

NAS Jax Named Navy's Best Air Station

By MC2 (SW/IW) Nick A. Grim
Editor

Vice Adm. Mary Jackson, commander, Navy Installations Command (CNIC), announced Jan. 6 that Naval Air Station Jacksonville (NAS Jax) was named second in the 2020 CNIC Installation Excellence Award (IEA) (large category) worldwide. Naval Station Norfolk took home first place. CNIC comprises 10 regions and more than 70 bases worldwide.

In garnering second place after Naval Station Norfolk, NAS Jax qualifies as the finest naval air station in the world, which is a testament to not only our operations, mission readiness, training and response, but also our amazing personnel, both Sailors and civilians.

"I'm extremely proud of the men and women who support the 110-plus tenant commands here," said Weiss. "As a commanding officer, I'm grateful to be part of a winning team. It's nice to be recognized but I don't think we need an award to do the jobs that we do every day. It was a stiff competition. Congratulations to Capt. Brad Rosen and Naval Station Norfolk. I'm proud to be in the same caliber as them."

Despite intense competition, NAS Jax demonstrated its unwavering excellence in supporting the Navy's mission worldwide.

NAS Jax saw tremendous achievements and upheavals in 2019 including expert response to the Miami Air mishap in May, aircraft evacuation ahead of Hurricane Dorian, three vice president visits, visits from the Secretary of the Navy; Chief of Naval Operations; and Norwegian Prime Minister.

Operationally, NAS Jax hosted a British Wildcat helicopter squadron, Kentucky and Alabama Air National Guard units; 55 re-deploying helos from the 101st Airborne Division, and maintained 65,271 incident-free military flight operations across 17 squadrons.

Beyond incident response, dignitary visits, and operations, NAS Jax has also moved 21, 586 passengers and 1,000 tons of cargo; reduced energy consumption by 3.6 percent and saved \$260K; NAS Jax MWR earned its fifth consecutive 5-star accreditation; our galley earned their ninth consecutive 5-star accreditation; and the security department completed a 22-month process to certify the station in providing force protection capabilities, earning a higher-than-average 91.

Jackson congratulated the winners on a job well done, adding that the nominees were highly competitive. "It was very difficult to select only three finalists in each category this year," said Jackson. "To all of our installations and activities across the CNIC, thank you for your outstanding leadership and world-class support of the fleet, fighter and family. I am extremely proud of your collective accomplishments."

The third place winner in the large category was Naval Base Cor-



Photo by MCSA Thomas A. Higgins

Containment and absorbent booms surround a Boeing 737 aircraft in the St. Johns River after the aircraft slid off the runway at Naval Air Station Jacksonville May 3. All 143 passengers aboard the flight from Naval Station Guantanamo Bay, Cuba were rescued by base fire rescue crews and JFRD. National Transportation Safety Board officials are on scene leading the investigation.



Photo by MC2 (SW/IW) Nick A. Grim

Vice President of the United States Mike Pence addresses Sailors, civilian employees and their families during an all-hands call at Naval Air Station Jacksonville, May 20.

onado, while the leader in the small category was Naval Magazine Indian Head, followed by NAS Meridian and Naval Weapons Station Seal Beach, in second and third place respectively.

Navy Region Southeast Sailors Naturalized During Halftime



Photos by Arwen Fitzgerald
SN Gabriel Patricio Rodriquez Cardenas, left, of the USS Iwo Jima, and AN Julian Stevan Ruiz, of Patrol Squadron (VP) 16, are naturalized by U.S. Citizenship and Naturalization Services during the halftime of Jacksonville Jaguars game, Dec. 29. Cardenas is originally from Bolivia, while Ruiz is from Columbia.

SN Gabriel Patricio Rodriquez Cardenas, left, of the USS Iwo Jima, and AN Julian Stevan Ruiz, of Patrol Squadron (VP) 16, are naturalized by U.S. Citizenship and Naturalization Services during the halftime of Jacksonville Jaguars game, Dec. 29.



Naval Hospital Jax Welcomes First Baby of 2020

Courtesy Photo
Naval Hospital Jacksonville leaders, nurses, and The Oakleaf Club greet the hospital's first baby of 2020. Rowan (weighing in at 5 pounds, 10 ounces) was born on Jan. 1 at 12:50 a.m. to Emily Thomas and Lt. Branden Thomas of Patrol Squadron 16. The Oakleaf Club of Naval Hospital Jacksonville created a basket for the baby boy. NH Jacksonville is Baby Friendly certified (by Baby Friendly USA) and welcomes nearly 750 babies into the world each year.

