



U.S. service members assigned to the Defense POW/MIA Accounting Agency conduct a disinterment ceremony at the National Cemetery of the Pacific, in Honolulu. The ceremony included the first service members to be disinterred from the USS California and service members from the Korean War.

U.S. Marine Corps photo by  
Sgt. Lauren Gramley

# Southernmost Flyer

FRIDAY, JAN. 12, 2018

VOL. 18 NO. 2

WWW.CNIC.NAVY.MIL/KEYWEST

NAVAL AIR STATION KEY WEST, FLORIDA

## Recyclables really make a comeback

BY JOLENE SCHOLL  
*Southernmost Flyer*

While we may never know if reincarnation is a reality for human beings, we know for a fact that recyclable containers can have a second, or third, or more, life. That plastic milk carton carrying the recycling symbol "1" in your refrigerator may one day be part of the carpet covering your living room floor. The newspaper or magazine may end up as a greeting card. Recycling is a big business.

Recycling not only preserves resources, it is fuel-

see RECYCLE page 8



U.S. Navy photos by Helen Stanley and Jolene Scholl

Half-hearted attempts at recycling, above, include treating the recycling container like a dumpster. The cardboard above is exposed to the elements and will most likely end up in the trash. Kelly Anson, insert, administrative assistant at Boca Chica Marina, does it correctly, depositing clean, broken-down cardboard boxes into the recycling container by the marina's parking lot.

### inside:

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TOP OF PAGE ONE:  
An SH-60S Sea Hawk helicopter lands on the flight deck aboard the amphibious assault ship USS Wasp (LHD 1).

Martin Luther King Jr.'s birthday is observed Monday  
"Remember! Celebrate! A Day On! Not a Day Off!"

## TRICARE increasing pharmacy co-pays

### FROM TRICARE

TRICARE beneficiaries can expect to copayments for prescription drugs at TRICARE Pharmacy Home Delivery and retail pharmacies increasing Feb. 1.

These changes are required by law and affect TRICARE beneficiaries who aren't active duty service members.

While retail pharmacy and home

delivery copayments will increase, prescriptions filled at military pharmacies remain available at no cost. You can save the most money by filling your prescriptions at military pharmacies.

"Military pharmacies and TRICARE Pharmacy Home Delivery will remain the lowest cost pharmacy option for TRICARE beneficiaries," said U.S. Air Force

see COPAY page 3

## NAS Key West observes MLK holiday

### FROM NAS KEY WEST PUBLIC AFFAIRS

Naval Air Station Key West's administrative offices and most base recreational facilities will close Monday in observance of the Martin Luther King Jr. holiday.

All but the following Morale, Welfare and Recreation facilities are closed:

Truman Annex Beach Patio

Recreation Center: 9 a.m. - 5 p.m.

Fly Away Café, Boca Chica Marina: 10 a.m. - 7 p.m.

Navigator's Bar, Boca Chica Marina: 11 a.m. - 9 p.m.

NGIS front desk, Bldg. A-648 on Boca Chica Field: Open 24 hours

Sigsbee Marina: 7:45 a.m. - 5 p.m.

Vacation Rentals, Trumbo Point:

see MLK page 2



## Jan. 12

1953 - Aircraft landings begin operational tests onboard USS Antietam (CVA 36), the first angled flight deck carrier.

## Jan. 13

1865 - With 8,000 Union soldiers, Rear Adm. David Porter provides 59 warships and 2,000 Sailors and Marines to take Confederate Fort Fisher, North Carolina.

## Jan. 14

1863 - Navy General Order 4, signed by Secretary of the Navy Gideon Welles, announces the Emancipation Proclamation by President Abraham Lincoln, which is signed on Jan. 1, 1863.

## Jan. 15

1916 - The submarine E 2 explodes at the New York Navy Yard because of escaping gases during an overhaul.

## Jan. 16

1991 - Operation Desert Storm begins to liberate Kuwait from Iraq.

## Jan. 17

1943 - Light aircraft carrier USS Cowpens (CV 25) is launched. Re-designated CVL 25, she serves in the Pacific during World War II

## Jan. 18

1911 - The first aircraft landing onboard a ship takes place when pilot Eugene Ely lands onboard the armored cruiser USS Pennsylvania.

# Habits

Let's take a moment and talk about habits. We all have them, whether they are good or bad.

According to some, it can take 21 days to make or break a habit.

