

Jax Air News

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'Fighting Tigers' rescue fishermen lost at sea for eight days in South Pacific

By Lt j.g. Danielle Tatchio
VP-8 Public Affairs Officer

Crewmembers assigned to the "Fighting Tigers" of Patrol Squadron (VP) 8 rescued three fishermen Feb. 20 whose vessel was adrift in the South Pacific for eight days.

The 19-foot skiff was first reported missing Feb. 12 after it failed to return from a fishing expedition near Chuuk Lagoon in the Federated States of Micronesia.

According to the report, the boat carried food and water, but no safety equipment or radios. Assets from U.S. Coast Guard Sector Guam searched for the vessel for several days before requesting assistance from the U.S. Navy.

The Fighting Tigers aircrew and maintenance team were tasked to support the search and rescue (SAR) operation, repositioning on short notice from Kadena Air Base, Japan to Andersen Air Force Base, Guam.

The crew flew the Navy's newest maritime patrol aircraft, the P-8A Poseidon, which is equipped with an



U.S. Navy photos

A UNI-PAC II Search and Rescue (SAR) kit is deployed from a P8-A Poseidon aircraft assigned to the "Fighting Tigers" of Patrol Squadron 8. The SAR kit is a new addition to the maritime patrol and reconnaissance aircraft (MPRA) fleet and its use during the rescue of three fishermen in the South Pacific marked the first time it had successfully been deployed by a P-8A in real-world SAR operations.

advanced APY-10 multifunction radar and MX-20 camera system, ideal for searching the 2,100-square-mile area. The vessel was located after only three hours and the aircrew deployed a UNI-PAC II Search and Rescue (SAR) kit, a new addition to the maritime patrol

and reconnaissance aircraft (MPRA) fleet and the first time the kit had been successfully deployed by a P-8A in real-world SAR operations.

SAR kits are deployed at approximately 500 feet with a 150-yard trailing lanyard to deliver equipment as accurate-



Three fishermen wait to be rescued after being located by a P8-A Poseidon belonging to the "Fighting Tigers" of Patrol Squadron 8. The mariners' 19-foot skiff was first reported missing Feb. 12 after it failed to return from a fishing expedition near Chuuk Lagoon in the Federated States of Micronesia.



Pacific Patrol Boat FSS Palikir rescues three fishermen after they were located by a P8-A Poseidon belonging to the "Fighting Tigers" of Patrol Squadron 8.

Navy to do," said Lt. Miles Schumacher, the tactical coordinator of the VP-8 Aircrew.

"This aircraft allows for a massive step forward in the ability of SAR units to search large areas quickly and effectively, and we were excited to have the SAR kit loaded and be able to prove its effectiveness. We successfully demonstrated the capability of the MPRA community to react quickly and effectively to operational requirements in the farthest corners of the globe. Hopefully this is just the first of many successful rescues by P-8A Poseidon aircrews."

ly as possible to survivors in the water.

Kits generally include medical supplies, food, water, communications and signaling equipment, but can be configured with additional supplies depending on the mission type.

The three survivors were picked up by a nearby police vessel a few hours after being located by VP-8.

"It was incredibly rewarding to be a part of saving lives—it's what everyone joins the



Photo by Paige Gann

Mayport firefighters honored

Naval Air Station Jacksonville Executive Officer Capt. Michael Connor (left) and Naval Station (NS) Mayport Commanding Officer Capt. Dave Yoder (right) present Mayport firefighters with a life-saving certificate Feb. 15 after the team provided life-saving care during multiple instances in 2017. The certificate was one of several presented to the Mayport Fire Department during a luncheon held at the firehouse.



Photo by Reggie Jarrett

Military Saves Week kicks off at Dewey's

Gerald Felder was one of the guest speakers for the opening day of Military Saves Week aboard Naval Air Station Jacksonville Feb. 26. The weeklong event is coordinated by Fleet and Family Support Center and will have multiple seminars to help Sailors and their families learn to save money. "Those who fail to plan," Felder said. "Plan to fail." The slogan for Military Saves Week 2018 is "Start Small - Think big."



Photo by Reggie Jarrett

Monika Woods (second from left), director of the Navy-Marine Corps Relief Society (NMCRS), introduces NMCRS nurses (from left) Ramonia Diallo, Stacey Fisher and Sandra Jackson during the kick-off event for the annual fund drive, which begins March 1 and runs through the end of April.

NMCRS kicks off fund drive

By Reggie Jarrett
Editor Jax Air News

The annual Navy-Marine Corps Relief Society (NMCRS) Fund Drive kick-off event was held at the Naval Air Station Jacksonville (NAS Jax) River Cove Catering and Conference Center Feb. 23.

The fund drive officially begins March 1 and runs through the end of April. NMCRS does not receive any funding from the government, so they function solely off of donations.

"That is what we operate off all year long," said Monika Woods, director of NMCRS.

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Advancement exams slated

During the month of March, three advancement exams will be administered. With an influx of traffic on those dates, those arriving early in the morning are encouraged to plan ahead to avoid delays at the gate.

The dates of the exams are:
March 1 for E6
March 8 for E5
March 15 for E4

For more information, contact the Personnel Support Detachment at 542-4218.

~From Staff

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This Week in Navy History

March 1

1865 - Side-wheel steamship Harvest Moon, while underway near Georgetown, S.C., with Rear Admiral John A. Dahlgren on board, hits a Confederate mine (or "torpedo" in contemporary terms) and sinks with the loss of one of her crew.

1942 - Naval Reserve pilot Ensign William Tepuni, flying a Lockheed Hudson reconnaissance, light bombing and transport aircraft (PBO) from VP-82 Squadron based at Naval Air Station Argentia, Newfoundland, Canada, attacks and sinks German submarine U 656 southwest of Newfoundland, the first U-boat sunk by U.S. forces in World War II.

1953 - During the Korean War, USS Valley Forge (CVA 45) aircraft raid the No.1 power plant at Chosen, Korea and heavily damage the strongly defended industrial site.

1991 - Following USS Missouri's (BB 63) bombardment of Faylaka Island during Operation Desert Storm, hundreds of Iraqi soldiers wave white flags and surrender to the battleships Remotely Piloted Vehicle (RPV) flying overhead.

March 2

1859 - Launch of Saginaw at Mare Island, first Navy ship built on West Coast of U.S.

1867 - Birthday of Civil Engineer Corps.

1899 - Act of Congress creates the rank Admiral of the Navy for George Dewey.

1973 - Women begin pilot training to U.S. Navy.

March 3

1776 - First amphibious landing

operation. Continental naval squadron under Commodore Esek Hopkins lands Sailors and Marines, commanded by Capt. Samuel Nicholas, on New Providence Island in the Bahamas, to capture urgently needed ordnance and gunpowder.

1871 - Navy Medical Corps established.

1883 - Congress authorizes four modern ships of steel, three cruisers: Atlanta, Boston and Chicago, plus, dispatch boat Dolphin.

1915 - Office of Chief of Naval Operations (CNO) established.

1915 - Congress creates Federal Naval Reserve.

1960 - USS Sargo returns to Hawaii from arctic cruise of 11,000 miles, 6,003 miles under the polar ice.

March 4

1911 - The first funds for Naval Aviation are appropriated, providing \$25,000 to the Bureau of Navigation for "experimental work in the development of aviation for naval purposes."

1925 - Congress authorizes restoration of USS Constitution.

1947 - Operation High Jump, air operations in Antarctica, ends.

