

EYE ON THE FLEET
DEVESELU,
ROMANIA



(April 20, 2018) Sailors assigned to Naval Support Facility Deveselu, the Romanian 99th Military Base and Aegis Ashore Missile Defense System, Romania, with their civilian counterparts run a color 5K run in support of Sexual Assault Awareness and Prevention Month.

U.S. Navy photo by MC1 Jeremy Starr

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An F/A-18E Super Hornet, left, assigned to the 'Warhawks' of Strike Fighter Squadron (VFA) 97, and an F/A-18F assigned to the 'Black Aces' of Strike Fighter Squadron (VFA) 41, fly over the aircraft carrier USS John C. Stennis (CVN 74).

Southernmost Flyer

FRIDAY, APRIL 27, 2018

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WWW.CNIC.NAVY.MIL/KEYWEST

NAVAL AIR STATION KEY WEST, FLORIDA

Flag system monitors heat threat

FROM NAS KEY WEST
 PUBLIC AFFAIRS

While the rest of the northern U.S. copes with the remnants of winter, Keys residents are watching the thermometer creep up.

With the higher temperatures and humidity comes the risk of heat-related injuries for those that work and play outside. Those injuries commonly manifest themselves as heat exhaustion and heat stroke.

Symptoms of heat exhaustion include dizziness, headache, weakness, cramps, nausea/vomiting, rapid heartbeat and profuse sweating, according to Ed Donohue, Naval Air Station Key West safety coordinator. The symptoms for heat stroke are red, hot, dry skin, high body temperature, confusion, convulsions and fainting.

"If you notice someone with symptoms of heat stress, move them into the shade, loosen the clothing, wet and fan the skin, place ice-packs in the arm-

see HEAT page 3



U.S. Navy photo by MC3 Arnesia McIntyre

Occupational Stress Control/ Occupational Stress Control Team Leader Lt. Aureau Gregrow conducts operational stress control training with Sailors and DOD civilians at Boca Chica Field Wednesday. The training is designed to prevent, identify, and treat stress and teach techniques to build resiliency to stress.

Sailors, civilians learn techniques to control stress

BY MC3 ARNESIA MCINTYRE
 Southernmost Flyer

Naval Air Station Key West hosted Operational Stress Control training Wednesday to promote the health and well-being of Sailors and DOD civilians.

Many of those Sailors and DOD civilians have had such recent stressors as recovering from a hurricane, working at the time of a fatal jet crash and prepar-

ing for a presidential visit.

The hour-long training was provided by Naval Hospital Jacksonville caregivers at Boca Chica Field.

The Office of the Chief of Naval Operations launched the Navy's Operational Stress Control program in 2009, promoting training that emphasize stress control strategies, reduce stigma associated with psychological health care and develop resilient Sailors and families.

"What do you do when you know your shipmate is stressed?" said Lt. Aureau Gregrow, Naval Hospital Jacksonville Caregiver Occupational Stress Control and Occupational Stress Control team leader. "You should recognize signs of your own and your shipmates' stress."

Stress is the process by which we respond to challenges to the body or mind. Stress is inevitable; in operational and combat

settings it is expected. Not all stress is bad, sometimes working through stressful issues make you stronger and more resilient.

If there is too much stress for too long, it can injure the brain and change how it functions, such as its ability to focus, regulate emotions, and memory. Too much stress can seriously degrade performance and mission success.

see STRESS page 3



April 27

1805 - Lt. Presley O'Bannon leads Marines to attack Derne, Tripoli, and raises the first U.S. flag over foreign soil.

April 28

1944 - German torpedo boats attack U.S. Navy LST convoy in Lyme Bay during Operation Tiger training for the Normandy Invasion.

April 29

1975 - Commander Task Force 76 receives the order to evacuate U.S. personnel and Vietnamese who might suffer because of their service to allies.

April 30

1798 - Congress establishes the Department of the Navy as a separate cabinet department.

May 1

2011 - President Barack Obama announces Navy SEALs raided Osama bin Laden's compound in Abbottabad, Pakistan, and killed America's most wanted terrorist.

May 2

1945 - Hospital Apprentice Robert Bush administers aid to a wounded Marine officer and fires back at the Japanese at the same time, earning the Medal of Honor.

