

# Jax Air News

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Photos by Reggie Jarrett

AWO3 Austin Garant of Patrol Squadron (VP) 30 gives the thumbs-up signal during testing of the Normobaric Hypoxia Trainer (NHT) at Aviation Survival Training Center Jacksonville July 25. Aircrewman from VP-30 participated in the first manned test of the NHT system.



Cmdr. J.T. Morarend (seated inside chamber), a physiologist with Naval Aerospace Medical Institute at Pensacola, participates in the first manned solo test of the Normobaric Hypoxia Trainer (NHT) at Aviation Survival Training Center Jacksonville July 25. NHT promises to make hypoxia training for Navy aviators safer and more realistic.

## ASTC Jax, VP-30 participate in 'groundbreaking' tests

By Reggie Jarrett  
Editor Jax Air News

Navy aviators and aircrews have been undergoing hypoxia training since World War II, but a new system tested at Aviation Survival Training Center (ASTC) Jacksonville promises to make that training safer, more efficient and more realistic.

The first manned tests of the 9A19 Normobaric Hypoxia Trainer (NHT) took place with personnel from Patrol Squadron (VP) 30 at ASTC July 25.

NHT simulates altitude change by altering the composition of the air the test subjects are breathing. Oxygen is pumped out of the closed test-

ing chamber and is replaced by nitrogen. The more the oxygen level is reduced, the higher the altitude is simulated. NHT can simulate an altitude as high as 25,000 feet.

"The idea is to provide hypoxia training at normal atmospheric conditions," said Rocco Portoghese, senior research and development engineer for the Rapid Design and Fabrication Lab of Naval Air Warfare Center Training

System Division (NAWCTSD) in Orlando where the NHT was developed.

"It's an inherently safer method of hypoxia training" when compared with hypoxia training in a low pressure chamber.

Hypoxia is a potentially deadly condition where there is a deficiency in the amount of oxygen reaching the tissues in the body. Prolonged lack of oxygen can result in light-

headedness, confusion and eventually loss of consciousness.

Navy pilots and aircrews undergo hypoxia training every four years so they can recognize the onset of the symptoms and take proper steps, such as donning their oxygen mask and following their emergency procedures.

Earlier hypoxia training con-

See **NHT**, Page 7

## Exercise PANAMAX 2018 kicks off in Mayport

From U.S. 4th Fleet Public Affairs

U.S. Naval Forces Southern Command/U.S. 4th Fleet is currently hosting the Combined Force Maritime Component Command (CFMCC) portion of the annual exercise PANAMAX.

PANAMAX, an annual multinational exercise, develops and sustains relationships that allow partner-nation security forces in the region to achieve common goals, increase cooperation and improve understanding.

PANAMAX began in 2003 with three countries, Chile, Panama and the United States, and originally focused solely on the maritime security of the Panama Canal. Since that time, the exercise has grown to become the region's largest coalition Command Post Exercise, ensuring the defense of the Panama Canal, which is one of the most strategically and economically crucial pieces of infrastructure in the world.

Since inception, partner nations have continued to take increased leadership roles in the exercise. This year, Brazil is leading the CFMCC, Colombia is leading the Combined Force Land



Photo by MC3 Ian Parham

U.S. 4th Fleet Command Master Chief Johannes Gonzalez provides guidance to active duty and reserve Sailors participating in PANAMAX 2018. The exercise is focused on the security of the Panama Canal and stability within the U.S. Southern Command area of operations.

Component Command, and Argentina is leading the Combined Force Special Operations Component Command.

The main focus of PANAMAX 2018 is exercising a variety of responses to fulfill requests from the government of Panama to protect and guarantee safe

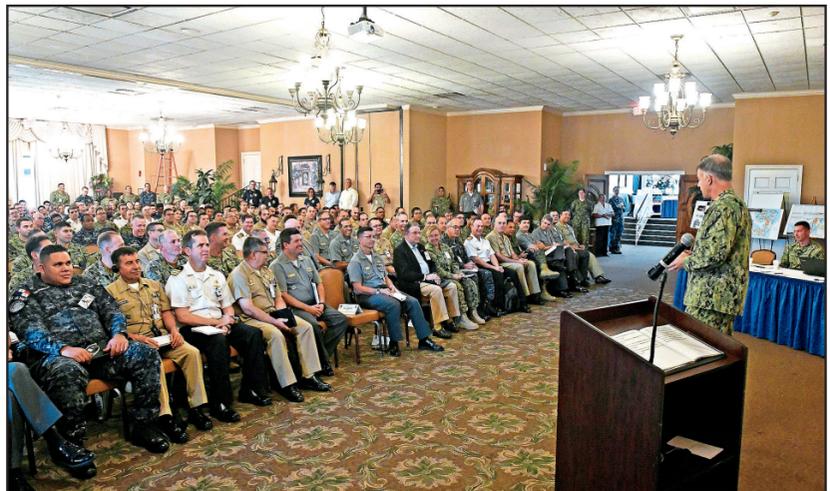


Photo by MC2 Michael Hendricks

Commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet, Rear Adm. Sean Buck delivers opening remarks to U.S. and partner nation personnel who comprise the Combined Force Maritime Component Command (CFMCC) portion of exercise PANAMAX 2018.

passage of traffic through the Panama Canal, ensure its neutrality, and respect national sovereignty.

This exercise is designed to conduct stability operations under in support of a fictitious United Nations Security Council Resolution, providing interoperability training for the participating multinational staffs, and building par-

ticipating nation capability to plan and conduct complex multinational operations.

Joining the U.S., 98 participants from 17 partner nations are participating in the maritime portion of exercise PANAMAX 2018 including: Argentina,

See **PANAMAX**, Page 7

## USO, VyStar team up for Veteran Transition Service

By MC1 (SW) Brian G. Reynolds

Transitioning from a military lifestyle to the civilian sector can be a daunting task for even the most tenured military veterans.

However, USO Pathfinders, a service-member transition program, is poised to provide assistance to members transitioning out of the military and into the civilian world at the VyStar Credit Union at Naval Air Station (NAS) Jacksonville.

"We have that trust with our military



Photo by MC1 (SW) Brian G. Reynolds

USO Executive Director Mike O'Brien (left) and VyStar Credit Union Vice President Brad Smith stand outside the Naval Air Station Jacksonville VyStar Credit Union branch.

## NAS Jacksonville private drinking well water information meeting

From Staff

**Courtyard by Marriott, 610 Wells Road, Orange Park, FL 32073**  
4-7 p.m., August 16, 2018

**The Public is Invited to Attend**

Residents in the vicinity of Naval Air Station (NAS) Jacksonville and other interested parties are invited to attend a public information meeting to learn about the plan to test drinking water from wells within designated areas near the base related to potential impacts from per- and polyfluoroalkyl substances (PFAS). The Navy historically used fire-fighting foam contain-

ing PFAS in response to crashes, equipment testing, and training activities at NAS Jacksonville.

The meeting format will include informational displays along with representatives from the Navy, the U.S. Environmental Protection Agency, JEA, and the Florida Department of Health.

You are encouraged to attend, at your convenience, anytime between the hours listed above.

For additional information regarding the meeting, you may visit the public web site at [https://www.cnicy.navy.mil/regions/cnrse/installations/nas\\_jacksonville.html](https://www.cnicy.navy.mil/regions/cnrse/installations/nas_jacksonville.html).

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# THIS WEEK IN NAVY HISTORY

## From Staff

### Aug. 9

1815 - Capt. Stephen Decatur concludes treaty for U.S. with Tripoli.

1842 - Signing of Webster-Ashburton Treaty under which U.S. and Great Britain agreed to cooperate in suppressing the slave trade.

1865 - Return of Naval Academy to Annapolis after four years at Newport, R.I.

1919 - Construction of rigid airship ZR-1 (Shenandoah) authorized.

1941 - Atlantic Charter Conference is first meeting between President Roosevelt and Winston Churchill.

1942 - Battle of Savo Island begins, the first of many sea battles near Guadalcanal.

1945 - U.S. drops atomic bomb - armed by Navy weaponeer - on Nagasaki, Japan.

1949 - First use of pilot-ejection seat for emergency escape in U.S. made by Lt. Jack Fruin of VF-171 near Walterboro, S.C.

### Aug. 10

1916 - First naval production contract for N-9 amphibious aircraft.

1921 - General Order establishes the Bureau of Aeronautics under Rear Adm. William Moffett.

1944 - Guam secured by U.S. forces.

1964 - Signing of Gulf of Tonkin Resolution that is used as the starting point of the Vietnam Conflict.

### Aug. 11

1812 - Frigate USS Constitution captures and destroys brig Lady Warren.

1877 - Professor Asaph Hall of Naval Observatory discovers first of two satel-

lites of Mars. He found the second one within a week.

1921 - Carrier arresting gear first tested at Hampton Roads, Va.

1960 - USNS Longview, using Navy helicopters and frogmen, recovers a Discover satellite capsule after 17 orbits. This is first recovery of U.S. satellite from orbit.