JAX AIR NEWS

Commanding Officer

Capt. Brian Weiss

Public Affairs Officer

Kaylee LaRocque

Executive Officer

Capt. Jeff Hill

Public Affairs Specialist

Julie M. Lucas

Command

Master Chief

CMDCM(AW/SW)

Dylan Inger

Editor

MC2(SW/IW)

Nick A. Grim

The JAX AIR NEWS is a bi-weekly digital publication for members of the military services. Contents of the JAX AIR NEWS do not necessarily reflect the official views of, or endorsed by, the U.S. Government, Department of Defense or Department of the Navy.

The deadline for all story and photo submissions is close of business the Friday before publication.

Questions or comments can be directed to the editor at (904) 542-3531 or email JaxAirNews@gmail.com.



Do's and Don'ts for Voicing Your Political Opinion on Social Media



By Jason Kelly

U.S. Navy Digital Media Engagement Director

Back in 2008, political and media analysts dubbed that year's presidential election the YouTube election since the candidates used the platform to post videos longer than traditional political ads.

Fast forward to 2016 where now a third of 18- to 29-year-olds say social media is their most helpful source for learning about this year's presidential election, according to a survey by the Pew Research Center.

More social media opportunities exist now for Americans to share everything from their favorite cat photos to their personal opinions, including about this year's presidential election.

So what do Sailors and Department of the Navy civilians need to know before they post, tweet and snap their political opinions? The information below doesn't cover everything but, if in doubt, consult your command's ethics representative.

Service members.

Let's start with Sailors. NAVADMIN 055-16 and DoD Directive 1344.10 spell it out.

Active-duty Sailors may generally express their personal views about public issues or political candidates using social media — just like they can write a letter to a newspaper's editor. If the social media site or content identifies the Sailor as on active duty (or if they're reasonably identifiable as an active-duty Sailor), then the content needs to clearly and prominently state that the views expressed are those of the individual only and not those of the Department of Defense (DoD). However, active-duty service members may not engage in any partisan political activity such as posting or making direct links to a political party, partisan political candidate, campaign, group or cause. That's the equivalent of distributing literature on behalf of those entities or individuals, which is prohibited.

Active-duty Sailors can like or follow accounts of a political party or partisan candidate, campaign, group or cause. However, they cannot suggest that others like, friend or follow them or forward an invitation or solicitation.

Remember, active-duty service members are subject to additional restrictions based on the Joint Ethics Regulation, the Uniform Code of Military Justice and rules about the use of government

resources and government communications systems, including email and internet.

What about Sailors who aren't on active duty? They're not subject to the above social media restrictions so long as they don't reasonably create the perception or appearance of official sponsorship, approval or endorsement by the DoD.

Department of the Defense civilians.

DoD civilians need to consider the Hatch Act and DoD policy.

In general, federal employees may use social media and email and comply with the Hatch Act if they:

Don't engage in political activity while on duty or in the workplace, even if the employee is using their personal smartphone, tablet or laptop to do so. Federal employees are "on duty" when they're in a pay status (including during telework hours) other than paid leave or are representing the government in an official capacity

Don't engage in political activity in an official capacity, nor solicit or receive political contributions, at any time.

Political activity refers to any activity directed at the success or failure of a political party or partisan political group or candidate in a partisan race.

Below is a list of some frequently asked questions. For additional FAQs, visit http://www.dod.mil/dodgc/defense_ethics/resource_library/hatch_act_and_social_media.pdf.

Q: May a federal employee engage in political activity on social media?

A: Yes, they may express their opinions about a partisan group or candidate in a partisan race by posting, liking, sharing, tweeting or retweeting, but there are a few limitations. The Hatch Act prohibits federal employees from:

Engaging in any political activity via social media while on duty or in the workplace
Referring to their official titles or positions while engaged in political activity at any time (note that including an employee's official title or position on one's social media profile, without more, is not an improper use of official authority)

Suggesting or asking anyone to make political contributions at any time, including providing links to the political contribution page of any partisan group or candidate in a partisan race or liking, sharing or retweeting a solicitation from one of those entities and invitation to a political

fundraising event. However, an employee may accept an invitation to a political fundraising event from such entities via social media.

Further restricted employees also may express their opinions about a partisan group or candidate in a partisan race by posting or sharing content, but there are a few limitations. In addition to the limitations above, the Hatch Act prohibits further restricted employees from:

Posting or linking to campaign or other partisan material of a partisan group or candidate in a partisan race.

Sharing those entities' social media sites or their content, including retweeting.

Q: If a federal employee lists his or her official title or position on Facebook, may he or she also complete the "political views"?

A: Yes, identifying political party affiliation on a social media profile, which also contains one's official title or position, without more, isn't an improper use of official authority.

Q: May a federal employee display a political party or campaign logo or a candidate photograph as his profile picture?