May 3

1949 - The U.S. Navy executes its first firing of a high altitude Viking rocket at White Sands, New Mexico.

The reality of fear

What is fear? The definition of fear is an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or is a threat.

We can all admit we have experienced fear at some point in our lives but there are some who experience it more than others.

Fear is a natural emotion and can be beneficial in keeping us safe from dangerous situations but it can also keep us from doing some amazing things.

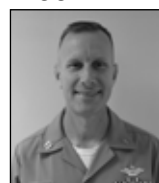
Yet, fear can also whisper lies that we are unqualified, that we are failures or way past hope. Those lies can make us feel like it doesn't really matter anymore, that we are broken or that we

don't have what it takes to do what we want to do.

Fear truly has a nasty way of lying to us and making us believe we aren't worthy or able to do great things.

I am here to tell you that we must stop believing the lies that fear has been telling us for so long. We are reminded in Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righ-

CHAPLAIN'S CORNER



NAS Key West
Command Chaplain

Lt. Cmdr.
Scott Mason

teous right hand."

In Psalm 34:4 we are told "I sought the Lord, and he heard me, and delivered me from all my fears."

What does this tell us? We

are qualified. Yes, we may have failed at some point in our lives but we aren't failures. We can always have hope when we allow God to work in us.

No matter whom we are and where we come from, God promises to strengthen us and help us. He hears our fears and can be the one to help deliver us from that.

Please come and join us for worship service at 10:30 a.m. on Sundays with our Praise Band and Children's Church. This Sunday we will be at the Community Center on Sigsbee Park Annex.

Please visit our Facebook page (NAS Key West Chapel) for upcoming events, including Vacation Bible School in June.

If you are in need of chaplain care, please call your chaplains at 305-293-2318, Naval Air Station Key West, or 305- 292-8788, Coast Guard Sector Key West.

Changes coming: TRICARE retiree dental program

FROM TRICARE

Do you have TRICARE Retiree Dental Program coverage now? If so, then you need to know that the TRDP will end on Dec. 31.

Not to worry - anyone who was in TRDP this year, or would have been eligible for the plan, will be able to choose a dental plan from among 10 dental carriers in the Federal Employees Dental and Vision Insurance Program. You'll be able to enroll in FEDVIP during the 2018 Federal Benefits Open Season, which runs from Nov. 12 - Dec. 10. Coverage will begin Jan. 1, 2019.

Previously, FEDVIP was not available to DOD beneficiaries, but it will now be available to those who would have been eligible for TRDP. As an added

bonus, they will also be able to enroll in FEDVIP vision coverage, along with most active duty family members.

More than 3.3 million people are currently covered by FEDVIP. You can choose from dental plans offered by 10 different carriers.

To enroll in FEDVIP vision, you must be enrolled in a TRICARE health plan. You can decide if one of four vision plans meets your family's needs.

TRICARE Young Adult enrollees are not eligible to enroll in FEDVIP vision.

You may only enroll in a FEDVIP plan outside of open season if you experience a qualifying life event that allows you to do so. Any election in a FEDVIP plan remains in effect for the entire calendar year.

For more information, visit the FEDVIP-TRICARE website at www.tricare.benefeds.com and sign up for email notifications.

You'll get an email when new information is available and key dates approach. Future updates will include eligibility information, plans, carriers and rates.



Southernmost Flyer

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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.



Heat

continued from page 1

pits and on the neck,” said Donohue. “Call emergency services if the person loses consciousness or appears confused or uncoordinated and always have someone stay with them.”

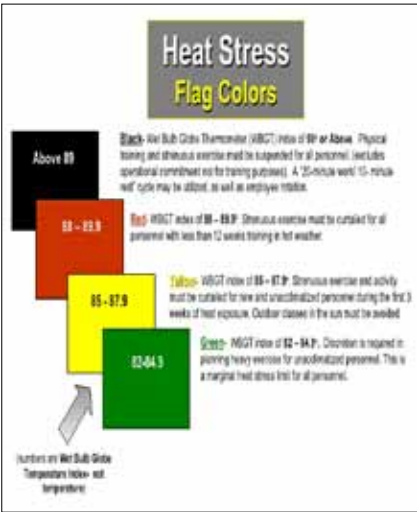
The Navy uses a system of flag conditions to alert Sailors and DOD civilians working or exercising outdoors to weather conditions. Four colored flags range from green to black. The green is standard “go” for outdoor exercise while the black indicates that non-mission essential physical training outdoors should be suspended.