### Aug. 12

1812 - Frigate USS Constitution captures and destroys British brig Adeona.

1918 - SECNAV approves acceptance of women as yeoman (F) in U.S. Navy.

1942 - Light cruiser USS Cleveland (CL-55) demonstrates effectiveness of radio-proximity fuze (VT-fuze) against aircraft by successfully destroying three drones with proximity bursts fired by her five-inch guns.

1944 - Lt. Joseph P. Kennedy Jr., USNR, the older brother of John F. Kennedy, was killed with his co-pilot in a mid-air explosion after taking off from England in a PB4Y from Special Attack Unit One (SAU-1). Following manual takeoff, they were supposed to parachute out over the English Channel while the radio-controlled explosive filled drone proceeded to attack a German V-2 missile-launching site. Possible causes include faulty wiring or FM signals from a nearby transmitter.

1957 - In first test of Automatic Carrier Landing System, Lt. Cmdr. Don Walker lands on USS Antietam (CV-36).

1958 - USS Nautilus (SSN-571) arrives Portland, England completing first submerged under ice cruise from Pacific to Atlantic Oceans.

### Aug. 13

1777 - American explosive device



U.S. Navy photo

The unarmed Lockheed EC-121 Warning Star was an airborne early warning radar surveillance aircraft flown by the U.S. Navy and Air Force from 1954 to 1978. During the Vietnam War, EC-121 aircraft aided in downing enemy planes, directed U.S. aircraft to aerial refueling tankers, and guided rescue planes to downed pilots. With a range of 4,000 miles, it provided early warning by detecting and tracking enemy aircraft with the electronic gear in the radomes above and below its fuselage. The typical crew consisted of six officers and 11 enlisted.

made by David Bushnell explodes near British vessel off New London, Conn.

1846 - Joint expedition led by Cmdr. Robert Stockton seizes Los Angeles, Calif.

1870 - Armed tug Palos becomes first U.S. Navy ship to transit Suez Canal

### Aug. 14

1813 - HMS Pelican captures USS Argus.

1886 - SECNAV establishes Naval Gun Factory at Washington Navy Yard.

1945 - Japan agrees to surrender; last Japanese ships sunk in World War II.

### Aug. 15

1845 - U.S. Naval Academy established at Annapolis, Md. on former site of Fort Severn.

1895 - Commissioning of USS Texas, the first American steel-hulled battleship. Texas served off Cuba during the Spanish-American War and took part in the naval battle of Santiago. Under the name of San Marcos, she was sunk in weapon-effects tests in Chesapeake Bay in 1911. Her hulk continued in use as a gunnery target through World War II.

1908 - First Navy post offices established in Navy ships.

1944 - Operation Dragoon, Allied invasion of Southern France 1953 - First naval officer appointed Chairman, Joints Chiefs of Staff, Adm. William Radford.

1958 - USS Lexington (CVA-16) arrives in vicinity of Taiwan.

# Connect with your Fleet and Family Support Center

## From the FFSC

In addition to providing information and referral, the Naval Air Station Jacksonville Fleet and Family Support Center (FFSC) provides an array of services to support military families.

Work and Family Life programs directly support mission readiness by preparing service members and their families for the physical, emotional, interpersonal and logistical demands of

the military lifestyle.

Counseling, Advocacy and Prevention programs provide individual, group and family counseling, victim intervention and related prevention education and awareness programs.

Sexual Assault Prevention and Response Program provides sexual assault awareness and prevention education, victim advocacy, response coordination, case management and incident data collection to active-duty

personnel, adult family members and commands.

Navy Gold Star Program is the Navy's official program for providing long-term non-medical case management, information and referral, education, recognition and support services to surviving families of service members who pass while on active duty.

Exceptional Family Member Program provides non-medical case management, links families with available

military, national and local community resources.

For access to services at the FFSC, call 542-5745, the counseling appointment line at (866) 293-2776 or email [jax\\_nas\\_ffsc\\_connect@navy.mil](mailto:jax_nas_ffsc_connect@navy.mil).

The hours of operation are Monday through Thursday from 7:30 a.m. to 4 p.m. and Friday from 7:30 a.m. to 3 p.m. To stay updated on events and activities, follow on Facebook at <https://www.facebook.com/FFSCNASJAX/>.

# Navy releases 2018 Personal and Professional Choices Survey results

## From Chief of Naval Personnel Public Affairs

The 2018 Personal and Professional Choices Survey results were released by the Chief of Naval Personnel's office of inclusion and diversity July 25.

The biennial Personal and Professional Choices Survey, formerly named the Pregnancy and Parenthood Survey, provides leadership with information from Sailors on retention, work/life balance, family planning, childcare, pregnancy and other related issues.

The data gathered from the survey helps Navy track the trends and impact of personnel policies, not only on individual Sailors and their families, but also on Navy readiness.

Both men and women were surveyed to gather their opinions and concerns on Navy life and family issues. Survey results show reasons for staying or leaving the Navy were similar for both women and men.

The 2018 survey was sent to a randomly selected group of 29,103 women and 49,800 men on active duty, representing 48 percent and 19 percent of the active duty force, respectively. The survey produced 12,682 useable responses, with a 16 percent response rate and a margin of error of plus or minus 1 percentage point.

Some of the key takeaways from participants of the 2018 survey include:

- Men and women have similar influencers to stay Navy, including job security/stability, pay/benefits, retirement and service to nation. Men and women have similar influencers to leave the service as well, including family impact, work/life balance and schedule predictability.

- Men and women find it difficult to balance a Navy career with a personal life, and policies intended to improve life/work balance need to be directed to all Sailors. Forty-five percent of unmarried men and 52 percent of unmarried women report being in the Navy has reduced the likelihood that they will get married, while 41 percent of men without children and 49 percent of women without children report that being in the Navy has reduced the likelihood that they will have or adopt children.

- Experiences and perceptions vary widely between men and women, and parents and non-parents. 55 percent of women think having children negatively impacts the careers of women, compared to only 26 percent of men.

- Women in the Navy are less likely than men to be married or have children. Of Sailors who are married, women are more likely to be in a dual-military relationship.

- Approximately 9 percent of women in the Navy are pregnant at any point in time, and 17 percent of women had a pregnancy in the past year. Approximately 76 percent of female officer and 47 percent of female enlisted pregnancies are planned.

- Although 25 percent of women were attached to a deployable unit when they found out they were pregnant, only 15 percent of these women were actually deployed at the time.

- Fifty-one percent of women who were transferred to a new command due to pregnancy felt valued by their new command, but only 34 percent were transferred to a career-enhancing position.

- The percentage of single parents in the Navy is increasing (10 percent of

women and 1 percent of men), indicating that the Navy is becoming more single-parent friendly.

- Women are more likely than men to embark on the adoption process without a partner and more likely to not complete the process due to work-related factors.

- Women are significantly less likely than their male peers to have children. The percentage of men and women in the Navy who are parents is relatively similar through age 28 (32 percent), at which time the percentage of female parents begins to significantly lag behind the percentage of male parents. Women's parenthood rates later increase between the ages of 33 to 35 to 68 percent, compared to 75 percent for men of the same age.

- While most Sailors think Navy provides adequate information on how to access birth control, only 44 percent think there is enough information on birth control side effects and 36 percent think there is enough information on how to access emergency contraception.

- Of women who use birth control, 89 percent received enough to last the entire length of their most recent deployment, a slight increase from the 2016 survey.

- Although most women (54 percent) are satisfied with the quality of military OB/GYN care, only 48 percent report having easy access to OB/GYN care regardless of duty station, and only 22 percent have easy access while on shore duty.

- While 61 percent of Sailors report hearing their command's leaders talk about work/life balance, only 47 percent see their command's leaders dem-

onstrate work/life balance.

A summary of the survey can be found at <http://www.public.navy.mil/bupers-npc/support/inclusion/Pages/Resources.aspx>.

## Web based field language test appointments available for Portuguese-Brazilian and Indonesian

### From Staff

The Department of Defense is seeking U.S. Navy personnel with Portuguese-Brazilian or Indonesian linguist skills to participate in the Web Based Field Test [WBFT], to contribute with the revision of these Defense Language Proficiency Test.

When applying for a WBFT, please annotate WBFT in the comments block.

Deadline for WBFT participation is Oct. 25. Tests are administered at your base Navy Language Testing Office.

Test appointments are accepted through <https://www.mnp.navy.mil/group/information-warfare-training/n-dfltp>.

For more language testing information, please contact:

CIWT\_CRRY\_Lang\_Testing\_Pensacola@navy.mil.



