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THE Periscope

KINGS BAY, GEORGIA

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Thursday, Feb. 6, 2014

Snowbirds roosting at Eagle Hammock

Kings Bay's RV Park like home to New York couple

By EM1 Mark Treen
Naval Submarine Base Kings Bay
Public Affairs

Retirement comes as a very just reward to most hard-working Americans.

It's a wonderful time to slow down, pick up hobbies, enjoy

relationships and focus on living life.

That's exactly what Elaine and Phil Marasco have done.

At the end of every fall, Elaine packs up the RV while Phil ensures every drop of water is out of the pipes in their Upstate New York home. These snow birds migrate straight here to their favorite winter home, Naval Submarine Base Kings Bay's Eagle Hammock RV Park.

They arrive and once water, sewer and electricity are connected, they're almost home.

Their winter hasn't really started until Elaine can connect back with her friends. So they head over to Navy-Marine Corps Relief Society.

Elaine said she enjoys walking around the RV park for the first time each winter and renewing acquaintances.

See Eagle, Page 7



Navy photo by EM1 Mark Treen

Bill and Elaine Marasco relax in their living room at Eagle Hammock RV Park.



Naval History and Heritage Command

Mineman Second Class Franklin Marshall, a Navy Explosive Ordnance Disposal team member, conducts a search for mines, especially those attached to ship's hulls, in Da Nang Harbor, South Vietnam in 1966. The EOD team was responsible for harbor security. Several merchant ships are in the distance.

Navy celebrates Black History

February marks focus on African American culture, accomplishments

By Lt. Cmdr. Shaletta Moran
Chief of Naval Personnel Public Affairs

The Navy joins our nation in celebrating the vibrant history and culture of African-American and Black Sailors during African-American/Black History Month throughout the month of February.

Established in 1926 as Negro History

Week, President Gerald R. Ford expanded the celebration in 1976 to include the entire month of February.

This year, Navy commands are encouraged to celebrate and reflect on the theme *Civil Rights in America*.

African-American Sailors have a legacy of honorable service that permeates naval history through every major armed conflict since the Revolutionary War.

During the Civil War, African-American Sailors fought on every kind of Union warship, accounting for 10 to 24 percent of each ship's crew, and included eight Med-

al of Honor recipients.

During World War II, the Golden Thirteen were an example of African-Americans breaking new ground in the Navy and in American society.

In February 1944, 12 prior-enlisted black servicemen were commissioned as ensigns and a 13th was made a warrant officer. They were the first group of black servicemen to complete officer training in the Navy and led the way for future African-Americans.

See Month, Page 3

Obama covers issues

Touches on flash points during State of Union address

By Jim Garamone
American Forces Press Service

While President Barack Obama's State of the Union speech Jan. 28 was dominated by domestic concerns, he also addressed national security concerns.

"Tonight, because of the extraordinary troops and civilians who risk and lay down their lives to keep us free, the United States is more secure," Obama told members of the House and Senate and other government leaders gathered in the House of Representatives chamber.

The president touted his efforts to end the wars in Iraq and Afghanistan.

Obama

When he took office in January 2009, he noted, 180,000 Americans were serving in Iraq and Afghanistan.

Today, the war in Iraq is over and the war in Afghanistan is entering its final months. All of the troops are out of Iraq, and 60,000 Americans have been withdrawn from Afghanistan, with about 38,000 Americans still serving in the country.

"With Afghan forces now in the lead for their own security, our troops have moved to a support role," Obama said. "Together with our allies, we will complete our mission there by the end of this year, and America's longest war will finally be over."

Next year, the United States will continue to support a unified Afghanistan, he said.

"If the Afghan government signs a security agreement that we have negotiated, a small force of Americans could remain in Afghanistan with NATO allies to carry out two narrow missions: training and assisting Afghan forces, and counterterrorism operations to pursue any remnants of al-Qaida," Obama said. "For while our relationship with Afghanistan will change, one thing will not: our resolve that terrorists do not launch attacks against our country."

It is still a dangerous world, the president said.

"While we have put al-Qaida's

See Union, Page 3

NH Bremerton fans in Seahawk heaven

Seahawk logo, lore showcased by staff at naval hospital

By Douglas H. Stutz
Naval Hospital Bremerton Public Affairs

The Seahawk was in flight all day the Friday before the Super Bowl, at Naval Hospital Bremerton.

Lea Keyes knew such a day would be forthcoming from the start of the season. Despite several anxious moments, she never gave up

faith that her team, the Seattle Seahawks, would make it to the Super Bowl.

Nor did a number of other NHB staff members, who gathered for an impromptu photo opportunity on the last work day before the Super Bowl to collectively show their team colors, spirit and support for the game Feb. 2, against the Denver Broncos.

"It was really fun here to see how many people showed up this morning," said Keyes, medical support assistant for Family Practice and Immunizations Clinic, who tastefully decorated her work area with Seattle Seahawks memorabilia that she attests has been given approval

by beneficiaries checking in for their appointments.

"Our guests seem to enjoy the Seahawks display at the desk as they check in. I have not even had any other team fans indicate that it was not a good idea! One of the reasons I decorate my back wall is for conversation starters, and it always seems to be a good point in common that encourages comment and discussion," Keyes said.

The Seattle Seahawks logo design — the eyes, beak and the neck of the Seahawk — was originally introduced in 1975, and has incorporated elements from the Pacific Northwest indigenous Haida and Kwakiutl coastal nations.

Along with the Haida eagle and Haida eye, the fiercely-looking Seahawk look also has been influenced by several aspects of Egyptian mythology such as the falcon and eye of Horus.

Although not an exact replica of any specific Haida or Kwakiutl style, the design has won over the fans who now proudly sport the logo and support their team.

"Oh yeah, our logo is definitely the best. It encapsulates all that makes the Puget Sound great, such as the art of the native culture, the fact we have eagles and Seahawks, and the blue, green, and grey that makes up the natural beauty," Keyes said.

See Seahawk, Page 7



Local news and views

Naval Submarine Base, Kings Bay, Ga.



Now hear this!

USS Alaska Gold CoC Feb. 14

Cmdr. Robert E. Wirth is scheduled to be relieved by Cmdr. Craig M. Gummer as commanding officer of USS Alaska (SSBN 732) (Gold) at 10 a.m., Feb. 14 at the Naval Submarine Base Kings Bay Chapel. Wirth has been in command since September 2011, serving during four strategic deterrent patrols.

Dubnansky Navy League speaker

The Camden-Kings Bay Council of the Navy League of the United States will host Cmdr. Richard Dubnansky, commanding officer of USS Tennessee (Gold), at its regular meeting and dinner, starting at 6 p.m., Thursday, Feb. 13, at Magnolia's in the Kings Bay Conference Center on Naval Submarine Base Kings Bay. Dubnansky will update attendees on USS Tennessee Gold's recent activities and achievements and speak about the challenges he faces at the helm of a major command in our nuclear triad. The public is invited to attend along with the regular membership. All attendees must send advance dinner payment (\$25 per person) to Cheryl Aston, 103 Hallows Drive S., St. Marys, GA 31558. The deadline to receive reservations is Monday, Feb. 10. Make checks payable to "Camden - Kings Bay Navy League." The names of all attendees must be sent in order to coordinate base access. Additional information can be found at <http://kingsbaynavyleague.org/>.

Kings Bay Sub Ball sets activities

Activities in conjunction with the 114th Submarine Birthday Ball are the following activities for Naval Submarine Base Kings Bay:

- Feb. 14, starting at 10 a.m., a 5K *Sweetheart Run* at the base Fitness Center. Point of contact is MM1 Joseph Stockton at (912) 573-3905 or joseph.stockton@navy.mil

- March 14 a Golf Tournament at Trident Lakes Golf Club. Point of contact is MT1 Adam Schumacher at (912) 573-3380 or adam.j.schumacher@navy.mil

- April 26, from 5 p.m. to midnight, the Sub Ball at Jacksonville Hyatt Regency Hotel. Points of contact are ETC Michael Steinhauer at (912) 573-8137 or mitchell.steinhauer@navy.mil; ETC Aaron Ruffin at (912) 573-1499 or aaron.ruffin@navy.mil; or Lt. Kelvin Rivera at (912) 573-3374 or kelvin.rivera@navy.mil

TRICARE changes procedures

TRICARE military health plan service centers will end administrative walk-in services at Naval Branch Health Clinic Kings Bay April 1. Beneficiaries can accomplish any administrative task online or by phone. The change will not affect any TRICARE medical benefit or health care service. What it will do is allow is allow global savings throughout the Department of Defense because all TRICARE service centers are closing in all three branches. About half of the visits to the centers are for in- and out-processing and requests to change primary care providers. The rest involve billing-related questions. This type of customer service can be handled more efficiently by phone or online. TRICARE Web site has run tests to ensure the site and call center can handle the expected increase in volume. Beneficiaries can get more information and sign up for updates at www.tricare.mil/tsc.

Wild West Express train in Feb.

Wild West Express featuring sharpshooters and an Indian village will be Feb. 8. Trains depart from Theatre by the Trax, 1000 Osborne St, St. Marys at 10 a.m., noon, 2 and 4 p.m. Tickets can be purchased at www.stmarysrailroad.com or by calling (912) 200-5235.

St. Marys Mardis Gras March 1

St. Marys' 2014 Mardi Gras Festival March 1, will have a 10 a.m. parade, a 7 a.m. Color Run, a 11 a.m. chili cook-off and a 1 p.m. pet parade. Stage events run until 5 p.m. The evenings Mardi Gras Ball, with dinner and entertainment, is \$35 per person. For parade participation information contact Carol Lanham at (912) 552-3313 and for vendor/sponsor information contact Once Upon A Bookseller at (912) 882-7350. For any additional information, contact the St. Marys Welcome Center at www.visitstmarys.com or (912) 882-4000.

Car show registration open

Kingsland's Runabout In The Royal District Car Show, a lavish display of cars, trucks, motorcycles and tractors, is March 15. Early registration for \$20 to be in the show is through March 7 and \$25 after to day of the show. For more information, visit www.kingslandgeorgia.com/DocumentCenter/View/1852.

Carbon monoxide a silent killer

From Naval Submarine Base Kings Bay Fire Department

NSB Fire Department

The winter months are rolling by.

As the mercury dips, some families, struggling to pay their heating bills, will turn on the kitchen stove burners and the oven in an effort to take the chill out of their home.

