



2013
The year at Kings Bay
in pictures
Pages 4, 5

Up Periscope
What's your
New Year's resolution?
Page 9

New home
USS New York
comes to Mayport
Page 6



THE PERISCOPE

KINGS BAY, GEORGIA

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Thursday, Jan. 9, 2014

USSTRATCOM boss tours Kings Bay

Adm. Cecil Haney talks to, hears from Sailors at NSB

By MC2 Ashley Hedrick
Naval Submarine Base Kings Bay Public Affairs

Adm. Cecil D. Haney, commander, United States Strategic Command, visited Naval Submarine Base Kings Bay, Dec. 18 to get a firsthand look at the East Coast home of Ohio-class submarines and a tour of King Bay's facilities.

"It's really great to have the opportunity to get here this early in my command tour of U.S. Strategic Command," Haney said. "As I

look at the missions that the unified command plan requires of U.S. Strategic Command, first and foremost is the mission of deterrence. A critical part of that is being executed by the forces here in Kings Bay."

Haney was given a tour of the many different commands that play a crucial role in Kings Bay's

deterrence mission, such as Strategic Weapons Facility Atlantic, Trident Refit Facility and Trident Training Facility.

Lunch was served aboard USS Rhode Island (SSBN 740) in conjunction

with a tour of the ballistic-missile submarine (SSBN) and a meet-

See Haney, Page 3

"I wanted to ... meet the Sailors who are executing the mission ..."



Adm. Cecil D. Haney
Commander, U.S. Strategic Command



Navy photo by MC2 Cory Rose
Adm. Cecil Haney, Commander, U.S. Strategic Command and Capt. Larry Hall, Commanding Officer of Kings Bay's Trident Refit Facility walk towards the hull shop during a tour.



Navy photos by MC2 Andrew Lavin and MC3 Alex Smedegard

Season's Greeting from Diego Garcia

Ohio-class submarine, USS Georgia (SSGN 729) moors alongside submarine tender USS Emory S. Land (AS 39) during a December visit. Home ported in Diego Garcia, Land (inset) is a forward deployed expeditionary submarine tender on an extended deployment conducting coordinated tended moorings and afloat maintenance in the U.S. 7th Fleet area of operations. Georgia's home port is here at Kings Bay.

Georgia, Wyoming honored

Blue, Gold from both Kings Bay subs to receive Battle E

By Kevin Copeland
For Commander, Submarine Force Atlantic Public Affairs

USS Georgia (SSGN 729) and USS Wyoming (SSBN 742), homeported at Naval Submarine Base Kings Bay, were winners of the 2013 Battle Efficiency competition, Vice Adm. Michael J. Connor, Commander, Submarine Force Atlantic, has announced.

Georgia, an Ohio-class guided-missile submarine represented Submarine Squadron 16. Both the Blue crew, commanded during the competition by Capt. Daniel Christofferson and the Gold, commanded by Capt. Rhett Jaehn will receive the award.

Likewise, Wyomings Blue, commanded by Cmdr. Barry Rodrigues and Gold, commanded by Cmdr. Chris Nash, earned the Battle E for SUBRON 20.

"Bravo Zulu and congratulations to all of the awardees," Connor said. "The competition for these honors is always extremely keen, and being the recipient of the Battle E should be a source of great pride to each and every crew member."

The Battle E competition is conducted to strengthen individual command performance, improve overall force readiness, and to recognize outstanding performance. The award symbolizes the overall readiness of the command to carry out its assigned wartime tasks as a unit of the Atlantic Submarine Force.

Based on a year-long competition, one submarine from each submarine squadron in the Atlantic Fleet is recognized. The awards are presented by the commodore of each squadron to the submarine under their command which has demonstrated the highest level of battle readiness during the evaluation year.

Other 2013 COMSUBLANT Battle "E" winners are SUBRON 4's Virginia-class attack submarine USS Missouri (SSN 780), SUBRON 6's USS Norfolk (SSN 714), and Submarine Development Squadron 12's USS Dallas (SSN 700).



Check us out Online!
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Youth Center students go on Color Run

Rainbow twist on 5K enjoyed by racers

By Laura Jefferson
Special to The Periscope

Children at the Naval Submarine Base Kings Bay Youth Center participated in their own version of the popular Color Run on Dec. 16, 2013 at the baseball field adjacent to the facility.

The Color Run was founded in 2012 and gets its name from the fact that participants have colored flour thrown on them along the course.

Child & Youth Program Assistant Tunisia Cobb, who facilitates the Track & Field club, wanted her students to take part in a 5K.

"The children were training

for a 5K, and I wanted to give them a chance to execute what they learned," Cobb said. "Unfortunately, majority of the 5Ks were during school hours and required a fee."

As a result Cobb partnered with Darcy Simons, CYP lead assistant, to provide a 5K for the Youth Center students.

Cobb and Simons wanted to replicate The Color Run to make the run more enjoyable and something to remember. The children were asked to wear white as staff threw colored corn starch during different checkpoints of the 5k.

On the day of the race family members gathered to support their children as they crossed the finish line in array of colors and smiles.



Photo by Laura Jefferson

As soon as they heard "go," children at the Youth Center were off and running. More photos on Page 3.

Coast Guard keeps New Years log tradition

By Lt. Stephanie Young
Coast Guard Compass

On New Year's Eve, the midnight log entry at a Coast Guard unit takes on a life of its own and is traditionally written as a poem. The Compass reached out to those standing the watch to share the tradition of applying verse to the ship's log as we all rung in 2014.

Coast Guard Cutter Valiant

By Ensign Berit Boyle
The anchor's been housed, Valiant is back underway

Steaming towards a destination far and away

*Her course is set and true, as is her crew
Devoted and ready to start 2014 anew
COMLANTAREA and TACON provide ever constant aid*

While watchstanders ensure reports of Material Condition Yoke are made

The small boats are secure and ready for deck force

As Valiant remains steady on her rhumb line course

The proper lights are secured, Dog Zebra

keeping the ship dark

While the Quartermaster requests the helmsman to mark

A cutter on a mission, assets by her side

A crew keeping watch on the sea and her ride

Rounds are conducted and coffee brewed

All spaces are clear, no reason to brood

*The helo is secure, with tiedowns installed
And pilots ready to fly the moment they're called*

See New Year, Page 8

Local news and views

Naval Submarine Base, Kings Bay, Ga.



Now hear this!

Active duty E7 exam date change

Chief of Naval Personnel officials announced in NAVADMIN 308/13 that the Cycle 222 Active Duty E7 exam date has been changed from Jan. 16 to Jan. 14. The change is to avoid disruption of the testing process due to a potential lapse in government funding. Personnel Support Detachments staffed by civilians and contractors could be forced to reduce services without funding, making exam administration unfeasible. Roughly 35,000 first class petty officers are scheduled to take the exam, changing the date will ensure the process is fair and orderly for all involved. For information on exam guidance and requirements, read NAVADMIN 288/13 at www.npc.navy.mil.

Base lost & found has found items

There is lost and abandoned property, such as watches, rings and cell phones, at Naval Submarine Base Kings Bay Navy Security. If you have any information reference to any items, contact Detective Michael Palmer, Monday through Friday, at (912) 573-9343 or by e-mail, Michael.j.Palmer@Navy.mil.

Red Cross seeking volunteers

The American Red Cross has reopened its office onboard Naval Submarine Base Kings Bay, on the first floor of the Flucky Hall at 1063 USS Tennessee Ave. Office hours are 10 a.m. to 2 p.m., Monday through Thursday. Anyone interested in volunteering or learning more about Red Cross services can call Susan Van Dyke at (912) 573-3939 or Kathie Perkins at (912) 265-1695.

Security issues sticker reminder

It is the policy of Naval Submarine Base Kings Bay that no motor vehicle with any sticker, decal, emblem or other device containing profane or lewd words or pictures, describing sexual acts or excretory functions on parts of the human body, be allowed on base.

Suggestions for The Periscope?

Do you see an event on base you think deserves coverage in the Periscope? Let us know by calling editor Bill Wesselhoff at 573-4719 or e-mail periscopekb@comcast.net.

Flu shots at Kings Bay clinic

Naval Branch Health Clinic Kings Bay is now providing annual influenza vaccine to service members, retirees and families. Patients can walk-in for flu vaccine 7 a.m. to 3 p.m., Monday through Friday. Flu vaccine walk-ins will be conducted from 7 to 11 a.m. only, on the last Friday of each month, to facilitate command training. For more information, visit www.cdc.gov. To find out more about NBHC Kings Bay, visit the command Web site at www.med.navy.mil/sites/NavalHospitalJax.

How being a team player is critical

By Maj. Scott Schofield

Air Force 319th Contracting
Flight commander

Improve your perception of being a Team Player.

Sometimes we have to sacrifice what we want for the betterment of the team, the big picture, and the Air Force.

I was a young second lieutenant and my supervisor surprised me with this comment on my mid-term feedback; I was mad.

Things had come to a head between us after I had complained about being forced to "volunteer" at a unit fundraiser in September, by far contracting's busiest month.

Really, the issue had been brewing for a while. She had been pushing me to be more of a team player by helping out my colleagues and taking on additional duties within the squadron.

My viewpoint was that by showing up every day and doing my job to the best of my abilities, I was helping the team and was, therefore, already a team player. There was no need to do those other things that would just cut into my free time.

In my defense, my approach had worked up to that point.

I had graduated from the U.S. Air Force Academy, had won every possible award during Air and Space Basic Course (the first officer professional military education course at the time), had been stratified No. 1 out of the trainees in our contracting squadron, and was on the cusp of

Military leadership

winning a squadron annual award. So I thought that her marking down my leadership skills because I didn't "foster teamwork" and then including that comment about me not being a team player was unfair, and I was fired up.

The problem was her comment was spot-on. My daily focus had been to do my best so I could win awards and earn stratifications in order to get the right assignments and advance my career.

My supervisor was right; I wasn't a team player, and as much as I was in denial at the time, it was exactly what I needed to hear. It was, perhaps, the single most honest piece of feedback I have ever received.

After I completed in-residence graduate school, I was assigned my dream job at the airborne laser System Program Office. But again I thought there was a problem. I was assigned to a team doing tertiary research and development work that was only indirectly related to the overall program.

I was frustrated and was itching for an opportunity to move down the hall and get my shot at the big time. Fortunately, my day came and I joined the contracting team that managed the main contracts to design, build, and test the airborne laser.

When I joined the team, I became one of many lieutenants and captains working in the various func-

tional divisions.

My initial attempts to get personal recognition were unsuccessful and I eventually gave up trying.

Fortunately, our program had entered an exciting time and we were marching through our flight test program en route to "shutdown" where we would use our massive flying laser to shoot missiles out of the sky with a beam of light.

I immersed myself in the program and focused on being the best contracting officer that I could be and I routinely went above and beyond my primary duties to help the program in any way I could.

The hours were long and the stress was, at times, almost unbearable, but I was having the time of my life. For the first time in my career, it wasn't about me. It was about the team. It was about being part of something bigger than me, and in this case, something historic. There was nowhere else I'd have rather been.

After we destroyed a boosting ballistic missile in 2010, the folks in our office were ecstatic.

We had overcome tremendous adversity and had accomplished what many considered to be impossible. We were on top of the world, and it only got better a few months later when the Air Force Association awarded us the Theodore von Karman Award "for the most outstanding contribution in the field of science and engineering."

See Team, below left

Sea burial available to Sailors, family

From the Retired Activities Office

Burial at sea is a means of final disposition of remains that is performed on United States Navy vessels.

The committal ceremony is performed while the ship is deployed. Therefore, family members are not allowed to be present.

The commanding officer of the ship assigned to perform the ceremony will notify the family of the date, time and longitude and latitude once the committal service has been completed.