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# REBUILDING HORNETS

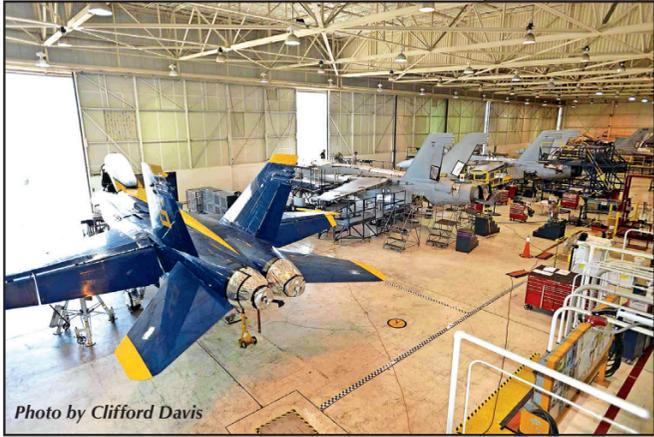


Photo by Clifford Davis

Fleet Readiness Center Southeast sheet metal mechanics Benjamin Meehan (left), and Thomas Smith prepare to seal an access panel on an F/A-18E Super Hornet at Cecil Commerce Center.

Members of the Fleet Readiness Center Southeast (FRCSE) team at Cecil Commerce Center are making a big contribution to the fleet through their work on the F/A-18E/F Super Hornet. The artisans are also repairing a Blue Angel F/A-18C Hornet that had a bird strike in Vero Beach April 21. A view of an FRCSE hangar at Cecil Commerce Center on July 30 includes the Blue Angel F/A-18C Hornet (left), and three F/A-18 Super Hornets.

Photos by Victor Pitts

Fleet Readiness Center Southeast sheet metal mechanics Matthew Moquin (left), and Richard Shultz perform maintenance on an F/A-18E Super Hornet July 30 at Cecil Commerce Center.

# VP-26 'Tridents' complete AMI

From VP-26 Public Affairs

Patrol Squadron (VP) 26, the "Tridents," completed the Commander, Naval Air Forces (COMNAVAIRFOR) Aviation Maintenance Inspection (AMI) Aug. 3.

The completion of AMI qualifies Trident maintenance to operate independently on deployment and is the second to last inspection that the Tridents must complete before they leave.

AMI is conducted by inspectors from Naval Air Forces and covered 39 of the squadron's maintenance programs. It consisted of five drills, including a missing tool drill and an emergency reclamation drill, and 50 practicals, which covered a broad spectrum of day-to-day maintenance activities.

"This is an all hands on deck effort," said Lt. Cmdr. Rick Dorsey, the VP-26 maintenance officer.

"Everyone contributes to the success of this inspection and it takes a lot of time, training and muscle memory to make this successful. Its completion is a direct reflection of the attention to detail and professionalism of all the Sailors in the Trident Maintenance Department."

The completion of AMI is a major milestone for Trident maintenance as it is the last of two major maintenance inspections in the Fleet Readiness Training Program (FTRP) that the squadron must complete before deployment.

The next and final step for the VP-26 Maintenance Department is the Maritime Patrol and Reconnaissance Wing (CPRW) 11 Material Control Inspection, where inspectors from the CPRW-11 will come and inspect the overall condition of the Trident aircraft in preparation for deployment.



Courtesy photo

Cmdr. Michael Haymon (left), commanding officer of Patrol Squadron (VP) 26, the "Tridents" shakes hands with inspectors from Commander, Naval Air Forces after VP-26's successful completion of the Aviation Maintenance Inspection (AMI). The completion of AMI qualifies Trident maintenance to operate independently on deployment.

The Tridents are homeported on Naval Air Station Jacksonville and are currently executing the FTRP in preparation for their upcoming deployment.



Courtesy photo

Sailors from Patrol Squadron (VP) 26 give a tour of a P-8A Poseidon to a group of midshipmen. The midshipmen, from ROTC units across the United States, participated in the static display as part of the aviation week during their four week Career Orientation Training.

# VP-26 conducts static display for ROTC midshipmen

From VP-26 Public Affairs

Eight Sailors from Patrol Squadron (VP) 26, the "Tridents," conducted a static display for 80 Reserve Officer Training Corps (ROTC) midshipmen, Jul. 20, on Naval Air Station Norfolk.

The ROTC midshipmen, from colleges and universities across the United States, attended the static display as part of the aviation week during their four week Career Orientation Training (CORTRAMID).

The Trident aircrew introduced the midshipmen to the P-8A Poseidon aircraft, allowed them to tour the plane and gave them a rundown of its different mission types and systems. The Tridents also gave them the opportunity to ask questions about not just the P-8, but also Naval Aviation in general, training pipelines and the differences between Naval Aviation platforms.

The static display marked the end of CORTRAMID's aviation week which also included a familiarization flight in a T-34C Turbo Mentor and introduced the midshipmen to other Naval Aviation platforms such as the SH-60R Sea Hawk.

# PATHFINDER

From Page 1

men and women and that reputation to now help them at the final stage of their transition," said USO Executive Director Mike O'Brien.

"We like to say that from the day they enlist to the day that they find their next career, the USO is always by their side."

The USO Pathfinder will be located inside the VyStar Credit Union building in building 39 on base.

"[The USO] was looking for a place on a base," said VyStar Credit Union Vice President Brad Smith.

"The bases were pretty much full as what the DoD could provide, but with the history of our company here on base, it just seemed like a natural partnership that we could help them with."

When a service member or military family member visits a USO transition site, a professional scout will assist them with services to help in their reintegration to the civilian workforce.

These services include education, employment skills and training - to name a few. The scout will then help the individual establish an action plan that will provide a roadmap to accomplishing tasks in each area of assistance.

"The scouts will be the individuals who work one-on-one with the [service members] and their spouses to build a relationship to find out where they are in the process," O'Brien said.

"We work one year pre separation and one year post separation. There is a whole lifestyle approach. Financial readiness is critical - VA benefits, health and wellness, housing, etc. It's not just the job. It's also all the factors of

preparing for life once they hang up the uniform."

VyStar Credit Union will also be providing much of the expertise to assist military members.

"VyStar and our other partners will be providing the expertise," O'Brien said.

"Our USO doesn't necessarily have the expertise in things like financial readiness. VyStar is a perfect partner to deliver that presentation to our [service members]."

The financial counseling offered by VyStar is not only open to active duty service members, but it also extends to anyone working on NAS Jacksonville.

"Our certified financial counselor serves not only for our members of VyStar, it serves anybody on the base who works as a contractor, civil servant, active duty or their families." Smith said.

"If they have any financial counseling needs, they can come to our financial counselor here that's on our staff full time anytime we are open."

The Public Works department and Naval Facilities Engineering Command (NAVFAC) played a large role in allowing the USO Pathfinders facility to be built in VyStar.

"I just want to pass along a great thank you to the base, Naval Facilities and all those who helped bring it to where it is now," Smith said.

An official ribbon cutting ceremony will be held Sept. 13 at 11 a.m. to celebrate the opening of USO Pathfinders at NAS Jacksonville.

"The big carrot at the end of the road is finding that next career," O'Brien said.

"It's also about building that relationship with the scouts and the [service members] and spouses."

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# NAS JAX JUNIOR GOLF CAMPS

Campers ages 6-10 years swing away on the Naval Air Station Jacksonville driving range for the Junior Golf Camp June 27.



Junior golfers pick up balls after practicing their putting.



Junior Golf Clinic participant Will Buzby works on his driving skills on the fourth day of the clinic.



Junior Golf Clinic participants watch a ball land on the driving range at the Naval Air Station Jacksonville Golf Course.



Assistant Golf Professional Angello Collins instructs a group of kids on the driving range for the Junior Golf Camp June 27 at the Naval Air Station Jacksonville Golf Course.



A Naval Air Station Jacksonville Junior Golf Clinic participant lines up a putt on the first day. Different skills are stressed each day of the clinic.

*Photo by Julie M. Lucas and Demi M. Cruz*



A Naval Air Station Jacksonville Junior Golf Clinic participant looks for his ball after a swing.

Madilyn Willingham volunteers to show proper stance throughout a golf swing.



Addison McCollough practices holding her final swing position under the watchful eye of Assistant Golf Professional Angello Collins for the Junior Golf Camp.



Naval Air Station Jacksonville Golf Course Pro Angello Collins gives instructions to junior golfers during the first day of the clinic July 9. Numerous clinics for different ages groups and skill levels are offered throughout the summer.



Grace Bondy works on her chipping to the green during the Naval Air Station Jacksonville Junior Golf Camp July 12. This was Bondy's first golf clinic experience.



Patrick Hester, a Junior Golf Clinic participant, carefully lines up a putt during the first day of the clinic July 9.

## Kids have fun learning how to play golf at summer camp

By Demi M. Cruz

Summertime is not only meant for vacation. Kids also have an opportunity each summer to grow in skill, knowledge and ability at the Junior Golf Camps on the Naval Air Station Jacksonville (NAS Jax) Golf Course.

Assistant Golf Professional Angello Collins spent a total of nine years, with the past five being here at NAS Jax, teaching children and youth between the ages 6-17 the art of the game.

"We cover the basics. They're going to learn G.A.S.P (Grip, Aim, Stance and Posture)," Collins explained "That's the main core of everything. Along with that, they're going to learn putting, golf rules and they will even get some on-course experience to apply what they have learned throughout the week."