In the 60s there was a physician that suggested the 21-day mark was the number in which his clients seemed to show a change in their habits.

Recent studies have shown that the days are not that clear-cut and that it can take much longer to make or break a habit. Whatever the number of days it may take, we all know some habits are harder to make or break than others.

I think many would agree that making something a habit is much easier than breaking a habit. Because our brain is very adaptive, we are able to repeat an action over and over again and it will begin to get worn in.

Whether that takes 21 days or longer differs because our brains are all different. I am sure we

have all experienced different results depending on the habit we are trying to establish.

Breaking a habit can be much harder because we have already imprinted that habit into our brain and, even though over time those habits can begin to weaken without use, there is always still a slight trace left in your brain.

### CHAPLAIN'S CORNER



NAS Key West  
Command Chaplain  
Lt. Cmdr.  
Scott Mason

we created never goes away completely, thus making the habit hard to break.

Over the years I have had many people tell me it just isn't possible to make or break their habit. My advice to them is this: Before any habit can be made

or broken, there must be a plan. Without a plan, you set yourself up for failure. Take these steps so your plan has an opportunity to succeed:

- Write the plan down; this includes your strategies for making it happen. Write down your struggles and obstacles.
- Create a support system.
- Start off with one habit at a time.
- If you fail, figure out what went wrong, plan for it and try again.
- Remember to give yourself some grace.

I hope your time reading this article has encouraged you. Please come and join us on Sundays at 10:30 a.m. at Sigsbee Community Center for worship service with our "Praise Band" and "Children's Church." Also, visit our Facebook page (Truman 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.

# Trump order supports mental health care for transitioning vets

### FROM NAVY NEWS SERVICE

Transitioning service members and veterans can now receive up to a year of mental health care from the Veterans Affairs Department after discharge from the service, according to an executive order President Donald Trump signed Wednesday.

The order, "Supporting Our Veterans During Their Transition From Uniformed Service to Civilian Life," directs the Defense, VA and Homeland Security departments to develop a joint action plan to ensure the 60 percent of new veterans who now do not qualify for enrollment in health care - primarily because of a lack of verified

service connection related to the medical issue at hand - will receive treatment and access to services for mental health care for one year following their separation from service.

"We look forward to continuing our partnership with the VA to ensure veterans who have served our country continue to receive the important mental health care and services they need and deserve," said Defense Secretary James Mattis.

"We want them to get the highest care and the care that they so richly deserve and I've been working very hard on that with [VA Secretary David J. Shulkin] and with everybody. It's something that is a top priority," the president said. "We will

not rest until all of America's great veterans receive the care they've earned through their incredible service and sacrifice to our country."

Shulkin noted that as service members transition to veteran status, they face higher risk of suicide and mental health difficulties. "During this critical phase, many transitioning service members may not qualify for enrollment in health care," he said. "The focus of this executive order is to coordinate federal assets to close that gap."

The three departments will work to expand mental health programs and other resources to new veterans in the year after they leave service, including eliminating prior time limits.

## Southernmost Flyer

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The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Naval Air Station Key West, Florida. Additional copy and photographs provided by the readers of the Southernmost Flyer should be addressed to: Editor, Southernmost Flyer, Public Affairs Office, Naval Air Station, Box 9001, Key West, FL 33040-9001. Copy can also be e-mailed to [jolene.scholl@navy.mil](mailto:jolene.scholl@navy.mil). Telephone (305) 293-2425/2434. DSN 483-2425/2434.

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.

## MLK

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8 a.m. - 4 p.m.

The Navy Exchange on Sigsbee Park is open 9 a.m. - 5 p.m. and the mini-marts on Trumbo Point and Boca Chica Field are open 10 a.m. - 5 p.m.

The Commissary on Sigsbee Park is closed on Mondays and unaffected by the holiday.

## Copay

continued from page 1

Lt. Col. Ann McManis, Pharmacy Operations Division at the Defense Health Agency.

Using home delivery, the copayments for a 90-day supply of generic formulary drugs will increase from \$0 to \$7. For brand-name formulary drugs, copayments will increase from \$20 to \$24, and copayments for non-formulary drugs without a medical necessity will increase from \$49 to \$53. These copays are for 90-day supplies.

At a retail network pharmacy, copayments for a 30-day supply of generic formulary drugs will increase from \$10 to \$11 and from \$24 to \$28 for brand-name formulary

drugs. These copays are for 30 day supplies.