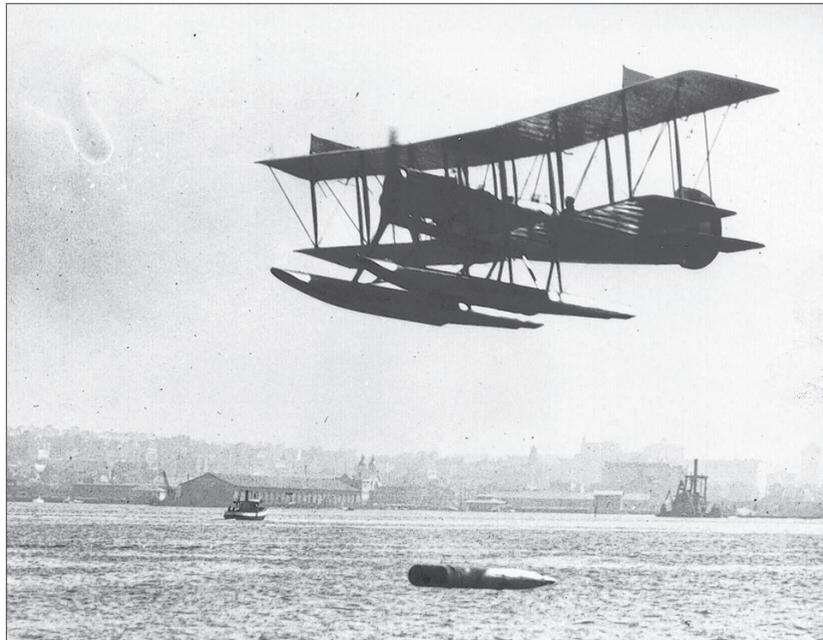
1963 - Navy C-130 Hercules aircraft completes 12-day rescue operation of critically ill Danish seaman from Danish freighter off the coast of Antarctica.

March 5

1913 - Tests held at Guantanamo Bay, Cuba, by Navy Air Pilot Lt. John Towers reported that submarines were visible from the air at depths from 30 to 40 feet.

1942 - The name "Seabees" and insignia officially authorized.

1943 - USS Bogue (CVE-9) begins first



U.S. Navy photo

A Navy Curtiss R-6 test drops a torpedo (circa 1921) in Newport Harbor. The Naval Torpedo Station on Gould Island in Rhode Island's Narragansett Bay included a hydroplane hangar that sheltered torpedo bomber aircraft used to test aerial torpedoes.

anti-submarine operations by an escort carrier.

March 6

1822 - USS Enterprise captures four pirate ships in Gulf of Mexico.

1862 - USS Monitor departs New York City for Hampton Roads, Va. and historic confrontation with CSS Virginia (ex-USS Merrimack).

1942 - U.S. cruisers and destroyers bombard Vila and Munda, Solomon Islands, sinking two Japanese destroyers.

March 7

1958 - Commissioning of USS Grayback (SSG574), the first submarine built from keel up with guided missile

capability (Regulus II missile).

1960 - USS Kearsarge (CVS-33) rescues four Russian soldiers from their adrift landing craft 1,000 miles from Midway Island.

1966 - Department of Navy reorganized into present structure under CNO.

1967 - Brown water PBRs assists Operation Overload II in Rung Sat Zone, Vietnam.

1968 - Operation Coronado XII begins in Mekong Delta, Vietnam.

1994 - Sixty-three women receive orders to USS Dwight D. Eisenhower, the first combat ship to have women permanently assigned.

What I learned while binge-watching the Olympics

By Lisa Smith Molinari

Two weeks ago, I obliviously plopped onto my well-worn spot on the sofa to watch the Opening Ceremonies of the 2018 Winter Olympic Games. Although I knew the general idea behind most of the sports featured, I had no idea what "a double Michael Chuck," "a hog line," or "a Bellman spin" were.

But after meticulously recording every broadcast; obsessively watching while ignoring my family responsibilities, my marriage and my personal hygiene; and ingesting three cans of Pringles and an entire bag of Dove squares — I have learned to speak Olympics and I can teach you, too!

Most of the sports are fairly straightforward. Speed skating, alpine and cross country skiing, ski jumping, hockey and sledding events use terms that are simple for laypeople to understand from the comfort of their lounge furniture.

While watching the luge, bobsleigh and skeleton for instance, we might hear terms such as "track," "sliders," "curve," "wall" and "ice." Even the densest of us knows that the fastest sled to cross the finish line wins. (Although I

must admit, I initially wondered if "skeleton" sledding was so named because hurling oneself down an ice chute head first at 80 miles per hour might very well rip flesh from one's bones.)

However, there are a few Winter Olympic sports that have terms and rules that are so confusing, they mystify Pringles-munching armchair spectators far and wide.

For example, figure skating appears to involve ice skaters completing series of jumps, flips and spins for technical and style points. Simple enough, right?

But when Johnny Wier stated that a skater's "triple Axel triple toe is under review" and that she "finished her flying camel sequence with a haircutter," I wondered if he was watching a three-ringed circus.

And when Tara Lipinski told us that a skating pair "began their program with the dreaded twizzle sequence" and "lost grade of execution points for their death spiral," she was not describing a couple trying to kill each other with poisonous licorice.

It took me hours of binge-watch-

ing, and a little help from Google, but I learned that each jump (Axel, Lutz, Salchow, toe loop, loop, flip) is defined by how the skater launches and how many rotations are completed. Also, skating programs include a variety of turns and spins such as the Biellmann, flying camel, pancake, backscratch, shotgun, cannonball, haircutter, twizzle and death spiral.

The next winter event that sent me googling was the snowboarding half-pipe. Everyone knows who Shawn "The Flying Tomato" White is, but when the commentators said he might attempt "a massive 18-foot air-to-fakie with a stalefish grab followed by a switch stance McTwist and back to back 1440s" I checked to see if there were subtitles on the screen. Snowboarders clearly do not speak English. Theirs is a colloquial language only understood by resort rats with bushy hair who say things like, "Let's shred first tracks in the powpow, Bro."

But there's a method to their madness. Olympic snowboarders earn points by catapulting themselves high

above a 22-foot ice wall and executing complicated tricks. Each trick involves a specific series of moves with cryptic labels. Without getting into what "a beef curtains grab" or "a backside rodeo" are, the basic terms I learned were: wind up, hit, air, spins that range from one to four rotations, grab, and stomp. 'Nuff said.

Lastly, with finals happening this weekend, I must say a word about curling — an obscure event involving bumpy ice, lumps of rock, Swiffer sweepers, and the oldest competitors at the Olympics (Cheryl Bernard of Canada is my age, God bless her) shouting at each other. With confusing terms — skip, bend, hack, hog line, house, button, and hammer — and players screaming at each other — "Yup! Hurry hand! Right up! Right off! No line! Good line! Clean!" — it's no wonder the teams can't get sponsorships and the players all have day jobs.

No one gets it. However, I learned that if you ignore the words, curling is essentially a simple game of shuffleboard. Giant shuffleboard. On weird ice. With brooms. And old people.

If you can't walk the walk, you gotta talk the talk, right?

Meat & Potatoes of Life

DeCA adds more store brands to commissary shelves

By DeCA Corporate Communications

Commissary store brands are becoming a larger portion of the store inventory with the latest addition of private label products.

The Defense Commissary Agency (DeCA) and its private label supplier, SpartanNash, continue to add more low-cost, national brand equivalents for patrons, said Jennifer Ferrell, DeCA's private label program manager. As of Feb. 11, DeCA has 467 commissary store brands in its inventory.

"It's been a fast eight months since we first introduced Freedom's Choice water and HomeBase trash bags to our stores," Ferrell said.