Collins personally understands the benefits of learning to play golf at an early age, having fallen in love with the game when he was 13-years-old. "Golf teaches kids mathematics, honesty and integrity. It's

the only sport where there are no officials, so you have to learn to be responsible enough to police yourself."

The weeklong camps run throughout the summer and are broken up by age group. Children and teens learn and practice Monday through Thursday, and then play the course on Friday, with an awards ceremony to celebrate their achievements.

Are you interested in learning more about golf? Lessons are available for all ages! For more information, call the NAS Jax Golf Course at (904) 542-3249.



Naval Air Station Jacksonville Golf Course Pro Angello Collins works with a junior golfer on his grip and stance.



Sierra Amescua (left) and Addison McCollough take turns putting during Junior Golf Camp June 27 at the Naval Air Station Jacksonville Golf Course.

Estimated Potential Range of *Aedes aegypti* in the United States, 2017



Estimated Potential Range of *Aedes albopictus* in the United States, 2017



## Integrated mosquito management for certain species

### From the Centers for Disease Control and Prevention

Local governments and mosquito control programs often use an integrated mosquito management (IMM) or integrated vector management (IVM) approach to control mosquitoes. IMM uses a combination of methods to prevent and control mosquitoes that spread viruses, like Zika, dengue, and chikungunya.

IMM uses methods to control mosquitoes based on an understanding of mosquito biology, the mosquito life cycle, and the way mosquitoes spread viruses to develop plans for controlling mosquitoes. IMM uses methods that, when followed correctly, are safe and have been scientifically proven to reduce mosquito populations.

Everyone can help control mosquitoes.

Professionals from local government departments or mosquito control districts develop mosquito control plans, perform tasks to control larvae and adult mosquitoes, and evaluate the effectiveness of actions taken.

You, your neighbors, and the community can also take steps to reduce mosquitoes in and around your home and in your neighborhood.

#### Conduct mosquito surveillance

Mosquito control plans include taking steps to control mosquito populations before people start getting sick with a virus spread by mosquitoes. Professionals need to understand what types and numbers of mosquitoes are in an area. In order to find out this information, mosquito control experts conduct surveillance.

Surveillance activities can include :

- Finding and monitoring places where adult mosquitoes lay eggs. The larvae that hatch from eggs are found in these same places.
- Tracking mosquito populations and the viruses they may be carrying.
- Determining if EPA-registered insecticides will be effective.

These activities help professionals determine if, when, and where control activities are needed to manage mosquito populations before people start getting sick.

If professionals discover that local mosquitoes are carrying viruses (like dengue, Zika, or others), they start implementing other activities identified in their mosquito control plans.

#### Remove places where mosquitoes lay eggs

Removing places where mosquitoes lay eggs is an important step. Mosquitoes lay eggs near water because larvae need water to survive.

Professionals and the public can remove standing water to reduce mosquito larvae before they become adult flying mosquitoes.

Professionals at local government agencies and mosquito control districts may collect and dispose of illegally

dumped tires, clean up and maintain public spaces like parks and greenways, and clean up illegal dumps and roadside trash.

You, your neighbors, and community can remove standing water. Once a week, items that hold water like tires, buckets, planters, toys, pools, birdbaths, flower pot saucers, and trash containers should be emptied and scrubbed, turned over, covered, or thrown away.

If needed, a community clean up event can be held to remove large items like tires that collect water.

#### Control larvae and pupae

Once mosquito eggs hatch, they become larvae and then pupae. Both larvae and pupae live in standing water. Dumping or removing standing water in and around your home is one way to control larvae. For standing water that cannot be dumped or drained, a larvicide can be used to kill larvae. Larvicides are products used to kill larvae before they become biting adults.

The public and professionals can use US Environmental Protection Agency (EPA)-registered larvicides according to label instructions.

Professionals treat water-holding structures and containers in public places, like storm drains or urns in cemeteries. They may also treat standing water on private property as part of a neighborhood cleanup campaign.

People can treat fountains, septic tanks, and pool covers that hold water with larvicides.

Controlling larvae and pupae before they become adults can minimize widespread use of insecticides that kill adult mosquitoes

#### Control adult mosquitoes

Adult mosquitoes can spread viruses (like dengue, Zika, or others) that make you sick. When surveillance activities show that adult mosquito populations are increasing or that they are spreading viruses, professionals may decide to apply adulticides to kill adult mosquitoes.

Adulticides help to reduce the number of mosquitoes in an area and reduce the risk that people will get sick. The public and professionals can use US Environmental Protection Agency (EPA)-registered adulticides according to label instructions.

If mosquitoes are spreading viruses over larger areas, professionals spray adulticides by using backpack sprayers, trucks, or airplanes

People can buy adulticides and use them inside and outside their homes.

#### Monitor control programs

To make sure that mosquito control activities are working, professionals monitor the effectiveness of their efforts to control both larvae and adult mosquitoes. For example, if an insecticide did not work as well as predicted, professionals may conduct additional studies on insecticide resistance or evaluate the equipment used to apply insecticides.

## FLORIDA FIRST LADY VISITS NAS JAX



Photos by Kaylee LaRocque

Florida First Lady Ann Scott (center), meets with Naval Air Station Jacksonville (NAS Jax) Commanding Officer Capt. Michael Connor and members of the NAS Jax Fleet and Family Support Center staff during her visit to the station July 31. The team discussed some of the many services the FFSC provides including new parent support; counseling, suicide prevention, family employment readiness, transition assistance, Ombudsmen Program, Gold Star Program, financial counseling and the Exceptional Family Member Program.



Florida First Lady Ann Scott reads the book, "Dragons Love Tacos" by Adam Rubin to children at the Naval Air Station Jacksonville Child Development Center July 31. Scott visited the center as part of her initiative to promote reading literacy to Florida children. Following the reading session, she presented several books to classroom teachers and was given a poster created by the children. Scott also toured the center to learn about what childcare services are provided to Navy families here.

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### Mosquito Control: What You Need to Know About Using Adulticides

An adulticide is a type of insecticide used to kill adult mosquitoes that spread viruses like West Nile or Zika. Adulticides may be applied by a mosquito control program, a licensed pest control professional, or as a do-it-yourself application. Adulticides can be used indoors or outdoors. Some adulticides kill adult mosquitoes immediately and some continue to kill mosquitoes over longer periods of time. When used according to product label instructions, adulticides do not harm people, pets, or the environment.

#### Select an adulticide

Mosquito adulticides come in different forms. Products are sold for indoor or outdoor use. Check the label instructions before using a product.

- Coils
- Foggers
- Sprays or aerosols

#### Apply adulticides where mosquitoes rest

- **Outdoors:** Mosquitoes rest under plants, in dense brush or tall grasses, and the undersides of leaves on trees and bushes. They can also rest under the eaves on buildings, under decks and porches, and in moist, shady areas.
- **Indoors:** Mosquitoes rest in dark, humid areas like under sinks or in closets, in the laundry room, and behind furniture.

#### When using adulticides

- Always follow the product label instructions.
- Do not apply more product than recommended or reapply more often than stated on product label instructions.
- Do not apply outside directly to fruits and vegetables in your garden or inside near food.
- Do not apply to plants in bloom or to plants that bees, butterflies, and other pollinators visit.
- Keep people and pets out of the treatment area until the product has dried, usually about an hour.

#### Prefer to hire a pest control professional?

Hire a pest control professional to treat your yard and outdoor areas. The National Pest Management Association offers tips on finding a pest control professional at <http://www.pestworld.org/pest-control-help/>.



An adulticide is sprayed to kill adult mosquitoes.

#### Information on Insecticides and Health:

- The US Environmental Protection Agency oversees the registration of these chemicals.
- The National Pesticide Information Center (NPIC) provides information online or through a toll-free number, 1-800-858-7378.

**If you are experiencing health problems for any reason, see your doctor or healthcare provider.**

### Mosquito Control: You Have Options.

Learn more: <http://www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home.html>



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention



Photo by MC2 Anna-Liesa Hussey  
Honduran Lt. Magno Henriquez (left), U.S. Navy Lt. Johnny Aviles (center), and Ecuadorian navy Lt. Diego Encalada (right) discuss logistics requirements for PANAMAX 2018.



ET2 Alvin Cintron and Brazilian Capt. Leandro Demitrio, the Maritime Operations Center director, work together in preparation for PANAMAX 2018. The exercise is focused on the security of the Panama Canal and stability within the U.S. Southern Command area of operations.

## PANAMAX

From Page 1

Belize, Brazil, Chile, Colombia, Costa Rica, Dominican Republic, El Salvador, Ecuador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru and Trinidad and Tobago. The exercise provides unique simulated training opportunities that incorporate scripted, event-driven scenarios to provide the maximum opportunity to improve interoperability. These simulated training scenarios address key aspects of multinational and combined operations such as technology standardization and common operating procedures.

## NHT

From Page 1

sisted of putting the aircrews into hypobaric chambers, where the pressure inside was lowered to mimic flying at high altitudes.

