



**Mardi Gras**  
Kings Bay Youth Center celebrates the day  
Page 4

**Up Periscope**  
Pick the super hero you would like to be  
Page 9

**Milestones**  
Armed Forces salute Women's History Month  
Page 6



THE **Periscope** 2009 CHINFO Award Winner  
KINGS BAY, GEORGIA

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Thursday, March 13, 2014

# Atlantic subs name Sailors of the Year

**Kings Bay's Stockton, Heruth, Gee among four honorees**

**By Kevin Copeland**  
Commander, Submarine Force Atlantic Public Affairs

The 2013 Commander, Submarine Force Atlantic Senior and Junior Sailors of the Year were announced March 5.

Three Naval Submarine Base Kings Bay and one Norfolk winners were recognized by Vice Adm. Michael Connor, Commander, Submarine Force Atlantic, during a luncheon held at the Pennsylvania House, Naval Station Norfolk.

"No successful force is without engaged Sailors fully focused in their roles as warfighters," Connor said. "Today, we are in the company of such Sailors — our sea and shore Sailors of the Year. They represent a generation of submarine warfighters who have demonstrated the skill and the work ethic to ensure our continued dominance of the Undersea Domain, and continue to be the backbone of the country's nuclear strategic deterrent. Congratulations to these amazing Sailors and their families."

Petty Officer First Class Joseph A. Stockton was recognized as the 2013 SUBLANT Senior Shore Sailor of the Year. He is a subma-



**Gee**

Kings Bay.

Born in Levittown, Pa., the 28-year-old Sailor is a 2004 graduate of Pennsbury High School in Levittown, and joined the Navy, October 2004.

The 2013 SUBLANT Senior Sea Sailor of the Year was Petty

See Sailors, Page 3

rine-qualified and nuclear-trained machinist's mate assigned to the Nuclear Regional Maintenance Department, Naval Submarine Base



Navy photo by MC1 Shannon D. Barnwell

From left, Vice Adm. Michael Connor, Electrician's Mate 1st Class James Gagnon, Machinist's Mate 1st Class Joseph Stockton and SUBLANT Force Master Chief Wes Koshoffer.



St. Marys Middle School students use a Heads Up Display and Xbox controller to steer machinery inside the main bay of Naval Submarine Base Kings Bay Explosive Ordnance Disposal Mobile Unit 6. More photos on Page 5.

## Students enjoy learning experience

**St. Marys Middle Schoolers tour NSB**

**By EM1 Mark Treen**  
Naval Submarine Base Kings Bay Public Affairs

St. Marys Elementary School students had a tour of science and technology March 7 on board Naval Submarine Base Kings Bay. They got hands-on experiences at Explosive Ordnance Disposal Facility, using the latest tech to operate bomb disposal robots. At the Indoor

Simulation Marksmanship Trainer in Trident Training Facility, they used the latest infrared-based equipment.

That was the intent, according to Ashley Hensley, their science teacher. "This is a field trip that gets them to see real world science," she said. "That was certainly the effect."

While showing them the equipment he uses, EOD1 Matthew Demmer said, "It's nice to see them interested in technology and that they get to apply what they learn in school."



**Robots, like this one for handling a simulated bomb, help keep Sailors a safe distance away. They are also a lot of fun.**

## Navy budget proposed

**Tough choices made, forward presence remains priority**

From The Office of the Chief of Information

The Department of the Navy released its proposed \$148 billion budget for fiscal year 2015, March 4.

The budget is part of the \$495.6 billion defense budget President Barack Obama submitted to Congress the same day.

Rear Adm. William Lescher, Deputy Assistant Secretary of the Navy for Budget, briefed media at the Department of Defense



**Lescher**

budget press conference about the Navy and Marine Corps portion of the budget.

"Our budget comes during a period of increased fiscal austerity and uncertainty, and at a time when the Combatant Commanders' demand for naval forces continues at very high levels," Lescher said, "There were tough choices made in developing this budget, but it provides the resources that allow us to preserve our warfighting advantage in a thoughtful, responsible way."

This year's budget submission prioritizes funding for forward presence and continues to make critical investments in people and future capabilities.

The proposed budget sustains presence by providing money for ship steaming, flight hours, maintenance and base operations.

It funds amphibious ready group and carrier strike group deployments, supports the three ballistic missile defense-capable destroyers joining the USS Donald Cook (DDG 75) in Rota in FY15, and provides continued support for the rebalance to the Pacific, with \$46.8 billion overall in operations and maintenance.

Additional investments are proposed for retaining Sailors through the Quality of Service initiative.

The Navy seeks to re-

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## Nuclear deterrence ultimate protection

**For U.S. and allies, DOD official tells Congress March 6**

**By Amaani Lyle**  
American Forces Press Service

The Defense Department's nuclear deterrent is the ultimate protection for the United States while also assuring distant allies of their security against regional aggression, a senior Pentagon official told Congress March 6.

Elaine Bunn, deputy assis-

tant secretary of defense for nuclear and missile defense policy told the Senate Armed Services Committee's strategic forces subcommittee that while Defense Department modernization goals largely have not changed since 2010, some adjustments are on the horizon.

One such change, she reported, involves the new Strategic Arms Reduction Treaty force structure.

"The administration is considering how to reduce nondeployed strategic delivery vehicles to comply with the limits



**Bunn**

fiscal year 2015."

Bunn expressed concern about Russian activity that appears to be inconsistent with the Intermediate Range Nuclear

of the new START treaty by February 2018," she said, "and we will make a final force structure decision and inform Congress prior to the start of

Forces Treaty. "We've raised the issue with Russia," she told the senators. They provided an answer that was not satisfactory to us, and we told them that the issue is not closed."

With regard to recent ethical issues involving Air Force and Navy nuclear personnel, Bunn noted that Defense Secretary Chuck Hagel has created both internal and external special review panels. "Those reviews are not about assigning blame,"

See Nuclear, Page 10



## Now hear this!

### Sub CSS Hunley topic at MOAA

Fred Tetor will be the guest speaker at the Kings Bay Chapter of the Military Officers Association of American dinner-meeting beginning at 5:30 p.m. with social hour, March 18 at Osprey Cove's Morgan Grill, St. Marys Road. Tetor works for the Warren Lasch Conservation Center in North Charleston, N.C. where the Confederate submarine Hunley is being restored. Dinner is \$20 per person and payable by cash or check to KBMOAA. To RSVP contact Maj. Jack Briggs, USAF (Ret.), at (912) 674-8821 or jbriggs@tds.net by March 11.