A: Yes, but subject to the following limitations. Because a profile picture accompanies most actions on social media, a federal employee would not be permitted—while on duty or in the workplace—to post, share, tweet or retweet any social media content because each such action would show their support for a partisan group or candidate in a partisan race, even if the content of the action is not about those entities.

Q: May a federal employee – while on duty or in the work place – send or forward a partisan political email from his or her government email account or their personal email account to others?

A: No, they can't send or forward a partisan political email from either their government email account or their personal email account (even using a personal device) while at work. A partisan political email is defined as one that is directed at the success or failure of a partisan group or candidate in a partisan race.

Again, the above information doesn't cover every situation. If in doubt, consult your command's ethics counselor.

Don't forget the presidential election is November 8. For voting information, visit DoD's Federal Voting Assistance Program's website.

Navy Awards Medals to Pensacola Shooting Victims

From the Office of the Navy Chief of Information

The Navy held a memorial service Dec. 19 for the three Sailors killed in the Dec. 6 shooting at Naval Aviation Schools Command (NASC) onboard Naval Air Station (NAS) Pensacola, Florida, presenting posthumous awards to the fallen service members for their service.

Family members received the Navy and Marine Corps Medal for heroism on behalf of Naval Aircrewman (Mechanical) 3rd Class Mohammed S. Haitham, 19, from St. Petersburg, Florida; Naval Aircrewman (Mechanical) 3rd Class Cameron S. Walters, 21, from Richmond Hill, Georgia; and Ensign Joshua K. Watson, 23, from Enterprise, Alabama. Haitham and Walters also were awarded the Good Conduct Medal, a recognition for enlisted Sailors. All three Sailors were serving as students at NASC.

Families, friends, NASC staff and students, shipmates, senior Navy leaders and local government officials came together for the service at the National Naval Aviation Museum onboard NAS Pensacola where Adm. Chris Grady, commander, U.S. Fleet Forces Command, presided over the ceremony.

“We can never know what will be demanded of us on any given day, and no one could have foreseen what would be demanded on December 6th, but these men answered the call,” Grady said. “Through their heroic acts, they saved lives by sacrificing their own and for that, we are forever grateful.”

The memorial service allowed the Navy to honor and pay respect to the victims and their families. The service included remarks from Capt. Vincent Segars, commanding officer of NASC, and a four-ship missing man flyover by the U.S. Navy’s flight demonstration squadron, the Blue Angels.

With NAS Pensacola known as “the cradle of naval aviation,” Segars described it as a special place where all naval aviators and aircrewmen start living their dreams of flying in service to their nation. Segars encouraged NASC students and shipmates of the fallen to always remember Dec. 6.



Photo by MCC David Holmes

YNS2 Ryan Smith plays the bugle during a memorial service in the National Naval Aviation Museum at Naval Air Station (NAS) Pensacola, Dec. 19. The service was held for Ensign Joshua Watson, AWF3 Mohammed Haitham, and AWF3 Cameron Walters. The three Sailors were killed during the Dec. 6 active shooter incident at NAS Pensacola.

“One common theme from these heroic Sailors is their infectious spirit that sought to motivate and bring out the best in all they served with,” Segars said. “Let us honor their memory by achieving our dreams in earning the wings of gold, and wear them proudly as we assume the watch.”

On Dec. 10, Acting Secretary of the Navy Thomas Modly proclaimed Haitham and Walters as naval aircrewmen by awarding them their wings of gold. They were posthumously advanced to naval aircrewman mechanical 3rd class. Modly also proclaimed Watson as a naval aviator, and awarded him wings of gold as well.

“We owe them a debt that can never be repaid, and it is one that we will never forget,” said Grady. “These men have rightly been described as heroes, and that is how we will remember them.”

PRESIDENTIAL SERVICE IS CALLING...

LEARN MORE AND APPLY HERE:

NAS Jacksonville	NS Mayport	NSB Kings Bay
Building 1	Afloat Training Group	PDTB (Secure Side)
Room 227	Auditorium	Room 148
Tues Jan 14th	Weds Jan 15th	Thurs Jan 16th
Brief at 1300	Briefs at 0900 & 1300	Briefs at 0900 & 1300

Be a part of American history.
Gain unique training, work in a joint environment,
and earn a Presidential Service Badge.



We are looking for ambitious, career-oriented E-4 to E-8 Sailors in these ratings:

ABH	CM	EM	HM	MC	SH	CSS	MMA
ABF	CS	EN	IC	NC	SW	ETV	YNS
BU	DC	EO	IT	PS	UT	ITS	
CE	EA	ET	LS	RP	YN	LSS	

Camp David might be for **YOU**.
ANSWER THE CALL!