Active duty, retired Sailors and their dependents are entitled to burial at sea.

Anyone desiring this honor should indicate that preference in writing and have the next-of-kin or executor of the estate contact Navy Mortuary Affairs at the following address to coordinate arrangements:



Burial-at-Sea Coordinator
Naval Hospital Branch Medical Clinic
P.O. Box 280148
Mayport, FL 32288-0148
Phone: (904) 270-4285
Web site: www.public.navy.mil/bupers-npc/support/casualty/mortuary/Pages/BurialAtSea.aspx
If the preference for burial-at-sea

was not in writing by the retired member, the person authorized to direct disposition may authorize burial-at-sea.

The following documents must be submitted to the commanding officer of the Navy or Coast Guard vessel/aircraft that will conduct the ceremony:

- Copy Civil Death Certificate
- Certificate of Cremation or transit permit issued by the appropriate civil authority
- Signed request/authorization for committal from the primary next-of-kin or PADD
- Copy of DD-214 and marriage certificate

The authorization should include the decedent's full name, grade, SSN and/or serial number, branch of service, dates of service and retirement, date of death, religious service desired and where remains are committed.

Team

From above right

It was one of the proudest accomplishments of my life and I suspect one of the few that I'll relay to my daughter and any future grandchildren long after my career is over.

But it came at a price.

I made a lot of personal sacrifices during that time. I spent countless hours away from my wife and young daughter while I worked late nights and weekends in the office so I could help better the team, contribute to the big picture, and help provide a new and exciting technology to the Air Force.

There were days I wanted to quit, but I continued on because so many of my teammates were sacrificing as well. We had come together as one and were able to accomplish something truly great, something so much bigger and more important than we ever could have accomplished on our own.

Being part of such a great team rejuvenated my desire to serve in the Air Force and in the years since, I've had the fortune to serve with several more amazing folks and to have been a part of other great teams.

But in the end, I think it's our own attitude that makes the biggest difference in our careers.

Being a team player and sacrificing what we want is hard. There's no getting around that, and there are times we just don't want to do it. But when we sacrifice for the betterment of the team, it makes the team stronger, more able to achieve the big picture, and to positively impact the Air Force in ways we often can't even imagine at the time.

Although it took me too long, I eventually learned the lesson my supervisor tried to teach me at the onset of my career, and I've found that being a team player has made my career much more enjoyable and more fulfilling than I ever thought it could be.

From Navy and Marine Corps Mishap Investigations

How many times have you been enjoying your favorite recreation or off-duty activity and by luck you avoided injury or property damage?

Off-duty activities are the No. 1 cause of injury and the second cause of fatalities in the Navy. Already in 2012, there have been three fatalities associated with recreational and off-duty activities, which is three too many!

There are real risks and consequences in brushing off accidents that do not hurt, harm or damage. When these near mishaps happen, we should immediately inform our supervisors.

A near mishap is an act or event which injury or damage was avoided merely by chance. The command cannot correct hazardous conditions unless personnel conscientiously report them.

You are probably asking yourself, "If no one was hurt and/or I was off-duty why do I need to report it?"

NSB Kings Bay Safety

It's simple. Per OPNAV Instruction 5100.23G, near mishaps must be reported, no matter how small, to prevent accidental injury or death.

By reporting each and every near miss and off-duty mishap to your supervisor immediately, prompt investigation and follow up actions will be initiated that will help reduce the potential for future mishaps.

Your supervisor must rely on you and your co-workers to report these near mishaps to them.

All on-duty mishaps involving Naval Submarine Base Kings Bay personnel are reported via the Enterprise Safety Applications Management System. Off-duty mishaps involving service members are also reported using ESAMS.

If you need assistance in reporting a mishap call the NSB Kings Bay Safety Office at 573-2525 and the safety staff will be glad to assist you. Tenant commands are encouraged

to contact their command safety office or call Kings Bay Safety Office for referral assistance.

One of the best ways to eliminate the likelihood of future mishaps is by conducting a thorough root-cause analysis and implementing effective corrective actions, as well as sharing the lessons learned with others.

Lessons learned from some of the mishaps that have occurred at NSB Kings Bay are available on the Kings Bay Internet Safety Web site, webkb.wh.nads.navy.mil:9011.

All supervisors are encouraged to review these near misses and brief their employees.

To view mishap statistics for the Navy and Marine Corps, visit www.public.navy.mil/navsafecen/Pages/Home.aspx.

The importance of reporting all near-miss and off-duty — military only — mishaps should be stressed to new employees — military and civilian — during indoctrination.

Report all near miss and off duty mishaps to your supervisor and your command safety office immediately.

THE **Periscope**
KINGS BAY, GEORGIA

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NSB Kings Bay Executive Officer

Cmdr. Ed Callahan

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Photo courtesy of Mark Rector

Joe Kiegel of Lockheed Martin Space Systems explains nuances of the equipment section to Adm. Cecil Haney, Commander, U.S. Strategic Command NAS. Capt. Kevin Jones, Commanding Officer, Strategic Weapons Facility Atlantic looks on during a tour of SWFLANT's missile assembly building. During his visit, Haney thanked Sailors for their service and stressed the vital nature of their contributions to the success of our nation's nuclear deterrence mission.

Haney

From Page 1

and-greet with the crew.

Most importantly, Haney spoke to Sailors during an All Hands Call, addressing the crucial roles that each Sailor has to support the strategic mission and the importance of teamwork. Questions were also asked by the Sailors about USSTRATCOM's mission and what to expect in the future.

"I wanted to come to this base, meet the Sailors who are executing the mission and really talk about them in terms of the importance of the mission, but also hear their questions," Haney said. "It's very important to them to continue to work and understand there is no room for error in this mission. That requires teamwork."

An essential part of the

nation's strategic capabilities, the ballistic-missile submarines homeported at NSB Kings Bay serve as one of the components of the nation's nuclear triad.

As the sea leg of the triad, the SSBN is important to our deterrence mission because of its survivability and flexibility, and what it brings to the table in terms of nuclear weapons capabilities, Haney said.

Not only are the SSBNs a key component in sustaining the nuclear triad, Haney also mentioned that the other two components of the triad, the Air Force's bombers and intercontinental ballistic missiles or ICBMs, are equally vital.

"It is important that we maintain the triad," Haney said. "Each leg of the triad brings its unique capabilities, and any adversary that would think of doing the United States harm would have to have that in their calculus."

Haney recently assumed command over USSTRATCOM replacing previous commander, Gen. Robert Kehler, Nov. 15. Haney serves as the senior commander of unified military forces from all four branches of the military and also as the advocate of the nation's strategic capabilities.

USSTRATCOM relies on various task forces for the execution of its global missions, including space operations, information operations, missile defense, global command and control; intelligence, surveillance and reconnaissance; global strike and strategic deterrence, and combating weapons of mass destruction.

TF134 supports USSTRATCOM's strategic deterrence missions by operating and maintaining Ohio-class ballistic missile submarines to deter regional and strategic threats from adversaries.



Photos by Laura Jefferson

Color Run

Youth Center Color Run racers ranged in age from six through 12 years of age. They were all very colorful by the end of the race. Right, from left, Kyler Goodin, 8, finished first, while Amber Fulkerson, 8, came in second and Parker Goodin, 6, a close third.



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January

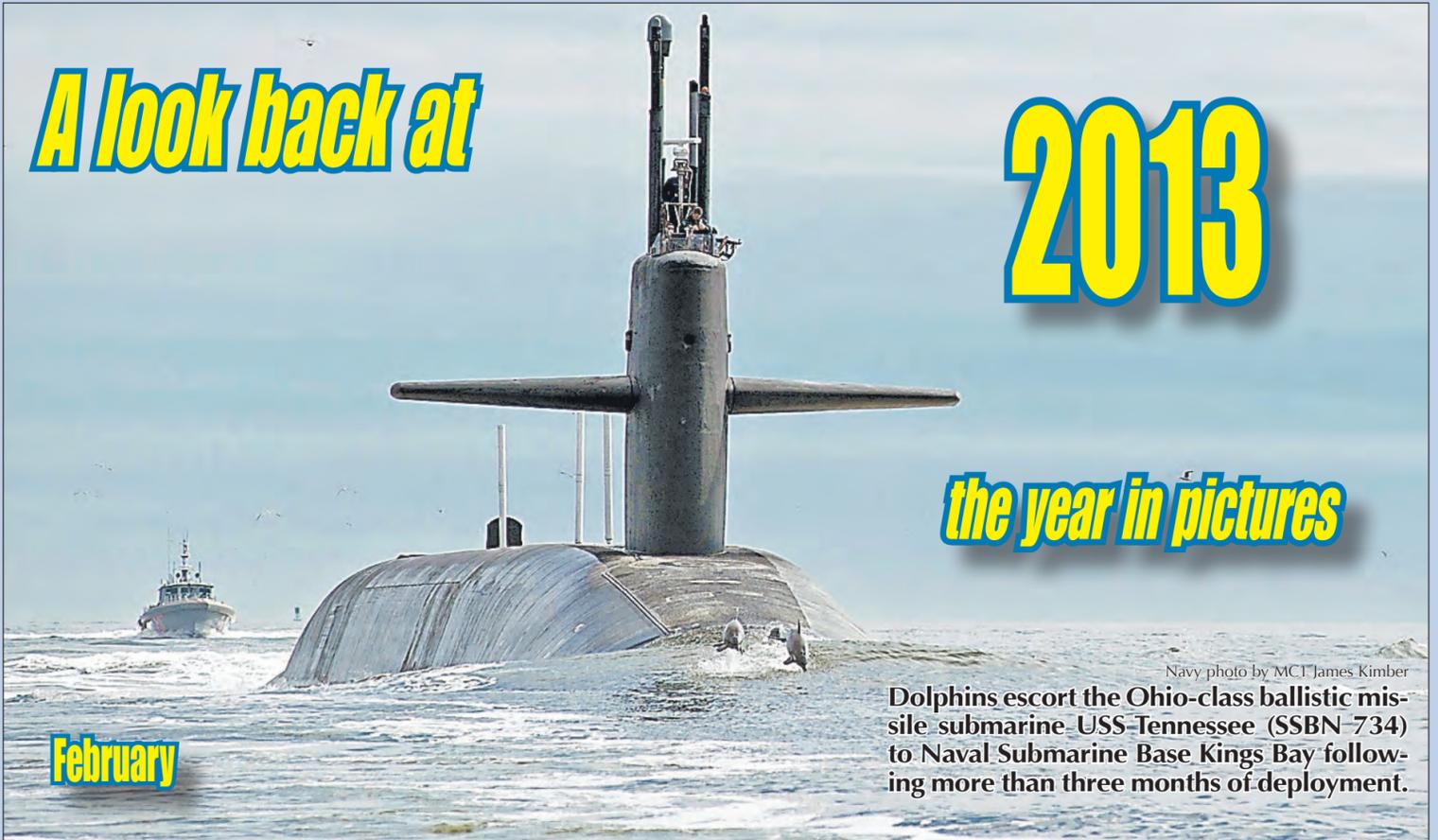
Photo by Clainetta Jefferson
Georgia Southern University Ambassadors give a group of high school students from the Naval Submarine Base Kings Bay area a tour of the Statesboro campus, during Jan. 18 and 19 tours of several college campuses.



A look back at

2013

the year in pictures



Navy photo by MCI James Kimber

Dolphins escort the Ohio-class ballistic missile submarine USS Tennessee (SSBN 734) to Naval Submarine Base Kings Bay following more than three months of deployment.

February



March

Photo by Darren Williams

Sgt. Major of the Marine Corps Michael P. Barrett discusses the impact of sequestration and other topics during a question-and-answer session with the Marines and Sailors of Kings Bay's Security Force Battalion, March 11.