### Tetor guest at Sub League lunch

Fred Tetor, a Warren Lasch Conservation Center volunteer with the Hunley Project, will be guest speaker at the March 19 meeting of the The Atlantic Southeast Chapter of the Submarine League. The meeting will be at 11:30 a.m. at the Goat Locker on board Naval Submarine Base Kings Bay. The normal business meeting will be short and precede Tetor's presentation. Attendance confirmation is needed for lunch. Confirm by phone at (912) 882-8838 or by e-mail at mkevan@tds.net. If you prefer, bring your own lunch brown bag style. Drinks will be available. A five dollar donation for the Friends of the Hunley is requested.

### 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:

- 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

### Women in Military to be honored

In honor of Women's History Month, the Greater Jacksonville Area USO will host a festival 11 a.m. to 3 p.m. March 28 saluting past and present women in the military. *Salute to Women in the Military: Past & Present* will be at the Navy Federal Credit Union across the street from the main gate of Naval Air Station Jacksonville, celebrating the 40th anniversary of the first women to earn their Golden Wings and become Naval Aviators. Capt. JoEllen Drag Oslund (Ret.), the first female military helicopter pilot, will be the guest of honor. There will be activities for families, musical performances by Blenton Blout and Jade Novah. The festival is free and open to the public. March 29, Maverick's at the Landing will host a USO benefit concert, *A Country Salute to Women in the Military*. For more, visit jaxuso.org.

### 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](http://www.kingslandgeorgia.com/DocumentCenter/View/1852).

### Battle of Midway dinner June 7

The Navy League of Mayport's 72nd Anniversary of the Battle of Midway Commemoration Dinner and Program, starts at 5 p.m., Saturday, June 7, at the Renaissance World Golf Village Resort, St. Augustine. The invited speaker is Adm. Jonathan Greenert, Chief of Naval Operations. Veterans who served at the Battle of Midway have been invited. Ticket prices for active duty and spouses E-6 and below are \$25; E-7 to O3, \$40; O4 to O5, \$50, O6 and above, \$65, civilians and retirees, \$65. Tickets are mandatory. Seating is reserved. Sales end May 30, unless seating capacity is reached before. Make checks payable to Navy League Midway Dinner. Tickets may be purchased from:

- Navy League Mayport, Bob Price, (904) 246-9982, (904) 718-2118 or bprice4@comcast.net

- Navy League St. Augustine. Bill Dudley, (904) 806-4712, (904) 794-7814 or anuday00@aol.com.

### 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](mailto:periscopekb@comcast.net).

## College tuition funding available

By Susan D. Henson

Center for Personal and Professional Development Public Affairs

The Center for Personal and Professional Development is asking Sailors to submit their Navy Tuition Assistance requests — and now would be good — said the director of Navy Voluntary Education March 3.

Ernest D'Antonio, CPPD's VOLED program director, said the expenditure rate for TA funding is currently below normal levels, which means there's more funding available than usual at this time of the year.

"We use historical 'burn rates' as a guide for allocating TA funding throughout the year," he said. "We plan really well for routine years. After furloughs and a government shutdown, Fiscal Year 2014 hasn't been a routine year," he said.

Lt. Cmdr. Mark Wadsworth, director of CPPD Support Site Saufley Field in Pensacola, Fla., leads the team that monitors CPPD's Navy TA spending.

He said FY-14 TA execution is currently trailing FY-13's execution rate by just over \$6 million year-to-date.

"We think a variety of things influenced our being below the TA budget right now. Our execution rate dropped in October with the government shutdown and that's carried through the year," he said. "The usage rate steadily increased in November and December. But then it dropped back down in January, probably due to uncertainty with the federal budget. Although we have

### Center for PPD

funding now, the usage rate hasn't increased significantly since then. Sailors need to understand that their education benefits reset each year, and unused amounts don't carry over."

D'Antonio said, "We want Sailors to continue to pursue their education and submit their TA requests. We work hard to allocate every TA dollar available to give Sailors the most opportunities to use their TA funding allotment for each fiscal year."

He said more than 25,000 Sailors have used TA benefits so far this fiscal year and emphasized that a Sailor's command is an important part of TA authorizations because they're the first step in the process after a Sailor submits a request.

"It's each command's responsibility to ensure their Sailors are aware of and meet all relevant TA policies, are comfortable with their Sailors' ability to complete a requested course, and process each Sailor's TA request promptly," he said.

"A command approver can review a Sailor's request and deny it if all Navy requirements aren't met, if the Sailor's performance isn't up to standards, or if the command's mission might not permit the Sailor to complete the course. Ultimately, it's the commanding officer's decision," D'Antonio said.

He also recommended each command approver continually review

the Sailor's education progress.

"Our biggest reason for disapproval of TA requests is they aren't received from the Sailor's command approver prior to the course start date, as required by DOD instruction. Often when we review a TA request, a Sailor may be missing some of the TA prerequisites such as a current education counseling by a Navy College Office or Virtual Education Center counselor, or an individual education plan or degree plan on file, or missing a grade from a past course," he said.

VOLED professionals work with Sailors to get the requirements in on time, but if the Sailor's account is incomplete or not updated before the course start date, they are unable to fund the TA request, D'Antonio said.

"So I repeat this message constantly: 30 days prior to the course start date is not too soon for Sailors to submit their TA request," he said. "In fact, a TA application can be submitted a year before the actual class start date, which will help ensure the Sailor's TA request is funded and allows us to better manage expenditures."

D'Antonio also stressed that Sailors should work closely with an NCO or VEC counselor to help them reach their educational goals.

"The VOLED team is here to help, bottom line," he said. "Our job is to work with Sailors, inform them about options, provide impartial counseling and point out avenues for Sailors to pursue their life-long educational and credentialing goals."