What these families don't realize is how dangerous this practice can be.

A gas oven or range top should never be used for heating. A fire could start and poisonous carbon monoxide fumes could fill the home.

Any fuel-burning heating equipment, such as fireplaces, furnaces, water heaters, space or portable heaters, generators and chimneys can produce carbon monoxide.

According to the National Fire Protection Association there is an increased risk of dying in a home fire during the winter season. December, January and February are generally the deadliest months for fire.

Also, hundreds of people die each year from unintentional CO poisoning.

Fire departments responded to an estimated 61,000 CO incidents in 2011, a 9 percent increase from 2013. This excludes incidents where a fire was present.

Close to 90 percent of CO incidents occur in the home.

Often called a silent killer, CO is an invisible, odorless, colorless gas created when fuels, such as gasoline, wood, coal, natural gas, propane, oil and methane, burn incompletely.

CO enters the body through breathing. CO poisoning can be confused with flu symptoms, food poisoning and other illnesses. Some symptoms include shortness of breath, nausea, dizziness, light headedness or headaches.

Everyone is at risk for CO poisoning, but infants, pregnant women and people with physical conditions that limit their ability to use oxy-

gen, such as emphysema, asthma or heart disease, can be more severely affected by low concentrations of CO than healthy adults.

High levels of CO can be fatal for anyone, causing death within minutes.

The goal of the Naval Submarine Base Kings Bay Fire Department is to reduce the number of carbon monoxide incidents and discourage anyone from using the range or oven to heat their home.

Install CO alarms inside your home to provide early warning of accumulating CO. Have your heating equipment inspected by a professional every year before cold weather sets in.

- CO alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and CO alarms.

- Test CO alarms at least once a month.

- If your CO alarm sounds, immediately move to a fresh air location and call for help. Remain at the fresh air location until emergency personnel say it is okay.

- If the audible trouble signal sounds, check for low batteries or other trouble indicators.

The Kings Bay Fire Department wants everyone to be warm and safe this winter. Make sure your home has carbon monoxide alarms.

Heating safety

It's a cold winter night. You decide to use a space heater, or perhaps light a fire in the fireplace, to save on the heating bill.

Comfortable from its warmth as bedtime approaches you think, "What harm could it cause to leave it on overnight?"

Think again. While these heating devices may help you feel cozy and warm, they can become extremely

dangerous if not used properly.

Home heating equipment was involved in an estimated 62,000 home fires in 2005, according to the non-profit NFPA. The cost of these fires is more than just property damage. The cost includes roughly 700 lives and roughly 1,500 injuries.

Home heating fires are largely preventable when you know the rules. The majority of heating fire deaths is caused by space heaters. Most heating fires are caused by creosote build-up in the chimney.

To help keep our community safe and warm this season, the Kings Bay Fire Department recommends that you follow these guidelines:

- Space heaters need space. Keep all things that can burn, such as paper, bedding or furniture, at least 3 feet away from heating equipment.

- Turn portable heaters off when you go to bed or leave the room.

- Plug power cords only into outlets with sufficient capacity and never into an extension cord.

- Inspect for cracked, frayed or broken plugs or loose connections. Replace before using.

- Have your chimney inspected each year and cleaned if necessary.

- Use a sturdy fireplace screen.

- Allow ashes to cool before disposing. Dispose of ashes in a metal container.

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home. For the best protection interconnect all smoke alarms throughout the home — when one sounds, they all sound. Test smoke alarms at least once a month.

- Install and maintain a carbon monoxide alarm in a central location outside each sleeping area.

With simple precautions, help the KBFD meet its goal of decreasing home-heating fires this winter. For more information, contact the Fire Prevention Office at 573-9999.

Don't let alcohol impact your career

From Chief of Naval Personnel Public Affairs

Naval Personnel

The *Keep What You've Earned* campaign released its latest testimonial video Jan. 29 as part of a series featuring Sailor's personal stories about how alcohol incidents impacted their careers, and the importance of drinking responsibly.

The latest video features Personnel Specialist 2nd Class Kathryn Cummings from Naval Operational Support Center Norfolk. She shares how a personal hardship led to destructive drinking habits and excessive alcohol use.

Struggling with personal issues, Cummings thought that a night of heavy drinking would be just what she needed, but a night of binge drinking led to even more trouble — this time with her career.

In the newly released video, Cummings says she thought she did ev-

erything right. She called a taxi and got home safe. However, her decision to binge drink still affected her career when she was late to work and received a "fit for duty" screening.

After failing her screening, Cummings was referred to her command Substance Abuse Rehabilitation Program and got the help she needed.

She now has regular meetings with her command Drug and Alcohol Program Advisor, Chief Personnel Specialist Howard Dickerson, who said that Cummings is a "stellar Sailor" who strives to be an example to others.

"Responsible drinking is so important — especially these days where everyone is competing to stay in (the Navy)," said Cummings.

She now spends her time working out, volunteering and hanging out with more responsible friends.

According to the Center for Disease Control, binge drinking has become so common that more than half of alcohol consumption in the U.S. is in the form of binge drinking.

"We want Sailors to understand that we aren't trying to stop them from drinking all together, but that if they choose to drink, we want them to do so responsibly," said Dorice Favorite, director of the Navy Alcohol and Drug Abuse Prevention Office. "If a night of drinking affects your ability to show up for work and do your job, that's when we know there is a problem."

Cummings' testimonial is part of the *Keep What You've Earned* video series. Each testimonial reminds Sailors of the importance of drinking responsibly and keeping what you've earned.

VA extends brain injury coverage

From the Veterans Administration

Veterans Administration

Some Veterans with traumatic brain injury who are diagnosed with any of five other ailments will have an easier path to receive additional disability pay under new regulations developed by the Department of Veterans Affairs.

The new regulation, which takes effect in January, impacts some Veterans living with TBI who also have Parkinson's disease, certain types of dementia, depression, unprovoked seizures or certain diseases of the hypothalamus and pituitary glands.

"We decide Veterans' disability claims based on the best science available," said Secretary of Veterans

Affairs Eric K. Shinseki. "As scientific knowledge advances, VA will expand its programs to ensure Veterans receive the care and benefits they've earned and deserve."

This regulation stems from a report of the National Academy of Sciences, Institute of Medicine (IOM) regarding the association between TBI and the five diagnosable illnesses. The IOM report, *Gulf War and Health, Volume 7: Long-Term Consequences of Traumatic Brain Injury*, found "sufficient evidence" to link moderate or severe levels of

TBI with the five ailments.

The new regulations, printed in the Federal Register, say that if certain Veterans with service-connected TBI also have one of the five illnesses, then the second illness will also be considered as service connected for the calculation of VA disability compensation.

Eligibility for expanded benefits will depend upon the severity of the TBI and the time between the injury causing the TBI and the onset of the second illness. However, Veterans can still file a claim to establish direct service-connection for these ailments even if they do not meet the time and severity standards in the new regulation.



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NSB Kings Bay Public Affairs Officer
Scott Bassett

NSB Kings Bay Public Affairs Office staff
EM1 Mark Treen, MC2 Ashley Hedrick

Editor

Bill Wesselhoff 573-4719, periscopekb@comcast.net

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Union

From Page 1

core leadership on a path to defeat, the threat has evolved, as al-Qaida affiliates and other extremists take root in different parts of the world," he said.

The threat remains in Yemen, Somalia, Iraq and Mali, and the United States must work with allies to disrupt and disable the terror networks.

"In Syria, we'll support the opposition that rejects the agenda of terrorist networks," the president said. "Here at home, we'll keep strengthening our defenses, and combat new threats like cyberattacks. And as we reform our defense budget, we have to keep faith with our men and women in uniform, and invest in the capabilities they need to succeed in future missions."

America must remain vigilant, the president said, and while the American military is the bedrock of security, it does not and cannot act alone.

"As commander in chief, I have used force when needed to protect the American people, and I will never hesitate to do so as long as I hold this office," Obama said. "But I will not send our troops into harm's way unless it's truly necessary, nor will I allow our sons and daughters to be mired in open-ended conflicts. We must fight the battles that need to be fought, not those that terrorists prefer from us, large-scale deployments that drain our strength and may ultimately feed extremism."

The United States will continue to aggressively pursue terrorist networks through more targeted efforts and by building the capacity of foreign partners, Obama said.

The United States must move off a permanent war footing, the president emphasized.

"That's why I've imposed prudent limits on the use of drones, for we will not be safer if people abroad believe we strike within their countries without regard for the consequence," he said. "That's why, working with this Congress, I will reform our surveillance programs, because the vital work of our intelligence community depends on public confidence, here and abroad, that the privacy of ordinary people is not being violated."

The president also called on Congress to lift the remaining restrictions on detainee transfers and allow the administration to close the prison at Guantanamo Bay, Cuba.

This is needed, Obama said, "because we counter terrorism not just through intelligence and military action, but by remaining true to our constitutional ideals, and setting an example for the rest of the world."

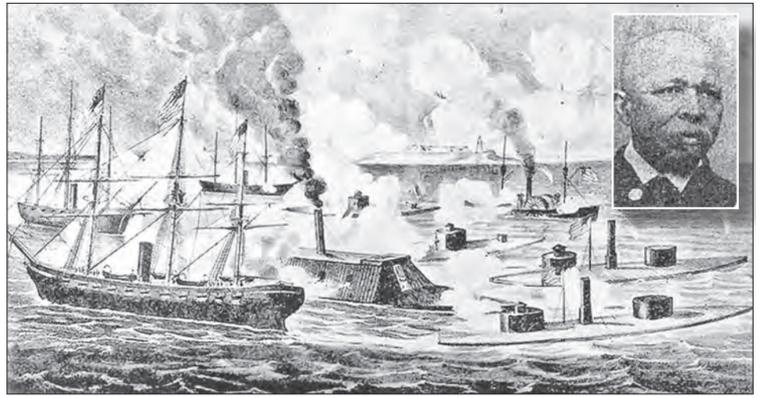
The president said the diplomatic power of the United States, backed by the threat of force, "is why Syria's chemical weapons are being eliminated, and we will continue to work with the international community to usher in the future the Syrian people deserve, a future free of dictatorship, terror and fear."

American diplomacy has halted the progress of Iran's nuclear program and rolled parts of that program back for the very first time in a decade, the president said.

The United Nations sanctions helped to make this opportunity possible, the president said.