"Our patrons asked us to add private label to our inventory, and we're pleased to bring a wide variety for them to enjoy."

Freedom's Choice is the commissary store brand name for food items and HomeBase for nonfood items such as paper products and other household items.

DeCA's store brand inventory also includes TopCare products such as first aid supplies, vitamins, over-the-counter medications and beauty care.

The latest deployment of Freedom's Choice products has more cheese varieties including mozzarella string cheese and Colby Jack stick cheese. There are also a variety of water enhancers in the following flavors: lemonade, concord grape, fruit punch, raspberry lemonade, tangerine, black cherry and strawberry watermelon as well as a variety of sweeteners. Additionally, dry beans will begin to phase into all markets.

On the HomeBase side, DeCA has also added 39-gallon disposable clear trash bags in addition to aluminum foil.

Commissary store brands arrive first to stateside stores and follow about six weeks later overseas.

Ferrell said commissary patrons can look forward to the following Freedom's Choice launches in the next few months:

- Baking goods including flake coconut, semi-sweet chocolate chips, milk chocolate chips, baking soda, corn starch, baking powder and graham cracker pie crusts
- Ricotta cheese, sour cream and cottage cheese
- Two types of dry soup mixes
- Four varieties of pie fillings
- Eight varieties of canned beans
- Six varieties of pourable dressings
- Honey
- Ketchup including a less sugar, less sodium option
- Mayonnaise including low fat and whipped dressing options

- Mustard including Dijon, spicy brown and yellow varieties
- Peanut butter including creamy, crunchy and honey varieties
- Three varieties of cooking sprays
- Flour including all-purpose bleached, unbleached, and bread flour
- Broth across four different 32-ounce aseptic options
- Canned chunk chicken breast
- Sloppy Joe sauce
- Bag tea
- Creamers

"We remain committed to offering our hard-working patrons low-cost equivalents to national brands that are equal to or lower in price compared to commercial grocery store brands," Ferrell said.

"Our patrons can be confident that our commissary store brands will provide the quality they expect and the savings they deserve."



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Photos by AT2 Robert Barber

The "Fighting Tigers" of Patrol Squadron (VP) 8 participate in the Singapore Air Show at Changi Air Base, with a static display of a P-8A Poseidon. VP-8 is currently forward deployed to the 7th Fleet area of operations conducting missions and providing maritime domain awareness to supported units throughout the Indo-Asia-Pacific region.



VP-8 joins Singapore Air Show

Members of Patrol Squadron 8 gather with some spectators in front of a P-8A Poseidon, during the Singapore Air Show at Changi Air Base.



Members of the "Fighting Tigers" of Patrol Squadron 8 meet with Stephanie Syptak-Ramath, United States Ambassador to Singapore, during the Singapore Air Show at Changi Air Base.

VP-5 hosts state officials in El Salvador

Lt. j.g. Ridgely Riggs
VP-5 Public Affairs

The "Mad Foxes" of Patrol Squadron (VP) 5 were honored to host the leadership of the New Hampshire Army National Guard, Brig. Gen. David Mikolaites, Brig. Gen. Shawn O'Brien and Brig. Gen. Laurie Farris Jan. 27.

Like many cities in the United States that have established foreign counterparts, Concord, New Hampshire has long been a sister city to Agua Caliente, El Salvador.

Following an informative brief of VP-5's actions in support of Operation Martillo, a counter illicit trafficking operation in the U.S. 4th Fleet area of responsibility, Combat Air Crew 10 was honored to give the distinguished visitors a full tour of the P-8A Poseidon, the U.S. Navy's premier long-range maritime patrol and reconnaissance aircraft.

A prior KC-135 pilot, Mikolaites was very impressed with the modern cockpit of the P-8A compared to the steam gauges of the KC-135.

"I really enjoyed getting to talk to Brig. Gen. Mikolaites about the KC-135. This next home cycle we will be starting to go through the air-to-air refueling syllabus and will be working with those aircraft a lot," said Lt. j.g. Carter Dennis.



Photo by Lt. Kyle Avacato

The "Mad Foxes" of Patrol Squadron 5 were honored to host the leadership of the New Hampshire Army National Guard, Brig. Gen. David Mikolaites, Shawn O'Brien and Laurie Farris. Combat Air Crew 10 gave the distinguished visitors a full tour of the P-8A Poseidon.

"Talking to a pilot of one of those aircraft with a lot of experience was really beneficial to learn a little bit about what we have to look forward to."

The Mad Foxes are currently on a six-month deployment to the U.S. 4th and 6th Fleet areas of responsibility. Their operations play a vital role in improving global maritime security.

VP-5 hosts U.S. ambassador in Sigonella

By Lt. j.g. Rhen Nathe
VP-5 Public Affairs

The "Mad Foxes" of Patrol Squadron (VP) 5 hosted the U.S. ambassador to Italy, the Honorable Lewis Eisenberg, during a recent training flight on the P-8A Poseidon at their current deployment site, Naval Air Station (NAS) Sigonella, Italy.

The P-8A departed Sigonella Feb. 7 and gave Eisenberg a look on how a combat aircrew operates as a team.

During the flight, Eisenberg observed the Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) as it performed an underway replenishment with the fleet replenishment oiler USNS Patuxent (T-AO 201).

The ambassador also experienced a takeoff and landing from the flight deck.

"It was great being able to demonstrate the flying characteristics of the P-8A with the ambassador," said Lt. Shane Woodard, the flight's patrol plane commander.

At the conclusion of the flight, the Mad Foxes dropped the ambassador off in Rome. The trip provided valuable training for the pilots.

"We don't always get the opportunity to fly into unfamiliar airfields, so it really is a worthwhile experience to be able to operate with our Italian counterparts at their air bases," said the crew's copilot Lt.j.g. Rhen Nathe.

After the trip to Rome, the crew returned to back to NAS Sigonella.

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2018 WARRIOR GAMES TRIALS

NAVAL STATION MAYPORT



Active duty Sailors and veterans practice cycling Feb. 19, prior to the 2018 Team Navy Trials at Naval Station Mayport.

2018 TEAM NAVY DOD WARRIOR GAMES TRIALS HELD

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

The Team Navy opening trials for the 2018 Department of Defense (DoD) Warrior Games kicked off Feb. 20 at Naval Station (NS) Mayport, where more than 70 seriously wounded, ill and injured Sailors and Coast Guardsmen competed for a spot to represent the Navy in this year's DoD Warrior Games.

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

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

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

"I've always been active and athletic," said IS2 Cassidy Busch, a first time Team Navy athlete. "I've really missed getting to be involved in sports and fitness like I was before, and the DoD Warrior Games just kind of fell into my lap as a way for me to be better and push myself at something new and exciting."

The Team Navy athletes, their families and caregivers arrived in Jacksonville Feb. 16, for informational events before beginning training for the trials. The athletes trained until the trials began, then went into competition mode to earn their spot in the various sports until the final day of the trials Feb. 24.

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

With athletes competing at NS Mayport's fitness facilities, nearby Hanna Park and Fletcher High School, many local spectators attended the events to show their support.



Vice Adm. Mary Jackson, commander, Navy Installations Command, presents the baton to Team Navy participant AM1 John Dusseau, Feb. 20, prior to the 2018 Team Navy Trials.



Active duty service members and veterans compete in wheelchair basketball at Naval Station Mayport's Fitness Center during the 2018 Team Navy trials.



Active duty service members and veterans train for wheelchair basketball prior to the 2018 Team Navy trials at Naval Station Mayport's gymnasium.