April



Navy photos by MC2 Cory Rose

Right, from left, volunteers Sgt. Billy Oswicki, Sgt. Xavier Alvarez, Staff Sgt. Ysac Perez and Lance Cpl. Jess Williams plant trees during an improvement project at McArthur Family YMCA in Fernandina Beach, April 26.

June



MWR photo

Jason Kaye, 15, scored 28 points for Shoot First against the Wyoming Cowboys during the Summer Basketball League play.

May



Navy photo by MC2 Cory Rose

Sailors and Marines plunge into the water during the paddleboat competition in the Command Master Chief's Challenge and Party in the Park. Kings Bay hosted Party in the Park event to celebrate the 35th anniversary of the base.

July

Sea Cadet photo
Military Working Dog Pike demonstrates a takedown during a presentation for the Sea Cadets who visited Kings Bay in July.



August

Navy photo by MC1 James Kimber

U.S. Rep. Paul C. Broun, Jr. (10th District, Georgia) discusses deployment cycles and their effects on Sailors and family members with Cmdr. Todd Figanbaum, USS Alaska (SSBN 732) (Blue) Commanding Officer, Aug. 4.



September

Navy photo by MCCS Tony Casullo

MAC (Select) Artis Brown gets pinned by his wife, Franca, and his daughter in the Kings Bay auditorium during the chief's pinning ceremony.



October

Photo by Bill Wesselhoff

FT1 Barry Boyd, left, and FT2 John Hamm go to work on Hodad Burgers when the Messlords came to Pirates Cove Galley, Oct. 3.



November

Navy photo by EM1 Mark Treen

Cmdr. Ben Schupp, left, and Cmdr. Adam Palmer, right, talk to Capt. John P. Carter following the USS West Virginia (SSBN 736) Assumption of Command ceremony, Nov. 8.



Navy photo by MC2 Cory Rose

Adm. Cecil Haney, Commander, U.S. Strategic Command, salutes the ensign as he crosses the brow of the USS Rhode Island (SSBN 740) for a tour Dec. 18.



Navy photo by MC3 Angus Beckles

The amphibious transport dock ship USS New York (LPD 21) arrives at Naval Station Mayport.



Navy photo by MC2 Adam Henderson

USS New York (LPD-21) enters the St. Johns River channel leading into Naval Station Mayport.

USS New York at new Mayport homeport

By MC1 Michael Wiss

Navy Public Affairs Support Element East, Detachment Southeast

The Mayport community welcomed over 350 new neighbors to Northeast Florida when the USS New York (LPD 21) changed homeport from Naval Station Norfolk to Naval Station Mayport in December.

USS New York is one of three ships that make up Iwo Jima Amphibious Ready Group (ARG) the Navy is moving from Norfolk, Va., to Mayport, Fla. The other two ships — USS Iwo Jima (LHD-7) and USS Fort McHenry (LSD-45) — are slated to arrive as early as 2014.

The three ships will bulk up the Navy's fleet at Mayport, as the station's frigates are retiring. The USS Underwood and the USS Klakring were decommissioned in March. According to U.S. Rep. Alder Crenshaw, the move is a win-win situation for the Navy and the Mayport community.

"As Congress deals with very difficult budget decisions, this is promising news for national security and the First Coast," Crenshaw said in a statement. "This first phase of the amphibious ready group move to Mayport underscores the Navy's commitment to a strategic dispersal of assets — a strategy I have long



Navy photo by MC2s Marcus L. Stanley

Marines and Sailors aboard the San Antonio-class amphibious transport dock ship USS New York (LPD 21) man the rails as the ship arrives at its new homeport.

advocated on Capitol Hill."

USS New York is not the first Navy ship to hold that state's name, but never before has the name had so much meaning. The amphibious transport dock was built with 7 1/2 tons of steel from the World Trade Center. The USS New York is not the only ship that will be named to commemorate the attacks, but it is the first.

USS Somerset is under contract and the USS Arlington will follow.

According to USS New York's

Commanding Officer Capt. Jon C. Kreitz, although leaving Hampton Roads was difficult, maritime strategy is the main job for the new ship.

"This is just the first of three ships going down there to make sure that Mayport remains that second strategic homeport for the fleet," he said "There's a big part of us that didn't want to leave Hampton Roads, at the same time, we're very excited to be a part of the Mayport family."

Many Navy families had the daunting task of moving from

Norfolk to Mayport in a short amount of time. According to Operations Specialist 2nd Class Thomas Devore, it was tough moving suddenly but the many activities offered on Naval Station Mayport and the surrounding areas are worth the stress of moving to a new area.

"We were able to get base housing in only two days," he said. "The help from the Fleet and Family Support Center was fantastic."

"It was a little hectic moving two small children, but we made

it work," said Angela Devore. "I am looking forward to the many beaches in the area. When the kids get a little older, we are definitely going to Disney World."

The San Antonio-class LPD (USS New York) ships are used to transport and land Marines, their equipment and supplies. These ships support amphibious assault, special operations or expeditionary warfare missions and can serve as secondary aviation platforms for amphibious ready groups. Amphibious ships like USS New York provide the nation a crisis response capability and demonstrate the Navy-Marine Corps team in action. The Navy is committed to strategic dispersal and at least two viable East Coast surface ship homeports as well as the preservation of the ship repair industrial base in the Mayport area. According to Naval Station Mayport Commanding Officer Capt. Wesley McCall the addition of up to 2,000 families to the area after all is said and done will be a boost for national defense and to the economy of Mayport.

"I think we're going to see some significant growth with USS Fort McHenry and USS Iwo Jima coming next year and the new littoral combat ships soon to follow," he said. "You bring 2,000 new families here; the benefits are going to be pretty substantial. The Sailors and their families aboard USS New York are the ones who will benefit the most. Jacksonville and especially the Mayport area are huge military supporters."



Navy photo by MC2 Marcus L. Stanley

Sailors and civilian employees set up the bow of the San Antonio-class amphibious transport dock ship USS New York (LPD 21).



Navy photo by MC3 Angus Beckles

Lt. Gen. Richard T. Tyron, commander of Marine Corps Forces Command, talks to Sailors aboard the New York.



Navy photo by MC2 Marcus L. Stanley

A Sailor aboard the San Antonio-class amphibious transport dock ship USS New York (LPD 21) casts a line over the side as the ship moors.

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Fleet & Family Support Center workshops



Parenting classes offered on Mondays

Are you frustrated with your children? Would you like suggestions on how to stop temper tantrums or how to get your teen to complete chores without asking them 14 times? We believe parents are the experts on their children. But, children don't come with a manual! So, sometimes you need help to figure out what to do with them. Meet with the parenting class from 9 to 11:30 a.m. on Mondays, Jan. 13 and 27. Enrollment in this six-week class is ongoing. Attendees must complete all six weeks in order to receive a certificate. A minimum of six participants is needed in order for a new class to start. Registration required at 573-4512.



responsibilities, and a timeline to assist in streamlining the sponsorship process. The workshop is scheduled on 1 to 2:30 p.m., Jan. 30. Registration is required as class is limited to 20 seats. For more information call 573-4513.

Be Financially Fit for deployment

This workshop is to prepare you for deployment. It will provide you with a comprehensive to-do list, suitable for active-duty married and single-service members, spouses. It provides information to help you prepare financially for deployment. This training is 2 to 4 p.m., Jan. 15. Registration is required. For more information call 573-4513.

Car-buying strategies examined Nov. 7

This two-hour workshop provides in-depth training on looking for a car, how not to get taken for a ride and the important dos and don'ts before you step onto the car lot. Topics include negotiating, trade-ins, discounts, financing and high-pressure sales tactics. This class is for 9:30 to 11:30 a.m., Jan. 30. Registration is recommended. For more information, call 573-9783.

SAPR Advanced Training, Refresher offered

The Advanced/Refresher training is for all individuals that are current Sexual Assault Prevention and Response Victim Advocates. This training is applicable to the 32 hour bi-annual training requirement. The individuals attending are appointed by their Command and will represent the Command in all assigned sexual assault cases. This training is 8 a.m. to noon, Jan. 22. Registration is required by calling (912) 573-4512.

behaviors helpful in resolving primary issues. Pre-registration is required. Call 573-4512 for details.

New Moms and Dads Support Group to meet

A New Mom's and Dad's Support Group will meet every Tuesday at the Fleet and Family Support Center throughout the month. These workshops are scheduled for 10 a.m. to noon, Jan. 14, 21 and 28. This workshop is an opportunity to share experiences, meet and gain support from others, and exchange new ideas. To register, call 573-4512.

Sponsorship training for command reps

FFSC is offering Sponsorship training to all command representatives. The goal of the workshop is to ensure that designated command personnel have the necessary education and training to successfully fulfill the role of command sponsor. It presents an overview of the benefits of sponsorship, a list of sponsor duties and

Home buying workshop scheduled for Jan. 23

Buying a home can be the one of the largest financial decision someone can ever make. This interactive workshop is designed to increase the knowledge and comfort level for anyone entering the housing market. This class is 1 to 4 p.m., Jan. 23. Registration is required. For more information or to register, call 573-4513.

Stress management covered at workshop

Events, schedules, daily pressure and many other items can cause undo stress in your life. Stress may or may not be good for your health depending on how you manage that stress. This workshop is slated for 1 to 4 p.m., Jan. 16. Pre-registration is required. Call 573-4512 for details.

Credit reports and scores workshop upcoming

Credit has become a normal part of everyday personal financial management for most Americans. Used appropriately, it can be an excellent tool, but used the wrong way, it can bring the financial wheels of your life to a grinding halt for a long time. This two-hour workshop provides the importance of managing your credit. It will be at the Fleet and Family Support Center 2 to 4 p.m., Jan. 29. Registration is required. For more information call 573-4513.

Transition GPS class upcoming

Transition GPS is a seminar for those separating, retiring or contemplating leaving the military. The five day seminar provides information on benefits, job search skills, employment resources, resume writing, interviewing and other skills. Spouses are encouraged to attend. Separation Transition GPS is 7:30 a.m. to 4 p.m., Jan. 13 to 17. Retirement Transition GPS is 7:30 a.m. to 4 p.m., Jan. 27 to 31. You must be registered by Command Career Counselor. For more information, call 573-4513.

Ten Steps to a Federal job examined

Gain information on the federal employment process, salaries and benefits. Learn how to interpret job announcements and determine whether you are eligible to apply. Attendees will be provided guidelines, information, samples and tips on completing the electronic Federal resume. This class is from 9:30 a.m. to 12:30 p.m., Jan. 23. Registration required by calling 573-4513.

Smooth Move Workshop CONUS/OCONUS soon

Smooth Move Workshops are designed to help personnel with military relocations and transfers. Areas covered include transportation, travel pay, allowances, and important forms and documents, housing referral office and relocation services. All service members and their spouses are encouraged to attend six months before their transfer date. Due to limited seating, please do not bring children. The workshop will be for CONUS moves 2 to 4 p.m., Jan. 14 and for OCONUS moves 2 to 4 p.m., Jan. 21. For more information, call 573-4513.

Resume writing skills class upcoming

This class explores resume writing for today's job market. Resume items including skills, experience, education and values as well as simple, effective and easy to use resume formats that get job interviews. Part-time, full-time or permanent positions matters not, this workshop is for you. This program will assist the job seeker in completing a product that will "get them in the door." The workshop is scheduled at the Fleet and Family Support Center from 10 a.m. to noon, Jan. 15. Registration is highly recommended, as class is limited to 20 seats. For more information, call 573-4513.