The alert flag is posted at the entrance to the Boca Chica Fitness Center on

Boca Chica Field.

A number of factors are used to determine the condition level, including temperature and humidity.

Anyone who plans to



exercise should stay hydrated and wear loose fitting, breathable clothing, according to fitness center staff. Staff members also encourage those who run or exercise outside to take into

account the time of day and to try and PT earlier in the morning.

Whether exercising or on the job, precautions can be taken to prevent heat injury.

Anyone exposed to the heat should drink water every 15 minutes - even if they don't feel thirsty, rest in the shade to cool down, wear a hat and light-colored clothing, said Donohue.

According to the Occupational Safety and Health heat related injuries and deaths are completely preventable.

“Everyone should learn the signs of heat illness and what to do in an emergency,” said Donohue.

“Always keep an eye on friends and fellow workers especially in the hot summer months.”

Stress

continued from page 1

Sailors and civilians had the opportunity to work as a team, get a better understanding of each other, and to help the Sailors recognize early stress indicators in themselves or their shipmates.

During the training, participants were put in groups where they discussed some of the things that caused stress and what they do when they are stressed.

Exercising, taking leave, counseling, reading, cooking, and breathing exercises

are some of the actions that can relieve stress.

“If we have a stress reaction, our heart rate goes up,” noted Gregrow. “Breathing exercises are great tools to bring your

Just about anything can cause stress, what really stresses one person out may not bother the next person.

“This training is to give you better tools to help,” said HMC Robert Cramptov, Naval Hospital CgOSC/senior enlisted advisor. “Look out for each, take actions when they see themselves or others reacting to stress.”

The operational stress continuum model is an OSC tool. It is a color coded



heart rate down.”

She listed some apps that are available for download for breathing exercises - Mindfulness coach, Breathe2Relax, and Breathe.

chart with four zones representing different levels of stress. The four zones are the Green “Ready” zone, Yellow “Reacting” zone, the Orange “Injured” zone, and the Red “Ill” zone.

Briefly...

Teen Job Fair

The Morale, Welfare and Recreation Human Resources staff hosts two workshops and two job fairs for teens aged 14 -18. The workshops will help teens prepare for on-the-spot interviews at the job fairs.

Teens should bring a resume to the job fairs, located at the Youth Center on Sigsbee Park. Jobs are available at the Youth Center and the Child Development Center. Applications are available at the CDC, Youth Center and MWR administration, Bldg. A-711, Boca Chica Field.

Here is the schedule of workshops and fairs:

- Job Skills/Resume Writing:** 4 - 6 p.m. Tuesday
- Resume Writing & Review:** 4 - 6 p.m. Thursday
- Job Fair:** 5 - 6 p.m., May 15
- Job Fair:** 6 - 7 p.m., May 17

Trumbo Pool opens

Trumbo Pool is now open with the following hours: 11 a.m. - 6 p.m. on Fridays and Saturdays and 11 a.m. - 5 p.m. on Sundays.

For more information, call 305-293-4324.

Dolphin Derby

Register for the 22nd annual fishing tournament at the Sigsbee Marina. Registration forms are available at Boca Chica and Sigsbee marinas and online at www.NavyMWRKeyWest.com/events. There will be cash prizes for first, second and third place as well as awards for largest dolphin for active duty, largest wahoo, largest dolphin caught by a lady angler as well as youth first, second and third place.

The captain's meeting will be from

5 - 7 p.m. May 25 at the Sunset Lounge. The captain's meeting will offer the last chance to register (cash only/before 6 p.m.). The early registration fee is \$150 until May 19; after May 19 the registration fee is \$200.

Thanks to the continued support of the following sponsors: Mercury Marine, Key West Golf Club , Mary Ellen's and The Porch, Spanish Fly, Salt Life, Key West Bait & Tackle, Murray Marine , Cudjoe Sales, Rick's/ Durty Harry's, Lower Keys Bait & Tackle, Hemingway Rum Co., Bier Boutique, Key West Marine Hardware, LOCAL Brand, Outback Steakhouse, Schooner Wharf, Fish Skinz, Blaylock Oil, Navy League Key West Council, Military Affairs Committee, Keys Federal Credit union, Key West Area Chief Petty Officers Association, Sparkling Ice,

see BRIEFLY page 6

Naval Air Station

KEY WEST



Meet a Teammate

Job Title: Quartermaster Port Ops

Hometown: Cochran, Georgia

Prior Duty Stations: USS Peleliu (LHA 5), USS Abraham Lincoln (CVN 72)

Hobbies: Outdoors, sports, working out.