## Navy League to award scholarship

From the Camden-Kings Bay Council, Navy League of the United States

### Camden Navy League

The Camden-Kings Bay Council, Navy League of the United States is offering its 2014 Navy League Youth Scholarship.

The \$1,000 scholarship is open to graduating seniors in the NJROTC program and dependents of Sailors, Marines, Coast Guardsmen or Merchant Mariners, active duty or retired, attending Camden County High School, and to graduating seniors in the Kings Bay Division of the United States Naval Sea Cadet Corps, who plan to further their education after high school.

The application, available as an interactive PDF, can be downloaded from the Council's Web site at [www.kingsbaynavyleague.org](http://www.kingsbaynavyleague.org), and from the Camden County High School Scholarship Web page.

Applicants are required to submit a 500 to 750 word maximum original essay on *The Importance of American Sea Power*, and obtain a recommendation from a teacher or from their NJROTC or Sea Cadet unit commander.

The scholarship winner will be chosen based on the quality of the essay and the teacher/unit commander recommendation.

The complete application must be received by the Navy League Scholarship Committee no later than

April 21 to receive consideration.

The scholarship winner will be announced May 20 at Camden County High School's Scholarship Night, and presented during the Council's June 13 St. Marys River Sunset Cruise. The scholarship recipient and his/her parents will be guests of the Navy League for the event.

For more information, contact David Burch at (912) 674-4252.

The Camden-Kings Bay Council of the Navy League of the United States supports the commands and the men and women of the sea services and their families stationed at Naval Submarine Base Kings Bay and in St. Marys.

Additional information can be found on the council Web site at [kingsbaynavyleague.org/](http://kingsbaynavyleague.org/).

## Civic grants, scholarships offered

From the Kings Bay Submarine Officers Spouses Association

### Sub Officers Spouses

The Kings Bay Submarine Officers' Spouses' Association announced Feb. 3 that it will begin accepting applications for grant money from nonprofit organizations in the Kings Bay and North Florida areas through its Community Grants program.

The funds were raised over the past several months by membership-driven activities, including *Make It, Bake It, Fake It* auctions and a monthly Bunco social activity.

Beginning this year, 25 percent of the proceeds of the 2014 Kings Bay Silver and Gold Auction will be dispersed to local nonprofit organizations through the KBSOSA Community Grants program.

The community grants are available by application to local nonprofit organizations needing assistance with projects that produce measurable results, contribute to the communities' vitality and create transformative change.

The grant application deadline is April 1.

For more information or to request a grant application, send an

e-mail to [kbsosagrants@yahoo.com](mailto:kbsosagrants@yahoo.com).

The KBSOSA exists as a social and philanthropic nonprofit organization dedicated to giving back to our communities while building life-long friendships. In addition to raising funds for the Community Grants program, KBSOSA members have held donation drives for local nonprofit organizations in need.

The spouses in the group enjoy friendship, mutual support, social activities and charitable opportunities. For more information about KBSOSA, visit Kings Bay SOSA on Facebook.

### Student scholarships

In 1960, the Submarine Officers' Wives' Club established the Dolphin Scholarship Foundation. DSF currently sponsors 115 students, and each of these students receives an annual scholarship of \$3,400.

Funding these scholarships comes, in part, from sales at the Dolphin Store, located on the base under the oversight of Kings Bay

Submarine Officers' Spouses' Association, and the annual Kings Bay Silver and Gold Auction.

Eligibility criteria for students is:

- High school senior or college student

- Child or stepchild of member or former member of the U.S. Navy Submarine Force

- Unmarried on March 15
- Under age 24 on March 15

- Scholar must attend a four-year accredited college or university and intend to work toward a BS or BA degree

Sponsors must meet one of the following requirements:

- Sponsor must be qualified in submarines and served on active duty in the Submarine Force for a minimum of eight years.
- Or, sponsors must have served on active duty in submarine support activities for a minimum of 10 years.

The deadline for on-line application is March 15 at [www.dolphin-scholarship.org](http://www.dolphin-scholarship.org).

For more information, phone (757) 671-3200 ext. 111 from 9 a.m. to 1 p.m., Monday through Friday; fax (757) 671-3330 or e-mail [scholars@dolphin-scholarship.org](mailto:scholars@dolphin-scholarship.org).



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# Kings Bay Voter Assistance Officers meet March 25 at Trident Training

From Naval Submarine Base Kings Bay Voter Assistance Program

The Federal Voting Assistance Program is scheduled to conduct a congressionally mandated Voting Assistance Officer training workshop for Naval Submarine Base Kings Bay VAOs.

The workshop is 9 to 11 a.m., Tuesday March 25 at the Trident Training Facility Room 1100A.

This workshop is oriented toward VAOs and persons who provide voting assistance at Kings

Bay, tenant commands and afloat units.

Although primarily for VAOs, workshop is open to any interested persons.

The workshop provides timely information about the absentee registration and voting process for Uniformed Service members and their families, plus resources critical to preparing VAOs to effectively perform their duties in assisting Uniformed and Overseas Citizens Absentee Voting Act citizens.

Both Congress and the De-

partment of Defense Inspector General have emphasized the importance of all VAOs receiving comprehensive training regarding how to perform their duties.

Attendance at an FVAP Workshop is the best way for VAOs to learn this information.

The workshop will provide critical information, resources and tools for the successful performance of VAO duties and ultimately the success of the voter in participating in our electoral process.

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**\*2D 300: RISE OF AN EMPIRE (R)**  
(Fri-Sun 2:30) 7:30

**\*3D MR. PEABODY & SHERMAN (PG)**  
(Fri-Sun 2:45) 7:45

**\*2D MR. PEABODY & SHERMAN (PG)**  
(Fri-Sun 12:15) 5:15 9:45

**\*PHILOMENA (PG13)**  
(Fri-Sun 12:05 2:35) 5:05 7:20 9:35

**\*NON-STOP (PG13)**  
(Fri-Sun 12:20 2:50) 5:20 7:40 10:10

**\*SON OF GOD (PG13)**  
(Fri-Sun 1:00) 4:00 7:00 9:55

**3 DAYS TO KILL (PG13)**  
(Fri-Sun 12:30) 4:15 7:05 10:05

**POMPEII (PG13)**  
(Fri-Sun 12:00 2:30) 5:00 7:30 10:00

**ROBOCOP (PG13)**  
(Fri-Sun 12:35) 4:30 7:10 10:05

**THE LEGO MOVIE (PG)**  
(Fri-Sun 12:15 2:45) 5:15 7:45 9:45  
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## Sailors

From Page 1

Officer First Class James R. Gagnon, a submarine-qualified and nuclear-trained electrician's mate assigned to the Los Angeles-class attack submarine USS Montpelier (SSN 765), home ported in Norfolk, Va. The East Brunswick, N.J. native graduated from East Brunswick High School in 2001, and joined the Navy in February 2002.