Million Dollar Sailor program upcoming

The Million Dollar Sailor Program is personal wealth building for sailors and their families. This course assists those attending on how to navigate successfully through financial challenges that accompany them. This training was created to specifically combat the most common financial issues facing Sailors today. It will provide you with financial management skills that can be used over their lifetime. This training is scheduled for 8 a.m. to 4 p.m. Jan. 21 and 22. Registration is recommended. For more information call 573-9783.

Anger management seminar Jan. 29

Anger is not an effective method for getting what you want and is often a smoke screen for other emotions. This workshop is slated for 8:30 a.m. to noon, Jan. 29. It can help you focus on identifying the feelings anger hides and explore

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New Year

From Page 1

As shouts of New Year are shared on land

On Valiant the only sound is the hand Steering the helm, or opening a hatch

The OOD making reports and ensuring all data match

Though it's a long night for her duty crew,

There's nothing right now they'd rather do

Than watch out for their shipmates who sleep below

Those great men and women they're privileged to know.

Coast Guard Cutter Sea Horse

By Seaman Alec Gotts

Moored at Base Portsmouth again this night

Having energized her deck, ensign and flood lights

She is moored STBD side to the pier

At the start of a new calendar year

Shining in the moonlight she is quite a sight

Her mooring lines are doubled, made off and pulled tight

Standing a taught watch tonight with my heart full of cheer

While the rest of my shipmates are out drinking beer

Under TACON Sector Hampton Roads and CGD5

This year excellence is for what we will strive

From boardings and escorts we are at a hiatus

For this week Charlie is our boats status

Receiving electrical, potable water and telephone shore ties

Yoke is set throughout the ship, I don't only surmise

Sea Horse-1 is notched and secured for sea

SNBM Gotts is the Inport OOD

Coast Guard Cutter Washington

0000-0400

The Mighty Washington rests moored port side to

At wharf victor three, in water deep and blue

Here at Apra Harbor, on the island of Guahan

Deck lights burn brightly, Sector Guam is ADCON

They also maintain our operational control

Which matters much more when we go on patrol

But tonight we stand ready, our status bravo

If called to save lives, we're ready to go

We've done it before and we'll do it again

23 lives saved before we arrived at year's end

FPCON is alpha so we needn't be troubled

Mooring lines are taut, all of them doubled

Material condition yoke is set through the ship

The smallboat is cradled, she's not at the hip

From the pier we obtain the services we require

At six forty-five tomorrow liberty will expire

All can sleep well and remain worry free

BM2 Knappe has the watch as the inport OOD.

Coast Guard Cutter Vigorous

Vigorous is under the care of COMLAN-TAREA on this eve,

The crew is all accounted for, while some are on leave.

All deck, anchor and warning lights are burning brightly,

The cold this time of year shall not be taken lightly.

Vigorous is SOPA on this bitter winter night,

All lines are doubled up and moored up tight.

Charlie is our status and will be noted in the logs,

Also known as Cold Iron status, for all you salty dogs.

Receiving all hotel services from our pier,

Our sister Dependable is also spending New Years here.

This is Vigorous' last New Year's here in Cape May,

We soon will be moving because our pier is in decay.

Where we will be next year, no one knows,

We could be sailing the seas where King Neptune blows.

Liberty is granted so all can have fun,

But expires on the 2nd at the first light of sun.

The watch is stood with vigilance by just a few,

The OOD this evening is OS2.

Coast Guard Cutter Tampa

By Lt. j.g. Courtney Gazda

I'm dreaming of a white D1 patrol.

Just like the ones I used to know. Where the shined brass glistens,

and look outs listen to hear sound signals in the snow.

I'm dreaming of a white D1 Patrol with every fisheries email I write.

May your boardings be merry and bright,

And may all your D1 Patrols be white.

I'm dreaming of a white D1 Patrol. Where every fish is the right length.



Coast Guard photo by PO2 Jetta H. Disco

Coast Guard Station New York's boat crews begin the New Year on watch.

May your voyage be merry and bright, And may all your D1 Patrols be white.

Coast Guard Cutter Paul Clark

0000-0400

This eve of new years on a dark moonless night i

n position xx:xx.x'n, xxx:xx.x'w is where we steam tonight

as the deck and the conn, stands a taut ENS Hite

recently qualified to be her crew's guiding light

Under ADCON of Sector Miami and TACON of Sector Key West

it's with the OPCON of CGD7 where we sail the best

our small boat is secured taking a much needed sleep

waiting patiently in the notch, poised ready to leap

Good fortune grants us two gennies that run just right

for now it's NR2 that feeds us our light while the fireworks die out, our nav lights burn strong

24 visitors aboard, tagging along

The rudders are tasked, by tiller, by hand the NR1 pump currently sees to the demand

at 786 RPMs, the NR1 is a'turning while quietly at rest the #2 is done burning

In this coming new year we'll keep the torch burning bright

with courage, valor and confidence, we'll fight the good fight

Happy New Year to all, says the Paul Clark crew

with our pup by our side we'll keep that promise to you.

Coast Guard Cutter Long Island

By Seaman Scott Olsowski

We are moored securely in Valdez, Alaska,

Wanting to thank God we are not in Nebraska.

The lines are doubled on the port side, Moored to a pier with forty fives alongside.

District 17 above with affirmative ADCON,

As we remain acrossways from an oily Exxon.

Cutter's operations are vigilantly controlled, By Sector Anchorage with a reputation to uphold.

Deck lights are live and shining like a penny,

As our shore ties invite electricity, telephone and potable water by the plenty.

These amenities come with the help of shore ties,

Until we leave our homeport and say our goodbyes.

The condition yoke is completed on the cutter,

While we close the hatches and clean up the clutter.

The inport OODs are zealously stood, By BM1 Beach and SN Olsowski for the common good.

RHI Long-1 is cradled with care, And secured for sea because we will go mid-air.

Enduring the watch and scribing the logs,

Is SN Olsowski while it snows cats and dogs.

Web course easier to unlock

By MCC Jayme Pastoric
Center for Personal and Professional Development
Public Affairs

Unlocking your Non-Resident Training Course online account just got a little easier.

NRTC accounts that were inactive for longer than 30 days were locked as a result of network security measures ordered by the Defense Department and U.S. Fleet Cyber Command, which took effect late summer 2013.

Because of the large number of unlock requests since then, NRTC staff has implemented a self-service option by using a Command Access Card verification, Defense Enrollment Eligibility Reporting System authentication and security question challenge process.

This will help alleviate the back log of more than 203,646 requests at the NRTC help desk.

"Users who have been locked out due to greater than 30 days inactivity but less than 45 days will be allowed into their account upon CAC authentication," said Tom Phillips, Center for Personal and Professional Development NRTC program manager.

Users falling in the greater than 45 day inactivity window will receive challenge questions generated from the account holder's profile. Correctly answering the questions will allow users to update their account and re-enable access.

"We have a close working relationship with the developers and programmers of the NRTC Web site," said Phillips. "We are continuing to improve the process while maintaining adherence to mandated security changes."

Through December 2013, the NRTC helpdesk has unlocked more than 11,500 user accounts.

Users who are unable to use the self-service unlocking service are encouraged to contact the NRTC helpdesk at CPPD's Voluntary Education Support Site in Pensacola, Fla., for assistance in regaining access.

The VOLED team in Pensacola can be reached anytime via email at

NRTC@navy.mil and Monday through Friday by commercial phone at (877) 264-8583, or DSN at 753-6070.

CPPD is responsible for providing a wide range of personal and professional development courses and materials, including General Military Training, Navy instructor training, alcohol and drug awareness program training, suicide and sexual assault prevention, bystander intervention, and personal responsibility classes. CPPD's required leadership training is delivered multiple times throughout a Sailor's career via command-delivered enlisted leadership training material and officer leadership courses in a schoolhouse setting. CPPD also administers the Navy's voluntary education program, which provides Sailors with the opportunity to earn college degrees.

CPPD additionally manages the United Services Military Apprenticeship Program.

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St. Jude patient, Denise, with her father Chief Petty Officer, Travis Hale.

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*3D HERCULES (PG13)
(Fri-Sun 3:15) 7:45

*2D HERCULES (PG13)
(Fri-Sun 1:00) 5:30 10:00

*LONE SURVIVOR (R)
(Fri-Sun 1:50) 4:45 7:25 10:15

*PARANORMAL ACTIVITY: THE MARKED ONES (PG13)
(Fri-Sun 1:30 3:30) 5:30 7:30 9:30

A MADEA CHRISTMAS (PG13)
(Fri-Sun 4:15) 7:10 9:45

AMERICAN HUSTLE (R)
(Fri-Sun 1:10) 4:10 7:05 10:05

47 RONIN (R)
4:30 9:50

SAVING MR. BANKS (PG13)
(Fri-Sun 1:20) 4:00 7:00 9:40

ANCHORMAN 2: THE LEGEND CONTINUES (PG13)
(Fri-Sun 1:15) 7:15

*3D THE HOBBIT: THE DESOLATION OF SMAUG (PG13)
5:15

2D THE HOBBIT: THE DESOLATION OF SMAUG (PG13)
(Fri-Sun 2:00) 8:30

FROZEN (PG)
(Fri-Sun 1:40) 4:15 7:10 9:45
*Pass Restricted

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Up eriscope with MC2 Cory Rose



What's your 2014 New Year's Resolution?

I would agree with CS1 James Bryant that half of the time when people make a New Year's Resolution, that they do not stick to them. And, I am not saying

that I am any different, but I would like to start working out more and spending more time with my family. I will also be attending a Navy school for graphic design and

Web design this year and will be working very hard to graduate, which will lead me to my next chapter in my Navy career.



YN2 Brian Williams
Kings Bay
Administration
Gainesville, Fla.
"I want to finish my college degree."



Lt. j.g. Shanique Howard
Kings Bay
Administrative Officer
Uriah, Ala.
"To stress less, to have a healthier life style and to learn to deal with things that are out of my control."



MC2 Ashley Hedrick
Kings Bay Public Affairs
Nashville, Tenn.
"I want to work on my genealogy up to the 18th Century and become a full member of the Daughters of the American Revolution."



NCI Rob Ehrhart
Kings Bay Career
Counselor
Genesee, Mich.
"To complete a Tough Mudder."



CSC Jamahl Mumford
Pirate's Cove Galley
Chicago, Ill.
"I try hard every year not to get divorced."



CS1 James Bryant
Pirate's Cove Galley
Suffolk, Va.
"I have not made a New Year's resolution because they are bad for you. People make them and half of the time they never stick to them."

Morale, Welfare and Recreation happenings



NAU ski trip Feb. 14-17

Unleash your Inner Beast when Navy Adventures Unleashed goes skiing in Gatlinburg, Tenn., the long weekend of Feb. 14 to 17. One Day Ski is \$190, One Day Snowboarding is \$210, Two Day Ski is \$250 or Two Day Snowboarding is \$280. A deposit of \$75 is due on Jan. 15 with balance due on Feb. 7. Cost includes transportation, hotel, tram tickets, ski lift, rentals plus one lesson. Participants must bring own money for food and souvenirs. Trippers will leave Big EZ on Friday, Feb. 14 at 4 p.m. For more information, contact NAU at (912) 573-8972.

Liberty call

■ **Intramural Sports' One-Pitch Softball Tournament** — It's coming your way Jan. 11, registration at the Fitness Complex through Jan. 10. Team fee is

\$200. Champions receive team trophy and \$500 cash. For more information, call (912) 409-1611.

■ **Campout at Etowah** — On Jan. 25 NAU is offering a campout in Etowah Park. Enjoy horseshoes, corn hole and other activities with family and friends. Stay overnight, or stop by for a few hours. Bring your own makings for s'mores and fire wood. Reserve your spot and camping supplies at the Outdoor Adventure Center by Jan. 17. For more information, call (912) 573-8972.