**MyNAVYHR wants you to know...**



**MyNavy Family App: Empowering spouses and families.**
Download at applocker.navy.mil!

MyNAVYHR wants you to know...

MyPCS Mobile provides Sailors Permanent Change of Station info and resources.



Visit applocker.navy.mil to download the MyPCS app! 

Truman Begins Operations in U.S. 5th Fleet

From USS Harry S. Truman Public Affairs

The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75), the Carrier Strike Group Eight (CSG-8) flagship, conducted maritime security and flight operations in the U.S. 5th Fleet area of operations (AOO) Dec. 20, continuing carrier presence in the region.

Deploying ships and aircraft of the strike group, commanded by Rear Adm. Andrew J. Loiselle, include Truman, commanded by Capt. Kavon Hakimzadeh; the eight squadrons and staff of Carrier Air Wing (CVW) 1, and staffs of Carrier Strike Group (CSG) 8 and Destroyer Squadron (DESRON) 28.

Truman and its accompanying units provide a range of flexible capabilities in support of theater security cooperation and maritime security. The Harry S. Truman Carrier Strike Group (HSTCSG) adds significant combat striking power to 5th Fleet in support of a myriad of U.S. Central Command contingency plans.

“The hard work of this crew during recent operations in 6th Fleet have prepared us to be here,” said Capt. Hakimzadeh, Truman’s commanding officer. “I am proud of this team, and we are ready to operate in 5th Fleet.”

Since leaving homeport Nov. 18, Truman accelerated its passage to U.S. Central Command (CENTCOM) to support current



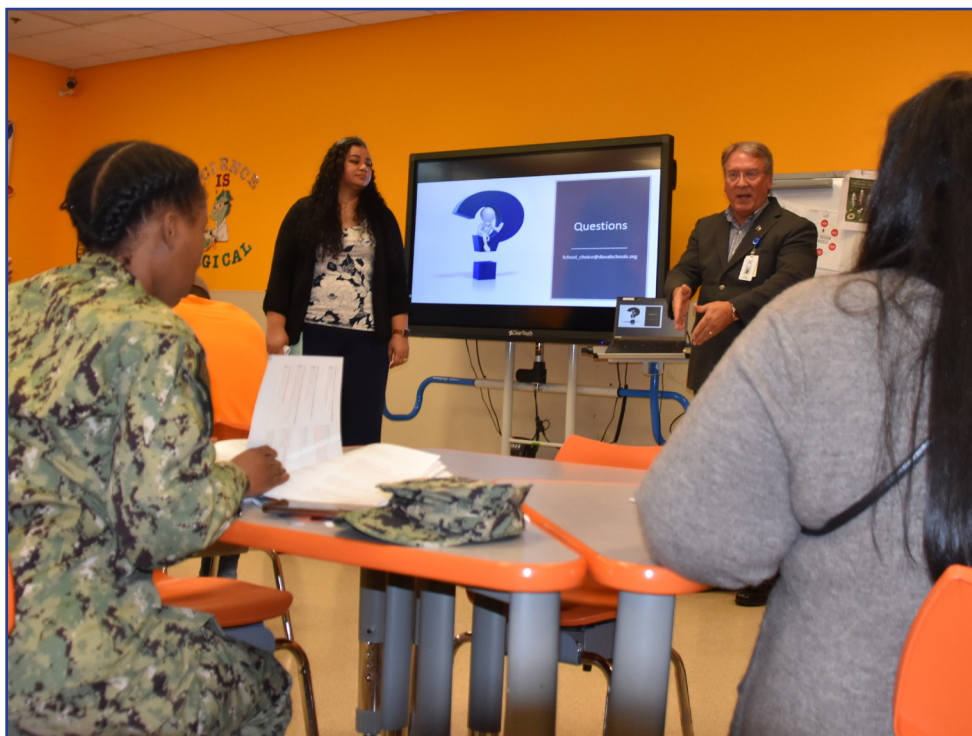
Photo by MC2 Jake Carillo

An MH-60R Seahawk helicopter attached to the “Proud Warriors” of Helicopter Maritime Strike Squadron (HSM) 72 lands on the flight deck of the aircraft carrier USS Harry S. Truman (CVN 75) in the Arabian Sea, Dec. 20. The Harry S. Truman Carrier Strike Group is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

and contingency operations, protecting U.S. forces and interests in the region. HSTCSG ships will operate wherever international law allows, enhancing maritime security, deter and if necessary, decisively respond to aggression.

“HSTCSG is here to safeguard the free flow of commerce and reassure our regional partners,” said Rear Adm. Loiselle, HSTCSG’s commander. “We are a flexible, adaptable and persistent force, able to perform any required mission in U.S. 5th Fleet.”