As the Senior Sea and Shore Sailors of the Year, Gagnon and Stockton will represent SUBLANT in the Atlantic Fleet Sailor of the Year competition conducted by Commander, U.S. Fleet Forces Command.

The fleet competition will be held later in March with other Atlantic Fleet type command winners.

The Atlantic Fleet Sea Sailor of the Year winner from that competition will be meritoriously advanced to chief petty officer, while the Atlantic Fleet Shore Sailor of the Year winner will enter the Chief of Naval Operations competition in Washington, D.C.

The 2013 SUBLANT Junior Sea Sailor of the Year was Petty Officer Second Class Gregory A. Heruth, and the 2013 SUBLANT Junior Shore Sailor of the Year was Petty Officer Second Class Jimmy L. Gee.

When nominated, Heruth was a submarine-qualified machinist's mate who was assigned to the Ohio-class guided-missile submarine USS Florida (SSGN 728) (Blue), homeported in Kings Bay.

Since his nomination, Heruth transferred to the Center for Security Force Learning Site, Yokosuka, Japan, and was unable to attend the ceremony.

Born in Virginia Beach, Va., the 25-year-old Heruth is a 2006 graduate of West Springfield High School in Springfield, Va., and joined the Navy in July 2007. He was also the Commander, Submarine Group Ten Junior Sea Sailor of the Year, headquartered in Kings Bay.

Gee is a submarine-qualified machinist's mate assigned to the TRIDENT Refit Facility in Kings Bay.

A native of Oklahoma City, he is a graduate of Davis High School in Davis, Okla., and joined the Navy in January 2007.

Force Master Chief Wesley Koshoffer, SUBLANT Force Master Chief, said he was impressed with this special group of enlisted submariners.

"Anyone who has concerns about the current generation and their ability to serve in the military or guide us in the future, needs to spend some time around our Sailors," Koshoffer said. "I am honored to serve alongside them and inspired by their incredible performance. These Sailors are superstars at their commands who continually strive to improve themselves and everyone around them. Their impact goes beyond the Navy ... they contribute in their communities. To say I am proud is an understatement. They motivate me. I sleep well at night knowing that they are on watch."

The other candidates for Senior Sea Sailor of the year were Petty Officer First Class Avery Farrish, a submarine-qualified electrician's mate assigned to the Ohio-class guided-missile submarine USS Florida (SSGN 728) (Gold), homeported in Kings Bay, and Petty Officer First Class Michael Nickel, a submarine-qualified machinist's mate from the Virginia-class attack submarine USS California (SSN 781), home ported in Groton, Conn.

Petty Officer First Class Ryan Hamilton, a submarine-qualified fire control technician assigned to the Navy Submarine Torpedo Facility, Yorktown, Va., and Petty Officer First Class Anthony Madrid, a surface warfare and expeditionary warfare-qualified interior communications electrician assigned to the Regional Support Group in Groton, Conn., were the other finalists for Senior Shore Sailor of the Year.

The other candidates for Junior Sea Sailor of the Year were Petty Officer Second Class Kyle Liggett, a submarine-qualified sonar technician (submarines) currently assigned to the Los Angeles-class attack submarine USS Alexandria (SSN 757), home ported in Groton, Conn., and Petty Officer Second Class Jared Fouke, a submarine-qualified machinist's mate from the Pre-Commissioning Unit John Warner, a Virginia-class attack submarine being built in Newport News, Va.

Finalists for Junior Shore Sailor of the Year were Petty Officer Second Class Scott Burgess, a submarine-qualified logistics technician assigned to the headquarters staff at Commander, Submarine Group Two in Groton, Conn., and Petty Officer Second Class Amber Miller, an information dominance warfare-qualified information systems technician assigned to the staff of Commander, Submarine Force Atlantic in Norfolk, Va.

## Budget

From Page 1

duce manning gaps at sea and improve the sea-to-shore flow of personnel.

The Navy has also requested \$38.4 billion for ship, aircraft, weapons and other procurement for programs including Littoral Combat Ship, P-8A Poseidon aircraft, Virginia class submarines and the Mk-48 heavy weight torpedo.

Research and development priorities include the Ohio-class re-

placement submarine, next generation jammer and Unmanned Carrier Launched Airborne Surveillance and Strike, as well as developing electromagnetic spectrum and cyber capabilities.

The Navy FY15 budget is a \$15 billion decrease from the level forecast in last year's budget submission and is a \$38 billion reduction over the Future Year Defense Plan from the FY14 Presidential Budget.

"We're confident this budget makes the right choices where needed," Lescher said.

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# Kings Bay Youth Center's Mardi Gras



Jamie Ware and Joaquin Newbold are ready for the parade.

Photos by  
EMI Mark  
Treen



Anthony Wagner enjoys any occasion to toot his own horn. This was one of those times!



Tammy Moore parades with Joshua Sander, left, and her granddaughter, Anaysiah Seymour.

## First parade a beginning

By Laura Jefferson  
Special to The Periscope

In celebration of Fat Tuesday, or Mardi Gras, the Child Development and Youth Centers came together to provide a festival for their students.

On Tuesday, March 4, staff, students and parents braved the frigid wind and overcast skies to flaunt their purple, green and gold colors.

Child and Youth Program Director Candice Dugan said the parade gave teachers the opportunity for

their students to work together in celebration. Teamwork was evident as children proudly walked side-by-side with their classmates as they waved their Mardi Gras crafts.

"The children had a great time," said Sharon Grant, Youth Center director. "They enjoyed making floats, masks and throwing beads to family and friends."