■ **Etowah Park 5K Trail Run** — On Wednesday, Jan. 15 the race starts at 7 a.m. MWR request runners not to park inside the Golf Parking Lot but use the side road and inside Etowah Park. For



Photo courtesy of Morale, Welfare and Recreation

Children play at MWR's 'Tis the Season, celebrating the Holiday Season in December at Under the Pines Park.

more information, call (912) 573-8972.

■ **Convergent Force** — Join NAU at the Fitness Complex at 4:30 p.m., Monday,

Jan. 13. Whether you've done a mud run

See MWR, Page 10

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Pirates Cove Galley menus



MWR

From Page 9



Thursday Breakfast

Breakfast Juice Bar
Ready-to-eat Cereals
Eggs & Omelets To Order
Grilled Bacon
Asst. Instant Oatmeal / Grits
Rolled Oats
Sausage Patties
Cottage Fried Potatoes
French Toast / Asst. Syrups
Pastry Bar
Asst. Yogurt

Lunch

Italian Wedding Soup
Chicken Parmesan
Meat Sauce
Boiled Spaghetti
Roasted Potatoes
Steamed Broccoli
Italian Kidney Beans
Healthy Choice Salad
Assorted Salad Dressings
Garlic Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Chicken Pattie Sandwich
Philly Cheese Steak Sandwich
Grilled Pepper and Onions
Chili
Cheese Sauce
Baked Beans
Sandwich Bar
Cold Cut Sandwiches

Dinner

Cream of Broccoli Soup
Fried Catfish w. Tartar Sauce
Braised Pork Chops
Mashed Potatoes & Gravy
Tossed Green Rice
Fried Okra
Simmered Carrots
Healthy Choice Salad Bar
Assorted Salad Dressings
Cheesy Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Friday Breakfast

Breakfast Juice Bar
Ready-to-eat Cereal
Eggs & Omelets To Order
Waffles w/Asst. Syrups
Grilled Bacon
Soft/Hard Cooked Eggs
Asst. Instant Oatmeal / Grits
Grits
Sausage Gravy
Biscuits
Hash Brown Potatoes
Pastry Bar
Asst. Yogurt

Lunch

Chicken Noodle Soup

BBQ Chicken
Tempura Battered Shrimp
Sweet Potato Fries
Baked Mac & Cheese
Green Bean Almandine
Simmered Succotash
Healthy Choice Salad Bar
Assorted Salad Dressings
Corn Bread Muffins
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Grilled Cheese Burger
Grilled Hamburgers
BBQ Chicken
Pulled Pork
BBQ Ribs
Bratwurst
Cole Slaw
Baked Beans
Macaroni Salad
Potato Salad
Burger Bar

Dinner

Asian Stir Fry
Sweet and Sour Pork
Oriental Pepper Steak
Fried Rice
Steamed Rice
Chinese Mixed Vegetables
Egg Rolls
Healthy Choice Salad Bar
Assorted Salad Dressings
Hot Rolls
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Saturday Brunch

Logging Soup
Fried Chicken Tenders
Corn Dogs
Potatoes O'Brien
Breakfast Juice Bar
Ready-to-eat Cereal
Oven Fried Bacon
Waffles w/ Asst. Syrup
Eggs & Omelets to Order
Mixed Vegetables
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Desserts
Fruit Flavored Gelatin
Assorted Breads & Spreads
Asst. Fruit Bar
Assorted Beverage Bar
Pastry Bar

Dinner

Minestrone Soup
Asst. Pizza
Asst. Wings
French Fries
Baked Beans
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Desserts
Assorted Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Sunday Brunch

Chicken Noodle Soup
Cannonball Sandwich
Grilled Polish Sausage
French Fries
Grilled Peppers and Onions
Oven Fried Bacon
Eggs to Order
Breakfast Juice Bar
Ready-to-eat Cereal
Grilled Sausage Patties
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Desserts

Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar
Pastry Bar

Dinner

Asparagus Caliente
Roast Prime Rib
Fried Shrimp
Cocktail sauce
Rosemary Potatoes
Rice Pilaf
Corn on the Cob
Simmered Carrots
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Monday Breakfast

Breakfast Juice Bar
Ready-to-eat Cereal
Asst. Oatmeal
Grits
Soft/Hard Cooked Eggs
Eggs to Order
Omelets to Order
French Toast w/Asst. Syrups
Grilled Bacon
Fresh Fruit Salad
Breakfast Burritos
Hash Brown Potatoes
Pastry Bar
Asst. Breads & Spreads
Asst. Fruit Salad
Asst. Yogurt

Lunch

Corn Chowder
Country Fried Steak
Cream Gravy
Baked Fish
Tartar Sauce
Mashed Potatoes & Gravy
Rice Pilaf
Steamed Peas and Carrots
Louisiana Squash
Healthy Choice Salad Bar
Asst. Salad Dressings
Assorted Fruit Bar
Assorted Condiments
Hot Rolls
Assorted Desserts
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Chicken Wings
Pizza
Potato Bar

Dinner

Vegetable Soup
Baked Ham w/Honey Glaze
Roast Turkey
Mashed Potatoes & Gravy
Candied Sweet Potatoes
Cajun Style Black-Eye Peas
Southern Style Greens
Healthy Choice Salad Bar
Assorted Salad Dressings
Corn Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Tuesday Breakfast

Breakfast Juice Bar
Ready-to-eat Cereals
Asst. Instant Oatmeal / Grits
Waffles w/asst. syrups
Cream of Wheat
Eggs/Omelets to Order
Grilled Bacon
Soft/Hard Cooked Eggs
Buttermilk Biscuits
Cottage Fried Potatoes
Sausage Gravy
Asst. Yogurt

Pastry Bar

Cheese Potato Soup
Pot Roast
Chicken Cordon Blue
Brown Gravy
Wild Rice
Au Gratin Potatoes
Mixed Vegetables
Simmered Cauliflower
Healthy Choice Salad Bar
Assorted Salad Dressings
Biscuits
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Beef Enchiladas
Chicken Quesadias
Spanish Rice
Refried Beans
Taco Bar

Dinner

Minestrone Soup
Baked Italian Sausage
Meat, Marinara & Clam
Sauces
Boiled Pasta
Calico Corn
Steamed Broccoli
Healthy Choice Salad Bar
Assorted Salad Dressings
Toasted Garlic Bread
Assorted Dessert
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Wednesday Breakfast

Breakfast Juice Bar
Ready-to-eat Cereal
Eggs & Omelets To Order
Pancakes w/Asst. Syrups
Corned Beef Hash
Grilled Bacon
Asst. Instant Oatmeal & Grits
Soft/Hard Cooked Eggs
Hash Browned Potatoes
Asst. Yogurt
Pastry Bar

Lunch

Chicken Gumbo
Fried Fish
Grilled Chicken Breast
Mashed Potatoes & Gravy
Wild Rice
Chicken Gravy
Pinto Beans
Mixed Vegetables
Healthy Choice Salad Bar
Assorted Salad Dressings
Corn Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Corn Dogs
Grilled Hamburgers
Grilled Cheeseburgers
French Fries
Baked Beans
Burger Bar

Dinner

Beef Rice Soup
Steamed Rice
Hot & Spicy Chicken
Roast Pork
Simmered Egg Noodles
Yellow Squash
Steamed Green Beans
Healthy Choice Salad Bar
Assorted Salad Dressings
Biscuits
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Thursday Breakfast

Breakfast Juice Bar
Ready-to-eat Cereal
Eggs and Omelets To Order
Grilled Bacon
Asst. Instant Oatmeal & Grits
Rolled Oats
French Toast w/Asst. Syrups
Sausage Patties
Cottage Fried Potatoes
Asst. Yogurt
Pastry Bar

Lunch

Chicken Noodle Soup
Fried Shrimp
Hot Rolls
Creole Macaroni
Franconia Potatoes
Rice Pilaf
Simmered Carrots
Steamed Peas
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Condiments
Cocktail Sauce
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line

Chicken Pattie Sandwich
Philly Cheese Steak Sandwich
Grilled Peppers & Onions
Baked Beans
Chili

Dinner

Cheddar Cheese Soup
Beef Stroganoff
Fried Catfish w/Tartar Sauce
Mashed Potatoes & Gravy
Buttered Egg Noodles
Seasoned Corn
Herbed Broccoli
Toasted Parmesan Bread
Healthy Choice Salad Bar
Assorted Salad Dressings
Cocktail Sauce
Hot Rolls
Buttermilk Biscuits
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Galley hours Monday through Friday

Breakfast 6 to 7:30 a.m.
Lunch 11:15 a.m. to 12:45 p.m.
Dinner 4:30 to 5:30 p.m.

Weekends and holidays

No breakfast served
Brunch - 10:45 a.m. to 12:15 p.m.
Dinner - 4:30 to 5:30 p.m.

Menu items subject to change.



before or you are looking at doing your first, come out and join in the fun. There will be training with our very own strength and conditioning coach, meetings with the dietician, performance cooking classes, plus group trips and discounts to mud runs such as The Super Spartan and the Highlander VI. This class is for all patrons, 18 years and up. For more information, call (912) 573-8972.

My Little Valentine — The father and daughter dance is 5 p.m. to 8 p.m., Sat., Feb. 8. Tickets are being sold at ITT for \$15 adults, \$12 for children ages 3 to 12. Door prize drawings, flower for each daughter, music, dancing, photos and a buffet served from 5 to 7 p.m. The buffet will include but is not limited to chicken fingers with dipping sauce, mini pizzas, finger sandwiches, mac and cheese nuggets, corn nuggets, fried veggie sticks, rotini pasta salad, franks in blanket, fresh fruit and veggie trays, chocolate fountain, ice cold bottled root beer, "Shirley Temples", ice tea and water. For more information, call (912) 573-4564.

Ten Dollar Tuesday at Rack-N-Roll Lanes — It's 5 to 9 p.m., Tuesday nights. \$10 will get you shoes and all the bowling you can handle.

Tae Kwon Do — It's at the Fitness Complex Tuesdays and Thursdays, 5:15 to 6:15 p.m. for 7 year olds and under, 6:15 to 7:15 p.m. for 8 to 12 and 7:15 to 8:30 p.m. 13 to adult. For more information, call (912) 573-3990.

Domino's — Like Kings Bay Domino's on Facebook to receive "code phrases," daily specials, upcoming events and corporate promos. (912) 510-5400. www.facebook.com/kingsbaydominos.

The Combined Federal Campaign season has started — Kings Bay's Child and Youth Program team are two of the organizations you can support with your giving. The numbers are Youth Center School Age Care #37328 and Child Development Center #47018.

Free Movies for the Kids Weekend — 1 p.m. movies for January are *Turbo* Jan. 11 and 12, *Smurfs 2* Jan. 18 and 19 and *Over the Hedge* Jan. 25 and 26. All youth under 18 years of age must be accompanied by a parent or adult. Snacks foods and beverages are available for purchase. If 15 minutes after the scheduled start time no one else comes in, the movie area will be available for open viewing. For the latest information, call (912) 573-4548.

Recruiters volunteer to help

By MC1 Brianna K. Dandridge
Navy Recruiting District Jacksonville

Sailors from Navy Recruiting District Jacksonville volunteered at the New Life Hope Christian Church, during an extensive renovation and restructuring project recently.

"Getting out and volunteering shows the community a positive side to the Navy," said Yeoman 2nd Class Marquita Greene. "I make an effort to volunteer for these types of projects as often as I can."

NRD Jacksonville Sailors were tasked with disposal of discarded scaffolding, carpet and other items used during the remodel.

Personnelmen 1st Class Anthony Sonola said volunteering is very worthwhile and is an important part of building positive relationships between the Navy and the community.