The U.S. 5th Fleet AOO encompasses approximately 2.5 million square miles including the Arabian Gulf, Red Sea, Gulf of Oman, parts of the Indian Ocean and 20 countries. The HSTCSG is deployed in support of naval operations to ensure maritime stability and security in the region, which connects the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



Photos by Julie M. Lucas

David Pinter, director of Choice Recruitment at Duval County Public Schools, speaks to military families about making school selections during a School Choice event at the Naval Air Station Jacksonville Youth Activities Center, Jan. 8. More than 30 parents learned about how to make their selections before the March 1 deadline for the next school year.

Duval County Schools Brief Parents on Schooling Options



Officials from Duval County Schools brief military families on their options for the upcoming school year at the Youth Activities Center, Jan. 8.

Fit for . Save Money While Starting Your New 2020 ` Years Resolutions at the Commissary

By Matthew Perry

DeCA Marketing

With January being Family Fit Lifestyle Month, service members and their families can kick start their new year's resolution to be healthier by saving money on nutritious items at their commissary.

"A healthy lifestyle is a combination of a tough fitness plan and a healthy diet," said Army Command Sgt. Maj. Tomeka N. O'Neal, the Defense Commissary Agency's senior enlisted advisor to the DeCA director. "This is achievable in 2020 and your commissary provides the ingredients to do so."

"The commissary makes it easy to find the right foods that are right for you. We have various services, including nutrition guide recipes and thinking outside the box recipes," she added.

January sales promotions arrive just in time for the expanded patronage of disabled veterans, designated caregivers, Purple Heart recipients, and POWs who were granted exchange and commissary shopping privileges on Jan. 1.

Commissary customers can save even more time and money by visiting the online customer portal, [MyCommissary](#). The portal makes it easy to access your Commissary Rewards Card account and see the current sales flyer.

Patrons are reminded to check the ends of aisles in their store for themed items with extra low pricing. Overseas stores may have substitute events for certain promotional programs. Customers should check with their store for details or visit their store page to verify what's available. Here are a few January promotions to consider for extra commissary savings:

- **Special Olympics.** Customers who purchase \$30 of participating Procter & Gamble products will receive \$5 off their next commissary visit (credit loaded to your Commissary Rewards Card). P&G is marking its 40th Special Olympics promotion by donating \$75,000 to Special Olympics. A P&G brandSAVER containing 43 coupons worth more than \$85 will be available at stores. Also, P&G will deploy 68 digital coupons worth more than \$171

in connection with the Commissary Rewards Card. *Ends Jan. 19*

- **Big Game, Big Savings.** Kraft Heinz Company will be offering \$3 or \$5 coupon deals on participating brands throughout January. Participating brands: Heinz Ketchup, Mustard and Pickles, Grey Poupon Mustard, A1 and Heinz 57 Steak Sauce, Bagel Bites, Delimex, TGI Friday's Frozen Entrees, Kraft Natural Cheese, Cracker Barrel Cheese, Kraft Grated Parmesan, Kraft Singles, Kraft Dinners, Kraft Mayo, Miracle Whip, Taco Bell products, Philadelphia Cream Cheese, Oscar Mayer Cold Cuts/Hot Dogs/Bacon, Lunchable Lunch Combos, Velveeta Loaf and Slices, Maxwell House Coffee, Gevalia Coffee, Planters Nuts. *Ends Feb. 2.*
- **Game Day Super Soda Promotion.** Stock up on soda for the big game. For a limited time, save up to 35 percent on all 12-packs at the commissary. *Jan. 27 to Feb. 2.*
- **Big Game Sweepstakes.** Nabisco and Coca-Cola have teamed up to bring commissary patrons the opportunity to win commissary and exchange gift cards ranging from \$50 to \$250. Look for the Nabisco and Coca-Cola football-themed displays in your commissary for more details. *Ends Jan. 31.*
- **Warming Up America.** To learn more about Progresso's annual "Warming Up America" sale, look for the General Mills store displays featuring high-value coupons and giveaways. *Ends Feb. 2.*
- **Family Fit Joint Text To Win.** One hundred commissary customers could each win a \$25 gift card from sponsored by several product manufacturers in the "My Military Savings.com Text-To-Win" promotion. Look for the posters and displays in participating commissaries for more details. *Jan. 6 to Feb. 2.*
- **Return to School - Box Tops for Education (BTFE).** Commissary customers can now use the new BTFE app or mobile site to scan their receipt, and the earnings will be instantly

credited to the school of your choice's account. Look for in-store lunch box displays as well as the school bus displays for savings, coupons and products. *Jan. 6 - Feb. 2.*