Though a humble beginning, Dugan said she hopes the Mardi Gras Festival will be an annual event that will grow with parent involvement, base participation, music and bigger floats.



Jathan Simmons and Bradley Parrado take part.



Preschoolers enjoyed dressing up as royalty.



Demetrius Johnson sports beads.



Teacher Kadee Brodie wore a mask.



A student's hand-made mask.



# Students visit Kings Bay

In *Big Blue*, the primary EOD response truck, EODC Kyle Chander shows St. Marys Middle School students the remote display and controls for a large bomb disposal robot. The student in the display just realized a 200-pound robot is headed at him.

The students eventually tried splitting the roles. One uses the Heads Up Display, and one controls the robot.



EODCS Jeremy Baker explains the use of robots to investigate and disarm harmful explosives.



Jeff Unger and his classmates also got a chance to shoot modified training firearms in the Indoor Simulated Marksmanship Trainer at Trident Training Facility.



Danielle DeHarne controls a robot. The class got a chance to see how technology can help people and be fun.

EOD1 Matthew Demmer showed examples of dangerous explosives the EOD teams deals with.



EODCS Jeremy Baker helps Andrew Wall put on a bomb suit.



Photos by EMI Mark Treen

Students and staff at the Bancroft Memorial before their tour with MA1 Hunter McKay, MASNs Alisa Andrews and Gabriel Contreras.

# Navy celebrates Women's History Month

From Chief of Naval Personnel  
Public Affairs

The Navy joins the nation in celebrating Women's History Month during March.

Currently more than 59,000 active duty women and more than 9,000 Reserve women serve in the Navy.

Making up 18 percent of the Total Force, women make numerous contributions to our Navy's mission and readiness.

Additionally, more than 54,000 women serve in a wide range of specialties as Navy civilians.

Women leading in the Navy Total Force include: 32 active and Reserve flag officers, 69 Senior Executive Service members, 48 command master chiefs, and three command senior chiefs.

In 1908, Congress established the U.S. Navy Nurse Corps.

The first 20 Navy nurses were women, who became known as the *Sacred Twenty*. As one of the *Sacred Twenty*, Lenah S. Higbee was one of the first women to serve formally as a member of the Navy.

In 1909, Higbee was promoted to Chief Nurse at Norfolk Naval Hospital, and in 1911 she became the Superintendent of the Navy Nurse Corps, serving throughout the duration of World War I.

The Navy recognized Higbee's distinguished service as Superintendent of the Navy Nurse Corps, awarding her the Navy Cross for service in the line of her profession and unusual and conspicuous devotion to duty.

In 1944, the Navy com-



Naval History and Heritage Command

The first 20 Navy Nurses at the Naval Hospital, Washington, D.C., in October 1908. Lenah Higbee is in the front row at right.



Higbee



Hancock



Der-Vartanian



Iskra

memorated Higbee's naval service, naming a ship in her honor. USS Higbee (DD 806) was the first combatant ship to be named after a woman.

The Navy's first enlisted women, more commonly known as yeomen or yeomanettes, provided clerical support during World War I.

Capt. Joy Bright Hancock initially enlisted as a yeoman, serving until the end of World War I, by which time she had risen to the rank of chief petty

officer.

In 1942, during World War II, she was commissioned as a lieutenant in the Women Accepted for Volunteer Emergency Service program. Hancock rose to the rank of captain and led the WAVES through the 1940s and 1950s, facilitating the addition of women as a permanent part of the Navy.

Master Chief Yeoman Anna Der-Vartanian entered the Navy through the WAVES. She was not only the first woman to hold

the rank of master chief in the Navy, but also across all armed services.

Reflecting on her service, Der-Vartanian noted that most of the personnel she led treated her with respect and professionalism. The few exceptions where her authority was challenged, she maintained her professionalism with the saying, "Fall in and pipe down!"

Upon her retirement after 21 years of naval ser-

See Navy, Page 7



Naval History and Heritage Command

Marine Capt. Vernice Armour earned her wings in 2001 and was the first female African American combat pilot in the military in Operation Iraqi Freedom.

## Female roles in Corps continue to expand

By Carolyn Lee

Marine Corps Base Hawaii

From the very first woman Marine to her modern-day sisters, each has contributed to the Marine Corps' readiness to be "first to fight."

It is said that on the night of Oct. 12, 1942, when Gen. Thomas Holcomb, 17th commandant of the Marine Corps, announced a decision to allow women into the Corps during a farewell party at the Marine Barracks in Washington, D.C., the portrait of Brig. Gen. Archibald Henderson, fifth commandant of the Corps, crashed from the wall onto the buffet.

Despite the late general's apparent protest and opposition from other Marines at the time, the Corps officially opened to women Feb. 13, 1943. The Corps recruited its earliest female members in response to wartime needs to deploy men overseas from their clerical positions at military headquarters and offices.

"Be a Marine ... free a Marine to fight," trumpeted posters during World War II, a recruiting strategy that echoed the Corps' first campaign for women, launched in the summer of 1918 when the Corps faced ever-mounting demands to dispatch more Marines to the front lines in France during World War I.

Opha Mae Johnson, who had been working as a civilian employee at the Corps' headquarters in Washington, D.C., became the first woman Marine on Aug. 13, 1918, the first day of sign-ups for women.

From among thousands of applicants, the Corps searched for exceptional clerical and office skills, out-

See Marines, Page 7

## Coast Guard woman on station in 1859

By PO2 Walter Shinn

From Coast Guard Compass

The origin of Women's History Month as a national celebration began nearly 120 years before the first Hispanic-American woman served in the Coast Guard and its predecessor services.

Maria Mestre de los Dolores Andreu assumed the watch as the lighthouse keeper at the St. Augustine Lighthouse after her husband, Juan, passed away in 1859.

With a yearly salary of \$400 she not only became the first Hispanic-American woman to serve in the Coast Guard but also to command a federal shore installation.

Lighthouse keepers helped ensure a looming light on the horizon would be seen by sailors making them aware of a port or hazard to navigation. Lighthouse along shorelines emitted light to mariners warning them of a potential hazard or port while navigating a relentless and sometimes unforgiving sea in the 19th century was vital lifeline in maintaining safety at sea.