"It is important for Sailors to be seen in the communities that we live in," said Sonola. "Helping is a



Navy photo by MC1 Brianna K. Dandridge
Navy Recruiting District CMC LaDon Washington and YN1 Willie Sheppard secure pews for a renovation project at New Life Hope Christian Church, during an extensive renovation and restructuring project.

gratifying experience." Yeoman 1st Class Willie Sheppard agreed "it is important to give back. I have always made it a point to volunteer for community service my entire career."

Both members of the New Life Christian Church and Sailors will continue to volunteer time to the continuing renovation project which will take several additional weeks to complete.

Community service projects allow Sailors to

support the Jacksonville and say thanks to the community.

"I volunteer to show a sense of pride," said Interim Specialist 1st Class Will Adkinson.

New Life Christian Fellowship is 99,000 square foot facility with a 2,900 seat sanctuary and family life center that includes a full-size activity gym, youth pavilion, preschool nursery and Sunday school and Bible study rooms.

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P-8A achieves initial operational capability

By LaToya T. Graddy
Maritime Patrol and
Reconnaissance Aircraft
Program Office Public Affairs

The Navy's newest maritime patrol and reconnaissance aircraft, the P-8A Poseidon, has achieved initial operational capability after the first two P-8A Poseidons departed for deployment Nov. 29.

This announcement comes weeks after the completion of the Operational Readiness Evaluation of the first deploying P-8A Poseidon squadron and the commander of Patrol and Reconnaissance Group officially declaring the first P-8A squadron, Patrol Squadron 16 (VP-16), "prepared for deployment" Nov. 4.

"This IOC declaration is the culmination of years of careful planning and coordinated effort by the fleet, resource sponsor, acquisition community, and industry," said Capt. Scott Dillon, program manager for Maritime Patrol and Reconnaissance Aircraft Program Office.

By achieving IOC, the Navy can effectively deploy the P-8A for operational missions and continue to successfully transition from the aging P-3C.

The Poseidon program is on track for completing the remaining preparations for the first operational deployment of a P-8A squadron.

"With the P-3 to P-8 transition well underway at Jacksonville, VP-16 is



Photo by Clark Pierce

With VP-16 Commanding Officer Cmdr. Bill Pennington Jr. at the controls, P-8A Poseidon No. 429 takes off from NAS Jacksonville, Fla. Nov. 29. It represents the squadron's historic first operational deployment of the Poseidon within the Navy's maritime patrol and reconnaissance community.

executing an Inter-Deployment Readiness Cycle and is on track to be the first P-8 squadron to deploy. VP-5 has completed their P-8 transition, and VP-45 has commenced P-8 transition after returning from deployment this past summer. In addition to leading the fleet transition process, VP-30 is also producing P-8 qualified replacement personnel for direct accession into P-8 qualified squadrons," said Rear Adm. Matt Carter,

Commander Patrol and Reconnaissance Group. "There has never been a greater need for a new patrol and reconnaissance aircraft now that the aging P-3 is nearing the end of its life cycle. The P-8 is a true multi-mission platform, which will continue to provide us invaluable capabilities."

"The number of submarines in the world is increasing rapidly. Other countries are either building or purchasing

advanced, quiet, and extremely hard to find submarines and we need to be able to match that technology to be able to detect them. The P-8, along with the Triton, will strengthen the maritime mission and provide greater situational awareness," Carter added.

This year was filled with crucial programmatic milestones for the program office, including the successful completion of Initial Operational Test and Evaluation and the

P-8A Poseidons report for duty

By Lt. Andrew Orchard
For Commander, Maritime Patrol and

The Navy's newest, most advanced maritime patrol and reconnaissance aircraft, the P-8A Poseidon, arrived in Kadena Air Base, Okinawa, Japan for its inaugural deployment Dec. 1.

The War Eagles of Patrol Squadron 16 deployed with six P-8As Poseidons in support of 7th Fleet maritime patrol and reconnaissance operations in the Indo-Asia-Pacific region.

The deployment marks a milestone in the transition of U.S. Navy Maritime Patrol and Reconnaissance Forces. For the first time since the Navy received the P-3A Orion in 1962 a new aircraft will be operated by a deployed patrol squadron.

The P-8A Poseidon is the most advanced, long-range anti-submarine and anti-surface warfare aircraft in the world. A true multi-mission aircraft, it also provides superior maritime intelligence, surveillance and reconnaissance capability.

The Poseidon is built on the proven Boeing 737 airframe, the most commercially operated aircraft in the world. The transition to the Poseidon brings with it enhanced safety and reduced maintenance.

Based in Jacksonville, Fla., VP-16 began the transition to become the first P-8A squadron 18 months ago, shortly after returning home from a six-month deployment to Kadena Air Base.

The War Eagles achieved U.S. Navy safe for flight status in January 2013 and were certified ready for deployment in November 2013.

"I couldn't be prouder of what the War Eagles have been able to accomplish during the squadron's transition to the P-8A," said Cmdr. Bill Pennington, VP-16's commanding officer. "We are well trained and well prepared for this deployment, and excited about the opportunity to demonstrate the Poseidon's exceptional capabilities."

The deployment of the P-8A Poseidons to Japan is part of a phased replacement of the propeller driven P-3C Orion now serving in U.S. 7th Fleet operating area.

Deploying alongside VP-16 will be the VP-46 Grey Knights from Whidbey Island, Wash., who will operate the venerable Orion.

"In December, we will demonstrate the ability of the Poseidon to operate effectively alongside P-3C during high-tempo deployed operations," said Capt. Mike Parker, commander of Task Force 72. "I also look forward to P-8A integrating seamlessly with our international partners and allies. Our interoperability will only get better with Poseidon."



Navy photo by MC2 Eric A. Pastor

A Patrol Squadron 16, P-8A Poseidon prepares for takeoff. VP-16 is the first operational squadron to deploy with the P-8A.

on-going delivery of initial production aircraft in support of the first three P-3 to P-8 squadron transitions.

To date, 12 low rate initial production aircraft were delivered to the fleet, and the final aircraft in the second production lot is on-track to deliver ahead of schedule and prior to the end of the year.

The program office along with the P-8 Fleet Integration Team in Naval Air Station Jacksonville, Fla., is continuing to support the transitioning squadrons with training by also using the P-8A In-

tegrated Training Center. The ITC is meeting training requirements of the Fleet Replacement Squadron, VP-30, and the transitioning squadrons.

"We are pleased the P-8A has been, and continues to be, on cost and on schedule," Dillon said. "The program office is continuing to support the needs of the fleet and deliver an aircraft that recapitalizes and improves upon the capabilities of its predecessor; greatly enhancing the effectiveness of the Navy's forward deployed squadrons."

January is Blood Donor Month

By Jim Garamone
American Forces Press Service

Air Force Col. Richard H. McBride wants all service members to be part of a new arms race. McBride, the director of the Armed Services Blood Program, wants service members to roll up their sleeves and donate blood to help their fellow service members and their families.

Blood levels shrink around the holidays, and since 1970 January has been declared National Blood Donor Month.

"January, just like the summer months, is a time when there is a decrease in the blood supply, primarily because people are preoccupied with the holidays," McBride said during a recent interview. "This is a great time to encourage donors and keep them aware that we need donations 12 months a year, not just in the summer."

The Armed Services Blood Program is dedicated to ensuring that service members who need blood, get it. And the medics involved with the program have been getting a workout.

The fighting overseas has consumed a lot of blood resources, McBride said. One injured service member may need 40 units of blood in order to get back home.

"It's a sacred mission that we hold in our hearts," the colonel said.

The program's staff wants to ensure that every wounded warrior that can make it home does come home.

"We never want to hear that they didn't come home because they didn't have enough blood," McBride said.

The program also provides blood products for stateside service members and family members.

"Right now we collect about 10,000 units per month, about 120,000 a year," said McBride, who hails from New York City's borough of Queens. "In peacetime,

it can go as low as 90,000 [units] per year, but at the height of Operation Iraqi Freedom we were collecting about 150,000 to 160,000 a year."

One blood donation can result in four products. Red blood cells are what give blood its color and what a person needs if he or she is in danger of bleeding to death. Blood plasma is the straw-colored liquid that has clotting factors in it. Doctors use plasma to prevent bleeding.

Platelets are blood cell fragments and also help accelerate clotting. A final blood product is cryoprecipitate, which is also used to accelerate clotting. Doctors also use whole blood and there have been times during the wars in Iraq and Afghanistan where doctors had to transfuse whole blood to wounded warriors.

In times of crises, doctors sometimes must turn to "the walking blood bank." This is an emergency whole blood collection from service members.

"It's definitely not planned, but we train for it," McBride said. "In those cases, we ask everyone to roll up their sleeves and donate at a moment's notice."

He continued, "We've never had a problem with people donating" blood throughout all the military operations.

"Our troops donate, and those deployed have no problem rolling up their sleeves if they are available to save another warrior's life," he said.

The blood program follows all Food and Drug Administration rules, even in a war zone, McBride said.

The Armed Services Blood Program has 21 blood centers in the United States and overseas. Blood donors must be 18 or older, in good health and free of any blood-borne infectious diseases. The armed services program accepts donations from service members, family members, DOD civilians, contractors and veterans.

HOW TO RESPOND

WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY

1. EVACUATE

- Have an escape route and plan in mind
- Leave your belongings behind
- Keep your hands visible

2. HIDE OUT

- Hide in an area out of the shooter's view
- Block entry to your hiding place and lock the doors
- Silence your cell phone and/or pager

3. TAKE ACTION

- As a last resort and only when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with physical aggression and throw items at the active shooter

CALL 911 WHEN IT IS SAFE TO DO SO

COPING

WITH AN ACTIVE SHOOTER SITUATION

- Be aware of your environment and any possible dangers
- Take note of the two nearest exits in any facility you visit
- If you are in an office, stay there and secure the door
- Attempt to take the active shooter down as a last resort

Contact your building management or human resources department for more information and training on active shooter response in your workplace.

CALL 911 WHEN IT IS SAFE TO DO SO

HOW TO RESPOND

WHEN LAW ENFORCEMENT ARRIVES

- Remain calm and follow instructions
- Put down any items in your hands (i.e., bags, jackets)
- Raise hands and spread fingers
- Keep hands visible at all times
- Avoid quick movements toward officers such as holding on to them for safety
- Avoid pointing, screaming or yelling
- Do not stop to ask officers for help or direction when evacuating

INFORMATION

YOU SHOULD PROVIDE TO LAW ENFORCEMENT OR 911 OPERATOR

- Location of the active shooter
- Number of shooters
- Physical description of shooters
- Number and type of weapons held by shooters
- Number of potential victims at the location

PROFILE

OF AN ACTIVE SHOOTER

An active shooter is an individual actively engaged in killing or attempting to kill people in a confined and populated area, typically through the use of firearms.

CHARACTERISTICS

OF AN ACTIVE SHOOTER SITUATION

- Victims are selected at random
- The event is unpredictable and evolves quickly
- Law enforcement is usually required to end an active shooter situation



Syrian chem weapons to be destroyed on ship

By C. Todd Lopez
Army News Service

Some 64 specialists from the Army's Edgewood Chemical Biological Center are expected to depart for the Mediterranean in about two weeks aboard an American-owned ship, the Cape Ray, to destroy chemical weapons from Syria.

The nearly 650-foot-long ship, now here, will travel to a yet-to-be specified location in the Mediterranean, where it will take on about 700 metric tons of both mustard gas and "DF compound," a component of the nerve agent sarin gas. Specialists will then use two new, recently installed "field deployable hydrolysis systems" to neutralize the chemicals.

Aboard the Cape Ray will be 35 mariners, about 64 chemical specialists from Edgewood, Md., a security team, and a contingent from U.S. European Command. It's expected the operational portion of the mission will take about 90 days.