The pressure change was risky as it could result in ear and sinus damage, as well as decompression sickness. This type of training also restricted pilots from flying for at least 24 hours.

A later training device called the Reduced Oxygen Breathing Device (ROBD) was safer because there was no change in pressure.

However, the pilot or aircrew had to wear a mask for the training. This made it unrealistic for aircrew members who do not generally wear an oxygen mask while flying, such as P-8 pilots.

"We needed to find a way to get them to experience hypoxia without wearing a mask," said Lt. Cmdr. Phillip Dobbs, ASTC director.

"This new hypoxia trainer is going to allow people to come into a hypoxic environment, fly a simulator, or if they are a non-flying aircrew, they will perform aircrew equivalent tasks without their masks on, like they normally would."

NHT contains flight simulators for as many as four pilots and workstations for up to six non-pilot aircrew.

"Their heart rate and blood oxygen saturation levels are recorded in real time," Dobbs said.

"They are able to communicate with their instructor, who is outside the



Photo by Reggie Jarrett

Aviators from Patrol Squadron 30 participate in the first manned test of the Normobaric Hypoxia Trainer (NHT) at Aviation Survival Training Center Jacksonville July 25. NHT simulates flying at altitudes up to 25,000 feet.

chamber. Safety observers inside help them and provide assistance if needed."

Four cameras are also in the chamber sending a live feed to a monitoring station.

"When we want to get the air back to normal, we switch the computer to give them more oxygen," Dobbs said.

"In a worst-case scenario, we just open the doors and they walk outside and breathe normal air. There are so few safety hazards with this trainer; that is what makes it an elite training device."

The first test was a maximum capacity test with 10 students and two safety observers in the chamber. The second test was a minimum capacity test with one student and one observer. Each test took about 30 minutes to complete.

Cmdr. J.T. Morarend, a physiologist with Naval Aerospace Medical Institute at Pensacola, participated in both tests.

"I have done this type of training several times in my career, and this was a lot more realistic," he said, "and a lot more comfortable."

There is also no down time for

pilots, as they are able to fly immediately after the training. Personnel from NAWCTSD, who developed NHT, witnessed the tests.

"The tests went outstanding," said Lt. Cmdr. Marcus Gobrecht, integrated product team leader who helped to deliver and install the NHT.

"We met all of the metrics of our specifications."

The NHT took two months to install at ASTC and was about two years in development.

"Once it proves its capability, they will build seven more for the other survival training units," Dobbs said.

"They are supposed to be all online by September of next year."

Capt. B.L. Bohrer, of Naval Air Systems Command, which takes care of acquisitions for all airborne training systems for the Navy and the Marine Corps, also witnessed the tests.

"This is a monumental event," he said. "It is groundbreaking. No one else in the service branches are doing this."

ASTC is a division of the Naval Survival Training Institute (NSTI). NSTI and NAMI are detachments of Navy Medicine Operational Training Center (NMOTC), whose mission is to provide operational medical and aviation survival training.

NMOTC is part of the network of Navy medicine professionals who support Sailors and Marines worldwide, providing critical mission support aboard ships, in the air, under the sea, and on the battlefield.



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Photo by MC1(SW) Brian G. Reynolds

## COMMAND QUARTERS

A group of Naval Air Station Jacksonville (NAS Jax) Sailors and a civilian gather with command leadership following command quarters Aug. 2. From left, front row, NAS Jax Command Master Chief Jeffery Waters, Donnis Hinz (25 years of service), AC3 Peter Rosche (Navy and Marine Corps Commendation Medal), EN2 Ian James Castil (Flag Letter of Commendation (FLOC)), ABE3 Jamal Forkiner (FLOC) and NAS Jax Commanding Officer Capt. Michael Connor. Second row, from left, AC1 Jason Reed (FLOC), LS2 Cintia Chicon (Military Outstanding Volunteer Service Medal) and CS2 Travis Nardine (FLOC). Back row, from left, BM1 Stephan Marriott (FLOC), RP1 Brooks Kuhn (FLOC) and CSSN Jayla Green (FLOC).

# Navy fuels Army in joint exercise

By NAVSUP Fleet Logistics Center Jacksonville  
Office of Corporate Communications

Naval Supply Systems Command (NAVSUP) Fleet Logistics Center Jacksonville (FLCJ) and U.S. Army 61st Quartermaster Battalion conducted QLLEX (Quartermaster Liquid Logistics Exercise) at Defense Fuel Supply Point (DFSP) Jacksonville, 17-25 July.

QLLEX is an annual exercise for Army Reserve units to train for their wartime mission of providing petroleum and water to units worldwide. This year's exercise used Army convoys to transport fuel from DFSP Jacksonville to Naval Air Station (NAS) Jacksonville supporting the ongoing operations of twelve aviation squadrons focused on anti-submarine warfare.

"This exercise is a fantastic opportunity to train alongside the Army in executing a wartime mission," said Lt. Cmdr. Jason Monts, NAVSUP FLCJ fuels officer. "QLLEX tests critical skills for proper onload, control and delivery of fuel for the Army, while assessing our ability to provide fuel services throughout the Southeast region."

QLLEX began as the Petroleum Oil and Lubricant Exercise (POLEX), 32 years ago, with the initial focus on petroleum, oils, and lubricants. In 2004 it evolved into QLLEX, with a broader focus, becoming a multi-echelon, multi-component joint exercise. Today, QLLEX is a real-world test of Soldiers' and Sailors' skills in rapidly conducting fuel operations throughout the geographic region.

NAVSUP FLCJ fuel operators manned the pumps at the fueling station, filling tanker trucks and conducting safety training with the Soldiers.



Photo by Capt. John Strickland

Sailors from Naval Supply Systems Command Fleet Logistics Center Jacksonville and Soldiers from the U.S. Army's 61st Quartermaster Battalion conduct a Quartermaster Liquid Logistics Exercise at Naval Air Station Jacksonville, July 17-25.

Once fueled, the Soldiers transported the fuel to the aviation squadrons to support ongoing operations. During the exercise, more than half a million gallons of fuel was transported from the north side of Jacksonville to NAS Jacksonville via 133 Army truck deliveries.

"This training tested the FLCJs fuels teams' ability to support Army operations while affording Soldiers an opportunity to operate their equipment in support of a real-world mission," according to Chief Warrant Officer Norris Sherfield, 61st Quartermaster Battalion petroleum systems technician.



Courtesy photo

Members of the Unmanned Patrol Squadron 19 Sexual Assault Prevention Response (SAPR) Team gather to show their alliance of supporting this issue. (Front row, from left) IT2 Marlene Manning, IT1 Shonteka Durant, AWO2 Quentin Robinson, LaTresa Henderson, Naval Air Station Jacksonville SAPR victim advocate at the Fleet and Family Support Center, Jacqueline Morales, NAS Jax sexual assault response coordinator, YN2 Nakia Carter AZ2 Victoria Wilkinson and YNC Leydi Mendez. (Second row, from left) PS2 Luis Sifuentes, YN2 Bruce Norcise, IS2 Katalena Honeycutt, YN1 Thomas Gilbert, YN2 Olmar Aguilus and YN2 Alysa Lassiter.

# SAPR Spotlight

From the FFSC

The Sexual Assault Prevention and Response (SAPR) team at Unmanned Patrol Squadron (VUP) 19 is a committed group of Sailors. During Sexual Assault Awareness and Prevention Month they coordinated several events that yielded maximum participation at the command. Outside of the awareness activities during the month of April, personnel at VUP-19 are always seeking ways to prevent sexual assault or bring attention to sexual assault issues.

AZ2 Victoria Wilkinson recalls, "At my last command, I witnessed a sexual assault. I can still remember every detail. Becoming a victim advocate meant I could be whatever a victim may need during that time to help them get through the trauma. It is extremely important to me for the survivors to be heard, not judged and to exercise their rights."

AWO2 Quentin Robinson says he decided to become a victim advocate because sexual assault has affected some of his loved ones. "I want to take a stand and do what I can to help others in their time of need and help build the health and awareness of this horrible act that is affecting society."

"Victims are going through a time where support and comfort are crucial in healing and allowing them to move forward with a positive outlook," said IS2 Katalena Honeycutt. "I wanted to have a role in ensur-

ing the victim that any support or comfort needed would be provided."

IT1 Shonteka Durant added, "I've always felt my calling is to uplift, encourage, and just be that support system that someone may not have. I just knew that the program was a way to fulfill my purpose. Not only that, but to also gain more knowledge on a subject that I wasn't totally familiar with."

If you have been affected by a sexual assault, contact the DOD SAFE Helpline at 1-877-995-5247 or the 24/7 SAPR victim advocate at (904) 910-9075.

If you are interested in becoming a SAPR victim advocate, please contact the Fleet and Family Support Center at (904) 542-5745 or email [jax\\_nas\\_ffsc\\_connect@navy.mil](mailto:jax_nas_ffsc_connect@navy.mil).