The president vowed to slash the backlog of disability claims at the Veterans Affairs Department and to continue efforts to help veterans returning to civilian life.

"We'll keep working to help all our veterans translate their skills and leadership into jobs here at home," he said. "And we all continue to join forces to honor and support our remarkable military families."



Naval History and Heritage Command
A Currier and Ives lithograph shows USS Harford, left, attacking CSS Tennessee, center, at Mobile Bay. John Lawton, inset, earned the Medal of Honor for supplying ammunition, although seriously wounded, for Hartford's guns.

Month

From Page 1

These 13 officers not only made a contribution to the Navy during World War II, but to society as well. By the end of the war, 64 African-Americans had become officers in the Navy.

Striving for equality at home and blazing a trail for future African-American Sailors, Wesley A. Brown became the first black graduate of the United States Naval Academy in 1949, joining the Navy's Civil Engineer Corps and retiring at the rank of lieutenant commander.

He passed away May 22, 2012 after a distinguished career both in the Navy and in the civilian workforce.

Edna Young was the first black woman to enlist in the regular Navy and later the first black woman to achieve the rank of chief petty officer. Young joined the Navy after the passage of the Women's Armed Services Integration Act July 7, 1948.

In December 1996, Adm. J. Paul Reason became the first black naval officer to wear four stars and assumed command of the Atlantic Fleet, com-

prising nearly 200 warships, 1,400 aircraft, and 122,000 service men and women based at 18 major shore facilities.

Vice Adm. Michelle Howard is recognized for many first accomplishments, including the recognition as the first female United States Naval Academy graduate to be promoted to the rank of admiral, the first black female to command a combatant ship, and the first black female promoted to two-star and three-star admiral.

She has also been confirmed by the Senate to serve as Vice Chief of Naval Operations, the service's No. 2 uniformed officer. She will be the first black and first woman to

hold the job and the first female four-star admiral.

These outstanding examples of African-American Sailors are just a handful of those marking history with firsts and distinguishing the Navy as a force for freedom and equality.

African-Americans continue to serve with distinction, now comprising more than 17 percent of our active duty Navy total force end-strength.



Marine Corps photo by Eric S. Willterdink
Marines with 1st Battalion, 9th Marine Regiment, conduct rocket range outside of Camp Leatherneck, Helmand province, Afghanistan, Jan. 31.

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***LABOR DAY** (PG13)
(Fri-Sun 1:45) 4:30 7:20 9:50

***THAT AWKWARD MOMENT** (R)
(Fri-Sun 1:00 3:15) 5:30 7:45 10:00

***FROZEN SING ALONG** (PG)
(Fri-Sun 1:30) 4:20 7:15 9:45

***3D I, FRANKENSTEIN** (PG13)
5:15

***2D I, FRANKENSTEIN** (PG13)
(Fri-Sun 12:45 3:00) 7:30 9:45

NEBRASKA (R)
4:45

LONE SURVIVOR (R)
(Fri-Sun 1:15) 4:10 7:10 9:55

NUT JOB IN 2D (PG)
(Fri-Sun 1:00 3:00) 5:00 7:00 9:00

RIDE ALONG (PG13)
(Fri-Sun 12:50 3:05) 5:20 7:35 9:50

AUGUST: OSAGE COUNTY (R)
(Fri-Sun 1:10) 4:00 7:05 9:40

JACK RYAN: SHADOW RECRUIT (PG13)
(Fri-Sun 1:40) 7:40 10:05
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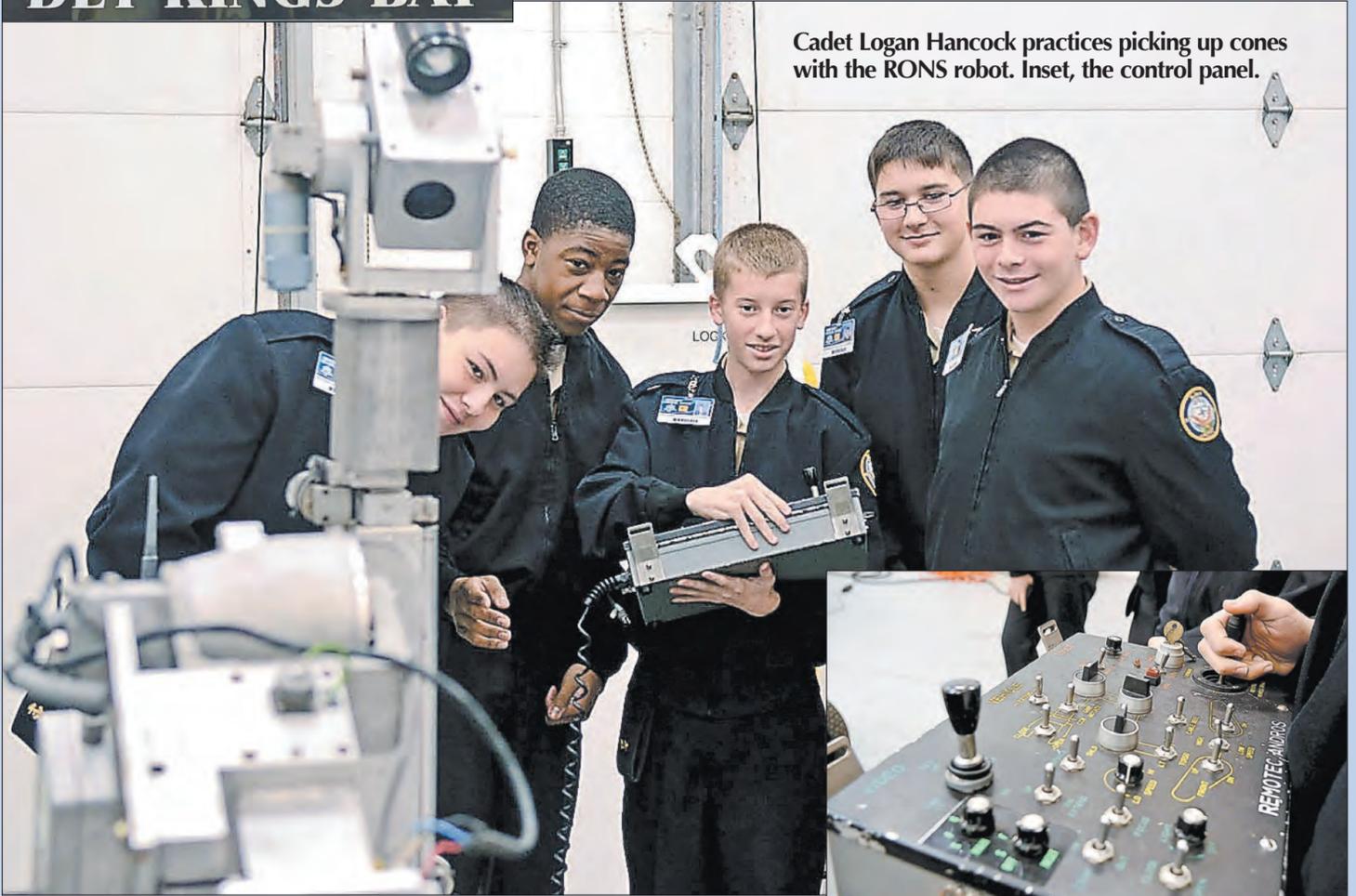
NAVY BOMB SQUAD



DET KINGS BAY



EOD1 Ben Crain instructs Camden High School Cadets on how to use the ANDROS Remote Ordnance Neutralization System Robot.



Cadet Logan Hancock practices picking up cones with the RONS robot. Inset, the control panel.



Above, the RONS robot approaches a cone, and, right, picks it up.

Right, students get a look at the Talon robot.



NAVY PHOTOS
BY MC2 ASHLEY HEDRICK



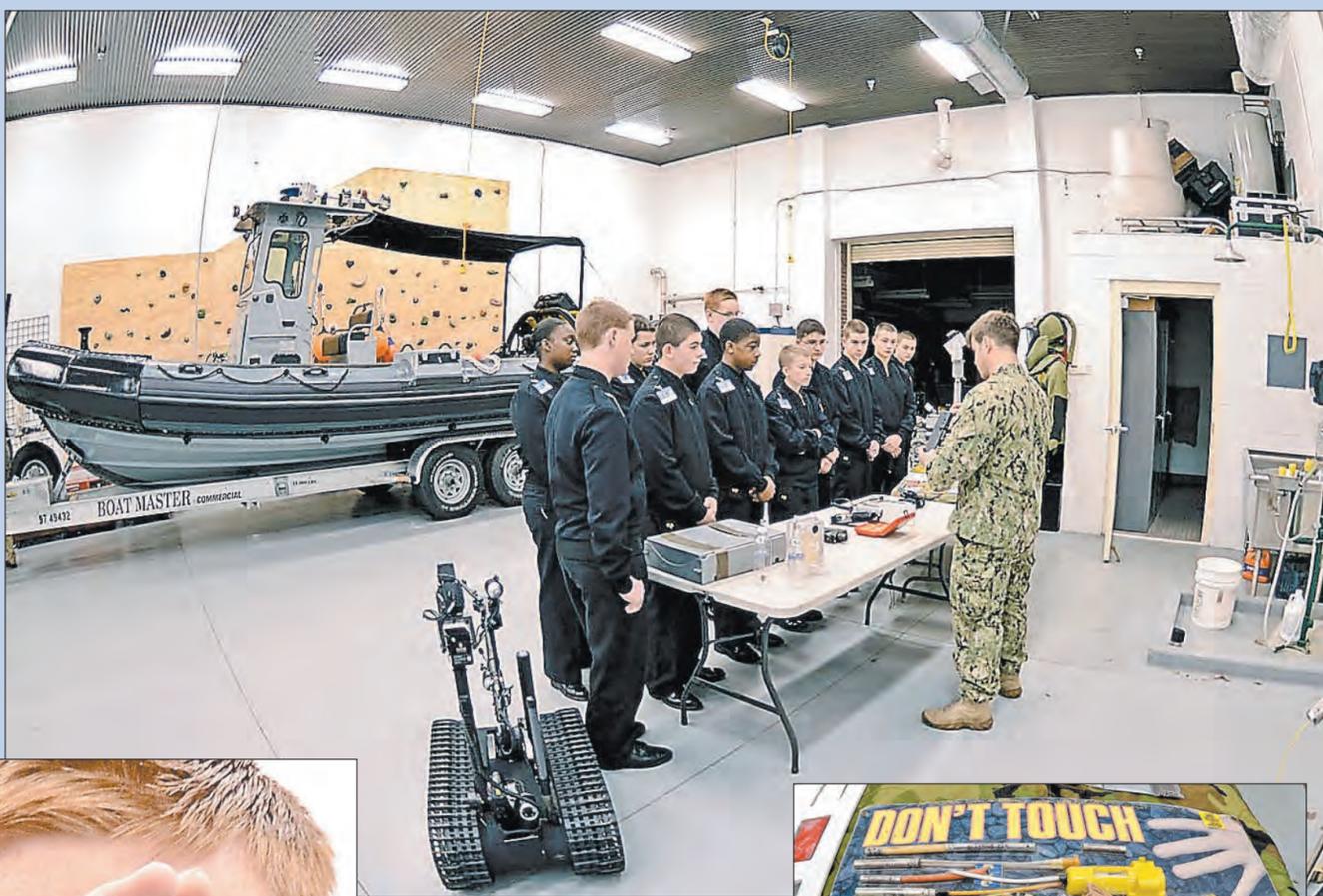
Cadet Leon Barfield tries on deployment tactical gear.