HM1 Romulo Urtula trains in archery prior to Team Navy Trials at the Naval Station Mayport Fitness Center Feb. 18.



YN3 Alexis King practices her archery skills during training prior to the Team Navy trials at the Naval Station Mayport Fitness Center.

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

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

Colorado June 2-9.

The DoD Warrior Games are an annual event recognizing the importance adaptive sports plays in the recovery and rehabilitation of wounded, ill, and injured service members and veterans. Participation in the DoD Warrior Games allows service members and veterans to build a supportive social network and develop relationships with other athletes, giv-

ing them a sense of community on their path to recovery.

"These events provide a unique sense of purpose and camaraderie," said Pederson. "They are helping service members interact and compete with people who are in similar situations, and we ultimately hope that they feel supported and build important relation-



CT1 Tyson Schmidt competes in the cycling portion of the Team Navy Trials at Hanna Park in preparation for the 2018 Department of Defense Warrior games to take place at the U.S. Air Force Academy in Colorado Springs, Colorado in June.



Retired HM2 John Puldio competes in the cycling portion of the Team Navy Trials at Hanna Park in preparation for the 2018 Department of Defense Warrior games.



Active duty service members and veterans train in sitting volleyball prior to the 2018 Team Navy Trials.



NDC Julius McManus throws a discus during the 2018 Navy Team Trials at Fletcher High School in Neptune Beach.



ENC Matthew Parker practices shooting an air rifle prior to the 2018 Team Navy Trials.



Retired IT1 Pou Pou practices shot put at Fletcher High School in Neptune Beach, Florida prior to 2018 Team Navy Trials.



HMCS Joseph Paterniti prepares to compete in the swimming portion of the Team Navy Trials at Naval Station Mayport's Fitness Center during the 2018 Department of Defense Warrior Games Feb. 18.



Active duty Sailors and veterans compete in the swimming portion of the Team Navy Trials at the Naval Station (NS) Mayport Fitness Center in preparation for the 2018 Department of Defense Warrior Games Feb. 20.

Photo by MC2 Amanda Battles, MC3 Kristopher S. Haley, MC2 Mark Hays, and MC2 Michael Lopez

TRIALS

From Page 4

ships that they can take with them after this to further build their support network."

NWW-SH is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and support to their families. The program provides individually tailored assistance



HMCS Joseph Paterniti takes a breath during a training session in the Naval Station Mayport indoor pool.

designed to optimize the success of the wounded warrior's recovery, rehabilitation and reintegration activities.



Active duty service members and veterans train for rowing prior to the 2018 Team Navy Trials.



Photos by Jacob Sippel

Capt. Michael Sullivan, a pediatrician on Naval Hospital Jacksonville's Medical Home Port Purple Team, monitors an infant's heart during a check-up. Since March 3, 1871, the Navy Medical Corps has continued the proud tradition of the "Ship's Surgeon," who was part of the ship's crew since the establishment of the Navy in 1775. Navy physicians have served in multiple specialties while aboard Navy ships at sea, in aviation and undersea medicine, with Marines in field hospitals and on humanitarian and disaster relief missions.

Happy 147th birthday to the Navy Medical Corps!



Lt. Cmdr. Jason Hwang, a family medicine physician on Naval Hospital Jacksonville's Medical Home Port Red Team, checks a Sailor's lungs during a general exam. The Navy Medical Corps celebrates its 147th birthday March 3. Navy physicians serve from the sea to the battlefield, all the way to the halls of Congress and the White House. They serve in the aviation and undersea medical communities and as astronauts exploring the frontiers of space.



Lt. Cmdr. Courtney Lennon, a family medicine physician on Naval Branch Health Clinic Jacksonville's Medical Home Port Silver Team, checks a sailor's throat. The Medical Corps is comprised of the Navy's physicians, who pave new frontiers in patient care delivery, medical education and biomedical research.



Photos by Kaylee LaRocque

Members of the Naval Air Station Jacksonville Honor Support Team parade the colors during the playing of the national anthem at the Navy Ortega Lakeshore Little League opening ceremony Feb. 24.

Little Leaguers hit the field

By Kaylee LaRocque
NAS Jax Public Affairs Officer

The Navy Ortega Lakeshore (NOL) Little League season kicked off Feb. 24 with an opening ceremony at the Naval Air Station Jacksonville ball-fields.

Hundreds of players, coaches, families and friends came out to celebrate the 58th season of baseball aboard the station. NOL President Patrick Barnett welcomed the crowd, asking them to stand as the Naval Air Station Jacksonville (NAS Jax) Honor Support Team presented the colors during the playing of the national anthem.

Barnett proudly talked about all the new renovations made to the area by volunteers, base personnel and sponsors.

"We had quite a bit of damage during Hurricane Irma, but we've replaced concrete, built a new courtyard, removed trees and debris, put in a new dugout on the minor's field, we seeded the grass so it's nice and green,

a new scoreboard," he said. "And we've renovated the bathrooms."

"You're going to see upgrades each year," he added. "We're going to continue to give back to the families, community and this park. My goal is to not only make this the best park in District 11, but the best park in Jacksonville."

Barnett also recognized board members and the coaches who introduced their players. Each year, one player is presented the Shotty Drew award for outstanding sportsmanship. Drew volunteered as a coach, board member, president and chief umpire at the park for four decades. This year's winner was Tristan Pruitt.

NAS Jax Executive Officer Capt. Michael Connor also welcomed the crowd before throwing out the first pitch.

"What a beautiful day to celebrate another season here at NAS Jax and to recognize the unique relationship between



Naval Air Station Jacksonville Executive Officer Capt. Michael Connor throws the first pitch out signifying the opening of the Navy Ortega Lakeshore Little League season Feb. 24 aboard the station.

the base and NOL. For the past several weeks, I've had the privilege of watching these grounds be transformed into the great ballpark we have today. Thanks to all the volunteers who have helped out," he said.

"Community involvement is very important to the U.S. Navy and NAS Jax," Connor continued.

"The partnership we have with NOL is one of the oldest and most important partnerships we have. Since 1960, NAS

Jax has supported this league and the players. We are committed to ensure this partnership continues into the future. To all the coaches and players, have a great season, work hard, play hard and most importantly, have fun."

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Photo by Julie M. Lucas

CS2 Lakisha Reese slices cake to be served at the all-hands meal at the Flight Line Cafe Feb. 22 in celebration of African-American Month.



Courtesy photos

Celebrating African American History Month

Naval Supply Systems Command Fleet Logistics Center Jacksonville's Multi-Cultural Committee hosted Joe Tillmon, president and founder of the Buffalo Soldiers Historical Society Feb. 20, as the honored guest celebrating African American History Month.



LSC Quinton Pratt (right) and the Naval Supply Systems Command Fleet Logistics Center (FLC) Jacksonville Multi-Cultural Committee hosted Joe Tillmon, president and founder of the Buffalo Soldiers Historical Society, as the honored guest celebrating African American History Month. Tillmon, after a 20 year career of selfless service in the U.S. Army, founded the Jacksonville Chapter of Buffalo Soldiers as a motorcycle club in 2006 and in 2011 changed the name to the Buffalo Soldiers Historical Society. The mission of the society is to promote, preserve and perpetuate this history of African American military units from 1775 to 1951.

Branch Health Clinic Jacksonville opens Lactation Suite for moms

By **Cmdr. Vorachai Sribanditmongkol, PhD, RN, RNC-MNN, IBCLC, CNS**
Officer in Charge, Naval Branch Health Clinic Jacksonville

Naval Branch Health Clinic (NBHC) Jacksonville hosts the grand opening of its new lactation suite March 5 at 1:30 p.m. The mobile lactation suite (for breastfeeding moms) is the first of its kind in Navy Medicine. Light refreshments, with milk and cookies, will be served. All are welcome to attend.

