FRIDAY, MARCH 2, 2018

EYE ON THE FLEET POLARIS POINT. GUAM



(Feb. 22, 2018) Military Sealift Command civilian mariner 2nd Electrician **Paul Stanley, assigned** to the submarine tender USS Frank Cable (AS 40), charges a firehose to activate a RAM Fan 200 for de-smoking during a damage control drill. Frank Cable, forward-deployed to Guam, repairs, rearms and re-provisions deployed U.S. Naval **Forces in the Indo-Pacific** region.

U.S. Navy photo by MC3 Heather Wamslev

inside:

DROP THE LABEL Words of wisdom2

CELEBRATING

Those who came before ... 3

WINGMAN CSADD winner5

MMOY Thank you, Navy League ... 6

TOP OF PAGE ONE:

An F/A-18F Super Hornet assigned to the 'Bounty **Hunters' of Strike Fighter** Squadron (VFA) 2 flies over Nimitz-class aircraft carrier USS Carl Vinson (CVN 70).

VOL. 18 NO. 9 Turn clocks back an hour on March 11

Southernmost

BY MC3 ARNESIA MCINTYRE Southernmost Flver

t's almost that time again - clocks will L'spring forward' with the start of Daylight Saving Time at 2 a.m. Sunday. March 11.

DTS is a seasonal time change when clocks are set ahead of the standard time. DTS runs from the second Sunday in March until the first Sunday in November, when clocks 'fall back' an hour to Standard Time

DTS was used during World War I to minimize the use of artificial lighting, thus saving fuel for the war effort. In January 1974

see **DST** page 2

WWW.CNIC.NAVY.MIL/KEYWEST

NAVAL AIR STATION KEY WEST, FLORIDA



U.S. Navy photo by MC2 Cody Babin

Dr. Christine Sanders, far right, lead chemist at the Naval Research Lab on Fleming Key, gives a tour to mem-bers of the Interagency Advanced Power Group and the Chemical Working Group, which met in Key West Feb. 21 and 22. The NRL is a tenant of Naval Air Station Key West.

Navy offers targeted reentry program

FROM NAVY PERSONNEL COMMAND **PUBLIC AFFAIRS**

Navy's best and brightest, their departure from the Navy. the Navy announced Tuesday the Targeted Reentry Program and officers to identify active compoassociated program guidelines to nent and full time support officer expedite reentry into the Navy in and enlisted personnel who have NAVADMIN 047/18.

The TRP is designed to benefit

the Sailor and the Navy by allowing a return to service for those who are well trained leaders with n support of Sailor 2025's valuable and needed skills and will goal to retain and reward the be offered to selected Sailors before

The TRP empowers commanding

see TRP page 6

March is Women's History Month

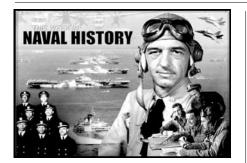
FROM NAS KEY WEST **PUBLIC AFFAIRS**

in celebrating Women's Integration Act. History Month throughout the month of March.

as nurses dating back to the 1800s, Navy, setting the course for trailmost notably during the Civil War blazing women serving as leaders when the Sisters of the Holy Cross served aboard USS Red Rover, the

Navy's first hospital ship. In 1948, women gained permanent status in the Navy with the passage The Navy joins the nation of the Women's Armed Services

In March of 1917, YNC Loretta Perfectus Walsh became the first Women have served in the Navy female chief petty officer in the



March 3

1915 - The Office of Chief of Naval Operations is established by Congress.

March 4

1991 - Iraq releases 10 Desert Storm prisoners of war, including Navy Lt. Jeffrey Zaun, Lt. Robert Wetzel and Lt. Lawrence Slade.

March 5

1942 - The "Seabees" name and insignia are officially authorized, with the motto Construimus, Batuimus - "We Build, We Fight."

March 6

1991 - President George H. W. Bush reports to Congress "I can report to the nation: Aggression is defeated. The war is over."

March 7

1994 - The Navy issues the first orders for women to be assigned on board a combatant ship, USS Dwight D. Eisenhower (CVN 69).