Cadet Blaire of the Naval Junior Reserve Officer Training Corps tries on the tactical suit.



Cadet Nicholas Reynolds wears the helmet.



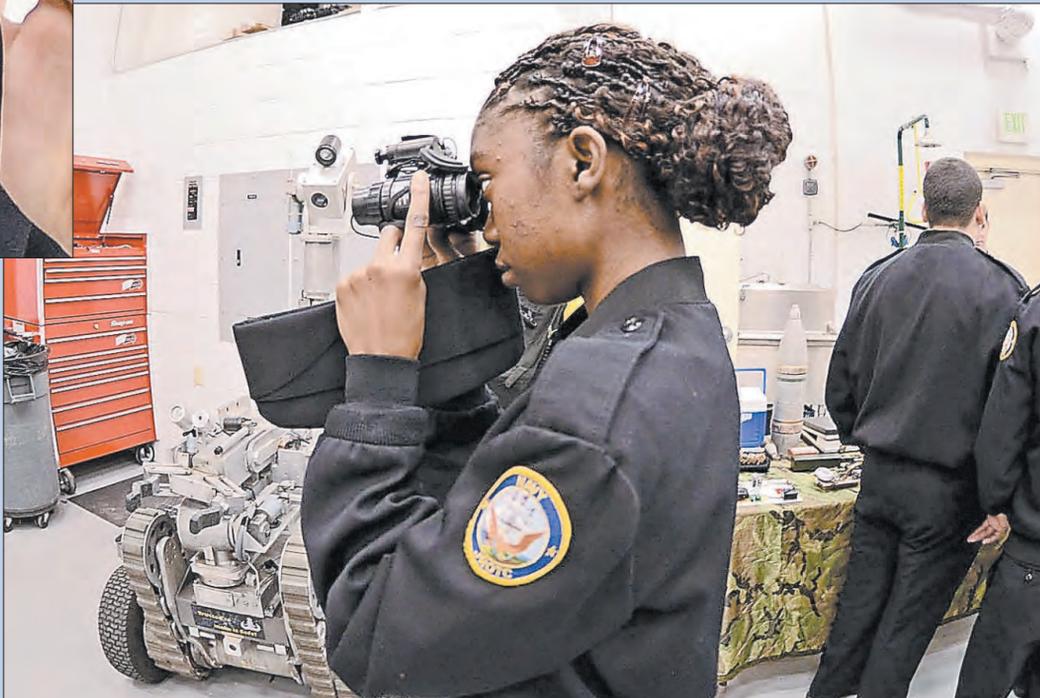
Above, EOD1 Ben Crain shows Cadets different explosive stimulants and blasting caps.

Right, examples of detonators and blasting caps.



Above, Cadet Jaycob Ferguson looks through a thermal vision scope.

Right, Cadet Imari Cash tries out a pair of night-vision binoculars.



DoD pursuing study of disaster psychiatry

By Cheryl Pellerin
American Forces Press Service

At the Center for the Study of Traumatic Stress, experts in the emotional toll of disasters help the Defense Department, government agencies and first responders worldwide understand how best to help communities struck by terrorist attacks, mass casualties and natural disasters.

The center is part of the psychiatry department at the Uniformed Services University of the Health Sciences in Bethesda, Md.

The USUHS serves the Army, Navy, Air Force and U.S. Public Health Service by educating health professionals for DOD and USPHS career service.

"The center was established essentially to address concerns by the Department of Defense about psychological impacts and health consequences that might result from the potential use of weapons of mass destruction during combat [and] acts of terrorism or hostage events," Dr. Joshua C. Morganstein told American Forces Press Service during a recent interview.

Morganstein, a commander in the Public Health Service, is an assistant professor in the USUHS psychiatry department and a scientist at the Center for the Study of Traumatic Stress.

"There was growing interest by DOD in the general psychological impact and health consequences resulting from a broad category of traumatic events," he said, including peacekeeping missions, operations other than war, and natural disasters such as hurricanes, earthquakes and tsunamis.

DOD also was interested in more common stress-producing events like physical assaults or boat, plane and car accidents for uniformed and civilian communities, he said.

The center was established in 1987 as part of the USUHS psychiatry de-

partment.

Since its inception the center has been run by department chairman Dr. Robert Ursano, who Morganstein said is internationally renowned in the field of disaster psychiatry, which differs from general psychiatry in important ways.

"Traditional psychiatry is, for the most part, hospital or clinic based, taking place in a traditional treatment setting and generally one on one ... to focus on problems that an individual has sought care for," Army Col. (Dr.) David M. Benedek told American Forces Press Service.

Benedek is associate director for consultation and education at the center, and professor and deputy chairman of the USUHS psychiatry department.

"Disaster psychiatry is an effort to target the range of possible responses to a disaster without people necessarily seeking care," he said, adding that the population-based approach in disaster psychiatry is to do "things that help all people regardless of whether they have identified themselves as having an illness" or as needing mental health care.

Benedek and Morganstein explained that a key element underlying disaster response is a set of principles that together are known as psychological first aid.

These five early intervention principles promote a sense of safety by helping people meet basic needs for food and shelter, promote connectedness by keeping families together, promote self-assurance by giving practical suggestions that help people help themselves, promote hope by directing people to government and other kinds of services, and promote calming by being friendly and compassionate even if people are being difficult.

Examples of what not to do, according to the center's fact sheet, include not forcing people to share their stories, not giving

simple reassurances such as "Everything will be all right," not making promises that may not be kept, and not criticizing existing services or relief activities.

Psychological first aid, Morganstein said, "is designed to encourage health-seeking and decrease the incidence of more severe psychiatric symptoms or emotions and distress behaviors in the wake of a disaster."

After the terrorist attacks on 9/11, the scientist added, "people really sought Dr. Ursano out to address the impact of that event and the nation's need for disaster planning and preparedness for future events."

In 2003, the center, whose multidisciplinary team had expertise in disaster psychiatry, military medicine and psychiatry, social and organizational psychology, neuroscience, family violence, workplace preparedness and public education, established an Office of Public Education and Preparedness.

"Before this," Morganstein said, "Dr. Ursano and other senior leaders here at the center played a role during disasters [like the 1986 Chernobyl nuclear accident in Ukraine, the 1988 Lockerbie, Scotland, Pan flight 103 jumbo jet crash, and the 9/11 terrorist attacks in the United States]. They provided expertise, consultation and spoke with people about the best evidence for managing psychiatric aspects of a disaster scenario."

But the center needed a better way than individual consultation to get its expert information out to more people affected by disasters and to those involved in disaster response, he said.

An answer to this, and part of the new office's multipronged approach to education and outreach is producing and disseminating rapid-response fact sheets tailored to ongoing situations such as last year's Navy Yard shootings.



Navy photo by MC2 Pedro A. Rodriguez

An F.B.I. evidence response team collects evidence at Building 197 at the Washington Navy Yard. A gunman killed 12 people at the base Sept. 16, 2013.

"The fact sheets get information out there to [the DOD and military mental health leadership], potential patients or affected public, [health care providers] and other people who are in a position to provide leadership and guidance," Benedek said.

The goal, Morganstein added, "is to offer educational resources to a wide range of folks who might potentially benefit from this information in response to a disaster that's happening."

During the Navy Yard event, the center got a request from the District of Columbia's mental health department to consult with its leaders, and from the mental health team lead from Walter Reed National Military Medical Center that augmented Navy medicine's SPRINT team response, Morganstein said.

"One of the personnel from our center, a Public Health officer, was asked to participate in the on-the-ground behavioral health response," he said. "Then we had about a 12-hour turnaround where, based on the information as it rapidly evolved, we decided on what would be relevant issues to the military, the D.C. government and first responders."

Fact sheets were tailored to issues unique to an active-shooter situation on a military installation in which many people were killed, the shooter was killed, and challenges likely would arise as the D.C. government and the Defense Department worked through managing a response to people on the base and in the local community, he said.

The fact sheets were developed, reviewed by center subject-matter experts and then disseminated to key leaders in DOD and the D.C. government, the services' mental health leadership, and organizations such as the American Psychological Association, the American Psychiatric Association, the USPHS leadership and others.

"That was the first 12 to 18 hours after the news broke of the shooting as we watched it unfold,"

Morganstein said.

The center's consultative services and educational products such as fact sheets, written in language everyone can understand, help to fill a longstanding gap in medical education.

"Because disaster psychiatry is not something that over the past several decades has gotten a lot of education," Morganstein said, "it isn't built into the curricula of behavioral health or medical providers — not even in DOD, and certainly not in the civilian sector."

Receiving such disaster-specific information can be a paradigm shift for health providers, he added, "because what we're saying to a psychiatrist or a psychologist, for instance, is the therapy you spent years learning to give and the medicines you spent years learning to prescribe may not necessarily be the most important tool in your arsenal right now."

Still, Benedek said, many training programs increasingly recognize the need, in mental health and across medical disciplines, for specific disaster training.

"Certainly, we've been advocating that in academic channels and have published on the need for the development of an academic disaster curriculum," he said, adding that the USUHS psychiatry department offers a disaster fellowship for one or two students a year.

The post-graduate training program is open to psychiatrists and some internists who ultimately receive a master's degree in public health and then participate in rotations with agencies committed to disaster response.