The American Academy of Pediatrics (AAP) considers breast milk to be the "gold standard" and "uniquely superior" to any nutritional food source for newborns and developing infants. Breastfeeding is a highly effective and healthy measure that a mom can take to protect the health of her infant.

Clinical research and evidence-based best practices have shown that breastfeeding benefits servicewomen and supports the Navy's mission by reduc-

ing absenteeism, improving morale and retention (thus improving operational readiness and health), as well as decreasing healthcare costs.

The Department of the Navy's policy (OPNAVINST 6000.1C) is to support military servicewomen in breastfeeding, and aligns with American Academy of Pediatrics guidelines. The policy advises to breastfeed for the first six months of life, and continue to provide breast milk for the remainder of the child's first year.

Sometimes, work can seem like a barrier to continued breastfeeding. So, we at NBHC Jacksonville (in partnership with our parent command, Naval Hospital Jacksonville) purchased a mobile lactation suite. It can seat two on each side, with room for a stroller or wheelchair: either two mom-and-baby couplets, or a lactation consultant to assist mom.

We strategically placed the suite to be accessible to all active duty, reservist and family members at our clinic.

So far, the lactation suite has been well received and used by numerous active duty and reservist breastfeeding moms.

As an International Board Certified Lactation Consultant (IBCLC) and Perinatal Clinical Nurse Specialist, I'm proud to be part of this effort to support our servicewomen.

The hospital also offers comfortable spaces to breastfeed and pump, including a "Milky Way" room in the Pediatrics Clinic. Naval Hospital Jacksonville was the first hospital on Florida's First Coast to earn the prestigious Baby Friendly designation from World Health Organization and UNICEF. Expecting and new moms and dads can sign up for a variety of free classes by calling 904-542-BABY (-2229). The hospital also offers private birthing suites, nitrous oxide as an option for laboring moms, skin-to-skin care for cesarean section births, nurse childbirth educators, and lactation consultants.

For more on breastfeeding, visit



Photo by Jacob Sippel

A Sailor nurses her five-month-old baby inside Naval Branch Health Clinic Jacksonville's new lactation pod. The lactation pod can seat two; either two mom-and-baby couplets, or a nurse to assist mom. There will be a grand opening event March 5 at 1:30 p.m. Naval Hospital Jacksonville provides "Milky Way" rooms for breastfeeding or pumping, including a room in the Pediatrics Clinic. Call 542-2229 to register for free classes for expecting and new parents.

the Centers for Disease Control and Prevention at www.cdc.gov/breastfeeding.

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Sailors join in SAPR training during interactive show

By Julie M. Lucas
NAS Jacksonville Public Affairs

The Department of the Navy (DON) contracted a social theater group to teach Sexual Assault Prevention and Response (SAPR) training. Two sessions were offered at Naval Air Station Jacksonville (NAS Jax) Feb. 23.

Pure Praxis is a team of trained facilitators and actor-educators, who have read testimonials provided by the DON, with a focus on retaliation. The performance launched with a scene where two males are making sexual comments about women, along with other jokes pulling in members the audience.

In another scene with two female Sailors, one is avoiding the other because she reported a sexual assault. The friend calls the victim "selfish." The males begin another scene discussing the sexual assault. The scenes go back and forth



Photos by Julie M. Lucas

Naval Air Station Jacksonville Sailors are asked to strike a masculine pose during the Pure Praxis training Feb. 22 at Dewey's.

between both views of the situation and how opinions and gossip are formed. The two groups join together and then the scene is stopped and the audience is asked to describe how the victim might feel and why they think this. One of the comments from the crowd was that "it is easier to walk away than stand up to your friends." Pure Praxis Facilitator Cassandra Babcock then explained that the shaming of a victim is a form of silencing.

One male actor, Matt, gave a brief monologue about experiencing a sexual assault and being told by his father, "boys don't get raped, keep quiet." The discussion for the group was then about unspoken gender rules.

Examples given by the group

included "men don't cry," "men don't have emotions," and "men don't wear pink." The actors then had the male sexual assault victim speak, while those Sailors who offered up male stereotypes gave a strong pose and stood behind him repeating the examples they gave.

In the next scene, the group was asked to hold up a hand and yell, "stop!" when they heard something they felt was disrespectful. Babcock spoke about how survivors are questioned and judged. According to her, "revictimization" takes place when there is no supporter compassion.

The definition of consent was discussed and other things that could influence consent, such as being asleep, being under



BMC Mark Brandt of Naval Air Station Jacksonville, interacts with two actors who are part of the Pure Praxis social theater group.

the influence of drugs or alcohol, or being incompetent to give consent.

The next mock scenario took place at a Morale, Welfare and Recreation Center. Those in the audience who shared techniques they would use if they saw someone being victimized, got up and acted out their techniques. BMC Mark Brandt said the technique he would use was to just listen to the victim instead of blaming them. Brandt and others went on stage to show their techniques to the audience.

"This was the first time I've ever done this training and it left a big impression on me,"

said EM3 Pak Wu. "I liked how my shipmates and my chief reacted to negative treatment and made me feel like I have people I can rely on."

Other information provided was the different types of reporting and the numbers of cases reported in 2016. Sailors were asked about what the Navy's core values are and how that ties into safely intervening if you feel someone is in an unsafe situation.

For more information and resources about SAPR training aboard NAS Jax, call the Fleet and Family Support Center at 542-5745 or visit the SAPR website at www.sapr.mil.



Photo by Hannah Simmons

MA3 Imani Solomon of the Naval Air Station Jacksonville Security Department, is this week's Sailor in the Spotlight.

Sailor in the Spotlight

By Hannah Simmons
Staff Writer

This week's Naval Air Station Jacksonville (NAS Jax) Sailor in the Spotlight is MA3 Imani Solomon. Solomon was named Junior Sailor of the First Quarter (JSOQ) for fiscal year and her current duty is enforcing the law, security, and protecting the people aboard NAS Jax.

A native of Bronx, New York, Solomon joined the Navy five years ago after a life threatening car accident. "I joined for the health insurance. I had already wanted to join before the accident, but my fear of not being able to afford to take care of myself after the accident

reaffirmed my decision," said Solomon. She met her husband while in the service, and he is also currently stationed at NAS Jax.

She was previously a machinist's mate, but converted to master-at-arms two years ago.

"I never thought I'd be recognized or even selected to be a JSOQ," said Solomon. Outside of her duties, Solomon is a part of Kappa Epsilon Psi Military Sorority Inc. and is pursuing a bachelors degree in Psychology from Columbia College.



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Naval Hospital Jacksonville opens Micro Market

By Yan Kennon
Public Affairs Senior Writer, Naval Hospital Jacksonville

Naval Hospital (NH) Jacksonville opened its new Micro Market just off the hospital's central tower lobby. The Micro Market is the first of its kind at a Navy medical treatment facility (with 24/7 self-checkout).

The hospital collaborated with the Navy Exchange to provide patients, families and staff with a wider variety of healthier foods and beverages throughout the day and night.

"Our new 24/7 Micro Market is particularly useful for patients, families and staff who are on-site overnight and weekends," said Cmdr. Jennifer Wallinger, NH Jacksonville's director for public health.

Patrons can make payments using a credit or debit card, or patrons can create a market account at the kiosks. The Micro Market is on the site of the previous Navy Exchange Mini Mart.