In some cases, survivors of active duty service members may be eligible for lower cost-sharing amounts.

TRICARE groups pharmacy drugs into three categories: generic formulary, brand name formulary and non-formulary. You pay the least for generic formulary drugs and the most for non-formulary drugs, regardless of whether you get them from home delivery or a retail pharmacy.

To see the new TRICARE pharmacy copayments, visit [www.tricare.mil/pharmacycosts](http://www.tricare.mil/pharmacycosts).

To learn more about the TRICARE Pharmacy Program, or move your prescriptions to home delivery, visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy).

## BE ON THE LOOKOUT



U.S. Navy photo by MC2 Cody Babin

**N**AS Key West Security Department is sporting new wheels as the Chevrolet Impalas are being replaced with Ford F-150 SSVs. The four-wheel drive trucks, which have upgraded suspension and charging systems, will provide better capabilities, especially during hurricane season.

## Briefly...

### Volunteer opportunities

The Special Olympics season begins 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.

at Willie Ward/Nelson English Parks, located on the corner of Catherine and Thomas streets. The event, which includes free food, drinks and activities for children, is open to the public.

The MLK March follows the celebration. For more information, call Portia Navarro, Key West city manager executive administrator, at 305-809-3883, or email [pnavarro@cityofkeywest-fl.gov](mailto:pnavarro@cityofkeywest-fl.gov).

### ASIST class scheduled

Naval Air Station Key West's Religious Ministries Department is hosting Applied Suicide Intervention Skills Training (ASIST) Wednesday and Thursday in Bldg. 48, the Coast Guard Sector Key West Training Room.

ASIST is a two-day interactive workshop in suicide first aid. ASIST

teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop-anyone 16 or older can learn and use the ASIST model. The program is free.

For more information, call the NAS Key West Chaplains Office at 305-293-2318 or email [Leonel.torrente@navy.mil](mailto:Leonel.torrente@navy.mil).

### 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

Naval Air Station  
**KEY WEST**



*Meet a Teammate*

**Job Title:** Arresting gear  
**Hometown:** Oxnard, California  
**Prior Duty Stations:** USS Theodore Roosevelt (CVN 71)  
**Hobbies:** Photography, going to the gym, going to the beach.  
**Most Interesting Experience:** Joining the military.  
**Future Plans:** Get out and become a photographer.



**ABE3  
Amanda Arroyo**




**NAS Key West MWR**  
[NavyMWRKeywest.com](http://NavyMWRKeywest.com)



*To be placed on the e-mail distribution list:  
[cathy.robinson1@navy.mil](mailto:cathy.robinson1@navy.mil) - please provide your name & command*

### MLK celebration

Key West's Martin Luther King celebration is from noon - 4 p.m. Jan. 15

## 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 snow-cones. 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](http://www.NavyMWRKeyWest.com/events) or call 305-563-0364.

### Outdoor movie

The Community Recreation Outdoor Movie Jan. 20 is Spider-Man Homecoming (PG-13). The movie shows 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 to enjoy front row lawn seating.

For additional details,

call or text 305-563-0364.

### 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](http://www.NavyMWRKeyWest.com/events)

**Saturday:** B-Man and Mi-Shell

**Saturday:** Roger Jokela

**Jan. 20:** Island Time Band

**Jan. 26:** Tom Taylor

### 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.

**Wednesday:** Tin Can Lantern, 6 - 8 p.m.

**Jan. 24:** 3D Butterfly Painting, 6 - 9 p.m.

### 3-v-3 tournament

MWR Intermural basketball will start playing games Feb. 20; rosters are due Feb. 9.

There is a maximum of 16 teams and games will be on Tuesdays and Thursdays on the Truman Annex basketball courts.

For more information or to submit your rosters email [kwathletics@gmail.com](mailto:kwathletics@gmail.com) or call 305-797-7791.

### 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](http://www.NavyMWRKeyWest.com/events)

**Saturday:** Big Pine Flea Market shuttle, 8 a.m. - 2 p.m.

**Sunday:** Florida Keys Seafood "Key West" Shuttle, 11 a.m. - 5 p.m.

**Jan. 27:** Miami Zoo Trip, 7:30 a.m. - 8 p.m.

### Snorkeling 101

Learn proper snorkeling equipment fitting, safety and learn about different fish you might see while snorkeling in Snorkeling 101.