"As far as we know, it's the only disaster fellowship," Benedek added, "but other residency programs are developing at least some training in this area for their psychiatric residents."

In late March, for example, by joint invitation from Sheppard Pratt Health System and the University of Maryland, Morganstein will present a half-day seminar on disaster psychiatry for fourth-

year residents from both institutions.

"We're interested in partnering more widely in this region to begin with," Morganstein said, "and potentially creating an educational curriculum for psychiatry residents and expanding that potentially even further."

Agencies such as the Red Cross, the American Psychiatric Association and the American Psychological Association disseminate disaster information, Benedek said, but particularly in the last five or six years, medical training programs have recognized the need to for curricula.

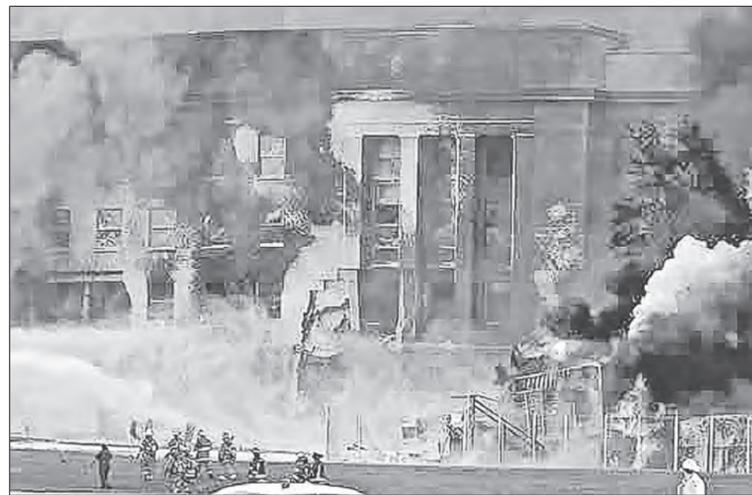
One such organization is the National Center for Disaster Medicine and Public Health, established in 2008 by Homeland Security Presidential Directive 21 as an academic center of excellence in disaster medicine and public health.

The NCDMPH, also affiliated with USUHS, initially developed a curriculum for responding to children's needs during disasters, Morganstein said, then partnered with the Center for the Study of Traumatic Stress to develop a behavioral health curriculum toolkit called *Curriculum Recommendations for Disaster Health Professionals: Disaster Behavioral Health*, published this month.

Benedek said the new center, the fellowship at the Center for the Study of Traumatic Stress, and increasing interest in disaster-focused health curricula all are evidence that awareness of the need for such training is growing nationwide.

"The lengthy conflicts in Iraq and Afghanistan have certainly brought to the surface the reality of the emotional consequences of traumatic exposures," he said.

"Certainly, at military and governmental levels there's an awareness that bad events exact a psychological toll," Benedek added, "and there's a need for a response to those events and training to develop an appropriate and rational response across populations."



DoD photo by U.S. Marine Corps Cpl. Jason Ingersoll

Firefighters work to put out the flames after a hijacked jetliner crashed into the Pentagon, Sept. 11, 2001.

Sailors to get payments faster

From Naval Supply Systems Command Corporate Communications

Payments to service members for Personally Procured Moves, formerly known as "Do-it-Yourself" or DITY moves, will be received sooner via Electronic Funds Transfer to service members' checking or savings accounts, Naval Supply Systems Command officials announced Jan. 17.

"Right now, it takes about 7 to 10 days for a Sailor to receive a com-

pensatory check for a PPM. EFTs process quickly, and can get money to a Sailor in less than half the time," said Naval Supply Systems Command Commander Rear Adm. Jonathan Yuen.

"The current business process is costly and time consuming. It makes financial sense for the Navy and benefits our Sailors' wallets to move to EFTs," Yuen said.

"The Navy PPM checklist is being updated to include instructions along with a form that allows

service members to safely and securely provide their electronic funds payment information as part of the PPM process," said NAVSUP Household Goods Director Francis Piacine.

Payment by EFT is currently voluntary and will remain so until April 1, when it becomes mandatory for all Navy members performing a full or partial PPM.

The new capability was developed by NAVSUP in partnership with the Defense Finance and Accounting Service.



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Termite Factoid #129

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Snowbirds Bill and Elaine Marasco choose Eagle Hammock because of the great amenities.

Navy photo by EM1 Mark Treen

Eagle

From Page 1

"(I) really looks forward to connecting with friends here," she said.

Eagle Hammock RV park ranks highly with parks on other military bases. The concrete pads are nice and big.

The laundry room is clean and new, with free machines.

The community room is warm and inviting. The park staff plans social activities and residents have access to a lake and trails.

It's amenities like these that got Phil and Elaine coming here the year it opened in 2008.

But it's not why they think about Kings Bay all year long.

Elaine couldn't explain

enough the feeling she gets in helping helping military members through NMCRS.

"Being able to connect with them when they come in is so rewarding," she said.

"They are always show gratitude. They are so thankful. You always feel like that's something."

That something is the reason their time in Kings-bay makes their retirement not just relaxing but enriching.

Elaine said she cherishes the community and the feeling volunteering gives the couple. Phil is happy to use his military organizational skills at the golf course, but what's to do more. He wants to connect more excited volunteers with worthwhile needs on base.

Are you interested in volunteering? If so, contact the public affairs office at (912) 573-4714.

Seahawk

From Page 1

So, exactly what type of bird is the Seahawk?

It's an osprey, a sizable bird of prey that is valued and respected much as the bald eagle is by the Native American tribes.

In a number of coastal Native American nations throughout the greater Puget Sound region where ospreys are most commonly seen, the birds are revered for their guardian roles in traditional legends.

It is said that seeing one is sometimes considered to be a warning of danger to come.

Even the blue-green color scheme of the Seattle Seahawks is symbolically used in Haida culture.

"I've been following the team since before 2006 and was super excited back then," Keyes said. "There is a big difference though as we've decided to assertively pursue our goal, instead of playing our hearts out and hope for the best. We are far more willing to make things happen through interceptions and turnovers

this year. That's what will win the championship, in my opinion."

There were a few Denver Bronco fans who also showed up for the group photo opportunity.

"My husband has always been a Bronco fan," said Capt. Iris Boehnke, NHB director of Nursing Services. "I can remember when we were dating we would go watch them when we were at Pensacola and in Maryland. I support him supporting them and the game itself doesn't really hold my interest but I'll watch it for the commercials."



Naval Hospital Bremerton staff members gathered for an impromptu photo on Jan. 31 to collectively show their Seattle Seahawk colors, spirit and support.

Navy photo by Douglas H Stutz

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¹Availability of increased life insurance coverage depends on characterization of military separation. Increases in coverage depend on your health and are subject to underwriting approval. Military Protection Plus is level-term life insurance. Initial life insurance coverage limited by rank and occupation. Level Term V: Form LLT49045ST01-05 (may vary by state). In New York, New York Term Series V: Form NLT45861NY 01-04. Military Severe Injury Benefit and option to increase coverage to replace SGLI provided by riders. Increases in coverage require payment of additional premium. Rider forms LBR57941ST 05-06 and LBR67140ST 05-07 (may vary by state). In New York, forms NBR60469NY 06-06 and NBR67175NY 06-07. All insurance products are subject to state availability, issue limitations and contractual terms and conditions. Life insurance and annuities provided by USAA Life Insurance Company, San Antonio, TX, and in New York by USAA Life Insurance Company of New York, Highland Falls, NY. In most states, life insurance also provided by USAA Direct Life Insurance Company, Omaha, NE. Each company has sole financial responsibility for its own products. © 2014 USAA. 200379-0114

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- 2012 Chevrolet Camaro SS 1SS..... STK# 8260
- 2008 GMC Yukon SLT..... STK# 50094A
- 2013 Nissan Titan SV STK# 7755
- 2012 GMC Acadia SLT-2 7 Passenger..... STK# 9178
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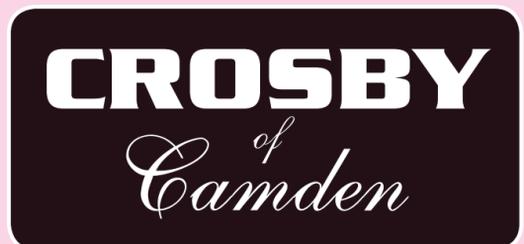
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Up eriscope with Bill Wesselhoff

Special people for Black History Month

Jackie Robinson is recognized for breaking baseball's color barrier in 1947. And rightfully so. He is a civil rights icon, and today is the only player to have his number retired by every team. But before the

color barrier was put in place, African-American Bud Fowler played with white teams in 21 states and territories, starting with Lynn, Mass., of the International Association, in 1978. This pioneer was a pitcher, catcher

and infielder, but not a lot more is really known about him. Today, he's somewhat forgotten. Then, last year Baseball Hall of Fame hometown Cooperstown, N.Y., named a street, Bud Fowler Way, in his honor.



Alice Simmons
Retired Navy
Tallahassee, Fla.
"Harriet Tubman. She risked her life to give others the chance of freedom and they helped others, like a chain reaction."



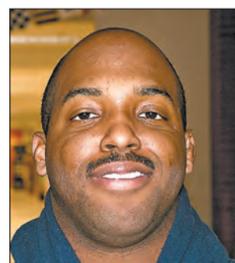
MT3 Cordaro
Hilton-Washington
USS Rhode Island Gold
Indianapolis
"Nelson Mandella. He is the epitome of peace after all he went through."



ET3 Bethany Larson
NSB Kings Bay
Ida, Mich.
"Rosa Parks. She was brave for standing up . . . well, technically for sitting down."



HM2 Siviqualle
Richardson
Branch Health Clinic
Detroit
"George Washington Carver and the scientific work he did with peanuts and cotton."



HM3 Charles Shelton
Branch Health Clinic
Oklahoma City, Okla.
"Clara Luper from Muskogee, Oklahoma, the mother of Oklahoma civil rights. The civil rights movement started in Oklahoma at Kats Cafe."



EM3 Alexander Wynn
USS Florida Blue
Calhoun, Ga.
"Harriet Tubman. She helped emancipate a lot of slaves."



Navy photo by EM1 Mark Treen

Great Tailgate Chili Cookoff

Kings Bay Branch Health Clinic's Bronco Bob Warden won the MWR's Great Tailgate People's Choice Chili Cookoff Sunday. More Tailgate photos in next week's edition of The Periscope.