AT2(AW) Savanna Murray

# Tiger of the Month

By CMDCM (AW/SW) Timothy D. Hardin

Name: AT2(AW) Savanna Murray  
Command: Patrol Squadron 8  
Job: AT Shop Day shift supervisor  
Age: 27  
Hometown: Jesup, Georgia  
Favorite Hobby: Reading  
Hero: Mom

Best Piece Of Advice Received: Always do your best no matter what situation arises Goal For Navy: To constantly pass on knowledge and train my replacement

How Has The Navy Improved Your Life?: The Navy has given me the tools for success along with financial stability.

This Sailor was our Tiger of the Month for her hard work and ability to help all Sailors.

# Sailor in the Spotlight

By Staff

This week's Naval Air Station Jacksonville (NAS Jax) Sailor in the Spotlight is ABE3 Jamal Forkiner. Forkiner was named Junior Sailor of the Third Quarter for fiscal year 2018. He currently works at air operations in the arresting gear division.

A native of Baltimore, Maryland, Forkiner joined the Navy five years ago because he wanted a better life.

"I wanted to be better than a product of my environment," Forkiner said. "I wouldn't have met my wife and had two beautiful children if I hadn't joined."

Forkiner said his favorite duty station is NAS Jax. He says his proudest accomplishment is fighting a fire while stationed aboard USSTheodore Roosevelt in July 2016.

Outside of the Navy, Forkiner volunteers at the Sulzbacher Center, preparing food and helping feed local homeless. He will soon start an Emergency Medical Technician program and is hoping to make the Navy a career. His words of advice for those going up for a board is to "have confidence, get your uniform squared away and have a fresh haircut!"



ABE3 Jamal Forkiner

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# NH JAX APPRECIATES JUNIOR RED CROSS VOLS

Capt. Matthew Case (left), Naval Hospital (NH) Jacksonville commanding officer, Command Master Chief Lewis Jackson, and NH Jacksonville's Red Cross Chairman Mary Miciano (right) stand with NH Jacksonville Red Cross and Junior Red Cross volunteers during an appreciation event at the hospital July 27. NH Jacksonville's Junior Red Cross program presents an opportunity for students interested in health care careers to work each summer with highly-skilled Navy medicine professionals.



Photo by Yan Kennon



Photos by Yan Kennon

# NH JAX CELEBRATES WORLD BREASTFEEDING WEEK

Alisa Davis (right) and Lt. Alexis McDermott, along with other Naval Hospital (NH) Jacksonville Baby Friendly Initiative Committee members, cut a ceremonial cake at the hospital Aug. 3, in recognition of World Breastfeeding Week Aug. 1-7. NH Jacksonville held its inaugural "Latch On" event for breastfeeding and pumping mothers, their partners and family, and those who support women feeding their babies. NH Jacksonville was the first hospital on Florida's First Coast certified "Baby Friendly" by World Health Organization and United Nations Children's Fund.



Photo by Yan Kennon

# MSC'S 71ST BIRTHDAY

Capt. Matthew Case (right), Naval Hospital Jacksonville commanding officer, and Ensign Reiner Cubelo, the hospital's laboratory division officer, represent the hospital's most senior and junior Medical Service Corps officers during a ceremonial cake cutting Aug. 3 to celebrate the Navy's Medical Service Corps' 71st birthday. Since its establishment on Aug. 4, 1947, the Medical Service Corps has played a vital role in carrying out the mission of Navy Medicine. The Medical Service Corps has grown from 251 plank owners to the most diverse Corps in Navy Medicine.



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# Ready player one: Video games and the Navy future force

By Warren Duffie Jr.  
Office of Naval Research

Can computer games help U.S. Navy recruits find military jobs they'll enjoy and turn into long-term careers?

To find out, the Office of Naval Research (ONR) is sponsoring Navy Life, an online platform of Navy-themed games and simulations.

Navy Life matches potential recruits to enlisted jobs according to their skills, abilities and, most important, interests—thereby increasing recruitment and encouraging Sailors to consider long-term naval careers.

Navy Life also presents a realistic look at the service's career development path.

"It costs a lot of money to put one recruit through basic training and technical schooling, so the Navy doesn't want to lose that investment early," said Dr. Ray Perez, a program officer in ONR's Warfighter

Performance Department. "With Navy Life, the service can improve recruiting, increase training efficiency, reduce Sailor attrition and enhance fleet performance."

Navy recruits currently determine their career paths via two tools—the Armed Services Vocational Aptitude Battery (ASVAB) and the Job Opportunities in the Navy (JOIN).

The ASVAB is a timed, multiple-choice test, given in either computer or written form, that covers topics like science and mathematics, word knowledge and paragraph comprehension, and electronics and mechanical knowledge. ASVAB scores determine jobs for which recruits qualify.

Along with ASVAB scores, JOIN is an online instrument that measures interest in Navy jobs and plays an important role in assignments.

The creators of Navy Life designed it to complement

both the ASVAB and JOIN. When potential recruits first visit Navy Life, which could be linked to the service's main recruitment website, they'll see a list of Navy enlisted jobs and can indicate which ones interest them.

They'll then play a video game consisting of a 3D simulation of a Navy ship's interior. Assigned the role of damage controlman—a maintenance and emergency repair specialist—players must take command of the virtual vessel, extinguish multiple fires and floods spreading throughout the ship, ensure the safety of Sailors on board, and make necessary equipment repairs.

As players navigate these challenges, Navy Life's sophisticated software algorithms measure participants' situational awareness and reactions to evolving threats, how they prioritize tasks, their decision-making capabilities, and how quickly they complete

the game. Despite its maintenance focus, the 3D game also is effective in assessing the skills of those interested in non-mechanical career fields like communications or health care.

Afterward, players are shown Navy jobs for which they qualify, based on their game performance.

Choosing an occupation will cause a computer-generated avatar (perhaps a Navy master chief) to appear and describe that particular career—including required technical training, duty stations, combat deployments and civilian job equivalents.

If players are still interested, they can provide their contact information for recruiters.

Other Navy Life research partners include the Office of the Deputy Chief of Naval Operations for Manpower, Personnel, Training and Education—and the National Center for Research on

Evaluation, Standards and Student Testing (CRESST), located at the University of California, Los Angeles.

"Navy Life will make the recruiting process more engaging, especially for high school and college students," said Dr. Eva Baker, CRESST director.

"It blends Millennials' [born between 1981 and 1996] and Generation Z's [born after 1996] interest in technology with immersive, game-based selection and assessment tools."

Baker's team will have a Navy Life prototype ready for testing at CRESST and various military recruiting centers by the end of 2018. They later hope to expand the damage controlman game with scenarios featuring other Navy jobs.

Warren Duffie Jr. is a contractor for ONR Corporate Strategic Communications.

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy).



Courtesy photo

## NAS JAX RACQUETBALL KING!

AWF1 Shawn Lawson, of Fleet Logistics Support Squadron 62, won the Naval Air Station Jacksonville 2018 Captain's Cup Summer Racquetball Championship July 26. There were 10 players in the tournament that ran from July 23-26. Lawson won all four of his matches to win the tournament.

## BEAN BAG TOSS CHAMPS

AWRC John Sigman (left) and Lt. j.g. Timothy Dickhaus, of Helicopter Maritime Strike Squadron 70, won the 2018 Captain's Cup Bean Bag Toss Doubles Tournament July 30. There were 15 teams in the one-day tournament at the Pavilion behind the Fitness Center. Sigman and Dickhaus defeated four opponents on their way to winning the tournament.



Courtesy photo

## NAS JAX SPORTS

### Indoor Volleyball 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 Tuesdays and Thursdays at lunchtime. Call 542-2930 to sign up your league.

### Intramural Fall Softball League meeting – Aug. 15

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 base gym, Bldg. 614 in the second floor classroom outside the women's locker room at 11:30 a.m. The games are played in the evenings on Tuesdays and Thursdays.

### Women's Softball Fall League meeting - Aug. 15

The league is open to active duty, selective reservists, DOD civilians, DOD contractors, dependents (18 and older) at NAS Jacksonville and retirees. The meeting will be held at the base gym, Bldg. 614 in the second floor classroom outside the women's locker room at Noon. The games are played in the evenings on Tuesdays and Thursdays.

### 7-on-7 Flag Football League meeting – Aug. 22

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 Mondays and Wednesdays in the evenings. The meeting will be held at the base gym, Bldg. 614 in the second floor classroom outside the women's locker room at 11:30 a.m.

### Ultimate Frisbee League meeting – Aug. 29

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 Tuesdays and Thursdays in the evenings. The meeting will be held at the base gym, Bldg. 614 in the second floor classroom outside the women's locker room at 11:30 a.m.

Commands having their athletic officer or designated representative attending these meetings will receive five captain's cup points. All interested personnel should attend to discuss rules and to get the required paperwork to join the leagues.