The class, 1:30 - 3 p.m., Jan. 21, is open to children 10 and older; parents are encouraged to participate with children who are not completely comfortable in the ocean. Snorkel gear is provided.

Participants should arrive 15 minutes early to properly fit their gear; the class will be at the Sigsbee Shoreline near the big chair in back campground area. There is no cost but the class size is limited to six people.

all or text 305-563-0364

to reserve a place in class. In the event of inclement weather, participants will be notified if the class is cancelled.

### 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:** Karaoke with DJ Gunz

**Saturday:** Island Time

### Dining open

The following MWR dining options are available:

**Airlanes Grill** on Boca Chica: 6:30 a.m. - 3 p.m., Monday - Friday

**Beachside Grill** on Truman Annex: 9 a.m. - 5 p.m. daily

**Fly Away Café** at

Navigator's on Boca Chica: 10 a.m. - 7 p.m., Monday - Friday; 10 a.m. - 5 p.m., Saturday - Sunday; **Navigator's Bar** is open 11 a.m. - 9 p.m. daily

**Sunset Lounge** on Sigsbee Park: - 10 p.m., Wednesday - Sunday

### Healthiest Nut

The Boca Chica Fitness

see MWR page 5

## MWR

continued from page 4

Center and the Airlanes Grill is teaming up to support you in the New Year. Start 2018 off right with the new incentive program: the Heathiest Nut.

The program starts Tuesday.

To register and schedule a baseline evaluation, call 305-293-2480 or email bocachicagym@gmail.com.

## Pickleball

Open pickleball is from 9:30 - 10:30 a.m. Mondays on the Sigsbee Tennis Courts. Pickleball is a racquet 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](http://www.Facebook.com/MWRLibertyKeyWest) or register for text updates by texting request to 305-797-4468.

The following are scheduled activities for January:

**Friday:** Pool Tournament in the barracks at 10 a.m.

**Saturday:** Big Pine Flea Market at 7 a.m.

**Sunday:** Florida Keys Seafood Festival Shuttle at 11 a.m.

**Thursday:** Cardio Caliente at 5:30 p.m.

**Jan. 19:** Mallory Square Sunset Celebration at 5 p.m.

**Jan. 20:** Skydiving, \$180  
**Jan. 20:** "Spider-Man" Sunset Lounge Outdoor Movie at 6:30 p.m.

**Jan. 21:** AFC/NFC Championship at 1 p.m.

**Jan. 25:** Arts & Crafts Night in the barracks at 6 p.m.

**Jan. 27:** Disc Golf at Beach Patio from 3 - 5 p.m.

**Feb. 2, 3, and 4 -** Adventure Weekend

Contact Maria for details at 305-797-4468.

## Job opportunities

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

There is an urgent need for full time and flex maintenance workers, bartenders, 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](http://www.NavyMWRKeyWest.com/jobs).

## MWR Website

MWR has a new website and app that provide patrons a full listing of facilities, programs, services and current employment opportunities. Visit [www.navymwrkeywest.com](http://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 marketing information can be found on Facebook and Twitter under "NAS Key West MWR." Email questions to [mwrnaskw@gmail.com](mailto:mwrnaskw@gmail.com).

## This week at FFSC

### Federal Employment Basics

**Tuesday, 9 - 10:30 a.m., FFSC**

Understanding the complexity of the federal hiring process can lead to success in gaining a federal job. Register with Dave Patrocky by calling 305-293-3770 or email [david.patrocky@navy.mil](mailto:david.patrocky@navy.mil).

### Resume Writing Workshop

**Thursday, 1 - 2:30 p.m., FFSC**

The properly constructed resume will help you stand out in today's highly competitive job market. Topics include the basics of resumes, key words, and formatting. Register with Dave Patrocky by calling 305-293-3770 or email [david.patrocky@navy.mil](mailto:david.patrocky@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.



