



(Jan. 20, 2018) LS2 Nadia Poitier prepares shipping labels in the post office of the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt and its carrier strike group are deployed to the U.S. 5th Fleet area of operations in support of maritime security operations.

U.S. Navy photo by
MC3 Andrew Langhoff

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Two AV-8B Harriers assigned to Marine Medium Tiltrotor Squadron (VMM) 161, and aircraft from Carrier Air Wing (CVW) 2 fly in formation above the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70).

Flu, cold virus making unwelcome seasonal visit to the Keys

FROM NAVAL HOSPITAL JACKSONVILLE PUBLIC AFFAIRS

Walk through the front door at Naval Branch Health Clinic Key West and your first view is of a white board asking all visitors with flu-like symptoms to don a face mask and apply hand sanitizer before proceeding into the facility.

The clinic is seeing a number of influenza patients daily suffering from different flu strains. With the Keys drawing tourists from across the nation and around the world, locals should take extra precautions to avoid getting whatever bugs are being introduced to the island.

You might have the flu if you have some or all of these symptoms: Fever,

cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes diarrhea and vomiting.

Most people with the flu have a mild illness and don't need medical care or antiviral drugs. If you get sick with flu symptoms, you should stay home and avoid contact with other people except to get medical care. To avoid exposing others,

stay home for at least 24 hours after your fever is gone (except to get medical care or other necessities). Use a fever-reducing medication as needed.

While you're sick with the flu avoid being around other people, wash your hands often and cover coughs and sneezes with a tissue. If you must leave home, wear a face mask if you have one.

People who are only mild-

ly ill shouldn't go to the emergency room. If you go to the ER and you don't have the flu, you might catch it from people who do have it.

If you have flu symptoms and are in a high-risk group, or are very sick or worried about your illness, contact your doctor. High-risk groups include: Young

see FLU page 6

Urgent care now easier to access

FROM TRICARE

As of Jan. 1, most TRICARE Prime enrollees will no longer need a referral for urgent care visits and point of service charges will no longer apply for urgent care claims.

This change replaces the previous policy, which waived referrals for the first two urgent care visits per year. Active duty service members should continue to visit military hospitals and clinics for care. Active duty members enrolled in TRICARE Prime Remote who don't live near a military hospital or clinic don't need a referral when seeking an urgent care visit.

"We wanted our service members' families

and others to have easier access to urgent care," explained Ken Canestrini, acting director, TRICARE Health Plan within the Defense Health Agency. "Beneficiaries can go visit an urgent care center right away anytime they have a need."

If you use TRICARE Select or any other TRICARE plan, you may visit any TRICARE-authorized provider, network or non-network, for urgent care.

Urgent care is care you need for a non-emergency illness or injury requiring treatment within 24 hours. Examples of urgent care conditions include a sprain, rising temperature or sore throat. It is not an emer-

see TRICARE page 2

THE SKY HAS FALLEN



U.S. Navy photo by Rosamaria Gonzales

Fog blanketed Naval Air Station Key West's Boca Chica Field runways Wednesday morning as an approaching front with moist surface winds interacted with the cool sea surface off the Keys. In a rare occurrence, the weather service issued a dense fog advisory with low-to-zero visibility in some areas.



Jan. 26

1913 - The body of John Paul Jones is laid to rest in the Chapel of the Naval Academy.

Jan. 27

1952 - Navy carrier aircraft cut the Korean railroad, a constant target during the Korean War..

Jan. 28

1986 - The Space Shuttle Challenger explodes early in its boost phase, killing all seven astronauts.

Jan. 29

1944 - The battleship USS Missouri (BB 63) is christened. Built at the New York Navy Yard, her keel was laid on Jan. 6, 1941 and she was commissioned on June 11, 1941. She was the last battleship to enter active service.

Jan. 30

1944 - PB2Y aircraft (VP 13 and VP 102) from Midway Island carry out nocturnal bombing raids on Wake Island to neutralize Japanese airfields.

Jan. 31

1981 - The era of Enlisted Naval Aviators comes to a close when the last enlisted pilot, Master Chief Robert Jones, retires after 38 years.

Feb. 1

2003 - Space Shuttle Columbia disintegrates during re-entry and is lost with all astronauts due to a failure in the shuttle heat shield protective system.

‘What if?’

What if the worst happens, what if my worst fear comes true, what if I fail, what if I made the wrong choice?

Many of us can admit we have asked one or more of those questions at some point in our lives.