- **Oats Across America Sweepstakes.** Quaker Oats presents the "Oats Across America – Our Oats. Your Creation" sweepstakes. Submit your favorite Quaker Oats recipe for a chance to win daily prizes. The recipes that best demonstrate nutritious and unique ways to use Quaker Oats will be featured in their Oats Across America Cookbook. Details for submitting your recipes will be on in-store Quaker Oats displays. *Jan. 20 to Feb. 2.*
- **Colgate Magnus Cards Program.** In support of Special Olympics and cognitive needs awareness month, Magnus Mode and Colgate have teamed up to help individuals living with cognitive needs complete daily tasks that may otherwise be difficult without instruction and assistance. Look for the in-store Colgate displays for more information on this promotion and how to enter to win an HDTV. *Jan. 20 to Feb. 2.*
- **Touch Down of Savings.** Look for the in-store General Mills displays for coupons and game-day recipes for participating brands such as Chex Mix, Old El Paso, Totino's and more. *Jan. 20 to Feb. 2.*
- **Commissary beef and pork savings.** Check with your meat department for the commissary beef and pork savings:
 - **Fall Favorites Power Box –** Offers a 25 percent savings to our patrons on select cuts of beef
 - **Whole Sub Primal Beef Sold at Cost –** customers can save 14 to 26 percent on sub primal beef. Cut upon request for free
 - **Healthy Alternative Power Buy Box –** Save 29 percent on 20 pounds of select cuts of lean beef and pork
 - **Economy Power Buy Box –** Save 31 percent on 15 pounds of select cuts of beef and pork.

As of Jan. 1, all service-connected disabled veterans, Purple Heart recipients, former prisoners of war and primary veteran caregivers became eligible to shop at stateside commissaries. The newly eligible customers, about 3 million in all, are also be able to shop military exchanges and use certain Morale, Welfare and Recreation facilities. The expanded privileges and access are the result of the 2019 National Defense Authorization Act.



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

Community Recreation

Call 542-3227

DIY Crafts: Paint Night

Jan. 10, 7 – 9 p.m. at Dewey's

Open to ages 18 & older. Tickets available at Community Recreation in Bldg. 622 or online through myFFR. The cost of \$25 per person covers supplies & one soda, beer or wine. Limited spots! Food & beverages available for purchase. No outside food or beverage.

Movie Night

Jan. 24, 7 p.m. at Dewey's

Come to Dewey's Bingo Hall to watch "Maleficent: Mistress of Evil" on the giant screen! Bring your own picnic blankets or chairs and hangout in the hall for free! Dewey's will also have chairs available if needed. Free popcorn will be available and Dewey's will have food for purchase.

DIY Crafts: Bottles Up

Jan. 28, 7 – 9 p.m. at Dewey's

Open to ages 18 & older. Tickets are \$15 per person and available at Community Recreation in Bldg. 622 or online through myFFR. Limited spots! Food & beverages available for purchase. No outside food or beverage.

Storybook Ball

Feb. 8, 5 – 8 p.m. at Dewey's

Dress up your young princes and princesses and then bring them to meet their favorite fairy tale characters. This magical family-friendly dance includes dinner, music, dancing, photos, crafts, visits with characters, and more. a sensory area will be available for EFMP families. Tickets are \$12 per person and can be purchased at Community Recreation in Bldg. 622 or the Tickets & Travel Office.

River Cove Catering & Conference Center

Call 542-3041

Did you know you can book weddings, luncheons, retirements, birthday parties, conferences and more at the River Cove Catering & Conference Center?

Dewey's

Call 542-3900

Super Bowl Watch Party

Feb. 2, doors open at 4 p.m. with food and beverage specials before and during the big game. Mondays and Thursdays: Free Texas Hold'em Tournaments at 7 p.m.

Bingo: Great cash payouts, even better jackpots! Lunch and evening sessions available. Call (904) 542-8449 for current promotions and times.

Freedom Lanes Bowling Center

Call 542-3493

Command Functions: Looking for a great command function? Why not a bowling event? Fun for all! Call to set up an event for commands, families, spouses groups & more! Monday: \$7 All you can bowl, 4–6 p.m. Wednesday: \$9.95 All you can bowl, 4 – 10 p.m. Thursdays: Active Duty Appreciation Day! Games are \$1 each for Active Duty & their guests, Noon - 3 pm. Reservations accepted. *Start time subject to change based on league finish time

Thursday Nights: \$10 All you can bowl, 6 - 10 pm, includes bowling & shoe rental. Food & beverage specials available. Chances to win prizes just by participating!

Friday: \$10 Extreme Bowling, 10 p.m. – midnight. Shoes included.

Saturday: Extreme Bowling, call for current pricing & times.