**SUMMER MENU & HOURS**  
LOCATED AT BOCA CHICA MARINA  
305-293-2460  
OPEN MON-FRI 1000-1900  
SAT & SUN 1000-1700  
Hours, menu & prices subject to change

[NAVYMWRKeyWest.com](http://NAVYMWRKeyWest.com)

<b>SALADS</b>	
Add chicken \$3.75 Add fish \$3.00	
Greek Salad with kalamata olives, feta cheese, red onion, tomato, cucumber, pepperoncini and homemade Italian dressing on chopped rotini	\$10.00
Garden Salad with tomato, cucumber, onion, mushrooms and carrots on mixed greens	\$9.00
Caesar Salad with croutons, parmesan and Caesar dressing on romaine lettuce	\$9.00
Mahi Taco Salad with homemade black bean corn salsa, avocado, cheese, red onion, cucumber, mixed greens, ranch dressing in a homemade tortilla bowl	\$14.00
Mojo Pork Salad Bowl with homemade black bean and corn salsa, white rice, cheese and chipotle dressing over mixed greens	\$11.50
<b>SANDWICHES</b>	
All sandwiches come with choice of French fries, potato salad, coleslaw or tomato cucumber salad Sweet potato fries or onion rings \$1.00 additional	
Fried Grouper Sandwich lettuce, tomato, coleslaw, homemade tartar sauce on a Kaiser roll	\$12.00
Blackened Mahi Sandwich lettuce, tomato, coleslaw, homemade tartar sauce on a Kaiser roll	\$10.00
Buffalo Chicken Wrap fried chicken tenders in buffalo sauce with lettuce, tomato, red onion and ranch dressing	\$10.00
Cheeseburger 6 oz. black Angus burger with lettuce, tomato, onion, mayo, mustard and ketchup	\$6.50
add a patty	\$4.00
add bacon	\$1.50
add mushroom, blue cheese, jalapeno or avocado	\$1.00 each
Pepper Steak Sandwich thinly cut steak, peppers, onions topped with melted white American cheese	\$9.00
Chicken Panini spinach, roasted red peppers, goat cheese and pesto on ciabatta bread	\$9.50
Turkey Sandwich on multigrain bread with lettuce, tomato, mayo, dijon mustard and Swiss cheese	\$10.00
add bacon	\$1.50
add avocado	\$1.00
BBQ Pulled Pork Sandwich on a Kaiser roll	\$8.25
Grilled Chicken Bacon Cheddar Sandwich with spinach, tomato, red onion and mayo on panini bread with a side of ranch dressing	\$12.00
<b>APPS &amp; BASKETS</b>	
Creamy Tomato Bisque	\$4.50
Grouper Bites with tartar sauce	\$10.00
add fries	\$12.00
Coconut Shrimp with chipotle mayo	\$10.00
add fries	\$12.00
Chicken Tenders with honey mustard	\$6.50
add fries	\$8.50
Mozzarella Sticks with marinara sauce	\$6.00
<b>SIDES</b>	
French Fries	\$4.00
Onion Rings	\$4.00
Sweet Potato Fries	\$4.00
Potato Salad	\$2.00
Cucumber & Tomato Salad	\$2.00
Cole Slaw	\$2.00
<b>BEVERAGES</b>	
Cappuccino	\$4.00
Café Con Leche	\$3.00
Espresso	\$2.00
American Coffee	\$2.50
Orange Juice	\$2.50
Hot Tea	\$2.50

## Briefly

continued from page 3

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

Register through Paypal: [keywestcpoawaysandmeans@gmail.com](mailto:keywestcpoawaysandmeans@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.

## MS group meets

The Multiple Sclerosis Support Group will meet at 10:30 a.m. Jan. 20 in the Lower Keys Medical Center board room. The meeting is open to those with MS and their caregivers. For more information, please call Sandi at 305-396-7553.

## MCHC needs you

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](mailto:michael.dees@navy.mil).

## Join CSADD

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.

For more information, email AZCS (AW) Amy-Shirelle Santos at [amy-shirelle.santos@navy.mil](mailto:amy-shirelle.santos@navy.mil).

# Wounded Warrior Soldier Ride 2018 returns to NAS Key West



U.S. Navy photo by Jolene Scholl

Wounded Warrior Project Soldier Ride participants enjoy a Southernmost breakfast of biscuits and gravy, bacon, sausage and fruit at the Naval Air Station Key West Chief Petty Officers Mess Jan. 6. The WWP Soldier Ride started coming to Key West in 2005.



U.S. Navy photo by Jolene Scholl

Riders chat while waiting in the Chief Petty Officers Mess parking lot for the start of the annual Key West ride. Forty-five riders and 20 support staff participated in this year's ride.



U.S. Navy photo by MC2 Cody Babin

Lisa and Dave Patrocky present a check for \$8,966 raised in the annual Wounded Warrior Golf Tournament to support the Key West ride. The community turnout for this year's welcoming ceremony drew several hundred people, making it the highest attendance since the Wounded Warrior Project Soldier Ride started coming to Key West.