“What if” questions aren’t always negative. We can ask ourselves, “What if I tried a little harder next time,” “What if I have a plan B just in case plan A doesn’t work,” or “What if I choose another career?”

Some people spend a lifetime considering ‘what ifs.’ Asking yourself these questions isn’t bad, unless it causes you to feel unsettled, affects your peace of mind and or leaves you feeling insecure.

There were many people in the Bible who were uneasy with ‘what if’ questions. Moses asked

God, “What if they don’t believe me?,” when he was directed to lead the Israelites out of Egypt. Joseph’s brothers asked, “What if Joseph bears a grudge against us?,” after they sold him into slavery.

CHAPLAIN'S CORNER



NAS Key West
Command Chaplain

Lt. Cmdr.
Scott Mason

Abraham’s servant asked about Isaac’s future wife, “What if the young woman refuses to come with me?”

They each wondered what would happen if their outcome went wrong.

Whether your ‘what if’ questions pertain to minor issues or life altering repercussions, we all face these questions at some point.

God doesn’t promise us a trouble-free life. There will always be ‘what if’ questions in our lives.

The bigger question is, do you

let these questions stop you from doing exactly what you are supposed to do? We can’t fear the ‘what ifs.’

We may face some pretty hard circumstances but instead of focusing on the ‘what ifs,’ we should accept that even if the worst happens, God’s grace is sufficient.

If you find yourself repeatedly asking ‘what if,’ I hope that after reading this you are able to stop and find hope and peace in God’s sufficient grace.

Please join us for Sunday worship at 10:30 a.m. in the Sigsbee Community Center with our Praise Band and Children’s Church. Please visit our Facebook page (NAS Key West Chapel) for upcoming events.

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.

Tricare

continued from page 1

gency and doesn’t threaten life, limb or eyesight.

If you are unsure whether to seek urgent care, call the 24/7 Nurse Advice Line at 1-800- 874-2273 - Option 1. You will speak with a registered nurse who can answer your questions and give advice. The nurse can also assist you with finding a provider.

If you need care after hours, while traveling, or if your primary care manager is unavailable, urgent care is a great option. Contact Humana Military, the East regional contractor, at 1-800-444-5445 to help find an appropriate urgent care facility or provider. You can also use the TRICARE provider search tool online at www.tricare.mil/ FindDoctor. Visit www.tricare.mil/changes to learn more about the changes.

9th Annual
**Navy Birthday Ball
Golf Tournament**

Friday,
February 9th
2018

Key West
Golf Club

Sign-Up Cost

E6 AND BELOW: \$60
E7-O3: \$70
O4 AND ABOVE/CIVILIANS: \$80

Lunch is included
with your sign-up fee!

CUT OFF FOR REGISTRATION
FEBRUARY 1ST

Day of Event

Registration 6:30 AM - Shotgun Start 7:30 AM

Sold at Registration

\$5 Mulligans and Red Tees
10 ft. String - \$20 per Team

Prizes

1st place: \$400
2nd place: \$200
3rd place: \$100

Prizes for the longest drive, straightest drive,
closest to the pin and longest putt.

For More Information Contact

AMC Michael Bruhl: michael.bruhl@navy.mil
305-293-2767
AC1 Dustin Wiser: dustin.wiser1@navy.mil

Left on?

Looking faucets, lights in empty rooms, electronics and peripherals: when they're on, we're wasting energy.

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KEY WEST GOLF CLUB

Note: The Navy Ball Committee is a non-federal entity.
It is not a part of the DOD or any of its components and it has no governmental status.

Southernmost Flyer

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Looking faucets, lights in empty rooms, electronics and peripherals: when they're on, we're wasting energy.

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FFSC gears up for Military Saves

FROM NAS KEY WEST
PUBLIC AFFAIRS

Each year as winter winds down service members are reminded to plan for the winter of their lives by taking the Military Saves Pledge during Military Saves Week.

Military Saves Week, coordinated by America Saves and the Consumer Federation of America in partnership with the Department of Defense, is an annual opportunity to promote good savings behavior and a chance for individuals to assess their own saving status.

At Naval Air Station Key West, Fleet and Family Support Center staff have already started planning activities that will continue through the entire month of February, culminating

with Military Saves Week, Feb. 26 - March 3.

Currently, FFSC is taking registration for Command Financial Specialist training, scheduled for Feb. 12 - 16. More information on registering can be found in the 'Briefly' column.