Please note, the specials do not include shoes unless stated otherwise

Fitness, Sports & Aquatics

Call 542-2930

Push/Pull Competition

Jan. 31, 4 p.m. at the Fitness Center Pavilion Weigh-ins from 4 - 5 p.m.; pre-event meeting at 4:45 p.m.; competition begins at 5 p.m. \$10 for Active Duty & Reservists, \$15 for Dependents, DOD & Retirees. All participants receive a competition shirt. Food & drinks will be provided. Register today at the Fitness Center! *15th Annual Captain Chuck Cornett Navy Run* April 4, 8 a.m. at the NEX Convenience Store Parking Lot

Early bird registration is open now through Feb. 29! Sign up now: <http://1stplacesports.com/events/race-calendar/>

Swim lessons now available! Call the Base Gym for more information.

Indoor Pool and Outdoor Pool

Visit www.navymwrjacksonville.com for the current hours of operation.

Group and private tennis lessons are now available.

Call the base gym for pricing information. Patrons can select from a variety of massage types, including Swiss, Deep Tissue/Sport, as well as other spa services, such as facial & body treatments. For a complete list of services, visit the base gym or fitness center.

The Liberty Recreation Center

Trips & events are for all E1-E6 single or

unaccompanied active duty members & reservists only. Call 542-1335 for information.

Jan 11: Horseback Riding

Jan 16: Burger Hunt: Poe's Tavern

Jan 17: Mall and a Movie

Jan 19: GTF Paintball Trip

Jan 22: Range and Wings

Jan 24: Ice Skating

Jan 25: Santos Bike Park

Jan 31: Edge Rock Gym

NAS Jax Golf Club

Golf Course: 542-3249

Mulligan's Restaurant: 542-2936

Wing Down Wednesday

Jan. 22, 4 – 5 p.m. at Mulligan's

Free wings available on a first come, first served basis. Limit is 5 wings per person. Mulligan's will also have a full menu available for purchase, including drink specials & a frozen margarita machine.

Appreciation Days

Jan. 9 & 23 for all Military members & DoD employees. Play 18-holes with cart for \$20.

Frostbite Open Jan. 31, 11 a.m.

There is a \$50 entry fee, which include range balls, golf, food and prizes.

Remember to sign up at the Pro Shop by Jan. 28.

Swing It & Wing It Special: Play 18 holes with a cart and enjoy 10 wings and two draft beverages for only \$35 after 1 p.m. daily.

Daily Twilight Special: Play 18-holes with cart for only \$20 after 3 p.m. Monday - Friday.

Monday & Tuesday: Play 18-holes for \$20. Cart & green fees included. Not applicable on holidays.

Mulberry Cove Marina

Call 542-3260

Fridays: Free kayak & canoe rental all day for Active Duty members & guests only.

Private Sailing Lessons: One on one instruction available at \$20/hour by appointment only.

Minimum 2-hour session.

Stand Up Paddleboard Lessons: Open to all first-timers by appointment only. Free & taught by a World Paddleboard Association Certified Instructor.

Auto Skills Center

Call 542-3681

The center has 22 work bays, wheel balancing, tool checkout, paint booth and welding ASE certified mechanic onsite.

Youth Activities Center

Call 778-9772

Before & After School Care

Open to children 5-12 years Register today!

Family Fitness Center

Call 771-8469

The Family Fitness Center is open Mon-Fri, 9 a.m. - 1 p.m. Children 5 and older are welcome to workout with you. Group classes are available from 10 – 10:30 a.m.

Jax Navy Flying Club

Call 542-8509

Learn to fly at NAS Jax

Call for introduction flight

Additional ratings are available including instrument, complex and commercial
Find more info online at jaxnfc.net

Community Recreation Tickets & Travel Office

Call 542-3318, Email directly at nasjaxtickets@navy.mil

Jacksonville Jaguars Sections 147 & 148: \$101.25.

Jax Icemen—Vystar Veteran's Memorial Arena, ALL HOME GAMES: \$12-\$33.

Orlando Magic Basketball—Amway Center Orlando, ALL HOME GAMES: \$10.75 and up. Nights of Lights, St. Augustine—Nov. 23 to Feb. 2: \$11.50 Adult, \$5.75 Child (3-12).

Monster Jam—Vystar Veteran's Memorial Arena, Feb. 29, 2020: \$32/\$42. Pit passes also available.

No Limit Reunion Tour ft. Master P, Mystical, Silkk the Shocker, Mia X, and more! —Vystar Veteran's Memorial Arena, March 21: \$95.

Disney On Ice-Mickey's Search Party—Vystar Veteran's Memorial Arena, April 3-5: \$19.50.

Lit AF Tour ft. Martin Lawrence, Rickey Smiley & more! Vystar Veteran's Memorial Arena, May 8: \$70.75.

Jo Jo Siwa—Vystar Veteran's Memorial Arena, May 28: \$56.