During a visit here yesterday, Frank Kendall, undersecretary of Defense for Acquisition, Technology and Logistics, said preparations began before the United States even knew it was committed to the mission -- or that the mission would ever materialize.

"There was a recognition that something was going to happen in Syria, in all likelihood that would require us to do something with those chemical materials that were known to be there," he said.

In December 2012, a request was made to determine what could be done if the U.S. was asked to participate in destruction of chemical weapons from Syria.

By the end of January 2013, a team with the Joint Project Manager for Elimination and the Army's Edgewood Chemical Biological Center had evaluated existing technology and configurations for neutralization of chemical weapons and recommended using the hydrolysis process. Construction of a deployable system began in February, and the first prototype was available in June. A second was available in September.

"We could have waited



Frank Kendall, undersecretary of Defense for Acquisition, Technology and Logistics, speaks to reporters during a visit to the Cape Ray, in Portsmouth, Jan. 2.

DOD photo by C. Todd Lopez

to see what happened and then reacted to that, or we could have moved out ahead of time and then prepared for what might happen or was likely to happen," Kendall said. "Fortunately ... we took the latter course."

Aboard the ship, an environmentally sealed tent contains two FDHS units, which will operate 24 hours a day in parallel to complete the chemical warfare agent neutralization mission.

Each unit costs about \$5 million and contains built-in redundancy and a titanium-lined reactor for mixing the chemical warfare agents with the chemicals that will neutralize them.

About 130 gallons of mustard gas can be neutralized at a time, over the course of about two hours, for instance, said Adam Baker, with the Edgewood Chemical Biological Center, Edgewood, Md.

The FDHS systems can, depending on the material, process between 5 to 25 metric tons of material a day. With two systems, that means as much as 50 metric tons a day of chemical warfare agents can be destroyed. The mission requires disposal of 700 metric tons of material. But the plan is not to start out on the first day at full speed, Baker said.

"There is a ramp-up period," he noted. "It's going to be a slow start. We're going to go very deliberately and safely."

Rob Malone, with the Joint Project Manager for Elimination at Edgewood, Md., said the two chemi-

cal warfare agents will be neutralized with reagents such as bleach, water or sodium hydroxide.

"They are doing a chemical hydrolysis process. It brings the chemical agent together with a reagent, another chemical," Malone said. "It creates a chemical reaction that basically destroys the chemical agent in and of itself."

The result of that neutralization process will create about 1.5 million gallons of a toxic "effluent" that must be disposed of, but that cannot be used as a chemical weapon. Malone said the effluent is similar to other toxic hazardous compounds that industrial processes generate. There is a commercial market worldwide for disposing of such waste, he noted.

Baker said the effluent will be acidic and will be PH-adjusted to bring it up to "above neutral," as part of the process. The end result will be a liquid that is caustic, similar to commercial drain openers, he added.

Malone said the operational plan includes a cycle of six days of disposal plus one day for maintenance of the equipment. On board will be about 220 6,600-gallon containers that will hold the reagents used in the disposal process, and will also be used afterward to hold the effluent.

"Everything will be kind of contained on the ship throughout the entire process," Malone said.

The U.S. has never disposed of chemical weapons on board a ship before.

But it has spent years disposing of its own chemical weapons on land, using the same process that the FDHS uses. The chemical process is not new, and neither is the technology. The format, field-deployable, is new, however. The platform, aboard a ship, is also new. These additions to the process have created challenges for the team.

"This has not been done on this platform, not been done at sea," Baker said. "But it is taking the established operations we've done at several land sites domestically and internationally and is applying them here."

In the United States, the U.S. military has been destroying its own chemical weapons for years at places like Aberdeen Proving Ground, Md., and the recently-closed Pine Bluff Arsenal, Ala. Lessons from those facilities and others were used to develop the process that will be used aboard the Cape Ray to destroy Syrian chemical weapons.

The process for disposing of mustard gas was used at Aberdeen Proving Ground. The process for disposing of DF compound was taken from Pine Bluff Arsenal, Baker

said. The processes and technologies from those locations were scaled down to make them transportable.

Vibration studies were done to learn how lab equipment would operate on board a ship, he said. And the equipment had to be modified to anchor it into the ship using chains.

The U.S. chemical weapons demilitarization program often handles munitions that contain chemical weapons, such as rockets and projectiles that include a casing and explosive as well as the chemical component.

"That's that part that really limits throughput a lot of time, the de-mating of the explosive from the chemical agent and the body," Malone said.

But aboard the Cape Ray, the mission will be different. It is not munitions that are being demilitarized, but liquid chemical agents.

"This can be done fairly quickly because all of the material we are receiving are going to be in a bulk configuration," Malone said. "It's in large vessels, easily accessible, and for us it gives us a very high throughput."

Rick Jordan, captain of the Cape Ray, a mariner for 40 years and an employee of contractor Keystone Shipping Company, said for this mission his crew expanded from 29 to 35. The additional six will support mainly what he calls "hotel services" on board the ship.

"We've got some really good folks on here that know how to train, and we've been training them," he said. "They've got all kinds of shipboard damage control, damage control training and that sort of thing."

He also said there is plenty of support for spill response as well as for fire suppression.

"The whole key here is teamwork," he said. "There has been an unbelievable

amount of teamwork in this whole process, from the Maritime Administration, Military Sealift Command, to the Keystone Shipping Company. I'm humbled by what is going on here. We've had about three or four days of hard training together where we've been making mariners out of them, and they've been making chemical destruction folks out of us. And we're going to continue to train. The whole trip will be a combination of production, training and being ready for the worst case scenario."

Jordan said he has not yet received sailing orders, but estimated the time to sail to the center of the Mediterranean Sea at about 10 days. The mission will last 90 days.

That 90-day mission has about 45 days built in for "down days" due to bad weather. So the mission could be shorter.

"Weather is the single most important factor as a mariner that I have got to consider," Jordan said. "The good news for the Cape Ray is we have lots of things to mitigate weather on board."

He said the ship is equipped with stabilizers to dampen any roll. He also said that because the ship really has no destination, but is rather meant to serve as a platform, he can navigate around weather if need be.

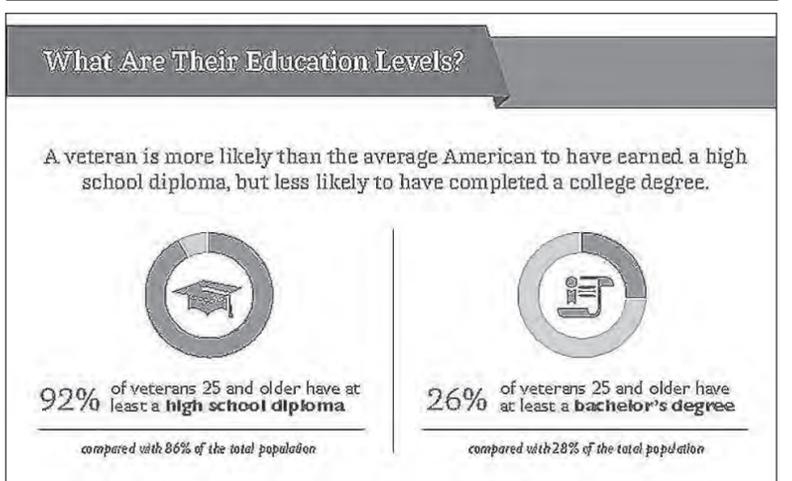
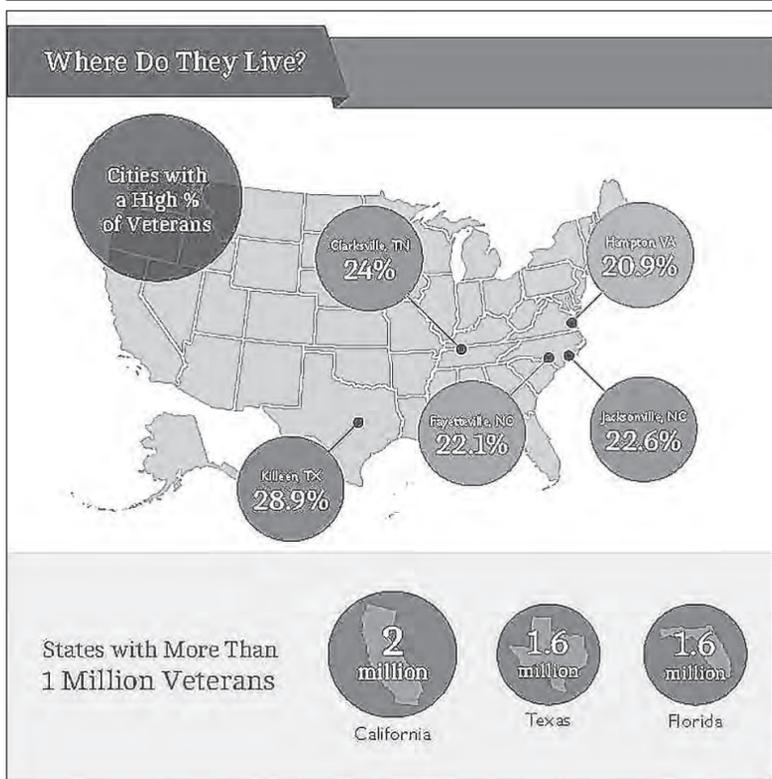
Sea trials for the mission have already begun, and the Cape Ray will do more sea trials before it departs on its mission in about two weeks. It's expected the mission will include the neutralization of about 700 metric tons of chemical weapon agents. Those agents will be transferred to the Cape Ray from both Danish and Norwegian ships in a process expected to take about one or two days.

U.S. Navy assets will provide security for the ship while it conducts operations, Kendall said.

United States Census Bureau HOW DO WE KNOW?

A Snapshot of Our Nation's Veterans

Federal, state and community leaders; private businesses; non-profits; and community organizations use information about the military veteran population from the American Community Survey and Economic Census to determine the programs, services and infrastructure that serve the needs of our veterans. What follows is the most recent snapshot of veterans statistics.



Battle of Bulge marked

By J.D. Leipold
Army News Service

For the last 20 years, World War II veterans and the ambassadors of Belgium and Luxembourg have gathered annually in December at Arlington National Cemetery to pay tribute to the 19,000 American Soldiers who gave their lives in the Battle of the Bulge, which raged in Europe between Dec. 16, 1944, and Jan. 25, 1945.

Ambassadors each rested a wreath at the battle's memorial, which honors the 120,000 Americans who fought in the Army's largest land battle in history. Following the ceremony, a wreath was also laid at the Tomb of the Unknowns by the Veterans of the Battle of the Bulge Association.

"The service this morning is to honor those of our veterans who have passed away as well as those who

are still present and can render honors and carry on this tradition each year," said Doug C. Dillard, who serves as president of the association. "Today, we have thousands of our Soldiers in harm's way, and we wish them the best, and that they will come home soon."

Dillard fought in the Battle of the Bulge, and served then as a sergeant with the 551st Parachute Infantry Battalion.

Following the presentation of the wreaths, Dillard spoke briefly about his time in the Ardenne Forest.

"I remember we came in on the eighth of January. After a week of slugging it out with artillery, mortars and small-arms fire, we only had 98 people left in our battalion," Dillard said.

They had started with 600 men.

"The 551st was deactivated in the field and

those of us remaining were reassigned to the 82nd Airborne Division," he said.

Following the war, the Army was awarding direct commissions to senior non-commissioned officers. Dillard became the first direct-commission second lieutenant in 3rd Army.

He retired as a colonel in 1977, with 37-years of service.