Also scheduled for February are free financial classes on buying a vehicle, saving for retirement and the new military blended retirement. With support from Morale, Welfare and Recreation, FFSC has plan Military Saves Bingo Feb. 27 and the Military Saves Fair March 2.

The fair, also supported by Keys Federal Credit Union, will include burgers and dogs and a chance for those who take the money pledge to grab some cash in the KFCU 'Money Blizzard' booth.



U.S. Navy photo by MC2 Cody Babin

Naval Air Station Key West Installation Mission Readiness Officer David Melton reviews how to respond to an active shooter threat with military and civilian personnel Wednesday during a training event at Boca Chica Field. Starting Monday, Navy Installations nationwide will conduct Exercise Citadel Shield-Solid Curtain, a two-part force protection exercise that runs through Feb. 9. During the exercise, access to base annexes could be delayed and the community may see extra security activities. People who have base access are urged to be patient and, as always, carry their proper identification and base and vehicle credentials.

Briefly...

CFS training available

Fleet and Family Support Center has scheduled a Command Financial Specialist Training Feb. 12 - 16.

Command Financial Specialists are service members who can be appointed by the commanding officer to provide financial education and training, counseling and information referral at the command level. The CFS is trained to establish, organize and administer the command's finance program.

For more information on attending the CFS program please check with your command leadership or contact Dave Patrocky, 305-293-3770, or email david.patrocky@navy.mil.

this week and volunteers - active military and civilian - are needed.

The events: Bocce ball, 5:30 p.m. Fridays; cycling at 9 a.m. Saturdays; soccer at 5:30 p.m. Wednesdays; and track and field, time and dates yet to be determined.

If you are interested in being a volunteer (military or civilian), call AC1 Tracey Walker at work, 305-293-2770 or cell, 408-215-8705.

There also is an Athletes Leadership Program that is looking for mentors for the athletes. Meetings are on the second Thursday of the month. Contact Walker for time and location.

CPOA hosts run

The Key West Area Chief Petty Officers Association presents the "8 Miler" run Feb. 17 at the CPOA Mess on Boca Chica Field. The run begins

at 7 a.m. Registration is \$20, which includes a medal and bib.

Register through Paypal: keywest-cpoawaysandmeans@gmail.com. Registration for the Virtual Race is \$25; ensure your address is noted in Paypal payment as medal, bib and pins will be mailed to you. For more information, contact AMC (AW) Scott Smith, 305-293-2767, or email scott.r.smith1@navy.mil.

Get active with MCHC

The Multicultural Heritage Committee is looking for more people - Sailors and DOD civilians - to join the organization. The MCHC meets every Thursday at noon in Bldg. A-324 conference room, Boca Chica Field.

For more information, email PRC Michael Dees at michael.dees@navy.mil.

Naval Air Station
KEY WEST



Meet a Teammate

Job Title: T-Line

Hometown: Richmond, Virginia

Prior Duty Stations: USS Dwight D. Eisenhower (CVN 69)

Hobbies: Fishing, golfing, movies.

Most Interesting Experience: Deployment.

Future plans: Retire from the Navy, start a family.



**ABH2
James Frary**

Volunteer opportunities

The Special Olympics season begins

MWR Update

Kids Fun Day

MWR's most anticipated event of the year, Kids Fun Day, is bringing the carnival to Key West from 2 - 5 p.m., Feb. 10, at Sigsbee Park. Come out and enjoy carnival rides and games, inflatables, face painting, a disc jockey playing music, flea market, cotton candy, popcorn and snowcones. Food and beverages be sold by the Seabee Ball Committee to support the Seabee Ball.

A special thank you to our sponsors for their continued support: USAA, Waste Management, Fury Water Adventures, Navy League Key West Council, Military Affairs Committee, Keys Area Chief Petty Officers Association and the Southernmost VFW Post 3911.

For more information, visit www.NavyMWRKeyWest.com/events or call 305-563-0364.

Movie reset

The Community Recreation Outdoor Movie for January, Spider-Man Homecoming (PG-13), has been rescheduled for this Saturday, starting at 6:30 p.m. at Sunset Lounge on Sigsbee Park.

The movie is free and open to all MWR authorized patrons. Enjoy the Sunset Lounge Kids' Menu and dinner specials. Popcorn, candy and light-up toys will be sold for \$1 each (cash only). Please, no outside food or beverages. Bring a chair or blanket to enjoy front row lawn seating.