NH Jacksonville's Micro Market has the largest selection of "Better You" healthful options available in Navy Exchange's Micro Market assortment to date. The first month's sales have far exceeded expectations.

Patrons can order flowers, for same-day delivery to the hospital, by calling the Navy Exchange at 904-777-7225.



Photos by Jacob Sippel

Liza Lewis, a visitor at Naval Hospital Jacksonville, uses the newly opened Micro Market, just off the hospital's central tower lobby. The Micro Market is the first of its kind at a Navy medical treatment facility, with 24/7 self-checkout.



NMCRS

From Page 1

"We are very proud that it is by our own for our own, which means that we only have donations from inside our gate from the military community."

The event began with remarks from NAS Jax Commanding Officer Capt. Sean Haley and Patrol Squadron (VP) 30 Commanding Officer Capt. Christopher Kijek.

Lt. Sam Rose, also of VP-30, then introduced himself as the fund drive's coordinator for the Southeast Region, which includes more than 60 commands. "Today is an opportunity for me to introduce myself to everyone and let them know I am their number one resource," he said.

Rose pointed out that the success of the fund drive depends on the active duty personnel chosen to represent their commands. "Each command selects highly motivated, Type A personalities," he said, "people who are passionate about the society and who are willing to step up to the plate to do this great job on top of the other work they are already doing."

NMCRS took in more than \$300,000 in donations last year and turned that into more than \$1.7 million that benefitted Sailors and Marines for things such as emergency leaves and assistance with everyday living expenses, like car payments and other monthly bills.

They are able to stretch every dollar donated by "recycling" the money over and over. Most of the money assisting service members is through interest-free loans. When a loan is repaid, that money is then used to help someone else.

One of the most important things NMCRS provides to help service members and their families are nurses.

NMCRS has two types of nurses. One is the visiting nurse, which provides free in-home visits to active duty Sailors and Marines and to Navy and Marine families with newborns.

The other nursing program is the combat casualty nurse, who travel anywhere in the United States to visit anyone who has served in Afghanistan or Iraq,



Representatives from the tenant commands aboard Naval Air Station Jacksonville attend the kick-off event for the Navy-Marine Corps Relief Society (NMCRS) Fund Drive Feb. 23. Each representative is responsible for contacting members of his or her command to achieve the NMCRS's goal of 100 percent contact rate.

regardless of current military status. They treat not only the physical wounds that occur in combat, but the emotional scars as well.

I think they have the hardest job," Woods said.

Woods introduced two medically retired combat veterans and their family members at the event who were helped by NMCRS nurses and staff.

"They are there for you emotionally, mentally and financially," said Rejane Glennon, mother of retired Marine Jesse Glennon. "They give you support and whatever resources you need. They are always there to listen and to help you get to where you need to be."

She said that at first her son was reluctant to seek help. "My son doesn't like

to ask help from anyone. He doesn't see himself to be the hero that I know he is."

There did come a time when Jesse realized he needed to reach out for help. "Eventually, I just had to do it," he said. "It was the best thing I could do to help me get out of the situation that I was in."

NMCRS also helped the Glennon's with car-repair bills that gave them a safe mode of transportation for them and for Jesse's seven-year-old daughter.

Also speaking at the event was retired USMC Staff Sgt. Freddie Walker, who was medically retired in 2015, and his wife Anita.

"They were the search and rescue team in my life," Walker said. "They

mean the world to us."

After he got help from NMCRS, Walker's wife Anita said she finally got back the man she married. "It was like I was meeting my husband from 12 years ago," she said. "There was a happiness that I hadn't seen in over a decade. I thought that was gone for good."

NMCRS does not have a monetary goal for their fun drives. Instead, their goal is 100 percent contact of every active duty service member to give them an opportunity to donate.

"This is a phenomenal organization that is helpful for our Naval service and also for the quality of life for our Sailors and Marines and their families," Rose said. "They take care of the service

Capt. David Collins, Naval Hospital Jacksonville commanding officer (center left), and Marsha Brooks, Navy Exchange (NEX) general manager, flanked by hospital leadership and NEX representatives, cut the ceremonial ribbon at the hospital's grand opening of its new Micro Market. The Micro Market is the first of its kind at a Navy medical treatment facility, with 24/7 self-checkout. The hospital collaborated with the NEX to provide patients, visitors and staff with a wider variety of healthier foods and beverages throughout the day and night.



Photos by Reggie Jarrett

Rejane Glennon (left) gets emotional when speaking about the difficulties she and her son Jesse (right) experienced after he was medically retired from the United States Marine Corps. The Glennons spoke during the Navy-Marine Corps Relief Society kick-off event for the annual fund drive Feb. 23.

member and their family for life, and this is our opportunity to raise money to support it."

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tion site near you, visit www.unitedwaynefl.org/realsense/free-tax-filing/, or call United Way's 2-1-1 or 904-632-0600.
 If you are outside Northeast Florida, visit the IRS.gov Tax Site Lookup to find a free tax-preparation site in your community.
 Appointments can be made online for both locations at <https://booknow.appointment-plus.com/y7smjk18/>.
 Representatives will be at NAS Jacksonville, Building 13 at the Yorktown gate on Monday, Wednesday and Friday from 9 a.m. - 4 p.m. and Tuesday and Thursday from 9 a.m. - Noon.
 To schedule an appointment, call (904) 515-3481.

Annual retiree seminar coming in April

From the NAS Jax Retired Activities Office

The Naval Air Station Jacksonville Retired Activities Office (RAO) Retiree Seminar will be held
 April 21 from 8:30 a.m. until 4 p.m. at Dewey's All Hands Club.
 This event is for military retirees from all branches of service, Reserve personnel, spouses and surviving spouses.
 Topics will cover grey area retirees' pay, Social Security benefits, Survivor Benefit Plan, long term care insurance, VA benefits, 2018 TRICARE updates, retiree dental insurance, reverse mortgages, and assisted living.
 Please RSVP to JAXS_NAS_RAO2@navy.mil or call 542-5745.



NAS Jax Sports

3-on-3 sand volleyball meeting - March 7
 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 base gym in the classroom on the second floor 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.

Leprechaun Dash 5k - March 16
 The run is free and open to all authorized gym patrons. Runners will earn captain's cup points for their commands for participating. The run 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.

Men's singles tennis tournament - March 26
 The tournament is open to active duty, selective reservists, dependent spouses, DoD civilians, and DoD contractor men assigned to a command at NAS Jacksonville. The tournament starts at 5 p.m. and will be held at the Guy Ballou Tennis Courts on the corner of Allegheny Road and Birmingham Road. Participants will earn participation points for their command toward the captain's cup and can earn additional points for finishing first, second or third. Call NAS Jax Athletics to sign up by March 23.

Women's singles tennis tournament - March 26
 The tournament is open to active duty, selective reservists, dependent spouses, DOD civilians, and DOD contractor men assigned to a command at NAS Jacksonville. The tournament starts at 5 p.m. and will be held at the Guy Ballou Tennis Courts on the corner of Allegheny Road and Birmingham Road. Participants will earn participation points for their command toward the captain's cup and can earn additional points for finishing first, second or third. Call NAS Jax Athletics to sign up by March 23.

Tennis lessons and clinics 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.