U.S. Navy photo by MC2 Cody Babin

Thanks to a heavy tail wind, the Wounded Warrior Project Soldier Ride party made it through Old Town and arrived at Bayview Park ahead of schedule for the welcoming ceremony.



U.S. Navy photo by Jolene Scholl

Ride Manager Adam Faine presents a plaque to Lisa and Dave Patrocky for their work organizing the golf tournament fundraiser for the past seven years and overseeing the breakfast for the past six years.



U.S. Navy photo by MC2 Cody Babin

Local military leaders as well as members of the WPP Soldier Ride salute the colors during the welcoming ceremony at Bayview Park.

# Recycle

continued from page 1

ing the economy. Aluminum, plastics, cardboard and find new life in goods purchased by consumers worldwide.

“Mohawk (Industries) is a large consumer of PET and uses it in the production of carpet,” noted Helen Stanley, Public Works environmental protection specialist. “Sixty-five percent of residential recycling is newspaper, which is reused in paper products. That includes white paper, which has a large market, even in places like China.”

Most of the recyclables collected in the Keys go to the Recycle America Plant in Broward County, Stanley said. The plant is a division of Waste Management, the company contracted to haul the majority of Monroe County’s trash and recyclables off the island.

The process of recycling

literally starts with the consumer and what they put in the curbside recycling bin. The key to successful recycling is to follow the guidelines, Stanley stressed.

“Five percent of what is to be recycled ends up in the trash because it isn’t properly rinsed or cleaned before being placed in the bins,” she said.

Another mistake consumers make is collecting their recyclables in plastic bags and then throwing the bags into recycling bins. The machinery at recycling plants get bound up by those plastic bags, so the bags and their contents are discarded straight away.

Here is a list of items that can be put in the recycling bin: Clean paper, clean cardboard (no larger than 18X24 inches), junk mail, cereal boxes, newspapers, magazines, catalogues, phone books, paperback books, plastic bottles marked 1, 2 or 3 (no lids),

aluminum, steel or tin cans (clean) and loose bottles and jars of all colors (no caps or lids).

These items can’t be recycled and shouldn’t be recycled: Toys, tires, hoses, dishes, Styrofoam, ceramics, aluminum trays, aluminum foil, paper plates, plastic bags, aerosol cans and window glass.

Once recycling materials are delivered to the County’s transfer stations, crews scan the recyclables for obvious contaminants; those items are discarded. The good recyclables are then transferred to trailers, which are hauled daily to the Recycle America Plant on the mainland.

At the plant, the recyclables are placed on conveyor belts and scanned under a complex series of screens that start the separation process, also filtering out small items. The sorted items are then compacted and bailed, ready to go to

market.

A regional marketing team of Recycle America based in Atlanta finds buyers interested in the items, known as commodities, Stanley pointed out. Of those, Aluminum is the most valuable commodity.

Since Hurricane Irma, NAS is getting back to business and the recycling areas are back in place, said Stanley.

Recycling containers can be found at the following locations on Naval Air Station Key West:

## Boca Chica Field

Bldg. A-350 - NAS Training Room, on the north side by Airlines Bowling Center

Bldg. A-629 - Public Works, across from Bldg. A-626

Bldg. A-648/649 - barracks’ back parking lot

Bldg. A-931 - Supply warehouse

Bldg. A-4000 - Boca Chica Marina recreation area

Bldg. A-711 - next to dumpster

Bldg. A-730 - across from Auto Hobby Shop

## Sigsbee Park

Bldg. V-3013 - Sunset

## Lounge

Bldg. V-4105 - across from the RV campgrounds, near playground/baseball field

## Trumbo Point

In the parking area west of Navy Gateway Inns and Suites (‘Fly Navy’ building)

## Truman Annex

Bldg. 1352 Beach Patio - along the fence line with JIATF South

For more information about recycling, please e-mail [helen.stanley@navy.mil](mailto:helen.stanley@navy.mil).

## NAS Classifieds

### FOR SALE

**1999 Honda Valkyrie** - one owner, V-6, 1500cc, 27,000 miles, black with saddlebags. \$2,900. Call 313-415-8763

### HELP WANTED

**Summerland Sandal & Surf**, MM 24.8, seeks part time retail staff for Saturday, Sunday and a few week days. Please apply even if you only want 2 - 3 shifts. Apply in person from 9:30 a.m. - 5:30 p.m. daily. Good pay for good worker! Email for more info [summerlandsandal@att.net](mailto:summerlandsandal@att.net).