For additional details, call or text 305-563-0364.

Disc Golf

Join us from 3 - 5 p.m. Saturday on Truman Annex for Disc Golf. The game is open to all-hands and all levels are welcome. Registration is not required and prizes will be up for grabs.

For more details, call 305-797-7791 or email kwathletics@gmail.com.

Super Bowl party

The Sunset Lounge on Sigsbee Park is hosting an all-hands Super Bowl LII party Feb. 4. The event starts at 6 p.m.; kick-off is 6:30 p.m.

The restaurant will have a limited menu of grilled burgers and hot dogs. The game will be shown on the large inflatable screen, so bring a lawn chair to sit on.

For more information, call 305-293-2783.

B-ball tourney

MWR Sports hosts an outdoor basketball tournament with games starting Feb. 20. Rosters are due Feb. 9 and can be submitted by emailing kwathletics@gmail.com.

The tournament will have a maximum of 16 teams; games will be Tuesdays and Thursdays at the Truman Annex basketball courts. For more information, call 305-797-7791.

Craft Night

MWR Community Recreation offers a number

of craft nights at the Sigsbee Community Center each month. All supplies are provided and patrons are welcome to bring their favorite beverages. Most activities are open to children unless stated otherwise. To register, make full payment at the Tickets & Travel Office on Sigsbee Park.

Tuesday: Homemade Wine Workshop, 6 - 9 p.m.

Wednesday: Flip Flop Sign, 6 - 9 p.m.

Recreation

MWR Community Recreation is offering a number of 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: Miami Zoo Trip, 7:30 a.m. - 8 p.m.

Navigator's music

Navigator's Bar at the Boca Chica Marina has live entertainment during the season from 6 - 9 p.m. Saturdays.

For additional details, call 305-293-2468 or visit www.NavyMWRKeyWest.com/events

Saturday: Island Time Band

Friday: Tom Taylor

Feb. 3: Roger Jokela

Feb. 10: Wavy Dave

Feb. 17: Island Time

Sunset Lounge

Live entertainment and free events are at the Sunset Lounge in Sigsbee Park overlooking the water. All events are from 6 - 9 p.m., unless noted otherwise.

Friday: Back to the 80's Party with DJ Gunz

Feb. 2: Karaoke with DJ Gunz

Feb. 4: Super Bowl LII at 6 p.m.

Feb. 9: Karaoke with DJ Gunz

Pickleball

Open pickleball is from 9:30 - 10:30 a.m. Mondays on the Sigsbee Tennis Courts. Pickleball is a racket sports that combines the elements of badminton, tennis and ping-pong.

For more information, call 305-293-2480 or email kwathletics@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/MWRLibertyKeyWest or register for text updates by texting request to 305-797-4468.

The following are scheduled activities for January:

see MWR page 5

NAVYMWRKeyWest.com

MWR SPORTS

3-V-3 OUTDOOR BASKETBALL TOURNAMENT

Games start February 20 • Rosters due February 9
Maximum 16 teams

Games held on Tuesdays and Thursdays at Truman Annex basketball court

For more information or to submit rosters email kwathletics@gmail.com or call 305-797-7791

MWR

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Saturday: Disc Golf at Beach Patio from 3 - 5 p.m.

Contact Maria for details at 305-797-4468.

Fitness classes

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. Schedule is subject to change without notice.

Call 305-293-2480 for more information.

The new fitness schedule:

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

Wednesday
Cycling Power Hour - 5:30 - 6:30 p.m., Boca Chica Cycling Studio

Thursday
Gentle Yoga - 10:30 - 11:30 a.m., Sigsbee Community Center

Cardio Caliente - 5:30 - 6:30 p.m., Sigsbee Community Center

Job opportunities

There are currently a number of open positions within MWR and NGIS.

There is an urgent need for full time and flex Child Care Workers and Housekeepers but many other positions available.

For a full list of open positions and a PDF 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.navymwrkeywest.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 your Apple or Android APP store and search for: NavyMWR Key West. Have it all at your fingertips and make the most of what MWR has to offer. Other sources of information are Facebook and Twitter "NAS Key West MWR" and the Weekly Activities Sheet. Email your questions to mwrnaskw@gmail.com.

This week at FFSC

IA Spouse, Family Discussion Group

Monday, 9 - 10 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 dealing with similar issues. Register with Amanda Slater at 305-293-2766 or email amanda.slater@navy.mil.