Standings

As of Feb. 23

4-on-4 Flag Football

Team	Wins	Losses
TPU/PCF	2	0
VP-26 Tridents	2	0
HSM-70 Spartans	1	1
VP-30 Pro	1	1
VP-16 War Eagles	0	2
VR-62	0	2

Skeet

Team	Wins	Losses
FLCJ Orange Crush	3	0
NAVFAC Moskeeters	3	0
NAVFAC Sons of Guns	3	0
TPU/PCF Dusters	3	0
VP-30	3	0
FRCSE Shooters	3	1
NAVFAC Gulf Coast Shooters	2	1
VP-45	2	1
NAS Jax Buffs	1	2
NAVFAC PDHC 4 Life	1	2
TPU/PCF Shotguns & Roses	1	2
VP-10 Irv's Gun Club	1	2
VUP-19 (1)	1	2
FRCSE Tailgaters	1	3
CNATTU Skeet Happens	0	3
FACSFAC	0	3
SERCC	0	3
VUP-19 (2)	0	3

Ultimate Frisbee

Team	Wins	Losses
CNATTU	2	0

NAVFAC	2	1
FRCSE Sprit	1	1
TPU-PCF/VUP-19	1	1
VP-62	0	3

Winter Basketball

Team	Wins	Losses
NAVHOSP B	5	0
VP-16	6	1
VP-62/NAVSUP FLCJ	5	1
VR-58/VR-62	5	1
NMC/NAVY RESERVE	6	2
FRC Blue	4	2
NAVHOSP (2)	4	2
VP-30	3	3
VP-10	1	4
HITRON	1	5
HSM-60	1	5
HSM-70	1	5
VUP-19	1	5
TPU/PCF	0	7

Winter Golf

Team	Wins	Losses
HSM-70 Team 1	3	0
MPRWS	2	0
GEMD	2	1
HSM-70 Team 2	2	1
FACSFAC Gold	1	1
CNATTU	1	2
FACSFAC Blue	1	2
FRCSE 600	1	2
FRCSE Aifs	0	3
HITRON	0	3

Badminton Doubles

Team	Wins	Losses
TPU/PCF Shuttle Roosters	3	0
NAVFAC Flying Gravity	3	1
NAS Jax Holy Rollers	3	1
NAVFAC Clear	2	1
NAVFAC 2 Fly or Not 2 Fly	2	1
NAVFAC Turtles	2	1
VP-30 C	1	0
NAVFAC Ray Ban Shades	1	1
TPU/PCF Lockem Up	0	2
TPU/PCF Watch the Birdies	0	2
VP-30 A	0	3
CNATTU Old School	0	4

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Community Recreation

Call 542-3227
 String Art
 March 8, 6–8 p.m.
 Get crafty by weaving colored string between hammered nails to make geometric patterns. You can design your own unique piece of artwork for only \$10. Purchase your tickets at Community Recreation in Bldg. 622. Pricing includes wood, string, nails and all design materials.
 TopGolf Outing
 March 25, 5 p.m.
 The cost is \$50 per person and includes three hours of unlimited golf, a lifetime member card, a reserved bay and a dinner buffer. Fun and food for the entire family to enjoy. Purchase tickets at Community Recreation in Bldg. 622. Transportation is not included.

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
 Children's Spring Bingo
 March 16, 4 – 8 p.m.
 Open to children ages 3 – 17. The cost is \$10 per child, includes bingo cards, dauber, soft drink, hot dog, chips and a cookie. There will also be prizes, face painting and balloon art! Doors open at 4 p.m. and cards go on sale at 5 p.m. Games begin at 6 p.m. Call (904) 542-8449 for details.
 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 (904) 542-8449 for current promotions and times.
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 Friday Karaoke starts at 6 p.m.

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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
 Captain's Cup Leprechaun Dash 5K
 March 16, 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.
 13th Annual Captain Chuck Cornett Navy Run
 April 7, 8 a.m. at the NEX Convenience Store Lot
 Sign up now:
 http://1stplacesports.com/events/race-calendar/
 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.

The Liberty Recreation Center

Trips & events are for all E1-E6 single or unaccompanied active duty members & reservists only. Call 542-1335 for information.
 March 8: DIY String Art - \$10
 March 10: Habitat for Humanity
 March 11: Kennedy Space Center - \$30
 March 14: Corned Beef and Cabbage Dinner - Free!
 March 18: St. Augustine Seafood Festival - Free!
 March 20: Cummer Art Museum - Free!
 March 25: Top Golf - \$40

NAS Jax Golf Club

Golf Course: 542-3249
 Mulligan's Restaurant: 542-2936
 Twilight Summer Golf League
 Every Tuesday at 5 p.m.,
 March 27 – Aug. 14
 Team rosters due March 21
 \$22 per player each week, 7 person teams
 Appreciation Days
 Play 18-holes with cart for \$19.
 Active Duty Days: March 6 & 20
 Retiree Days: March 8 & 22
 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.

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!
 Easter Egg Hunt
 March 28, 7 p.m. at McCaffery Softball Complex
 Ages 0–12 years come hunt for your share of 20,000 candy-filled Easter Eggs!
 Staggered start times for age groups.

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
 Travel Fair
 March 17, 9:30 a.m. – 1 p.m.
 NEX Courtyard
 Meet with vendors one on one,

win prizes, learn about new products and attractions.
 Daytona International Speedway – American Flat Track Daytona Tourist Trophy
 March 15: Reserved - \$28.
 Children 12 & Under Reserved - \$10. General Admission - \$17. Children 12 & Under General Admission – Free.
 Gatornationals
 March 15 - \$16 General Admission.
 March 16 - \$42.25 Tier 1 (Sections A-B), \$34.75 Tier 2 (Sections C-D), \$29.25 General Admission Pit Side (Sections E-L), \$21.75 Junior Reserved (ages 6-12), \$10 ages 5 & under.
 March 17 - \$58.50 Tier 1 (Sections A-F), \$51 Tier 2 (Sections G-J; AA-DD), \$44.50 General Admission Spectator Side, \$26 Junior Reserved (ages 6-12), \$14 Kids ages 5 & Under - 0 - 12 & Under General Admission.
 March 18 - \$58.50 Tier 1 (Sections A-F), \$51 Tier 2 (Sections G-J; AA-DD), \$44.50 General Admission Spectator Side, \$26 Junior Reserved (ages 6-12), \$14 Kids ages 5 & Under, - 0 - 12 & Under General Admission.
 Disney On Ice – Veteran's Memorial Arena
 March 16-18: \$18.50
 Clay County Fair – Green Cove Springs Fair Grounds
 March 29 – April 7: Adult \$7. Child/Senior: \$5. Wristbands \$15.
 Comedy Club of Jax (11000 Beach Blvd.)
 Open Mic Night every first Thursday: \$8
 - Michael: March 15, \$23.
 - The 85 South Show: March 25, \$25.
 - Tony Roberts: April 26-28, 2 for \$25.
 - Luenell: May 3, \$20.
 2018 Broadway Series Shows
 Times-Union Moran:
 - 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.
 2018 Thrasher Horne:
 - 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.
 - Funk Fest: May 11-12. 2 Day General Admission \$75,

2 Day Gold VIP \$297, 2 Day Silver Preferred A \$173, 2 Day Bronze Preferred B \$151.25.
 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.
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 & Water Park Passes: \$20.50 - \$32.50.
 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, N.C.: Adult - \$51, Youth - \$22.
 Captain Cliff'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.
 Daytona Lagoon Water Park or Dry Park, Daytona: \$20.
 Disney World Fla. Resident Discover Pass 2018: \$156.25 for a 3-day (1) Park per day. \$185.75 for a 3-day Hopper. \$175.75 for a 4-day (1) Park per day. \$212.75 for a 4-day Hopper. For Florida residents only. Must be exchanged for applicable pass at a ticket booth at the Magic Kingdom, Epcot, Animal Kingdom or Hollywood Studios. Proof of a

Florida residential address as specified will be required to be shown at time of exchange.
 Acceptable forms of Florida Residency: Fla. Driver's License, Fla. State ID (must have Fla. Address or a Fla. Base Military ID). Tickets may not be used after June 24, 2018 – Parking not included. No blackout dates.
 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 expire Dec. 19, 2018.
 Disney World Orlando Armed Forces 2018 Salute tickets. Coming soon!
 Jacksonville Icemen Hockey: \$17 - \$33.
 Jacksonville Symphony: \$27.50.
 Jacksonville Zoo, General admission & admission w/ unlimited train rides: \$10.25 - \$19.
 Paintball Adventures!: Military special includes everything except paint balls - \$15.
 Scenic Cruise, St. Augustine: \$5.50 - \$11.75.
 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 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.
 World Golf Hall of Fame & Museum: \$14.75.