**Summerland Wines and Spirits** (located at MM25) has a part-time position available; flexible hours. Positive upbeat environment. Respond to [steve@summerlandwinesandspirits.com](mailto:steve@summerlandwinesandspirits.com) or call 480-888-5910.

**Florida Keys Healthy Start Coalition** has two full-time positions open

in the Key West area: Executive Administrative Assistant and Lower Keys Community Liaison/Program Director. Starting salary is \$38,000 annually plus benefits, depending on experience. Go to [KeysHealthyStart.org](http://KeysHealthyStart.org) for details.

### NAS KEY WEST CLASS-

**FIEDS** 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](mailto: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: **69**

Days since last military mishap: **263**

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



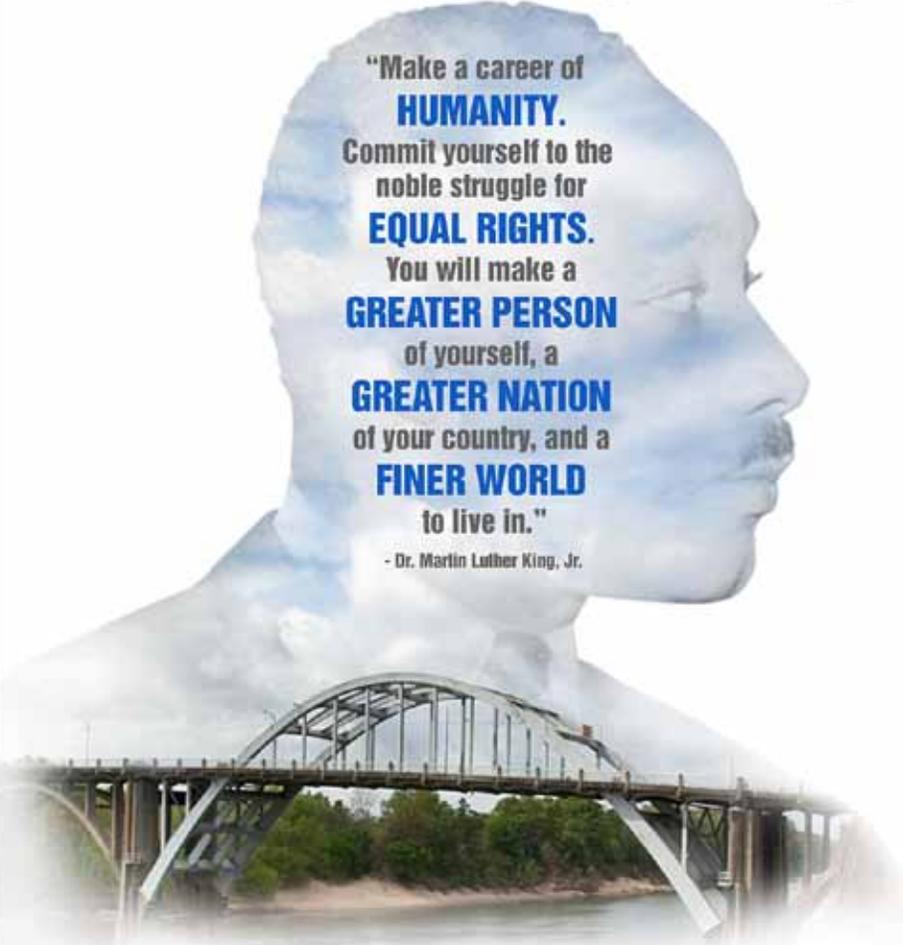
Edward P. Donohue  
 NAS Key West Safety Manager  
 (305) 293-2314

Information as of Jan. 10, 2018

## Martin Luther King Jr. Day

“Make a career of  
**HUMANITY.**  
 Commit yourself to the  
 noble struggle for  
**EQUAL RIGHTS.**  
 You will make a  
**GREATER PERSON**  
 of yourself, a  
**GREATER NATION**  
 of your country, and a  
**FINER WORLD**  
 to live in.”

- Dr. Martin Luther King, Jr.



Remember! Celebrate! Act! A Day On, Not A Day Off!



**JANUARY 15, 2018**