Super Bowl players thankful for military

By Army Sgt. 1st Class
Tyrone C. Marshall Jr.
American Forces Press Service

Players in this year's Super Bowl set aside time before Sunday's game to thank members of the U.S. military, particularly those who are deployed and stationed abroad, for their sacrifices while defending the nation.

"I want to tell all the troops over there in Afghanistan how much we appreciate what they're doing for our country to protect our country," said Denver Broncos quarter-

back Peyton Manning.

"We are praying for you." Manning and other players from the Denver Broncos and their Super Bowl rivals, the Seattle Seahawks expressed their gratitude for troops serving to protect their freedoms during shout-outs this week.

"Thank you all for all you do," Broncos wide receiver Wes Welker said. "You are the reason we have the opportunity to play this game, so thank you."

"Thank you for every-

See Players, Page 14

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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, Feb. 10 and 24. 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.

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, Feb. 11, 18 and 25. This workshop is an opportunity to share experiences, meet and gain support from others, and exchange new ideas. To register, call 573-4512.

Command Financial Specialist class offered

A five-day training course will be offered for prospective Command Financial Specialists. All CFS must be nominated by their Command. Registration is open to personnel E-6 and above who are financially stable, with at least one year left before PRD from their commands. This training is 8 a.m. to 4 p.m., Feb. 10 to 14. Registration is required. For more information, call 573-9783.

Job search workshop scheduled for Feb. 12

A job search workshop will be 9 to 11 a.m., Feb. 12. It provides an overview of local and national employment trends and recommends strategies to expand your job search network. Open to active duty, retired, reserve and separating military and family members of relocating civil service personnel. Registration is required, call 573-4513.

Expectant Family Workshop coming

Expectant Families can receive training on second Wednesday of every other month to ease the adjustment to a newborn baby. Information will be provided about WIC, Navy Marine Corps Relief Society and various other



benefits and services available to expectant parents, along with answers to your questions. Frequent breaks offered for the comfort of expectant moms. The next class is 9:30 a.m. to 3 p.m., Feb. 13. Registration is required. Call 573-4512.

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 4 p.m., Feb. 19. Registration is required by calling (912) 573-4512.

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 10 a.m. to noon, Feb. 19. For more information, call 573-4513.

Command Return and Reunion training set

The target audience for this class is Command Training Coordinators and provides a tool kit for trainers to use while

on deployment to address the issues associated with return and reunion after deployment. This class will be 1 to 3 p.m., Feb. 19. Registration recommended, call 573-4513.

Sponsorship training for command reps

The Fleet and Family Support Center 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 responsibilities, and a timeline to assist in streamlining the sponsorship process. The workshop is scheduled on 1 to 2:30 p.m., Feb. 20. Registration is required as class is limited to 20 seats. For more information 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., Feb. 20. Pre-registration is required. Call 573-4512 for details.

Veterans Affairs rep visits Kings Bay

A Department of Veterans Affairs representative for Kings Bay is in the office from 8:30 a.m. to 2:30 p.m. Mondays, Wednesdays and Thursdays. Appointments are required. Service members wishing to par-

ticipate in the Benefits Delivery at Discharge program should be within 60 to 180 days of discharge or retirement and be available for an exam by the VA. To set up an appointment, call Katherine Fernandez at 573-4506.

Ombudsman Basic Training coming

There will be an Ombudsman Basic Training course for prospective Ombudsman, new Ombudsman and Command Support Spouses at Fleet and Family Support Center Bldg. 1051. This class will be 5 a.m. to 9 p.m., Feb. 21 and 9 a.m. to 5 p.m. Feb. 22 and 23. For more information and to register, call 573-4513.

Couples Connection: Marriage enrichment

The Fleet and Family Support Center Kings Bay, in coordination with Chaplains Religious Enrichment Operations, is hosting *Reconnect: One-Day Marriage Enrichment Workshop*. Reconnect is designed to enhance and support the ability of a couple to get away from the distractions of everyday life to improve their marital relationship. Activities are designed to increase a couple's ability to understand one another better and communicate on a more intimate level. This workshop is 8 a.m. to 4 p.m., Feb. 21. For more information or to register, 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, employ-

ment resources, resume writing, interviewing and other skills. Spouses are encouraged to attend. Separation Transition GPS is 7:30 a.m. to 4 p.m., Feb. 24 to 28. You must be registered by Command Career Counselor. For more information, call 573-4513.

Ombudsman Assembly Meeting Feb. 24

The Ombudsman Assembly Meeting will be held for all OMB, COs, XOs, CMCs and COB's at the Kings Bay Community Center at 6 p.m., Feb. 24. For more information, contact at 573-4513.

Deployment Return and Reunion class set

This workshop addresses the challenges of deployment and offers tools and techniques to managing the cycle of deployment those challenges. It also prepares family members for reunion so that problems will be minimized and the positive aspects of reunion can be maximized. Topics include expectations, communication and financial awareness, and hints for a happy homecoming. The class is 5 to 7 p.m., Feb. 26. For more information or to register, 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., Feb. 27. Registration required by calling 573-4513.

Fleet and Family offers classes on site

The Fleet and Family Support Center will take most of its regular workshops on the road if a unit can furnish a conference room or classroom and guarantee a minimum of five participants. Additionally, personnel will tailor presentations to cover a unit's General Military Training requirements when those requirements deal with human resources and social issues. Counselors also can create a presentation in response to a unit's area of special concerns. Personnel are available to participate within areas of expertise in the indoctrination of newly assigned personnel and family members of active duty personnel.



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Morale, Welfare and Recreation happenings



Signups are ongoing for Youth Soccer and T-Ball and adult intramural soccer.

Periscope file photo

T-Ball, Soccer signups

Just for kids

■ Youth Spring Registration for Soccer and T-Ball is starting. Smart Registration is 8 a.m. to weekdays, 5:30 p.m., Feb. 10 to Feb. 28 at Youth Center, plus 9 a.m. to 2 p.m., Saturday, March 1. A \$5 late fee will apply if openings are still available after March 1. The cost is \$60 active duty and reservists and \$65 retired military and DoD civilians. Age control date is Jan. 1, 2014 for all youth sports. For soccer, ages 4 to 18 and must still be in high school, must turn 4 prior to Jan 1, 2014 and must not turn 19 prior to Jan 1, 2014. T-Ball, ages 4 - 6, must turn 4 prior to Jan. 1, 2014 and must not turn 7 prior to Jan. 1, 2014. The Start Smart Sports Development Program is for ages 3 to 5. You must turn 3 prior to Jan. 1, 2014 and must not turn 6 prior to Jan. 1, 2014. It's free, with limited spots available. Start Smart is a six-week instructional program that helps parents work

one-on-one with their children, while teaching them the basics of sports — throwing, catching, kicking and batting. The program helps prepare children for organized youth sports by using safe and fun equipment to teach them the basic motor skills needed to compete. For more details contact Youth Sports at (912) 573-8202.

■ **Free Movies for the Kids Weekend** — The 1 p.m. movies are *Turbo* Feb. 15 and 16, *The Smurfs 2* (Monday) Feb. 17, and *Ghostbusters* Feb. 22 and 23. Youth under 18 must be accompanied by a parent or adult. Snacks and beverages available for purchase. If 15 minutes after start time no one else comes in, the area will be available for open viewing. For the latest information, call (912) 573-4548.

Outdoor soccer coming

Morale, Welfare and Recreation's Intramural 7-vs.-7 Outdoor Soccer League begins Feb. 18, with a fee of \$100 for active duty members and \$150 for DoD members. The captain's meeting is at 5 p.m., Wed., Feb. 12, inside the Fitness Complex classroom. For more information, call (912) 409-1611.

Liberty call

Two convenient walk-in time slots are available. The winning couple will receive a gift certificate for dinner for two. Call the Fitness Complex at (912) 573-3990 for more details.

■ **Kings Bay is going to Tampa** — for a hockey game, the Tampa Bay Lightning against the Boston Bruins leaving here at 1:45 p.m., Saturday, March 8. Charter bus transportation will be provided. Cost is \$45 per person, 18 years old and older, with a \$40 special price for liberty

single active duty. Pre-pay at ITT/OAC by Feb. 14 COB. Bring money for food and souvenirs. For more information, call Navy Adventures Unleashed at (912) 573-8972.

■ **DIY and Dessert** — This new program is offered on at 7 p.m.,

Monday, Feb. 10 in the Kings Bay Conference Center. It's a Pinterest Idea Swap plus more. Feed your crafty side and create a Valentine sugar scrub favor. Cost is \$5. RSVP by Feb. 7 by

See MWR, Page 12

Intramural Sports

Winter Basketball League

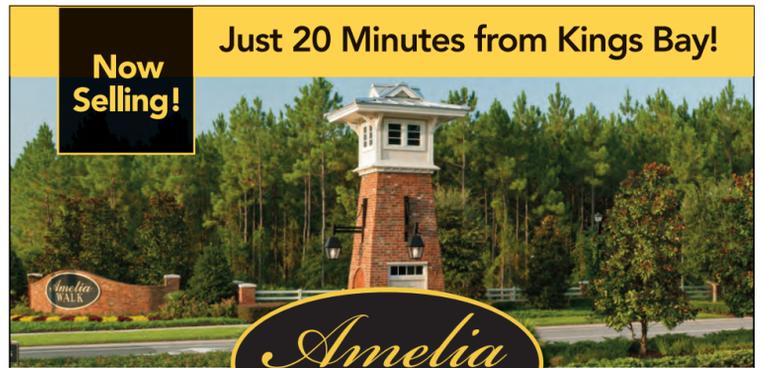
Team	W	L	T
1t, MCSFBn	2	0	0
1t, Gunz Blazin'	2	0	0
1t, USS West Va.	2	0	0
4t, USS Georgia	1	0	1
4t, USS Wyo. G	1	0	1
6t, Chosen Few	1	1	0
6t, TTF	1	1	0
6t, Medical	1	1	0
9, TRF	0	1	0
10t, NRMD	0	2	0
10t, The Wyo.	0	2	0
10t, Coast Guard	0	2	0

Players of the Week

- Tyler Brown, Guns, 23 pts. v. The Chosen Few
- Anthony Leblanc, RI, 22 pts. v. Gunz
- Ben Drayton, Alaska, 22 pts. v. Coast Guard

Upcoming

- 7-vs.-7 Outdoor Soccer, Feb. 24, register now



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Leak damage 'massive'

By Nick Simeone
American Forces Press Service

The ongoing leaks of classified documents by former National Security Agency contractor Edward J. Snowden amount to the most "massive and damaging theft of intelligence in our history," the director of national intelligence told Congress Jan. 29.