Lighthouses were not new in 1859 although the service was then called the Lighthouse Service.

The history of the lighthouses began nearly 450 years ago when Don Pedro Menendez claimed Florida as part of Spain in 1565.

Over time many lighthouses were built along the east coast of Florida. They were initially built for lookout stations and warning signal alerting mariners a sandy shoal was nearby.

The lighthouses gradually transformed into beacons specifically for marine traffic.

A keeper's responsibility was a difficult job as many of the lighthouses were in isolated locations. Because of the difficulty of the job, keepers of lighthouses held the highest respect with their local community and government.

"The best keepers are found to be old sailors, who are accustomed to watch at night, who are more likely to turn out in a driving snow storm and find their way to the light-house to trim their lamps," said Isaiah William Penn Lewis, engineer to the U.S. Light-house Survey. "Because in such weather they know by experience the value of a light, while on similar occasions the landsman keeper would be apt to consider such weather as the best excuse for remaining snug in bed."

The responsibilities of a lighthouse keeper were so significant in the early 19th century only the president of the United States could appoint and dismiss keepers.

Keepers were commonly men; however, they often took the initiative to hire

an assistant. It wasn't unusual for keepers to have other jobs enabling them to make more money while leaving some responsibilities of lighthouse keeping to their wife or children.

Andreu received her experience as a result from assisting her husband who was the first Hispanic American to serve in the Coast Guard and its predecessor services.

She took over in 1859 as keeper of the lighthouse and likely knew of the difficult tasks she was now responsible for after years of learning from her husband.

The responsibilities and duties for a lighthouse keeper were not for the light-hearted.

Supplies for maintenance of the light were sent by the government regularly, but food wasn't. This required the keepers to not only maintain the light but also to grow their own food and hunt.

While keepers had to maintain their own sustainable food supply they also had to ensure the light was continuously lit the throughout night. Additionally, children who lived on the property needed to be educated. This all took place on an 18-mile long island which wasn't easily accessible at the time.

Not only did lighthouse keepers have to take care of their families but also for mariners in distress. The effort to reach out to mariners in need of help became rooted into the service's daily responsibilities.

"Civility should be enjoined as a duty to strangers wishing to examine the Lights, and, in case of shipwrecks near, every practical effort required to be made to render reasonable and efficient relief, and all due vigilance exercised to detect and expose every breach of the revenue laws in his neighborhood," said Secretary of the Treasury Levi Woodbury in 1835.

Rendering relief to those in need became second nature to keepers of lighthouses standing the watch continuously.

Andreu stood the watch as keeper of the St. Augustine Lighthouse for three years. In 1862, the Civil War started and the light was extinguished fearing it would aid the Union Navy. The light was dimmed and Andreu moved away from the lighthouse but remained in the region.

"Maria Andreu's leadership and perseverance as keeper of the lighthouse inspired generations of women to shine as female employees within federal service through her beacon of light," said retired Lt. Cmdr. Marilyn Dykman, the first Hispanic American woman to pilot a Coast Guard aircraft. "Andreu opened the doors for women in the Coast Guard like myself and will carry over throughout many generations to come."

Maria Andreu set the pace for not just for women serving in the Coast Guard



Photo courtesy of St. Augustine Historical Society

The first St. Augustine Lighthouse was built in 1700 and aided mariners for 162 years. Maria Mestre de los Dolores Andreu assumed the watch there in 1859 to become the first Hispanic-American woman to serve in the Coast Guard and to command a federal shore installation.

but also for Hispanics.

Today, Hispanic-Americans make up approximately 11 percent of the total service. Women in the Coast Guard continue honoring the service just as Andreu

did 130 years ago.

The legacy of Andreu's courage continues into future generations of women serving in the Coast Guard just as it has over the previous 220 years.

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# Training goes on Internet

By Ed Barker

Naval Education and Training  
Command Public Affairs

Delivering on its goal of providing access to Navy training anytime, anywhere, the Navy Education and Training Command and the Sea Warrior Program Office announced Feb. 13 the availability of direct Internet access to Navy e-Learning content.

"Most Navy Learners were previously accessing NeL through Navy Knowledge Online," said Hank Reeves, NeL project director. "That was a multi-step process that is now significantly streamlined with the ability to access courses directly, without going through NKO."

Using the direct NeL link of <https://www.aas>

prod.nel.training.navy.mil will take you directly to the 'My Learning' and 'Course Catalog' tabs of the NeL learning management system after login.

"Going directly to NeL will make searching for their desired content much easier," said Brenda McCreary, NKO service desk manager. "If you enter through NKO and use the NKO search engine looking for courses, you may get numerous returns that aren't very helpful. Going directly to NeL lets you use their search engine and that gets you strictly learning-related returns, streamlining finding the course you are looking for."

Although direct access to NeL is available through the Internet, a

Common Access Card is still required for NeL login. Courses on NeL have been standardized to run using the Internet Explorer browser.

"Many of our courses take advantage of the latest in multi-media content to improve the learning experience," Reeves added. "In order to ensure compatibility with these courses, NeL provides configuration guides for many of the latest versions of IE. NeL also provides a plug-in analyzer to help customers confirm they are able to access and run the multi-media content, and both of these services are on one page. To access them, customers may simply click on the 'Browser Configu-

See e-Learn, Page 12

## Navy

From Page 6

vice, Der-Vartanian continued serving her country by joining the Central Intelligence Agency.

Darlene Iskra was one of the first female line officers to graduate from the Naval School of Diving and Salvage in Washington, D.C.

Looking back, Iskra said, "Dive school was the most physically challenging thing I had ever done to that point in my life. Had it not been for the support of my fellow classmates, especially my roommate and diving partner [present day] Rear Adm. Martha Herb, I would have probably quit."

As a lieutenant commander, Darlene Iskra became the first Navy woman to command a ship when she assumed command of USS Opportune

(ARS 41) in 1990.

Iskra took her ship, a Bolster-class rescue and salvage ship, to patrol the Suez Canal during Operation Desert Storm, ensuring the canal remained clear for commerce.

Reflecting upon her time as the first female commanding officer of a naval ship, she now understands that being a trailblazer means opening new ground for others to follow and that sometimes there are hazards along the way.