Most Interesting Experience: Visiting new countries on both deployments.

Future plans: Finish bachelor's degree on shore duty.



QM2
Kyle Brown

MWR Update

Sunset BBQ

Join MWR for a Sunset Backyard BBQ at Sunset Lounge on Sigsbee Park 4 - 7 p.m., Saturday. The kitchen will close but a barbecue menu is available. In addition to food and music, there will be backyard games like corn hole, spike ball, Frisbee and more. Enter the raffle to win two free STYX concert tickets for the May 17 show at the Truman Waterfront Amphitheater. For more details call 305-563-0364.

Parent/child paint

A mommy and me or daddy and me paint class, is set for 6-8 p.m., Wednesday at the Sigsbee Community Center. The cost is \$35 for parent and child; parent must attend with the child.

There are only 20 spots available and it is open on a first-come, first-served. Pre-registration is required at the Tickets & Travel Office on Sigsbee Park. Call 317-292-6557 for more details.

Command Challenge

Round up your command for the annual Armed Forces Day Command Challenge on May 18 from 7 a.m. - 2 p.m. on the Sigsbee Sports Fields.

This year's highlighted events include Tug-o-War, Corn Hole, the Amazing Race, Dodgeball, Trash Can Pong and more.

If you are interested in volunteering for this event, call 305-293-2480. Thank you to the following spon-

sors for their continued support: Saint Leo University, NAS Key West Homes, Fury Water Adventures, Sparkling Ice, Key West Military Affairs Committee, Navy League Key West Council, Key West Area Chief Petty Officers Association, Southernmost VFW Post 3911 and Waste Management. Sponsorship does not imply endorsement.

Kids' run

The Armed Forces Day Kids' Run is set for 6 p.m., May 9 at Sigsbee Community Center. The event, for ages five - 13, includes one-half, one- and two-mile runs. The run is open to all military youth ages. Register at www.americaskidsrun.org and drop off the form at the Youth Center. Call 305-293-4437 for more details.

Craft night

MWR Community Recreation offers a number of crafting opportunities each month at the Sigsbee Community Center. All supplies are provided and patrons are welcome to bring their favorite beverages. Most activities are open to children unless stated otherwise.

Pre-registration is required. To register, make full payment at the Tickets & Travel Office on Sigsbee Park. Upcoming events: **Wednesday:** Kids' Painting Class

Community rec

MWR Community

Recreation offers events each month that offer the opportunity to explore Key West and other sites. All transportation departs from the Sigsbee Community Center across from the dog park. To reserve your seat, make payment at the Ticket & Travel Office on Sigsbee Park. For pricing and more event details call 305-563-0364 or visit www.NavyMWRKeyWest.com/events.

Saturday: Basewide yard sale

Youth bowling

Child and Youth Programs hosts a youth bowling league at the Airplanes Bowling Center & Grill on May 5 and June 2. The clinic is for children 5 - 18 years old; the group size is limited to 18 per session; register, drop off and pick up at the Youth Center on Sigsbee Park. Transportation departs at noon and returns by 3 p.m. For more information call 305-293-4437.

Navigator's music

Navigator's Bar at the Boca Chica Marina has live entertainment during the season from 6 - 9 p.m. For additional details, call 305-293-2468 or visit www.NavyMWRKeyWest.com/events.

Single Sailor

The Liberty Program offers events and activities for single or unaccompanied E-6 and below. Follow on Facebook at www.Facebook.com/MWRLibertyKeyWest

or register for text updates by texting request to 305-797-4468. Contact Maria for upcoming events at 305-797-4468. This month's activities:

Saturday: Backyard BBQ at Sunset Lounge at 4 p.m.
Sunday: Lighthouse & Lunch

Fitness Center

The fitness center on Boca Chica has returned to

regular hours: 5 a.m. - 8:30 p.m. Monday - Friday and 9 a.m. - 4 p.m. Saturday and Sunday. All fitness classes are free to authorized patrons and are designed for all fitness levels, from beginner to advanced.