16 March **1130 Antenna Farm**

Leprechaun Dash 5K

Register on race day from 10:30 - 11:15 a.m. Runners can earn Captain's Cup points for their commands. Call (904) 542-2930 for questions.

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BY PHONE 366-6300
 Mon. - Thurs. 7:30 a.m. - 6:00 p.m.
 Fri. 7:30 a.m. - 5:30 p.m.
TOLL FREE 800-258-4637
BY FAX 904-359-4180

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

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

CANCELLATIONS, CHANGES & BILLING

Ad Errors - Please read your ad on the first day of publication. We accept responsibility for only the first incorrect insertion and only the charge for the ad space in error. Please call 366-6300 immediately for prompt correction and billing adjustments.
Ad Cancellation - Normal advertising deadlines apply for cancellation. When cancelling your ad, a cancellation number will be issued. Retain this number for verification. Call 366-6300.
Billing Inquiries - Call the Billing Customer Service Department at 359-4324. To answer questions about payments or credit limits, call the Credit Department at 359-4214.

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

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

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

904-366-6300

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 Classified line ads are online at jaxairnews.com
FREE online advertising!
 Your Classified in-column ad automatically appears online at **no additional charge.**

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Happy Ads
 Lost and Found
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 Rides/Travel
 Notices
 Personals
 Dating and Entertainment

Notices

New business, JAX Wares
 (www.jaxwares.com)
 will soon be offering hundreds of household items, electronics, outdoor equipment... everything under the sun. Shop online. Email: jaxwares@gmail.com

Merchandise

AC, Heating, Fuel
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 Fruits/Vegetables
 Furniture/Household
 Garage Sales
 Garden/Lawn
 Hot Tubs/Spas
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 Kid's Stuff
 Machinery & Tools
 Medical
 Miscellaneous Merchandise
 Musical Merchandise
 Photography
 Portable Buildings
 Public Sales
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 Trailers
 Wanted to Buy or Trade

Appliances

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

Clothes

LADIES LEATHER COAT
 w/purse, red suede size 12,
 \$75.00. Levi's men's suit
 grey/beige jacket \$7.38R
 pants 33W x 29 L \$35.00ea.
 904-384-7809

Furniture/Household

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

CHANDELIERS - (a) Etched glass bells for 3 lights nickel \$100. (b) Gold 7 lights & 5 dz glass crystals. (c) Gold 12 lights. **RUG** 6'12"x3'8" w \$55. Like new. Call 904-384-7809

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

Miscellaneous

BIKES - Girls 20" Tires for young girl to teen. white, pink & purple \$55. Girls Banana seat bike, white, pink, with basket 12x18" \$65. Both in excel. cond. Call 904-384-7809

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

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

PRINTER - Lexmark Fax/Printer, HP PSC, 1315. HP, Photomart printer C4795. Laska Power Toolbox. Taskforce 10" Compound Mitre Saw Call 904-585-2246

SONY 24" TRINITRON \$40. SHARP TV 19" \$40. SONY 9" Trinitron \$30. ZENITH 17" \$30. All 6 1/2"x3'8" w cable ready. 904-384-7809

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

Pets and Supplies

LABRADOODLE PUPPIES
 Beautiful labradoodles avail Mar 9. 1 blk F, 2 silver F, 3 silver M. Both parents AKC & on premises. Puppies come w/ their kennel, 1st shots, Fl Health Cert. & more. Truly loving & stable family companion. \$1,100. 904-589-8729

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For sale 3 bedroom 2 bath Condo on the river 1700sf. Includes dock, boat slip, gated entry Northeast side of Jacksonville. Info please call 386-590-7798

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 2 Bed/2Bath \$36,900
 Set Up, A/C, Steps, Skirt
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A D.R.Horton Company

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PAT BUYS HOUSES & LAND CASH

FAST CLOSINGS ANY CONDITION! 904-674-3937 FLIP904.COM

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NEW 55+ Community In OakLeaf Area!

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OakLeaf Plantation Pkwy in Duval County

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\$7.8 Billion
 The economic impact of the military in Northeast Florida and Southeast Georgia is \$7.8 billion.

Local businesses benefit from the military and civilian personnel who buy and rent homes and who purchase goods and services. Let them know what your business has to offer by advertising in one or all of the military publications distributed at the local bases in the area.
 For advertising information, please call 904-386-6236. Fax 904-386-6230.



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 Storage/Mini-Lockers
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 Wanted to Rent
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 St. Johns Apartments Unfurnished
 St. Johns Condominiums
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 Townhomes
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 St. Johns Houses Furnished
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 St. Johns Wanted to Rent

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 Beautiful Bungalow great convenient location 3869 Concord St. 32205 2/1 + bonus room, fenced yard \$1,050./mo. + \$1,050. dep. Call Mike 904-392-1530

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JaxAir News



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 Vans/Buses
 \$2000 or Less
 Commercial Vehicles
 Misc. Auto
 Autos/Trucks Wanted
 Auto Rent/Lease

Automobiles

FORD MUSTANG CONVERTIBLE '06
 125K. Miles, Good Cond. \$5,900 912-729-4270

NISSAN ALTIMA 2016 - \$17,000 Many extras, 7,000 mile, 1 owner. Show room condition. Must sell. Call 904-503-8039

PONTIAC VIBE 2004 - 4 door, silver, 89K miles, VVT-1 Eng. \$4200 obo. **Sion XA 2006** 4dr, Burgundy 120K mi. VVT-1 Eng. \$4900. **Toyota Camry 2001** Burgundy 109K mi. V6 \$3200. Cars run great! Call Rick 912-467-3376

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

Boats

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

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

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30' Jayco 30u Feather Lite
 At Osprey Cove #37
 Come or call 315-759-3607
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2016 ROCKWOOD- Lite weight 5th wheel, 2 slides, electric awning, i a c k s + w a t e r h e a t e r, sapphire package, ceiling fan, oyster fiberglass, bonded tinted windows, aluminum wheels, 22" TV, day & night shades, Max air vent cover, outside grill, AM/FM stereo CD + DVD player, outside speakers, and more extended warranty included. Reduced to \$26,900. 904-655-0005

Besides protecting our country, military personnel stationed in our communities donated 650,620 hours of volunteer service in Northeast Florida and Southeast Georgia last year. Their time was given to community organizations, church groups, youth activities, scouting and more.

The Times-Union

drive

DEALER DIRECTORY

TO LIST YOUR DEALERSHIP, PLEASE CALL 904-359-4193

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	DODGE	ORANGE PARK	AUTOS	
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493-0000	10720 Philips Hwy.			
	904-292-3325		DARCARS	
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www.orangeparkdodge.com	370-1300	771-9100	www.darcarswestside.com	