### 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 about any of the sports articles, call Bill Bonser at 542-2930/3239 or e-mail [bill.bonser@navy.mil](mailto:bill.bonser@navy.mil). Visit the MWR website at [www.cnic.navy.mil](http://www.cnic.navy.mil) or [www.facebook.com/nasjaxmwr](http://www.facebook.com/nasjaxmwr).**

## STANDINGS

### AS OF AUG. 3

#### Badminton Singles

Player	Wins	Losses
VAZQUEZ	6	0
GARSKE	4	1
GRIMES	3	1
TENCHAVEZ	3	1
BONSER	3	3
GOSWAMI	3	3
BROWN	2	2
KNIGHT	2	2
NEUDIGATE	2	2
YUNOS	2	2
CANAS	2	3
FOSTER	1	3

HARTONG	1	4
GILES	0	5

### Intramural Summer Basketball Final

Team	Wins	Losses
NAVHOSP	10	0
VR-58/VR-62	7	3
VP-62/NAVSUP FLCJ	7	3
AIR OPS	7	3
NMC/NAVY RESERVE	5	5
VP-16	5	5
FRCE Gold	4	6
VP-8 Toon Squad	4	6
TPU/PCF/ASD	4	6
VP-30	1	9

### Summer Golf

Teams	Wins	Losses
GEMD	6	1
HSM-70 Team 1	6	1
NCTL	4	3
NMCLant Chicken Nuggets	4	3
CNATTU	3	4
HSM-70 Team 2	3	4
VP-62 Tweet Tweet	3	4
FACSFAC	2	5
VP-8	1	6
TPU/PCF	0	7

### Wallyball

Team	Wins	Losses
TPU/PCF Ugly but effective	4	0
TPU/PCF El Guapo	3	1
NAVFAC Gold	2	2
NAVFAC Navfacers	2	2
NAVFAC Red	1	3
TPU/PCF Misfits	0	4

IMPORTANT NOTICE!  
**The Retiree Vision and Dental Benefit TAKE COMMAND**

The current TRICARE Retiree Dental Program will end  
**DEC. 31, 2018.**

During the 2018 Open Season, you can enroll in the Office of Personnel Management's (OPM) Federal Dental and Vision Insurance Program (FEDVIP) for dental benefits in 2019. Also, for the first time, most military retirees and their family members who are enrolled in a TRICARE health plan will have the option to enroll in vision benefits through FEDVIP.



#### Dental care improves oral health.

Given increasing connections between oral and overall health, dental coverage is critical.



#### Most adults need vision correction.

Approximately 66% of Americans age 18 and over report using glasses, contacts or both.

#### 2019 FEDVIP Dental Plans:

Aetna Dental  
Delta Dental  
Dominion Dental  
EmblemHealth  
FEP BlueDental  
GEHA  
Humana  
MetLife  
Triple-S Salud  
United Concordia Dental

#### 2019 FEDVIP Vision Plans:

Aetna Vision  
FEP BlueVision  
UnitedHealthcare Vision  
Vision Service Plan (VSP)

Note: Plan details and rates for the 2019 plan year will be available in fall 2018.

#### Important Dates

You don't need to take action now. But, to prevent a gap in dental coverage when your TRDP plan ends, you must select and enroll in a FEDVIP dental plan during the next Federal Benefits Open Season.



Fall 2018  
2019 FEDVIP plan rates are available



Nov. 12–Dec 10, 2018  
Federal Benefits Open Season for FEDVIP



Jan. 1, 2019  
2019 FEDVIP plan year begins

For more information, visit [TRICARE.benefeds.com](http://TRICARE.benefeds.com).

**75th ANNIVERSARY TOURNAMENT**

**AUGUST 17TH**  
NAS JAX GOLF COURSE

**10 AM** | **\$75**  
SHOTGUN | PER PERSON

**FORMAT**  
3 PERSON SCRAMBLE  
TROPHIES AWARDED TO THE 1ST PLACE TEAM

**FREEBIES**  
FOOD FOLLOWING PLAY  
ONE COMPLIMENTARY ROUND  
SOUVENIR TEE GIFT

**MWR GOLF** | **NAVYMWRJACKSONVILLE.COM**  
For more information or to register, call the Pro Shop at (904) 542-3249.



**Get Connected with MWR**  
 navymwrjacksonville.com  
 facebook.com/nasjaxmwr  
 twitter.com/nasjaxmwr  
 instagram.com/nasjaxmwr  
 For specific questions, email MWR Marketing at nasjaxmwr@navy.mil

## Community Recreation

**Call 542-3227**  
**Whitewater Rafting Trip**  
 Aug. 10 – 12  
 Take a trip with Community Recreation and the Liberty Center to Chattanooga, Tennessee. The cost is \$199 through Community Recreation and \$130 through the Liberty Center (E1-E6 Single Service Members Only). The cost includes transportation, lodging for two nights at double occupancy and a half day whitewater rafting excursion on the Ococee River.  
**Paint Night**  
 Aug. 21, 7 – 9 p.m. at Dewey's  
 Open to ages 18 and older. The cost is \$25 per person, covering all supplies and one soda, beer or wine per person. Spots limited! Purchase tickets online or from Community Recreation in Bldg. 622 today. Food & beverages available for purchase. No outside food or beverage.  
**80s Murder Mystery Dinner**  
 Aug. 25, 6 – 9 p.m. at Dewey's  
 Grab your most righteous '80s concert gear & solve a crime with your friends. Tickets are \$15 per person & include a buffet dinner. A cash bar will be available. Purchase tickets online, from Community Recreation in Bldg. 622, or the Tickets & Travel Office. The free option available does not include dinner.

## 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**  
**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.  
**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**  
**80 Days of Summer**  
 Win prizes all summer long when you visit NAS Freedom Lanes now through Sept. 2. The more games you bowl, the more chances you have to win! Youth 17 & under bowl free game each day until 5 p.m.  
**Monday:** \$7 All you can bowl, 4–6 p.m.  
**Wednesday:** \$8.95 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.  
**Winter Bowling Leagues:** Now forming!  
 \*Please note, the specials do not include shoes unless stated otherwise\*

## Fitness, Sports & Aquatics

**Call 542-2930**  
**Yoga & Vino**  
 Aug. 9, 4:30 p.m. at the Marina Pavilion  
 Enjoy an hour of Vinyasa Yoga flow with a taste of the vine following. The cost is \$5 per person. Bring your own mat. If you do not have a mat, one will be provided for you. Register online through myFFR. Call (904) 542-3518 for more info.  
**Summer Splash Pool Party**  
 Aug. 11, 10 a.m. – 6 p.m. at the Outdoor Pool  
 Bring your toys & inflatables and enjoy music, contests, races & prizes. Free hot dogs, soda, chips, popsicles & ice cream floats!  
 Swim lessons now available! Call the Base Gym for more information.  
**Indoor Pool and Outdoor Pool**  
 Visit [www.navymwrjacksonville.com](http://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.

## MWR Digital Library

Enjoy unlimited access to Ebooks, Audio Books, Digital Magazines, Genealogy Resources, Digital Newspapers, Journals, Auto Repair, Tutoring Service & much more! Visit [NavyMWRDigitalLibrary.com](http://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.*  
 Aug. 9: Jags vs. Saints – Free  
 Aug. 10-12: Whitewater Rafting, TN - \$130 - Sign up today!  
 Aug. 15: Range and Wings - Free  
 Aug. 17: MOSH - \$5  
 Aug. 19: Jax Humane Society Volunteer Trip  
 Aug. 24: Autobahn Indoor Speedway - \$15  
 Aug. 25: Jags vs. Falcons - Free  
 Aug. 26: St. John's Town Center Shopping Trip - Free  
 Aug. 29: USO No Dough Dinner - Free

## NAS Jax Golf Club

**Golf Course: 542-3249**  
**Mulligan's Restaurant: 542-2936**  
**75<sup>th</sup> Anniversary Golf Tournament**  
 Aug. 17, 10 a.m.  
 Celebrate the 75th year of the NAS Jax Golf Course. There will be a 10 a.m. shotgun start with a 3-person scramble format. Trophies awarded to the 1st place team. The cost is \$75 per person and includes a souvenir tee gift, lunch following play and a complimentary round of golf. Visit the Pro Shop to register by Monday, Aug. 13.  
**Early Birdies Special**  
 The Golf Course & Mulligan's will open at 6:15 am! Beat the summer heat & sign up for a tee time as early as 6:30 am. Schedule yours today!  
**Appreciation Days**  
 Aug. 16 & 30 for all Military members & DoD employees. Play 18-holes with cart for \$20.  
**Swing It & Wing It Special:** Play 18 holes with a cart and enjoy 10 wings and two draft beverages for only \$30 after 1 p.m. daily.  
**Daily Twilight Special:** Play 18-holes with cart for only \$20 after 3 p.m. Monday - Friday.  
**Monday & Tuesday:** Play 18-holes for \$20. Cart & green fees included. Not applicable on holidays.