March 8

1950 - Operation Portrex begins. The two-week-long exercise is the first use of airborne troops in support of an amphibious landing and takes place on Viegues Island, Puerto Rico.

March 9

1919 - The first flight from a battleship platform is made by Lt. Cmdr. Edward McDonnell in a Sopwith Camel from USS Texas (BB 35) while anchored at Guantanamo Bay, Cuba.

Breaking free from labels

Te see labels everywhere around us. You see labels at the grocery store, on your favorite foods or when you go out to buy a new pair of jeans.

Although labels can be helpful this is not what I am talking about today. Today I am talking about labels we put on ourselves or others.

Labels can be harsh and can imprison us, putting us into categories that are hard to escape pleaser. I am a worrier or I am a us to be. negative person." The list can go on if we let it.

BY CAPT. M. P. VILLALOBOS,

Naval Branch Health Clinic Key West

ach year the American

your teeth for a healthy smile."

about the importance of preven-

tive oral care - starting with your

Richard Nixon signed into law

DENTAL OFFICER

ing oral health.

baby's bottle.

DST

continued from page 1

life becomes even heavier.

CHAPLAIN'S doesn't want CORNER

the work he is doing in us.

"I am a mess, I am disorganized, leave those dark places and walk I am insecure, I am a people in the light of who He designed care, please call your chaplains

the same old cycle of labels, be Sector Key West.

Personally, I am guilty of doing encouraged by these two verses: this to myself at times. We truly John 8:36, "So if the Son sets you are our worst critics. Throw in free, you will be free indeed," and social media and the weight of Philippians 1:6,"He who began a good work in you will carry it on I am here today to remind to completion until the day of us all that God Christ Jesus."

> May this encourage you and us to label our- help you break free from whatselves and stay ever labels you have given yourstuck. He wants self, and know that you are conus to remember stantly being worked on by our and be aware of loving Heavenly Father.

> Please join us on Sundays at 10:30 a.m. at the Sigsbee God is con- Community Center for worship stantly chiseling service with our praise band and us and work- children's church. Also, visit our ing on our hard Facebook page (Truman Chapel) places so we can for upcoming events.

If you are in need of chaplain at 305-293-2318, NAS Kev West. For those that feel stuck in or 305-292-8788, Coast Guard

Scott Mason

Children's dental health - start early to save the smile term exposure of a child's teeth formula, juice or other sweetto liquids containing sugars ened liquids, clean and massage (milk, formula, fruit juice, sodas, the baby's gums to help estab-

Sugars in these liquids pool in teething, and gently message EDental Association's around your infant's teeth and gums and gingival tissues with National Children's gums, feeding the bacteria that a moistened gauze square or Children's gums, feeding the bacteria that a moistened gauze square or Dental Health Month offers an cause plaque. Over time, tooth washcloth. This should be done opportunity to focus on improv- decay can start to begin.

This condition can also occur "Brush your teeth with fluoride dipped in sweets such as honey, of a baby's first tooth. toothpaste and clean between sugar or syrup. The sweet fluwhile the infant is sleeping.

tle tooth decay include never size of a grain of rice. Baby bottle tooth decay is allowing children to fall asleep caused by the frequent and long- with a bottle containing milk.

of 1973.

during the oil crisis. President home's smoke alarms.

lish healthy teeth and to aid at least once a day.

Parents should begin plaque This year's campaign slogan is in children whose pacifiers are removal activities upon eruption

According to the ADA, chilids left in the mouth increase dren under age three should It's never too early to think the chance of cavities developing have their teeth cleaned with a soft bristled toothbrush and a Ways of preventing baby bot- smear of toothpaste, about the

see **DENTAL** page 3

Flyei

Southernmost

COMMANDING OFFICER Capt. Bobby J. Baker

EXECUTIVE OFFICER Cmdr. Greg Brotherton

PUBLIC AFFAIRS OFFICER Trice Denny

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This newspaper is an authorized publication for members of the military service and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy and do not imply endorsement thereof.

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Deadline for all editorial copy is 4 p.m. the Friday preceding publication. All articles must be submitted on disk in text format. written in upper/lower case style.



