding Blvd.
(888) 528-4962
opbmw.com

Lease financing available on new 2017 BMW X1 sDrive28i models from participating BMW Centers through BMW Financial Services through January 31, 2018, to eligible, qualified customers with excellent credit history who meet BMW Financial Services' credit requirements. Monthly lease payments of \$299 per month for 36 months is based on an adjusted capitalized cost of \$30,222 (MSRP of \$36,595, including destination and handling fee of \$995, less \$3,000 customer down, \$0 security deposit, \$689.50 dealer fee and suggested dealer contribution of \$1,373 and \$2,000 Lease Credit). Actual MSRP may vary. Dealer contribution may vary and could affect your actual monthly lease payment. Cash due at signing includes \$3,000 down payment, \$299 first month's payment, \$925 acquisition fee and \$0 security deposit. Lessee responsible for insurance during the lease term, excess wear and tear as defined in the lease contract, \$0.25/mile over 30,000 miles and a disposition fee of \$350 at lease end. Not all customers will qualify for security deposit waiver. Tax, title, license and registration fees are additional fees due at signing. Advertised payment does not include applicable taxes. Purchase option at lease end, excluding tax, title and government fees, is \$22,323. Lease financing available on new 2017 BMW X3 sDrive28i models from participating BMW Centers through BMW Financial Services through January 31, 2018, to eligible, qualified customers with excellent credit history who meet BMW Financial Services' credit requirements. Monthly lease payments of \$379 per month for 36 months is based on an adjusted capitalized cost of \$37,447 (MSRP of \$42,695, including destination and handling fee of \$995, less \$3,000 customer down, \$0 security deposit, \$689.50 dealer fee and suggested dealer contribution of \$1,248 and \$1,000 Lease Credit). Actual MSRP may vary. Dealer contribution may vary and could affect your actual monthly lease payment. Cash due at signing includes \$3,000 down payment, \$379 first month's payment, \$925 acquisition fee and \$0 security deposit. Lessee responsible for insurance during the lease term, excess wear and tear as defined in the lease contract, \$0.25/mile over 30,000 miles and a disposition fee of \$350 at lease end. Not all customers will qualify for security deposit waiver. Tax, title, license and registration fees are additional fees due at signing. Advertised payment does not include applicable taxes. Purchase option at lease end, excluding tax, title and government fees, is \$27,325. Offer valid through January 31, 2018 and may be combined with other offers unless otherwise stated. Models pictured may be shown with metallic paint and/or additional accessories. Visit your authorized BMW Center for important details. ©2018 BMW of North America, LLC. The BMW name, model names and logo are registered trademarks.



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*1.49% APR for 60 months at \$17.31 per month per \$1,000 financed applies to all 2014 & 2015 BMW Certified Pre-Owned 3 Series and 5 Series models financed through BMW Financial Services NA, LLC. Offer available from participating BMW Dealers, to eligible, qualified customers with excellent credit history who meet BMW Financial Services credit requirements. Not all customers will qualify for the lowest rate. APR valid through 2/28/2018. Other rates available. All offers subject to vehicle availability.