The fitness schedule is subject to change without notice. Call 305-293-2480 for more information.

Monday

Yoga - 6:30 - 7:45 p.m., Sigsbee Community Center

Job opportunities

There are currently a number of open positions within MWR and NGIS. This week's highlighted jobs are Fitness Specialist at the Boca Chica Gym and Recreation Assistant at the Beach Patio Recreation Center.

There are also open positions for bartenders, child

see MWR page 5



PROTECT OUR CHILDREN



U.S. Navy photo by Dave Patrocky

Youngsters and staff members from the Child Development Center walk the Sigsbee Park track April 20 in recognition of Child Abuse Prevention Month. Youngsters carried blue pinwheels, a symbol of the effort to end child abuse.

MWR

continued from page 4

care workers, maintenance workers and more.

For a list of jobs and an application form, visit www.NavyMWRKeyWest.com/jobs.

MWR Website

MWR has a new website and APP that provides our patrons with a full list of facilities, programs, services and current employment opportunities.

Visit www.navymwr-keywest.com to find out

what MWR has to offer: Restaurants and bars, sports and fitness, child care, leisure recreation, pool and splash parks, special events, gear rentals, marinas, lodging, discounted attraction tickets and more. Visit the Apple or Android APP store and search for NavyMWR Key West. Other sources of information can be found on Facebook and Twitter under "NAS Key West MWR." The Weekly Activities Sheet is also posted to the pages. For more information or questions, email mwrnaskw@gmail.com.

This week at FFSC

SAPR Sports Day

Friday, 9 a.m. - 1 p.m.
Sigsbee Sports Field

Join us at this family-friendly event where commands will compete in softball, basketball and kickball.

This event includes SAPR VA recognition, an awards ceremony and barbecue. For more information, call 305-293-3770.

IA Spouse & Family

Monday, 8 - 9 a.m., FFSC

Meet and catch up with other IA families in the area, and explore some of the unique challenges faced by IA Families. The time together helps make connections with other families facing similar issues.

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

Spouse appreciation brunch & bingo

May 5, 10:30 a.m. - 2 p.m.
Sigsbee Community Center

Join us for the annual Military Spouse Appreciation Brunch and Bingo, held in recognition of Military Spouse Appreciation Day, May 11.

The event requires registration, so stop by the Fleet and Family Support Center or call 305-293-2766 to get your name on the waitlist.

FFSC Services

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

KIDS RUN
2018

WEDNESDAY
MAY 9
6 PM

Open to all military youth ages 5 to 13

REGISTRATION:
www.americaskidsrun.org

Register online beginning April 9 or drop off registration form at the Youth Center.

Call 305-293-4437 for more info.

START AT SIGSBEE COMMUNITY CENTER

FREE

1/2 MILE • 1 MILE
2 MILE RUNS

NAS Key West MWR
NavyMWRKeywest.com

To be placed on the e-mail distribution list:
cathy.robinson1@navy.mil - please provide your name & command

NAF JOBS

Serving our Military personnel and their families.

NavyMWRKeyWest.com/jobs

Briefly

continued from page 3

Fury Water Adventures and VFW Post 3911.

Register now for VBS

Naval Air Station Key West's Religious Ministries Department is hosting Vacation Bible School from 9 a.m. - noon, June 11 - 14 at the Sigsbee Park Community Center. The event is free and open to youngsters aged four through the sixth grade. Register at the following link: <https://vbspro.events/p/events/b0ae2e..> For more information, call the chaplain's office at 305-293-2318.

ID renewal

All DOD ID cards can be renewed up to 90 days in advance, CAC and dependent ID cards included. Two forms of ID are required; sponsors must sign/digitally sign Form 1172 for all dependent children. For more information, call 305-293-3778.

Free cooking class

Enjoy fellowship and food at a free cooking class offered at 4 p.m. May 10 at Big Pine United Methodist Church. This will be the first class in a free monthly series called Heavenly Hosts. To RSVP, visit <https://www.facebook.com/events/595551534111050/>. For more information, call 704-796-3947.