Clapper

fense Intelligence Agency director, characterized the disclosures as "grave," with the consequences likely to prove deadly to American forces someday. "We will likely face the cost in human lives on tomorrow's battlefield or in some place where we will put our military forces," he said.

Overall, Clapper said, the leaks and the allegations of abuse of intelligence that they generated, as well as furloughs, government shutdowns and salary freezes have taken a toll on those "who have done their utmost to protect this country and do so in a lawful manner." In addition, he warned the diminished morale and resources of the intelligence community will have a corresponding effect on national security.

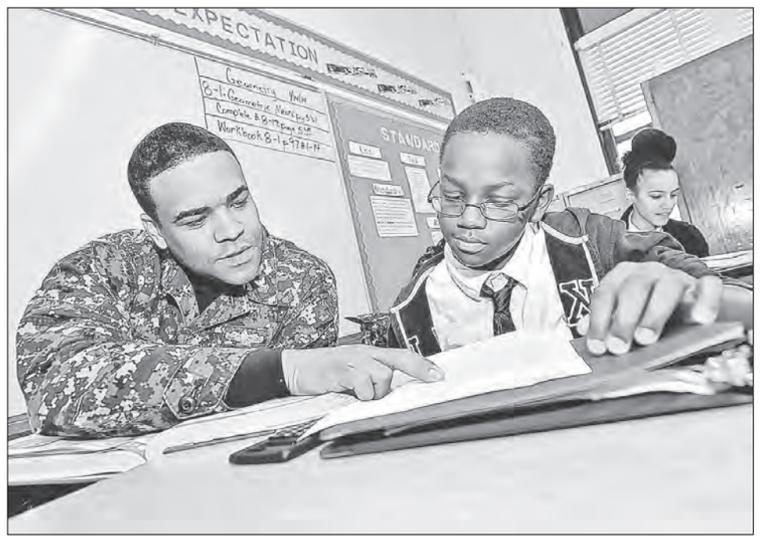
"The impact of the losses caused by the disclosures will be amplified by the substantial budget reductions we're incurring," he said. "The stark consequences of this perfect storm are plainly evident. The intelligence community is going to have less capacity to protect our nation, and its allies, than we've had."

The hearing also touched on risks to national security posed by the civil war in Syria, which Clapper said has "become a huge magnet for extremists" who are getting training "to go back to their countries and conduct more terrorist acts." The intelligence community estimates that more than 7,000 foreign fighters from 50 countries have gone to Syria since the start of the civil war, he said.

One issue of concern to lawmakers was security for the Winter Olympics that open in Sochi, Russia, next week, given several recent suicide bombings in the region and the history of unrest in the Caucasus in general.

National Counterterrorism Center Director Matthew G. Olsen said the United States remains very focused on the problem of terrorism in southern Russia, but he characterized an uptick in threats related to the games as "what we expected, given where the Olympics are located."

The Russian government, he said, understands the threats and has devoted substantial resources to security. The greater threat is to softer targets in the greater Sochi area and in the outskirts, he said, where there is a substantial potential for a terrorist attack.



Navy photo by MC1 Greg Johnson
Navy Counselor 1st Class Vladimir Arias-Martinez tutors eighth-grade geometry student Tavian Randall during a Commander, Navy Region Southeast volunteer effort at Mattie V. Rutherford Alternative Middle School in Jacksonville.

Region tutors students

By MC1 Greg Johnson,
Navy Region Southeast Public Affairs

Sailors assigned to Commander, Navy Region Southeast participated in a student enrichment day and provided one-on-one tutoring with students at Mattie V. Rutherford Alternative Middle School in Jacksonville, Fla., recently.

During the volunteer effort, Sailors tutored sixth, seventh and eighth-grade students in math and reading, and helped faculty members supervise a basketball game.

It was the latest in a series of events conducted under an official partnership between CNRSE and MVR.

"The partnership benefits our students because they can build relationships with adults who are successful and are making good choices," said Sadie Milliner-Smith, the school's principal. "Our goal is to create a safe environment that is conducive for learning. Many of our students come here with a lot of challenges, and we provide personal, social and academic strategies that students can use to address those challenges. The one-on-one tutoring the Sailors provide to the students affords them an opportunity to connect with an adult in a different way than they might be able to with their teachers."

As an alternative school, MVR currently enrolls 96 students who have made

poor educational and social decisions — many of which have been involved in disciplinary incidents at school, at home or in the community.

Students are assigned to the school for a minimum of 45 days with the goal of helping them develop positive strategies to resolve conflicts while providing a challenging academic setting.

Those who accomplish these goals return to their primary school.

As principal, Milliner-Smith said she is committed to creating and maintaining an orderly, trusting and caring environment to assist students as they develop into both productive and responsible citizens.

According to Chief Quartermaster Joseph Ziro, lead coordinator for the CNRSE-MVR partnership, the school offers a unique opportunity for Sailors to have a significant impact on community youth.

"I think we can really make a difference here because it is an opportunity to be a positive role model for some good kids that may have made some bad decisions," Ziro said. "Having been here and interacted with many of them, I can tell you that their potential is unlimited. Our goal is to try to help them realize that potential through some positive guidance and mentorship."

Tandra Wade, who teaches eighth-grade ge-

ometry, algebra and pre-algebra, agreed with Ziro.

"I think the students can recognize the honor in the fact that these service members are taking time out of their busy day to be here," Wade said. "Working with them can help them understand what it means to be accountable and will also instill the message that they too can be successful if they make the right decisions."

One student was very appreciative for the opportunity to receive one-on-one tutoring.

Tavian Randall, a student in Wade's eighth-grade geometry class, said he looks forward to similar events in the future.

"It really helped me to understand math," Tavian said. "He truly explained how to do the work and answered all of my questions. I would like to see them come back every other week."

Navy Counselor 1st Class Vladimir Arias-Martinez, who tutored Tavian during the visit, said the experience was mutually rewarding.

"It's a really gratifying experience to have the opportunity to come out and help these kids grow from an educational standpoint," Arias said. "I support these kinds of volunteer outings whenever I can because, as members of the military, we have a chance to positively influence the community. As a Sailor, that's an opportunity that I don't think we should shy away from."

MWR

From Page 11

calling (912) 573-8999.

■ Unleash your Inner Beast — 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.

■ Triplex is coming — It's a new year and the renovation and rebranding of Bldg. 1039 is underway! The first phase of the renovation started Jan. 13 inside the *The Billiard Zone*. For your safety during renovations, MWR will place a temporary wall. You will still be able to get snacks and refreshments from the counter area. Access to other areas of the facility will be limited to each entrance. The *Liberty* side, with computers and gaming, will only be accessible through the entrance by the Library. *The Big EZ* entrance will be the snack bar and *Sports Zone* entrance and

the Conference Center can only be accessed through the main lobby entrance by the Magnolia sign.

■ 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.

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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

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

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

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

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



DoD photo by MC1 Daniel Hinton

Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey accepts a gift from Russian Chief of the General Staff of the Armed Forces Gen. Valery V. Gerasimov during a meeting at the Russian Mission in Brussels, Belgium.

Dempsey meets Russians

By Jim Garamone
American Forces Press Service

Two tankers who as young men could have squared off against each other on the East German border sat in the Russian Embassy in Brussels, Belgium, Jan. 21 and talked about ways their two nations could cooperate.

Army Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, met his Russian counterpart, Gen. Valery V. Gerasimov, with an eye to improving the military-to-military relations between the two nations.

Dempsey spoke of the shared military history of the two nations and proposed a ceremony to commemorate the 70th anniversary of the meeting of the U.S. and Russian armies at Torgau, Germany, in April 1945.

That meeting sealed the defeat of Nazi Germany.

On political tracks, the U.S.-Russia relationship is a bit bumpy, but on the military track, Dempsey noted, there are ways these two powerful forces can cooperate.

"I always find it encouraging when I can meet with my counterparts — especially the most influential militarily around the world," the chairman said following the meeting. "I was encouraged by his candor ... and his warmth in seeking to find ways that we can continue to advance the issues where we agree and where we can contribute to resolving those on which we disagree."

The two men also signed the 2014 Work Plan for the nations. It was the first time the chiefs of defense signed such a document. "We felt it important enough to come together and do it ourselves," Dempsey said. The Work Plan calls for 67 activities in which military personnel from both countries will work together.

"These are generally staff exercises, not maneuver exercises, although there are maneuver exercises in all domains — air, land, sea," the chairman said during an earlier interview. "Maneuver exer-

cises tend to be small — battalion level or below."

Some areas of disagreement exist between the two militaries, and ballistic missile defense tops that list.

Russia is opposed to ballistic missile defense for political and technical reasons.

"But I'm encouraged, because we're still talking about it," Dempsey said. "The alternative would be we would all go our separate ways and we would generate another form of an arms race on that particular issue, and nobody wants that."

The points of disagreement have "never driven us to the point in our mil-to-mil contacts where we can't have the conversation," Dempsey added.

The chairman said he believes there is still room for a better understanding not only about the technical capabilities related to missile defense, "but also the threat and our intentions vis-à-vis our allies and protecting ourselves."

But the nations agree on Afghanistan.

"We agree that a stable Afghanistan and an Afghanistan that is not a sanctuary for terrorism is in our common interests," the chairman said. "They are concerned that if the Afghan security forces don't continue to receive a certain amount of support, and if the environment in Afghanistan deteriorates to the point where the central government can't control, or at least influence, events, they are concerned it will destabilize fairly quickly. [The Russians] are supportive of our continued presence there."

The Russians asked a number of questions about U.S. retrograde activities from Afghanistan, Dempsey said, to "gauge how quickly events in Afghanistan could change."

"In their view," he added, "it does relate to the amount of structure that NATO continues to provide there."

The Russians are looking for a tipping point in Afghanistan, the general said. "They didn't share what they thought the

tipping point is," he continued, "but in their view, there clearly is one."

Other areas of mutual interest include antipiracy and counterterrorism efforts and Arctic issues.

The two men also discussed security at the upcoming Sochi Winter Olympic Games.

The Russian military is working in support of civilian security organizations, and Dempsey heard Gerasimov's assessment of the task.