Iskra retired in 2000 as a commander, with 21 years of service.

Most recently, Vice Adm. Michelle Howard was nominated for appointment to the rank of admiral and assignment as vice chief of naval operations. She made history as the Navy's first female four-star admiral, and first African-American and first woman to serve as the vice chief.

The character, courage, and commitment shown

by Higbee, Hancock, Der-Vartanian, Iskra, and Howard paved the way for women serving in the contemporary Navy.

Today, women in the Navy, both officer and enlisted, hold leadership positions aboard warships, of carrier air wings and squadrons, recruiting districts, training stations, and shipyards.

As we continue to progress forward, previously closed billets will open to women and the Navy will continue to witness women making history and new "firsts."

Commands are strongly encouraged to increase their knowledge and awareness of the contributions of women to our Navy and nation by celebrating the National Women's History Month theme, *Celebrating Women of Character, Courage, and Commitment*, through programs, exhibits, publications, and participation in military and community events.



Marine Corps photo by Sgt. Tyler Main

Pfc. Christina Fuentes Montenegro prepares to hike to her platoon's defensive position during patrol week of Infantry Training Battalion near Camp Geiger, N.C. Fuentes Montenegro is one of the first three females to ever graduate from Infantry Training Battalion.

## Marines

From Page 6

standing character and a neat appearance. "The few and the proud," to allude to the Marines' current marketing slogan, numbered just 305 women, who were enrolled as reserve Marines.

"Something kept sticking in my throat all the time" as newly minted Pvt. Martha L. Wilchinski was being sworn in, she wrote in a letter to her boyfriend, who was fighting in France. "I don't know whether it was my heart or my liver. I had to swallow it several times before I could say, 'I do.'"

"I can't sign myself as affectionately as I used to, Bill," she said in closing. "You understand, I'm a soldier now and you wouldn't want me doing anything that wasn't in the (Marine Corps) Manual. Yours till the cows come home."

Difficult situations sometimes arose in interactions with male Ma-

rines. "The other day the lieutenant and I were waiting to go down in the elevator," Wilchinski said in another letter to Bill. "Now here's the question. If I am a lady and he's a gentleman, I go in first. If he's an officer and I'm a corporal, he goes in first. It all depends on how you look at it. I didn't know how he'd take it, so I thought I'd wait and see what he'd do ... Then he stepped forward and I stepped back. Then he stepped back and I stepped forward. Then we both stepped back. I was getting pretty dizzy by that time. I guess he was too. Then we both squeezed in at the same time. I guess that's what they mean by military tactics."

Johnson, America's first woman Marine, served as a clerk in the Quartermaster General's Office, rising to sergeant in three months by the time the war ended Nov. 11, 1918. She and the other women reserve Marines were ordered to inactive status.

They got the same benefits as male veterans of the war, including a \$60 bonus upon discharge

and the right to a military burial in Arlington National Cemetery in Virginia. In the decades since Johnson became the first woman Marine, the Corps has opened up more and more jobs to females.

Once limited to clerical work, women can now serve in the Corps as air crew and in armory, artillery and infantry.

Last year, then-Defense Secretary Leon E. Panetta announced that women in the military would no longer be banned from roles in direct ground combat. All branches are evaluating performance standards and developing plans to carry out this decision. "I fundamentally believe that our military is more effective when success is based solely on ability, qualifications and on performance," Panetta said. "Not everyone is going to be able to be a combat soldier. But everyone is entitled to a chance. By committing ourselves to that principle, we are renewing our commitment to American values our service members fight and die to defend."

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# Up eriscope with Bill Wesselhoff

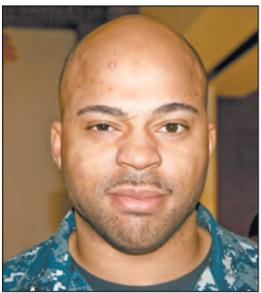


## Which super hero would you like to be?

I'd like to be The Thing, because I love saying, "It's clobberin' time!" To me that trumps "This is a job for Superman!" or "Avengers, Assemble!" But more than

any super hero, I wanted to be Perry "Great Ceasar's Ghost" White or J.J. Jameson. How great would it be to be the publisher of a major metropolitan newspaper

back in the day. You know why super heroes worked at newspapers? Because before CNN, the Internet and Twitter, it's where you found out what was happening.



**MA1 Dante Johnson**  
NSB Kings Bay  
Cleveland  
"The Incredible Hulk, because he's big and he's strong."



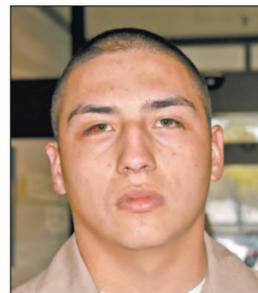
**Paula Stoner**  
Retired Navy  
Merrick, N.Y.  
"I've been Super Woman my whole life."



**Pfc. Roger Santiago**  
Security Force Battalion  
Stroudsburg, Pa.  
"The Flash, because he's so fast. He can travel the world in like 2 seconds."



**ETSN Soren Jessen**  
USS Alabama Gold  
Dwight, Ill.  
"Martian Manhunter. He's smart and his ability to shape shift and go through things like a ghost is amusing."



**MASA Rioval Rodriguez**  
Security Force Battalion  
Nixon, Texas  
"Captain America. He's in the military and does a lot for all the citizens of the world."



**ET2 Robert Daugherty**  
Naval Submarine  
Support Center  
Bowling Green, Ky.  
"The Flash. It would be like, 'Honey, bring in the laundry' and swoosh. Done."

### Fashionable footwear

Sailors from the USS Georgia (SSBN 729) (Blue) put their best foot forward Saturday morning during the St. Marys Mardi Gras Parade to march against domestic violence. All of the proceeds from *Real Men Wear Heels* participants supports Domestic Violence Awareness in Camden County and the violence shelter Camden House. Also wearing red women's shoes for the cause were members of the Coast Guard Maritime Safety and Security Team, the USS West Virginia (SSBN 736), USS Alaska (SSBN 732), NSB Kings Bay Security, Strategic Weapons Facility Atlantic and the Kings Bay Branch Health Clinic.