Effective Communication Workshop

Thursday, 8 - 9 a.m., FFSC

Learn about common barriers, aggressive versus assertive communication, and techniques to enhance your interactions with others.

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

★ SUPER BOWL PARTY AT SUNSET LOUNGE ★

PRIZES! **BURGERS & HOT DOGS FOR SALE** **FULL BAR!** **FREE ENTRY**

PHILADELPHIA EAGLES **SUPER BOWL LII** **NEW ENGLAND PATRIOTS**

NAVYMWRKeyWest.com

4 **SUNDAY, FEB**
PARTY STARTS: 6 PM
KICKOFF: 6:30 PM

LARGE VIEWING SCREEN
LAWN SEATING AVAILABLE*
*BRING YOUR OWN CHAIR

FOR MORE INFORMATION CALL 305-293-2783

MWR

NAVYMWRKeyWest.com

MWR

2018

KIDS FUN DAY

CARNIVAL

SAT, FEB. 10 • 2-5 PM

SIGSBEE FIELD

Flu

continued from page 1

children (younger than 5, especially those younger than 2); people age 65 and older; pregnant women; and people with certain medical conditions, such as asthma, diabetes, or heart disease. High-risk patients should contact their doctor early in the illness. Remind them of your high-risk status for flu, and ask about antiviral treatments.

If anyone has any of these emergency warning signs of flu, go to the ER:

Children: Fast breathing or trouble breathing; bluish skin color; not drinking enough fluids; not waking up or not interacting; being so irritable the child doesn't want to be held; flu-like symptoms improve, but then return with fever and

worse cough; and fever with a rash.

Infants: In addition to the symptoms listed above, get medical help right away for any infant who has any of these signs: Unable to eat; trouble breathing; no tears when crying; and significantly fewer wet diapers than normal.

Adults: Difficulty breathing or shortness of breath; pain or pressure in the chest or abdomen; sudden dizziness; confusion; severe or persistent vomiting; flu-like symptoms that improve but then return with fever and worse cough.

And the flu isn't the only bug wandering the Keys. The common cold, which shares some of the same symptoms of the flu - like sneezing, running nose and cough - is also making the rounds.

There is no cure for

the common cold, which is caused by a virus. Antibiotics won't help as they don't work against viruses. Taking unnecessary antibiotics can also make it harder for your body to fight future bacterial infections.

To feel better, get lots of rest and drink plenty of fluids. Over-the-counter medicines might help ease symptoms but they won't make the cold go away any faster. Always read the label and use as directed. Be especially careful with children and cold medicine as some medicines have ingredients not recommended for children.

Cold symptoms include sore throat, runny nose, coughing, sneezing, headaches and body aches. Most people recover within about seven - 10 days. But people with weakened immune

systems, asthma, or respiratory conditions might develop serious illness, such as pneumonia.

To reduce your risk of getting a cold, wash your hands often with soap and water and wash for at least 20 seconds. Help young children do the same. If soap and water aren't available, use an alcohol-based hand sanitizer. Also avoid touching your eyes, nose, and mouth with unwashed hands and stay away from people who are sick.

To protect others, stay

at home while you're sick; avoid close contact with others, such as hugging, kissing or shaking hands; move away from people before coughing or sneezing and if you do cough and sneeze, cover your mouth and nose with a tissue and then throw it away (if you have no tissue, cough and sneeze into your shirt sleeve); wash your hands after coughing, sneezing or blowing your nose; and disinfect surfaces and objects that you touch often (doorknobs, light switches, faucet handles,

keyboards, and cell phones). Call your doctor, if you or your child has one or more of these: Temperature above 100.4° F (if your child is younger than three months of age and has a fever, always call your doctor right away); symptoms that last more than 10 days; and symptoms that are severe or unusual.

It's not too late to get your flu shot; stop by the clinic or call 305-293-3929.

For 24/7 clinical advice, call the Nurse Advice Line at 800-874-2273.

NAS Classifieds

HELP WANTED

Sloppy Joe's Bar seeks security staff. Candidates must possess customer service skills, sound judgment and good decision making. Prior security, martial arts or military experience is a plus.

Summerland Wines and

Spirits (located at MM25) has a part-time position available; flexible hours. Positive upbeat environment. Respond to steve@summerlandwinesandspirits.com or call 480-888-5910.

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, jolene.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: 0
Military - 0; Civilian - 0

Days since last civilian DART* mishap: 83

Days since last military mishap: 277

* **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 Jan. 24, 2018