Leaking faucats, lights in empty mama, electronics and periphetals: when they're en. we're wasting energy.



and other sweetened drinks).

Time Energy Conservation Act your smoke alarms" said Naval Air Station Key West Fire and In addition to the time change, Emergency Services Chief C.J. it's a good time to maintain your Krieger.

Davlights saving time is fol-"Daylight savings is an oppor- lowed in over 70 countries worldthe Emergency Daylight Saving tunity to change batteries on wide.



Lt. Cmdr.

Dental continued from page 2

Children ages 3 years and older should also use a soft toothbrush and a pea-sized amount of fluoremoval.

Wean children from bottles as soon as they can drink from a cup. However, the bottle should not the Centers for Disease be taken away too soon because the sucking motion aids in the development of the facial muscles and the www.ada.org. tongue. If teeth are infected or lost too early due to dental plans for family baby bottle tooth decay, a members, visit TRICARE child might develop poor at www.tricare.mil/deneating habits, speech prob- tal or call 844-653-4061 lems, or crooked teeth or (CONUS), or 844-653-4060 damaged adult teeth.

KEY WEST

Job Title: Air frames/OMD

Prior Duty Stations: CNATTU

Hobbies: Cooking, watching

Most Interesting Experience:

Going on a seven-night

Future plans: Work as a

forensic scientist.

Hometown: Hartford,

Jacksonville, Florida

movies and reading.

Connecticut

cruise.

Helping a child establish good oral health at an early age helps them maintain good habits for a healthy smile throughout adolescence and adulthood.

Good oral health starts at a very early age. ride toothpaste for plaque Scheduling regular dental visits can help children get a good start on a lifetime of healthy teeth and gums.

For prevention tips, visit Control and Prevention at www.cdc.gov/oralhealth or visit the ADA website at

For more on TRICARE (OCONUS).

Meet a Teammate



U.S. Navy photo by MC3 Arnesia McIntyre

S2 Angel Garcia details the accomplishments of African Americans with Sailors and DOD civilians attending Wednesday's African American/Black History Month celebration at Bldg. A-515, Boca Chica Field. The event, hosted by the Naval Air Station Key West Multicultural Heritage Committee, featured remarks by Commanding Officer Capt. Bobby Baker, who stressed the importance of a diverse and unified Navy and nation. "Diversity makes a strong Navy, a strong America," Baker told the audience.

Briefly...

SAPR training begins

begins the initial sexual assault prevention and response victim advocate training 8 a.m. - 4 p.m. from March 12 - 16 at the FFSC officer on Sigsbee Park.

The SAPR VA fills a vital role in the delivery of services to sexual assault/ rape victims. The advocate is a primary source of information such as victim rights, military and communiunrestricted reporting options. For additional information and/or registration please contact NASKW SARC email danielle.c.martin@navy.mil

MS group meets

The Multiple Sclerosis Support board room.

The meeting is open to those with MS and their caregivers. For more Fleet and Family Support Center information, please call Sandi at 305-396-7553.

FSA tax help at FFSC

Facilitated Self Assistance for tax preparation provides taxpayers with the resources to file taxes electronically, with guidance from an IRScertified volunteer. FSA volunteers will be available at Fleet and Family ty resources, as well as restricted and Support Center through April 17, from 9 a.m. - 3 p.m., Monday - Friday.

For additional information, or to volunteer, call ACC Kathleen Arcan Danielle Martin at 305-293-2408, or at 305-293-2840 or email kathleen. arcan@navy.mil.

Bible study resumes

Naval Air Station Key West Group will meet at 10:30 a.m. March Religious Ministries Department is 17 in the Lower Keys Medical Center once again hosting men's and women's Bible study on a weekly basis.

The Men's Ministry (studying "33 Series") will meet at 7 a.m. Wednesday at Fleet and Family Support Center. The Woman of the Chapel program (studying "Uninvited") will meet from 9:30 - 11:30 a.m. Tuesdays at the Sigsbee Community Center and from 6 - 8 p.m. Tuesdays at the Fleet and Family Support Center. For more information, call the chaplain's office at 305-293-2318.