NAS Classifieds

FOR RENT

Bay Point - Two very clean, private apartments on beach with dock. 1BR/1BA, \$1,750; Efficiency, \$1,450. Each has A/C, W/D. One person only in each unit. No smoking, no pets. Prefer military member. F/L/S. Call 305-745-1462.

Cudjoe Key - Lovely 2BR/1BA apartment by the water. Nice kitchen area with new appliances, large dining/living room plus studio area. Central A/C. Utilities included. \$1,875 per month. Available April 15. Maximum of two people/no pets. Call 305-394-7464 or email bwpsg45@icloud.com. Please call after 5:30 p.m., or any time over weekend.

FOR SALE

Never used in the box Samsung ME21M706BAS stainless steel 2.1 over the range microwave. \$250. Please call Dave at 305-744-0152.

New tires, zero miles - 205/55 R 16. Continental Pro Contact mounted on brand new 2015 VW alloy rims. \$300. Please call Dave at 305-744-0152.

HELP WANTED

Joint Interagency Task Force (JIATF) South is accepting applications in the local recruiting area only for a Protocol Assistant, GG-0303-09 "Temporary" position not to exceed one year located in Key West, Florida. Will serve as a protocol

assistant for the Command Group. Assists the Protocol Officer with determining attendees, establishes sequence of events and arranges all requirements such as security clearances, scheduling facilities, equipment and support personnel, translation coordination, memento exchanges, etc. Ensures time schedules are followed or are adjusted as needed. At time serves as escort during visit. Monitors the entire visit and makes immediate decisions and adjustments without interruption or inconvenience to the visitor. Makes necessary ground transportation arrangements to and from hotels and air terminals. Selects and reserves billeting accommodations, as needed. May accompany visitors to and from airport conduct tours, etc. Coordinates with proper units and designated staff officers for briefings, con-

ferences, and discussions; arranges tours of post facilities. Incumbent will work under the general supervision of the Protocol Officer. If interested please reference JIATFS-018 for more information at south.com.key-west.jiatfs-j1.list.jobs@mail.mil

Sloppy Joe's Bar - seeking security staff. Candidates must possess customer service skills, have sound judgment and good decision making skills. Call Jodi Novosel at 305-296-2388, x123, or email jodi@slopepyjoes.com. EOE.

Sloppy Joe's Bar - seeks a DJ for Tuesday nights, 9 p.m. - close. Must have relevant experience, own music, and able to keep the crowd going between live band breaks. Call Jodi Novosel at 305-296-2388, x123, or email jodi@slopepyjoes.com. EOE.

Sloppy Joe's Bar - seeks a sound Tech - part time,

Thursday nights. Must have technical knowledge of sound and lighting. Requires coordinating with bands for special needs. Call Jodi Novosel at 305-296-2388, x123, or email jodi@slopepyjoes.com. EOE.

NAS KEY WEST CLASSIFIEDS are free for active-duty and retired personnel, their families and civilian base employees only. Deadline for submissions is noon the Tuesday prior to that Friday's issue. Make submissions to the NAS Key West Public Affairs Office by email, lolene.scholl@navy.mil; mail, P.O. Box 9001, Key West, FL 33040-9001; or fax submissions to 305-293-2627. Unless otherwise directed, ads will run for four issues. Name and phone number must accompany all requests in order for them to be considered for publication. For more information, call 305-293-2425.

Safety is everyone's job!

2018 Total Military and Civilian Mishaps: 1
Military - 0; Civilian - 1

Days since last civilian DART* mishap: 31

Days since last military mishap: 368

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

Edward P. Donohue
NAS Key West Safety Manager
(305) 293-2314

Information as of April 26, 2018

April 27, 2018

0900-1300

SAPR SPORTS DAY

NAVYMWRRKeyWest.com

Eighth Annual

MILITARY SPOUSE APPRECIATION

BRUNCH & BINGO

SATURDAY, MAY 5, 2018
10:30 A.M. UNTIL 2 P.M.
SIGSBEE COMMUNITY CENTER
SIGSBEE PARK

ACTIVE MILITARY SPOUSES: RSVP BEGINNING APRIL 16
RETIRED MILITARY SPOUSES: RSVP BEGINNING APRIL 30
RSVP IN PERSON AT FLEET & FAMILY, SIGSBEE PARK

LIMITED SEATING
MUST RSVP TO ATTEND
CALL 305-563-0361 FOR MORE INFO

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