Aside from being the most territorially expansive battle of World War II, stretching along the Siegfried Line from the Netherlands border to Belgium and Luxembourg, the conflict was essentially the Third Reich's final offensive effort to stop the Allied push into Germany.

With 500,000 German soldiers moving at breakneck pace against 60,000 American and 55,000 British troops, the Axis forces laid ambush in an attempt to encircle the Allies and



National Archives

Chow is served to American Infantrymen on their way to relieve fellow Americans surrounded in Belgium during the Battle of the Bulge, in January, 1945.

force a negotiated peace in the heavily forested Ardennes region of eastern Belgium and northern Luxembourg.

Canteen water froze solid as did the warriors from both sides, who died from wounds or exposure and morphed into gruesome and frozen statues.

"Cold, freezing cold, snow every day and up to your butt and hail ... that's what you had to remember; you had to function no matter what," recalled George L. Watson, who was 20 when he enlisted as a survey and instrument man in a heavy weapons company with the 87th Inf. Div.

"We weren't adequately clothed when the battle broke out and there was a lot of trench foot until the Army gave us rubbers for our feet. We lived in foxholes and would put tree boughs over to avoid the airburst and other trees

falling around us from blasts," the New Yorker said. "You fought every day to survive and hoped to just keep moving to stay warm. If you stopped you frequently fell asleep on your feet with your rifle supporting you. No Christmas meal, just K-rations and more K-rations ... I hate Spam to this day."

Another heavy weapons Soldier, John McAulliffe, came in with the 347th Regt. He was a replacement specialist in 81mm mortars, and would move through three more campaigns, which ended with V-E Day.

"That was a great day when the 11th Panzer Division surrendered to us," McAulliffe said. "We stopped pushing about four miles from the Czech border and stayed for maybe a month doing occupation work and then we were scheduled to go home, which we did in

July. We had a month's furlough and then were scheduled to do the invasion of Japan, but the bomb was dropped."

Brig. Gen. Mike Paul Delobel, Belgium Defense Attaché attended the event. He said the commemoration was important to himself and staff but also to the youth of today.

"It's important to remember these veterans and what they did for us nearly 70 years ago," he said. "It's also important that our young people remember so they can make sure it doesn't happen again."

By the end of the battle, Germany had suffered 85,000 casualties with more than 17,000 killed.

The battle so depleted the Reich's war-making resources, that it would unconditionally surrender, May 8, 1945, Victory in Europe Day.

Tank played key role

By Dave Melancon
Army Europe Public Affairs

One day after Christmas 1945, "Cobra King" battled its way into World War II history.

Today Cobra King sits overlooking the back gate of Rose Barracks in Vilsack, Germany, a nearly forgotten silent steel hulk.

On Dec. 26, 1944, the same Sherman "Jumbo" tank and its crew led a combined infantry and armor column that relieved Soldiers of the 101st Airborne Division surrounded by the enemy in Bastogne, Belgium, during the Battle of the Bulge.

The tank's moniker comes from the tank corps tradition of naming vehicles with the first letter of their companies' designations.

Cobra King went into battle with tankers from Company C, 37th Tank Battalion.

One longtime U.S. Army Garrison Grafenwoehr civilian employee said the tank has been in place at Rose Barracks for at least 10 years. Sgt. Brian Stigall of the 5th Battalion, 7th Air Defense Artillery, said he drove past the tank many times while training on Rose Barracks, but nor-



Photo by Dave Melancon

'Cobra King' in its place on Rose Barracks in Vilsack, Germany. During the Battle of the Bulge the tank and its crew led an armor infantry column that relieved the 101st Airborne Division at Bastogne, Belgium during the Battle of the Bulge.

mally paid little attention to it.

But after Stigall attended a historical re-enactment of the Battle of the Bulge re-enactment, the Jumbo by the base's back gate suddenly stood out in his mind.

A historical marker outside a still-standing bunker on the outskirts of Bastogne displays images of Cobra King that reminded the air defense artilleryman of the tank in Vilsack.

After a tour of duty at Fort Bliss, Texas, Stigall said, he returned to Germany and began a mission to track down the vehicle's history. He started his quest with Steven Ruhnke, the 1st Armored Division museum curator in Baumholder, Germany, who introduced him to U.S. Army Europe staff curator Gabriele E. Torony.

Torony knew just who to enlist to get to the bottom

of Cobra King's identity — Charles Lemons, curator for the Patton Museum at Fort Knox, Ky. Lemons is considered the Army's top authority on tanks, she said.

Lemons' research and expertise shed more light on the background of the Army's Shermans and unveiled details that suggested the tank in Vilsack might indeed be Cobra King. Cobra King is one of only 254 M4A3E2 Jumbos built by the Fisher Tank Arsenal, starting in June 1944.

The first versions of the 42-ton Jumbos carried a 75mm main gun, two 50-caliber and one 30-caliber machine guns.

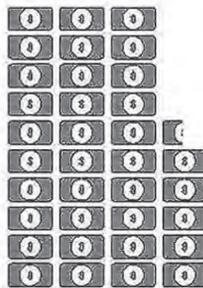
Cobra King was later upgraded to 76mm in 1945, according to Lemons' findings.

The upgrade was or-

See Tank, Page 14

What Are Their Incomes?

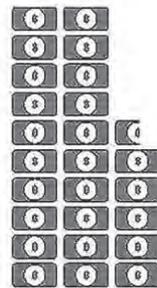
Veterans' annual income is about \$10,000 higher than that of the average American.*



\$35,367
Median income of veterans



\$24,521
Median income of non-veterans



\$25,605
Median income of total U.S. population

* Median income refers to those who are 18 years and over with income in the past 12 months. Income includes not only wages and self-employment, but also Social Security, retirement pensions, VA payments, and other forms of income.

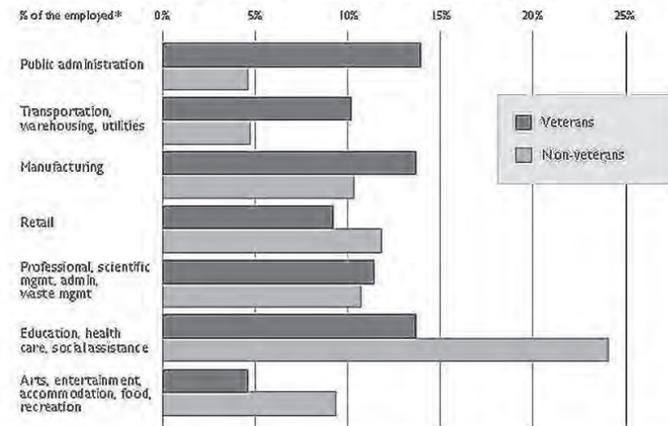
When Did They Serve?

Of the 21.8 million veterans in the United States, more than 1.3 million served during multiple wars.



Where Do They Work?

A veteran is more than twice as likely as a non-veteran to hold a job in a public administration industry.



Veterans own 9% of all U.S. businesses.†

\$1.2 trillion
The amount of money in receipts generated by these businesses

5.8 million
People employed by veteran-owned businesses

Boot Camp, again

By MC3 Abe McNatt
George H.W. Bush Carrier
Strike Group Public Affairs

Boot camp can humble anyone.

The college graduate and the high school slacker get treated just the same.

Each new arrival wears the same clothes and has the same name, recruit.

While most would say this training process is necessary, few would call it fun.

It is designed to build confidence, resolve and instill the foundation of the Navy's traditions.

However, not many people would sign up to go there twice.

But there are some who love a challenge.

Information Systems Technician 1st Class Tracy Chastine is one of those people. She serves as the information assurance manager and leading petty officer for radio aboard USS Philippine Sea (CG 58).

It is her latest assignment in a 14-year career that is about to go full-circle.

She just found out she is going back to boot camp to serve as a recruit division commander at Recruit Training Command in Great Lakes, Ill.



Nine recruit divisions enter the USS Midway Ceremonial Drill Hall at the beginning of a pass-in-review graduation ceremony at Recruit Training Command (RTC), the Navy's only boot camp.

Navy photo by Scott A. Thornbloom

"I probably shouldn't be this excited," said Chastine. "When I tell people I'm going back to be an RDC they say, 'Whoa, OK, good luck with that,' and that just makes me want to do it even more."

She has served on five ships and been pulled away from her husband and two sons for two deployments and three individual augmentee assignments to Indonesia, Djibouti and Afghanistan.

Then there are the countless other training exercises. Week-long underway and month-long cruises fill the spaces in between.

So when it came time to pick new orders, an easy shore duty assignment was an obvious first choice. Maybe Hawaii or San Diego with beaches

and sun. The reward Chastine wants though is not spending weekends sipping umbrella-topped drinks on some beach. Her payoff comes in another form, pushing boots in Great Lakes.

She will be on the other side of the knife-edge this time around, but she will still be on the same schedule as the recruits. Back to daily inspections, constant physical training, early mornings and late nights, seven days a week.

And while recruits stay for eight weeks, she will be there for three years; she remains undeterred.

"I feel like at this point in my career I have done the fleet," Chastine said. "I want to take what I've experienced, everything that I've learned, how I was

brought up in the Navy and the best way to give back is to go be an RDC."

According to NAVADMIN 085/13, initial orders to RTC are to RDC "C" School via a three-week intermediate stop at a Navy Instructor Training Course to obtain the 9502 (Military Training Specialist) Navy Enlisted Classification.

Candidates must then pass RDC "C" School, which is a 13-week training course that provides prospective RDCs with the skills, knowledge, and physical readiness to succeed as an RDC.

"It's a tough billet, said Chief Electricians Mate Odely Aime," who was an RDC for three-and-a-half years. "It's knowing that you have a bunch of new recruits that you have to

train to become new Sailors. Your output, the way you train them, is what you are going to produce in the Navy and that is the hardest part."

Ships Serviceman Seaman Tysha Pointer said she likes that Chastine is a woman who takes the lead and shows authority.

Pointer wanted a mentor who would set the example and who would challenge her. She wanted to know there was someone who cares about what she is doing.

She saw that in Chastine. That's why she chose Chastine to be her mentor and that's why she is sure she will make a great RDC.

"She's a wonderful person," said Pointer. "She's a character. She'll give you a good laugh after she yells at you."

"I hope to bring a little bit of the old school, and learn a little bit of the new school and blend it together," Chastine said. "Mainly, have them be able to look at me and say, 'You know what, it can be done. I made it on my own and I'm independent. It can be done regardless of where you are coming from. To have a woman, African-American, standing in front of them successful; I think that right there will be enough for a lot of them to see if she can do it, I can do it too.'"

By all accounts going back to boot camp to be an RDC is even more challenging than arriving there as a recruit. Some people say the bigger the challenge the bigger the reward. For Chastine, the challenge is the reward.

Tank

From Page 13

dered by 3rd Army commander Gen. George S. Patton to make Cobra King a more effective anti-tank weapon, Lemons said.

"The tank was simply 'up-gunned' — a simple process that was done at the order of Gen. Patton in March to April 1945," Lemons wrote in an e-mail to USAREUR historians.

Stigall said Baltimore historian Joe DeMarco pointed out several more clues that helped the sergeant identify the tank:

mismatched road wheels, reversed return and tension rollers.

DeMarco's records also show the vehicle's location from the end of World War II to today.

Ruhnke said it was part of the 1st Armored Division's historic vehicle collection through the 1980s and was transferred to the

3rd Infantry Division museum in 1989.

The historians also provided the strongest evidence of the tank's identity — information on its serial and registration numbers.

"Records show the tank in question had a registration number of 3083081 and Cobra

King's number (is) 3083084, as seen in the famous photo from Bastogne," Stigall said.

Torony said the current number was incorrectly painted on the tank's turret during periodic maintenance. DeMarco's records pointed out several additional keys to the tank's identification, Stigall said.

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