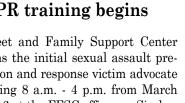
CSADD seeks members

The Coalition of Sailors Against Destructive Decisions is currently looking for new members. Meetings are every Tuesday at 2 p.m. in the Air Ops Conference Room. CSADD a peer-to-peer mentorship program focusing on volunteerism and educating our young Sailors on the importance of good decision making. For more information, email AZCS (AW) Amy-Shirelle Santos at amy-shirelle. santos@navy.mil.



AMAN **Tonikay Brown**





MWR Update

Gym closure

The Boca Chica Fitness Center will be closed through March 11 as contractors complete work on the gymnasium basketball court flooring. The center will re-open March 12. at which time the gym should be fully operational.

Vet Clinic

NAS Key West hosts a two-day Veterinary Clinic to Bldg.-1509A. Spadefish Court. Sigsbee Park. To schedule an appointment, is required. or for questions, email KeyWestVetServ@gmail. com; allow 48 hours for a Travel Office on Sigsbee March 8: Karaoke with DJ response. Appointments Park. are scheduled every 30 minutes and open to active duty, retirees and their dependents with valid military ID. Visit www. NavvMWRKevWest.com/ events for more details on what services are provided.

CC softball

19 and are Mondays and eight teams because of lim- events. ited game time availability.

For additional details, call 305-797-7791.

CC Frisbee

Ultimate Frisbee games start April 17 and Tuesdays and Thursdays at 5 and 6 p.m. Rosters are due April

797-7791.

Craft night

MWR Recreation offers a number April 14: Island Time of crafting opportunities each month at the Sigsbee Community Center. All supplies are provided and patrons are welcome to from 9 a.m. - 4 p.m., March bring their favorite beverag- Sunset Lounge in Sigsbee 27 - 29. The clinic returns es. Most activities are open Park overlooking the water. to children unless stated All events are from 6 - 9 otherwise. Pre-registration p.m., unless noted other-

> To register, make full Friday: Karaoke with DJ payment at the Tickets & Gunz

Community events

MWR Community DJ Gunz Recreation offers events March 30: Karaoke with each month that offer the DJ Gunz opportunity to explore Key West and other sites. All Pickleball transportation departs from the Sigsbee Community Center across from the 9:30 - 10:30 a.m. Mondavs Games start March dog park. To reserve your on the Sigsbee Tennis seat, make payment at the Wednesdays at 5 & 6 p.m. Ticket & Travel Office on quet sports that combines Rosters are due March 12 Sigsbee Park. For pricing the elements of badminton, and can be submitted to and more event details call kwathletics@gmail.com. 305-563-0364 or visit www. The league is capped at NavyMWRKeyWest.com/ 293-2480 or email kwathlet-Saturday: Florida Keys Aquarium Encounters Trip March 11: Calla Ocho

Festival Trip March 24: Miami Shopping Trip

Navigator's music

to kwathletics@gmail.com. live entertainment during 797-4468. Contact Maria fitness schedule is subject 5:30 - 6:30 p.m., Sigsbee The league is capped at the season from 6-9 p.m. for upcoming events at 305- to change without notice. Community Center eight teams because of lim- For additional details, call ited game time availability. 305-293-2468 or visit www. For more details, call 305- NavyMWRKeyWest.com/ events

> Saturday: Roger Jokela March 9: Brian Fields March 24: Island Time Community March 30: Tom Taylor

Sunset Lounge

Live entertainment and free events are at the wise.

Gunz (Thursday)

March 16: Karaoke with DJ Gunz

March 23: Karaoke with

Open pickleball is from Courts. Pickleball is a ractennis and ping-pong. For more information call 305ics@gmail.com.

Single Sailor

The Liberty Program offers events and activities for single or unaccompanied E-6 and below. Follow on Facebook at www.Facebook. com/MWRLibertvKevWest Navigator's Bar at the or register for text updates 10 and can be submitted Boca Chica Marina has by texting request to 305-

797-4468.