## Mulberry Cove Marina

**Call 542-3260**  
**Supervised Sailing Lessons**  
 A group refresher course for customers who have either recently passed the Skipper B class, or those who have not sailed in a long time. 4-hour sessions available Saturday morning, & Sunday & Thursday afternoons. \$35/session by appointment only.  
**Private Sailing Lessons**  
 One on one instruction available at \$20/hour & \$13/hour sailboat rental by appointment only. Minimum 2-hour session.  
**Sail Classes**  
 Classes will take two full weekends. Open to military, dependents & DoD civilians. \$150 per student includes on-the-water training, use of Marina sailboats & safety gear, instructional books, log books & certification cards. Class size is limited, so sign up now!  
**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 Monday – Friday, 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](http://jaxnfc.net)

## Community Recreation Tickets & Travel Office

**Call 542-3318, Email directly at [nasjaxtickets@navy.mil](mailto:nasjaxtickets@navy.mil)**  
**Universal Halloween Horror Night Vendor Day**  
 Friday, Sept. 28, 10:30 a.m. and 2 p.m.  
 Come visit the office for the annual Universal Halloween Horror Night Vendor Day. A Universal Orlando Representative will be available to answer questions concerning Universal. Enter to win Universal Orlando tickets!  
**Jacksonville Jaguars (Sold out of Steelers and Patriots tickets)**  
**Monster Jam Triple Threat**  
**Veteran's memorial Arena:** Sept. 1 at 1 p.m. & 7:30 p.m. \$45 Club seating.  
 \$25-\$35 seating.

**Labor Day Weekend Concert**  
 The Last of the Street Survivors Farewell Tour Featuring - Lynyrd Skynyrd, Kid Rock, Jason Aldean at EverBank Field  
 Sept. 2: 400 Level Special Military Pricing \$32.50.  
 Universal Halloween Horror Nights Sept. 16 – Nov. 2  
*Prices vary depending on dates*  
 \$54.75 - \$93.  
**Throwback Fest – Morocco Shrine Grounds**  
 Sept. 22: General Admission - \$25. Preferred \$50. VIP \$70.  
**Martin Lawrence – Veteran's memorial Arena**  
 Oct. 5: \$81.50.  
**Comedy Club of Jax (11000 Beach Blvd.)**  
 Open Mic Night every first Thursday: \$8.  
**Mario Torry:** Aug. 9, \$15.  
**Sean Larkens, Desi Banks, & Kennard Bright:** Aug. 10-11, \$18.  
**Labor Day Weekend Lip Sync Savannah vs. Jacksonville Edition:**  
 Sept. 2, \$18 & VIP, \$25.  
**FSCJ Broadway Series Shows – Prices vary on seating and dates**  
 The King and I: Nov. 16 & 17.  
**Mannheim Steamroller:** Nov. 20.  
**Celtic Thunder:** Dec. 20.  
**Christmas Carol:** Dec. 21.  
**Rock of Ages:** Jan. 10.  
**Swan Lake:** Jan. 12.  
**POSCA Opera:** Jan. 18.  
**Mutts Gone Nuts:** Jan. 19.  
**Les Miserables:** Jan. 26.  
**Stomp:** Feb. 15.  
**Rain (Beatles):** March 9.  
**Waitress:** March 16.  
**Jersey Boys:** March 25.  
**School of Rock:** April 19 & 20.  
**Kinky Boots:** May 15.  
**Thrasher Home Broadway Series**  
**The Ugly Duckling:** Sept. 30, \$12.  
**Naked Magicians:** Oct 14, \$30.  
**Diavolo:** Nov. 16, \$40.50.  
**Yesterday & Today:** Feb. 8, \$30.  
**Ron White:** Nov. 10, Times Union, \$59.  
**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](http://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.  
**34<sup>th</sup> Annual Mt. Dora Craft Fair:** Oct. 27, \$20. Bus departs at 8 a.m., returning at 3 p.m.  
**Yalaha Country Bakery:** Nov. 17.  
**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.**  
**Biltmore Estates Asheville, NC: Adult - \$51, Youth - \$22.**  
**Captain Jack Sailing: Sunset Sailing - \$50. Moonlight Cruises - \$75.**  
**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 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 Jan. 1, 2018 and expire Dec. 19, 2018.**  
**Jacksonville Jumbo Shrimp: Reserved seating - Active duty/Active duty family members/retired & veteran member - \$5. Retired and Veteran family members and DOD - \$8.**  
**Jacksonville Zoo, General admission & admission w/unlimited train rides: \$12.50 - \$19.50.**  
**MOSH – Museum of Science and History: \$8.**  
**Ninja Warrior Mighty Orion Fitness: 1 Hour Open Gym - \$10. 10 Hour Punch Card - \$89.25.**  
**Paintball Adventures!: Military special includes everything except paint balls - \$15.**  
**Scenic Cruise, St. Augustine: \$5.50 - \$11.75.**  
**SeaWorld, \$49.75 & Aquatica (excluding weekends), \$29.75. Half Price Special through Dec. 21, 2018, 4 per Military ID limit.**  
**Spanish Military Hospital Museum: \$5 - \$7.50.**  
**St. Augustine Alligator Farm Zipline: \$37, Park admission \$9.50 - \$15.**  
**St. Augustine Aquarium: Adult \$7. Child Admission - \$4.50. Snorkel Adventure (Includes Admission) \$31.**  
**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.**  
**St. John's Riversip Dinner Cruise (Sanford, Fla.): \$48.50 - \$63.75.**  
**Summer Waves Jekyll Island: \$19.**  
**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: 1 Hr. (socks included): \$14. 2 Hr (socks included) \$25.**  
**Wild Adventures (Valdosta, Ga.): Gold Pass – \$113.50. Seasonal – \$92. 1 Day: \$33. 2 Day: \$40 (must be used consecutively).**  
**World Golf Hall of Fame & Museum: \$14.75.**

# TRANSITION SUMMIT

CONNECT WITH LOCAL AND NATIONAL EMPLOYERS!



NAVAL AIR  
 STATION  
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 08.20.18

#LEFTOFTTRANSITION

AT THIS FREE, FULL-DAY EVENT, YOU WILL:

- Explore specific industries and career paths
- Get expert answers to your transition questions during an interactive panel with current recruiters and hiring managers
- Hear tips on creating a professional resume in less than an hour using digital tools like Resume Engine and expanding your network through LinkedIn
- Start building your professional network by connecting with local and national veteran-ready employers at a hiring fair

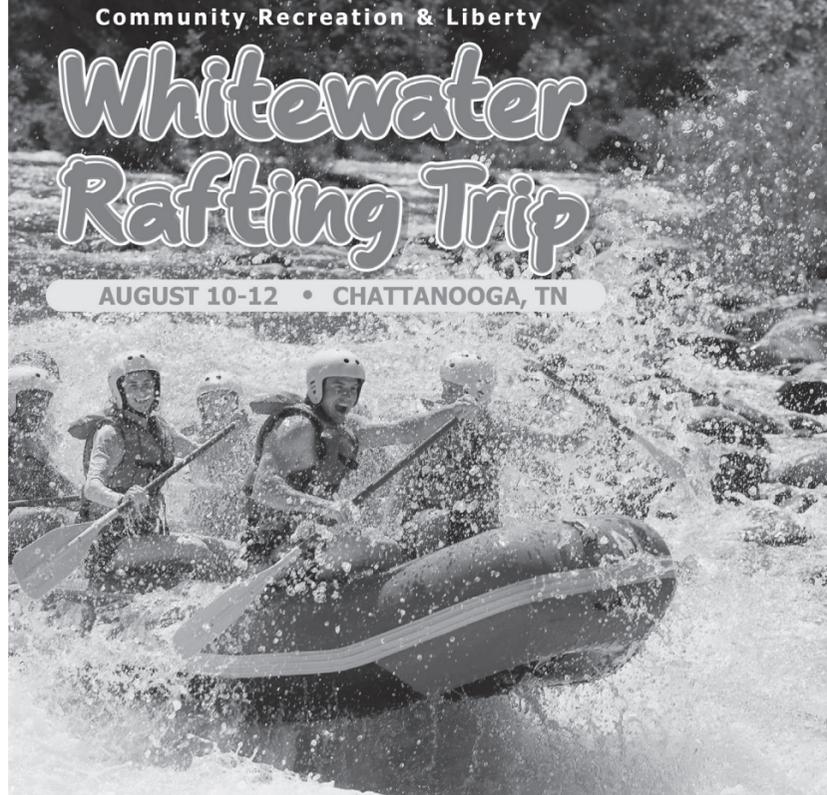
SEE THE FULL SCHEDULE AND CLAIM YOUR SEAT TODAY: [HIRINGOURHEROES.ORG/EVENTS](http://HIRINGOURHEROES.ORG/EVENTS)



Community Recreation & Liberty

# Whitewater Rafting Trip

AUGUST 10-12 • CHATTANOOGA, TN



**\$199 - Community Recreation**  
**\$130 - Liberty (E1-E6 Single)**

*Includes transportation, lodging and rafting. Pricing based on double occupancy.*

Open to ages 18 and older. Register at Bldg 622 (Community Recreation/Auto Skills). Liberty patrons may register at the Liberty Center, Bldg. 816.



NAVYMWRJACKSONVILLE.COM

Visit MWR's website or Facebook page for more event info.