Dude Perfect—Vystar Veteran's Memorial Arena, May 29: \$47.

Hella Mega Tour ft. Green Day, Fallout Boy, and Weezer—TIAA Bank Field, Aug. 6, 2020: \$113.

Impractical Jokers—Vystar Veteran's Memorial Arena, Aug. 7: \$79.

Journey—Vystar Veteran's Memorial Arena, Aug. 24: \$94-\$116.

Jimmy Buffett—Vystar Veteran's Memorial Arena, Dec. 8, 2020: \$100.

FSCJ Artist Series – Broadway in Jacksonville. Prices vary depending on date and show time. Call or visit the Ticket Office for further details.

Current Ticket Promotions Include:

Adventure Landing Dry pass: \$22.

Alhambra Dinner Show: Prices range \$43 - \$51.75.

Autobahn Indoor Speedway: (28% Savings) \$25 Gift Card - \$20. \$50 Gift Card - \$40.

Catty Shack Ranch Wildlife Sanctuary: \$8.50 - \$13.50.

Disney World Orlando Armed Forces 2020 Salute 4-Day ticket with hopper option - \$259.75; 4-Day Hopper ticket with water park fun & more - \$308.50. 5-Day ticket with hopper option - \$277.75; 5-Day Hopper ticket with water park fun & more - \$326.00; 6-Day ticket with hopper option - \$294.75; 6-Day Hopper ticket with water park fun & more - \$343.50. Tickets valid Jan. 1, 2020 and expire Dec. 18, 2020. Only Active and Retired U.S. Military Personnel (including Active or Retired members of the National Guard, Reservists, the U.S. Coast Guard, the Commissioned Corps of the Public Health Service (PHS), and the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA) "or" their spouses are authorized to purchase Military Promotional tickets. - (6) Promotional Maximum purchase per service member, including member- If service member has an annual pass or multi-day ticket they can purchase (5) Promotional Maximum and Must enter with party.

IFLY Jacksonville: \$55 for two flights.

Jacksonville Symphony: \$31.

Jacksonville Zoo, General admission & admission w/unlimited train rides: \$12.50 - \$21.50.

Kennedy Space Center Annual Pass: \$64.50 - \$79.25.

Sea World Orlando Military Special: \$51.75 (limit 4 tickets per member ID).

Spanish Military Hospital Museum: \$5 - \$7.50.

St. Augustine Alligator Farm Zipline: \$37, Park admission \$10.50 - \$16.

St. Augustine Aquarium: Adult \$8. Child Admission - \$5. Snorkel Adventure (Includes Admission) \$32.

St. Augustine Old Town Trolley: \$12.25 - \$21.25 BOGO.

St. Augustine Oldest Store Museum: \$5.75 - \$9.50.

St. Augustine Pirates Museum: \$4.50 - \$8.25.

St. Augustine Potters Wax Museum: \$5.75 - \$9.50.

St. Augustine Sight Seeing Train: \$5.50 - \$12.

Universal Orlando Military Special EXTENDED through 03/31/20 (Not available at the gate! Maximum of 6 tickets per valid military ID): 3-Park, 4-Day Park to Park Ticket, Adult \$200, Child \$196 (Redeemable through 03/31/20, ticket expires on this date). Valid for 4 days of admission to Universal Studios Florida, Universal's Islands of Adventure, and Volcano Bay water park. Must be purchased by 01/28/20. Visit the Ticket Office for further details. Velocity Air Sports Jacksonville: 1 Hr. (socks included): \$15.50. 2 Hr (socks included) \$26. Wild Adventures (Valdosta, Ga.): Gold Pass – \$81 Special—use now until the end of 2020.

NAS Jax Sports

15th Annual Captain Chuck Cornett Navy Run:

Early bird registration is open now through Feb. 29! Taking off April 4 at 8 am in the NEX store parking lot.

Captain's Cup Badminton Doubles League Meeting:

On Jan. 8 at 11:30 am in the Base Gym conference room. Earn Captain's Cup points by having a command representative attend.

Captain's Cup Winter Golf League Meeting:

On Jan. 15 at 11:30 am in the Base Gym conference room. Earn Captain's Cup points by having a command representative attend.

Captain's Cup Winter Bowling League Meeting:

On Jan. 15 at 12 pm in the Base Gym conference room. Earn Captain's Cup points by having a command representative attend.

Captain's Cup Ultimate Frisbee League Meeting:

On Jan. 22 at 11:30 am in the Base Gym conference room. Earn Captain's Cup points by having a command representative attend.

*For more information about any of the sports articles,
Call Bill Bonser at 542-2930/3239 or e-mail bill.bonser@navy.mil
Visit the MWR website at www.cnmc.navy.mil or www.facebook.com*