Exercise classes

Boca Chica has returned to Wednesday regular hours: 5 a.m. - 8:30 Cvcling Power Hour - Child & Youth Programs p.m. Monday - Friday and 9 5:30 - 6:30 p.m., Boca Chica (CYP) seeks a Training a.m. - 4 p.m. Saturday and Cycling Studio Sunday. All fitness class- Thursday es are free to authorized Gentle Yoga - 10:30 - 11:30 specific position you must patrons and are designed a.m., Sigsbee Community create an account on for all fitness levels, from Center beginner to advanced. The Cardio

Call 305-293-2480 for more information.

Monday **Yoga -** 6:30 - 7:45 p.m.,

Caliente

Job opportunities

There are currently a The fitness center on Sigsbee Community Center number of open positions within MWR and NGIS. & Curriculum Specialist. NOTE: to apply for this

see MWR page 5



HOT STUFF



U.S. Navy photo by MC3 Arnesia McIntyre

ommanding Officer Capt. Bobby Baker congratulates MA2 Alejandro Martinez on winning the 2nd Annual Chicken Wing Contest held Feb. 23 at the Chiefs Mess on Boca Chica Field. The event is organized by the Coalition of Sailors Against Destructive Decisions.



Office 305-293-2682 or Cell 305-797-4468

NASKWLiberty@gmail.com 📑 NAS Key West MWR

Women

continued from page 5

in the U.S. Navy. Women serve in every rank from seamen to admiral, and hold nearly every job from naval aviator to deep-sea diver.

Defense The Equal **Opportunity** Management Institute has created a poster in observance of Women's History Month, depicting the commemoration theme, "Honoring Women Who Fight All Forms of Discrimination."

The poster features a collage of photos of women who have served: Bernice "Bee" Havdu. Women Airforce Service Pilot (WASP) leader; Ensigns Harriet Pickens and Frances Will. the first female African American Women Accepted for Volunteer Emergency Services (WAVES) in the Navy; Lt. Cmdr. Marilyn Melendez Dykman, the first Hispanic-American female aviator in the U.S.: Coast Guard Service Member. Lt. Susan Ahn Cuddy, first Asian-American Woman to join the Navy; and Army Col. Debra Lewis, member of first class of female cadets to graduate from the Military Academy.

MWR continued from page 4

and more.

For a visit iobs. com/iobs.

This week at FFSC

Stress Management

Monday, 1 - 2 p.m., FFSC

Through discussion of different strategies to manage stress, this workshop helps participants increase their awareness of sources of stress and how to identify the physical symptoms of stress and its impact.

Register with Amanda Slater at 305-293-2766 or email amanda.slater@navv.mil.

Ombudsman Assembly

Wednesday, 5:30 - 7 p.m., FFSC

A local assembly provides an excellent forum for sharing community matters affecting the well-being of the command family members.

Suicide Awareness

March 9, 10 - 11 p.m., FFSC

This workshop will help you identify signs and symptoms to watch for and address steps to take if a peer is showing these signs.

Register with Amanda Slater at 305-293-2766 or email amanda.slater@navy.mil.

FFSC offers many services including deployment support, relocation assistance, family employment readiness, life skills education, personal financial management, crisis incident response and training, sexual assault prevention and response, ombudsman support, transition assistance management, family advocacy and professional counseling.

The hours of operation are 8 a.m. - 4 p.m., Monday -Friday: 0800-1600

For more information or to request services, call 305-293-4408 or visit the center at 804 Sigsbee Rd., Sigsbee Park.