The Russian armed forces are bringing unique military capabilities to the effort, he said, including air defense, the maritime domain, chemical and biological defense, backup medical support for civilian authorities, management of the electronic spectrum and electronic warfare and the like.

"I reiterated the fact that we would favorably consider requests from them," Dempsey said.

In a statement released yesterday, Pentagon Press Secretary Navy Rear Adm. John Kirby said U.S. commanders in the region are conducting prudent planning and preparations should support be required.

Air and naval assets, including two Navy ships in the Black Sea, will be available if requested for all manner of contingencies in support of — and in consultation with — the Russian government, Kirby said, noting that there is no such requirement at this time.

No matter where the Olympics were being held this year, it would be a problem, Dempsey said, as international terrorists would seek to disrupt the games no matter where they were held.

But having the games near Chechnya and Dagestan brings its own set of threats, he noted.

Gerasimov has "a hand-picked, highly trained task force that's been in place for some time," Dempsey said. "He believes they have in place the intelligence apparatus, as well as the response apparatus, to deal with the threats as

See Russia, Page 14



Army photo

U.S. and Russian Soldiers practice infantry skills during the 2005 Torgau exercise.

Chief acts beyond duty

By Darryl Orrell
Center for Security Forces
Public Affairs

A Navy chief, assigned to Center for Security Forces Detachment Chesapeake, was scheduled to undergo a bone marrow aspiration procedure Jan. 28, in a selfless act to reach out and save the life of someone in dire need.

The C.W. Bill Young Department of Defense Marrow Donor Program, also known as Salute to Life, was established in 1991. The program is designed to work exclusively with DoD personnel in managing bone marrow and stem cell donations.

The program has successfully coordinated more than 6,000 donations. It also has more than 800-thousand people who have joined the registry through the program — people who stand ready and willing to help save the life of someone in need.

At some point in his career, Chief Boatswain's Mate Michael R. Kelly underwent DNA testing to see if he would be a possible match for someone needing a bone marrow transplant. Last December, he was found to be a perfect match for a middle-aged male who suffers from a condition known as multiple myeloma.

"Once I got the information, I really wanted to do this because the person [I am helping] is only one year older than my father and I know how I would feel if I were that person's son and so, I knew I wanted to do it," Kelly said.

The American Cancer Society reports multiple myeloma is a cancer formed by malignant plasma cells. These malignant cells can crowd out normal blood-forming cells in the bone marrow and cause low red and white cell blood counts. A shortage of red blood cells, known as anemia, causes a person to become pale, weak, and fatigued as well as cause increased bleeding and bruising.

A shortage of white blood cells can diminish a person's immune system and impair a person's ability to fight off infection.

"When I told my wife, she was hesitant when she talked to the [coordinator] because she was told I would be hurting, in a lot of pain, and that a lot of people [choose] not to do it... but it's for a good cause," said Kelly.

There are two procedures for donating bone



Navy photo

Surgeon Hans Janovich performs a bone marrow harvest operation on Aviation Electronics Technician 1st Class Michael Griffioen. The procedure consists of inserting a large-gauge syringe into an area of the hip and extracting the bone marrow.

marrow being the "traditional" and the "peripheral blood stem cell" process. Due to the specific needs of the bone marrow recipient, Kelly will need to undergo the traditional procedure.

In this procedure, the needed marrow is extracted by using needles inserted through two small incisions. The needles penetrate the soft center of the patient's hipbone where a large deposit of bone marrow is located in the human body.

"The entire process takes about an hour and a half. I mean an hour and a half to save someone's life or possibly extend it a little bit longer," Kelly said, pointing out how a minimal investment of one's time can save the life of someone else.

Kelly went on to explain that after the procedure, he will not be able to move a lot, he will have a great deal of stiffness in his back, and would be on medication that promotes increased production of bone marrow for about two or three days.

The program also keeps the personal information about donors and patients confidential and as for Kelly, the only thing he knows about the person he is helping is the individual is a middle-aged male suffering multiple myeloma.

"The biggest fear is retribution because there are scandalous people. [People who would say], 'Hey, I just saved your life, you owe me XYZ amount of

money...' or they'll try to go after the family," explained Kelly on why confidentiality is so important.

Kelly shared that donors are required to wait a period of one year before they can request any contact with marrow recipients.

If desired, the program coordinator will then contact the recipient to determine whether he or she also desires contact.

If so, a meeting is then arranged and if not, anonymity between the two is maintained. However, recipients, unlike donors, can request contact at any time though the same rule applies if the donor desires to keep his or her anonymity.

Asked if there was any advice he would like to offer his fellow Sailors in the fleet Kelly said, "If you have the opportunity [to save a life], take it - I mean if you can save someone's life other than giving blood then you should. Look at your [own] family because it may be your mom or dad, your wife or your kids [who one day needs help]."

The National Marrow Donor Program reports more than 12,000 people are diagnosed with diseases that require an infusion of stem cells every year.

More than half of those diagnosed are unable to find a suitable donor match within their own family. Therefore, those individuals must rely on the compassionate giving of a non-related donor, like Kelly, who is willing to step out and save a life.

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Retest nearly finished

By Jim Garamone
American Forces Press Service

The retesting of nuclear intercontinental ballistic missile launch officers is nearly complete, Pentagon spokesman Army Col. Steve Warren said Jan. 17.

Air Force Secretary Deborah Lee James and Air Force Chief of Staff Gen. Mark A. Welsh III ordered the retesting after discovering that some nuclear launch officers cheated on proficiency exams.

A total of 34 crewmen at Malmstrom Air Force Base, Mont., have been suspended from duty due to the allegations.

By close of business yesterday, 472 officers finished the retesting, Warren said.

Of those, 21 officers failed the exam.

The pass rate was 95.6 percent, well within historical averages.

The 21 officers that failed will undergo retrain-



Air Force photo by Airman 1st Class Katrina Heikkinen
1st Lts. Matthew Ditson, sitting, and John Malek practice possible scenarios in the missile procedures trainer at Malmstrom Air Force Base.

ing and then be retested. "If they pass they will return to duty," Warren said.

Another 27 officers who are on leave or who are on temporary duty have not been retested. Officials said they will be retested once they return to their bases.

The 34 officers who were suspended pending the investigation into cheating will not be retest-

ed, Warren said. All told, 82 officers are not available for assignment.

"It is having an impact," Warren said. "But it is an impact the missileers have been able to schedule around. It has no impact on the operational readiness, no impact on the safety, no impact on the capabilities, it is just more work for the individual missileers in the short term."

Hagel: Restore confidence

By Nick Simeone
American Forces Press Service

A day after ordering an independent review of the military's nuclear force amid allegations of cheating on proficiency exams by Air Force officers overseeing the nation's ballistic nuclear missiles, Defense Secretary Chuck Hagel Jan. 24 vowed to restore confidence in the Air Force's nuclear mission.

"Whatever the factors — historical, institutional, cultural — the Department of Defense and the Air Force will do whatever it takes to continue to ensure the safety, security, reliability and effectiveness of our nuclear enterprise," Hagel said at a ceremonial swearing-in ceremony for Deborah Lee James, the 23rd secretary of the Air Force.

The service has suspended 34 launch officers overseeing intercontinental ballistic missiles after an investigation implicated them for cheating or failing to report cheating on exams.

A Pentagon spokesman told reporters yesterday the allegations "raise legitimate concerns about the department's stewardship of one of our most sensitive and important missions," prompting Hagel to call for an independent, broader examination of the strategic deterrence enterprise as it relates to personnel.

At the ceremony, Hagel said he, James and Air Force Chief of Staff Gen. Mark A. Welsh III are deeply concerned "about the overall health and professionalism and discipline of our strategic forces," and called the problems facing the new Air Force secretary daunting.

But he credited James with a "swift,



Hagel

decisive and thoughtful response," to the matter after she visited missile bases around the country in recent days.

Even so, he said, "restoring confidence in the nuclear mission will be a top priority."

Hagel called James well suited to lead the Air Force as the nation faces an increasingly uncertain security environment.

"The rise of emerging powers, dangerous rogue states, affiliated terrorist organizations, and the proliferation of technology will mean more contested and complicated domains, from space to cyber to sea lanes," he said.

James, who was officially sworn in as secretary last month, pledged to "leave this Air Force some years from now on a path toward greater capability and better affordability for our taxpayers while always remembering and protecting the important people who underpin everything we do."

But she cautioned the service will continue to face difficult challenges and trade-offs brought on by shrinking budgets. Hagel noted that James has spent the last 30 years serving on the staff of the House Armed Services Committee, at the Pentagon, where she served three secretaries of defense, as well as in the private sector.

Her approach, he said, "has been to understand the problems and opportunities, listen carefully, and then act decisively." This, he added, will make her a success leading the Air Force.

Russia

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they know them this year in Sochi."

And, the Russian general is interested in American technology for countering improvised explosive devices that the Russian military might be able to use, the chairman said.

The United States would share technical information on the counter-IED efforts, he added, and if it is compatible with Russian equipment, will look to provide that information to Russia in time for the games.

The Russian military is holding a tank biathlon next year, and the United States will observe "with the eye on participating downstream," Dempsey said.

The biathlon, he added, could have a Russian T-90 tank competing against a U.S. M-1 tank sometime in the future.



American Lt. William Robertson and Russian Lt. Alexander Sylvashko met as Americans linked up with Soviet forces by the Elbe River at Torgau, Germany on April 25, 1945, helping end World War II

Players

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thing you guys have done for us, and continue to do for us to be able to be here to play this great game of football," said Russell Wilson, quarterback for the Seahawks. "Thank you guys so much for everything you do protecting our country."

"Hey, we appreciate all your hard work and your dedication, and your sacrifice," Seahawks cornerback Richard Sherman said. "Thank you for everything you do for our country and for us fighting for our freedom. We appreciate it."

Golden Tate, a wide receiver

for the Seahawks, thanked troops for serving.

"This country wouldn't be anything without you guys serving and fighting for us every single day for our freedom," Tate said. "We appreciate it so much, and we hope you enjoy the show."

For Seahawks wide receiver Doug Baldwin, the message came from a little closer to home.

"My family is a military family," Baldwin said. "We appreciate everything those guys do. It's very heartfelt for me."

Both teams want military members to know they are not forgotten.

"To the men and women serving overseas — come home safe," said Seahawks running back Marshawn Lynch.

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