MWR Website

and APP that provides our APP store and search for: patrons with a full list of NavyMWR Key West. Have USAJOBS.GOV and apply facilities, programs, servic- it all at your fingertips and through that website. There es and current employment make the most of what are also open positions for opportunities. Visit www. MWR has to offer. bartenders, child care work- navymwrkeywest.com to Other sources of informaers, maintenance workers find out what MWR has to tion are Facebook and offer: restaurants and bars, Twitter "NAS Key West full list of sports and fitness, child MWR" and the Weekly www. care, leisure recreation, pool Activities Sheet. Email your NavyMWRKeyWest. and splash parks, special questions to mwrnaskw@ events, gear rentals, mari- gmail.com.

nas, lodging, discounted attraction tickets and more. MWR has a new website Visit your Apple or Android

TRP continued from page 1

elected to leave active duty Navy.

to modern personnel poli- motion aren't eligible. cies as well. These changes

community and individual remain fully qualified. rates' health."

service and don't desire to E-4 to E-6 enlisted, who return to AD within two affiliate with the Ready have completed their mini- years of release, subject to Reserve and recommend mum service requirement, the needs of the Navy and them to be awarded a "gold- but not yet reached 14 that they remain fully qualen ticket" or "silver Ticket," years of active service are ified. Golden tickets, if not giving them the option for eligible for consideration used within one year, will expedited reentry to AD if for TRP. Also, an officer's convert to silver tickets for they decide to return to the or enlisted member's com- an additional year. Silver munity qualifications must tickets not used within two "Talent is tough to be obtained, superior per-years of release from AD draw in and even tougher formance annotated in fit- expire. to keep," said Vice Adm. ness reports or evaluations, Robert Burke, chief of Naval and have passed their most golden or silver ticket Personnel. "Just like corpo- recent physical fitness before release from active rate businesses are adapt- assessment. Officers who duty will go into a miniing, the Navy must adapt have failed to select for pro- mum reserve status, known

are designed to maximize ents are guaranteed a quota see NAVADMIN 047/18 at opportunities for command and an expedited return www.npc.navy.mil.

triads to advance their best to AD within one year of Sailors while managing release as long as they

Silver ticket recipients O-3 and O-4 officers and are afforded an expedited

Sailors who accept a as standby reserve - inac-The golden ticket recipi- tive status. For details,

MY, OH MMOY



U.S. Navy photo by MC3 Arnesia McIntyre

on Demes, left, chairman of Keys Federal Credit Union board of directors, presents Naval Air Station Key West's AC1 Jamar Mays a cutlass for being L Uselected Military Member of the Year during the Navy League Key West Council's annual Military Member of the Year Recognition Dinner Feb. 23. Joining Demes is Mary Lou Carn, KFCU marketing and operations director, and Carl Grooms, Navy League Key West Council president.

NAS Classifieds

staff.

cus-

service

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and

security

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tomer

skills

Candidates must

FOR RENT	tender. Pick up
House -	an application at
3BR/2BA, excel-	The Navigator
lent condition.	or download a
Recently remod-	copy at <u>www.</u>
eled. Central	<u>navyMWRKey-</u>
A/C, Large back	<u>West.com/jobb</u> .
covered patio.	Follow directions
Off-street park-	on the website
ing. FLS. \$3,000/	to turn in appli-
month. Available	cations to MWR/
March 5. Please	HR. Call 305-
call Didier at 305-	293-2402 if you
304-1758.	have questions.
HELP	Sloppy Joe's Bar seeks

WANTED

Navigator

part-time

Bartender - The

at Boca Chica

Marina seeks a

Bar

bar-

application at making. security, martial to that Fridav's arts or military issue Make submissions to the experience is a NAS Key West plus. Sian-on Affairs bonus after 90 Public Contact Office by email, davs. Jodi Novosel at jolene.scholl@ 305-296-2388, navy.mil; ext. 123 or email P.O. Box 9001, West, FL jodi@sloppyjoes. Key com 33040-9001; or fax submissions NAS KEY WEST to 305-293-2627. CLASS-IFIEDS Unless otherare free for wise directed, active-duty and ads will run for retired personfour issues. For nel, their families additional inforand civilian base mation call 305employees only. 293-2425. Deadline for sub

Prior



Safety is everyone's job! 2018 Total Military and Civilian Mishaps: 0 Military - 0; Civilian - 0

Days since last civilian DART* mishap: 118

Days since last military mishap: 313 * DART (Days Away, Restricted/Transferred) - a mishap that results light duty, days off or work transfer due to injury.



Edward P. Donohus NAS Key West Safety Manager (305) 293-2314 on us of Feb. 28, 2018