Navy photo by EM1 Mark Treen



## Navy aides search

By Jim Garamone  
American Forces Press Service

The United States continues to assist the Malaysian government in the search for Malaysian Airlines Flight 370, which disappeared the night of March 8 during a flight from Kuala Lumpur, Malaysia, to Beijing.

The USS Pinckney and USS Kidd, both Arleigh Burke-class destroyers, are on station in the Gulf

See Search, Page 12

## Trees picked for ship repairs

By Bill Couch  
Naval Facilities Engineering  
Command Midwest Public Affairs

Navy foresters and contractors from Naval Facilities Engineering Command Midwest's Public Works Department Crane began harvesting specially designated trees at Naval Support Activity Crane Feb. 20 and 21 in preparation for the next planned dry-docking repair of USS Constitution, the world's oldest commissioned warship afloat.

PWD Crane forestry program manager Trent Osmon oversaw the cutting



Navy photo by Bill Couch

Workmen and Cmdr. James Stewart, commanding officer of Naval Support Activity Crane, assess a white oak tree set aside for future use in repairing USS Constitution.

down of 35 of the nearly 150 GPS-located mature white oaks set aside for future use by Constitution. "Everything went smoothly," said Osmon, who manages the base's 53,000 acres of forest. "We have a limited window each year to harvest

timber here because of weather conditions and also because Crane's forest is a home for the endangered Indiana Bat." The trees will be moved to a covered storage area on base, where they will remain until needed.

The dry-docking and

repair is planned for 2014 through 2018, and now was the time to begin the process of harvesting, milling and shaping the special wood to match Old Ironsides' original white oak.

See Tree, Page 10

## Pay to increase for ship service

By Chief of Naval Personnel, Public Affairs

Secretary of the Navy Ray Mabus announced March 4 an increase in Career Sea Pay and Career Sea Pay Premium for eligible Sailors and Marines serving aboard ships whose primary mission is conducted at sea.

"Those Sailors and Marines on sea duty, deployed away from home around the world, are the backbone of the Navy and Marine Corps, and enable us to provide and maintain our global presence," said Mabus. "This change to Career Sea Pay will both improve critical sea-duty manning and reward those who take these challenging sea-going assignments. This increase is long overdue and is meant to reward our Sailors and Marines for their continued sacrifices as part of 'America's Away Team.'"

CSP and CSP-P are funds earned by Sailors and Marines on top of their base pay, to compensate them for time at sea. CSP rates are based upon a member's pay grade and cumulative years of sea duty.

CSP-P is an additional incentive for members who exceed 36 consecutive months at sea.

By law, CSP and CSP-P may not exceed \$750 and \$350 respectively.

See Pay, Page 10



Mabus

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# Mount Vernon slave quarters reconstructed

By Lance Cpl. Sarah A. Luna  
Marine Corps Base Quantico

The unfailing contributions of those enslaved in the United States more than 154 years ago were commemorated at Mount Vernon during the month of February to honor of black history month.

The Mount Vernon Ladies' Association of the Union was founded in 1853 by Ann Pamela Cunningham, she gathered 11 other women and they took over George Washington's mansion in 1860 which later became known as George Washington's Mount Vernon, home of the first president of the United States just 25 miles from Marine Corps Base Quantico.

George Washington was born into a slave-holding society. Although his thoughts about slavery changed as he grew older, "his Mount Vernon" consisted of 318 enslaved people at the time of his death in 1799.

"For the most part, Mount Vernon was run by the slave community," said Maria Morgan, history in-

terpreter for GWMV.

Slaves had jobs from cooking, blacksmithing, making hats, overseeing and more.

Their work days were from sun up to sun down. In the summer, work days could last up to 14 hours.

Beth Hosier, a history interpreter for GWMV, said that Washington was up before the sun rose and felt, that if he was up, there was no reason his workers shouldn't be.

Washington's home was known for the great hospitality guests would receive. In Virginia, it was a known custom to accept all guests without asking questions. It was even inappropriate to ask how long a guest would be staying.

The longest a guest is known to have stayed at the Washington's mansion is 11 months.

"They're taking care of the guests in the house," said Morgan. "Twelve household slaves were used to keep that place in running order and make that hospitality for which they were so famous, possible."

Despite the hard work that slaves devoted to the



Marine Corps photo by Lance Cpl. Sarah Luna

**A reconstruction of woman's slave quarters at George Washington's Mount Vernon. Women raised their children in these quarters.**

Washington mansion, their living conditions weren't ideal.

Up to 90 people, including children, occupied the slave quarters.

The quarters were no bigger than half of a basketball gym.

Morgan said there was a point when Washington had to raise the amount of food he would give to his slaves due to them finishing their weekly portions by Wednesday and complaining that it wasn't enough.

They were given five fish and a peck of cornmeal each week before he raised their portions.

Some of the innovations that Washington introduced were ideas that came from the actions or ideas of his slaves; such as, Washington's 16-sided barn.

"These human beings contributed so heavily, not only the success of Mount Vernon, but this country," said Jonathan Wood, an actor who plays the role of Washington's personal

servant at GWMV.

Visit George Washington's Mount Vernon any day of the week from 9 a.m. to 4 p.m. The closing

time will change to 5 p.m. in March.

The active duty admissions fee is \$14 with military identification.

## Nuclear

From Page 1

she said. "They're about identifying, assessing, and correcting any systemic deficiencies that we may uncover and in applying the best practices for carrying out our nuclear mission across the nuclear force."

Bunn also said the recently released 2014 Quadrennial Defense Review makes clear the key role of nuclear forces in the DOD strategy.

"It ... supports our ability to project power by communicating to potential nuclear-armed adversaries that they cannot escalate their way out of failed conventional aggression," Bunn said.

The department's budget request for fiscal year 2015 supports DOD's nuclear policy goals as laid out in the 2010 nuclear posture review, in the president's June 2013 nuclear employment strategy, and in the 2014 QDR. Pentagon officials will continue to ensure that administrations have suitable options for deterring, responding to and managing a

diverse range of situations, including regional deterrence challenges.

"We continue to work closely with our allies, some of whom live in very dangerous neighborhoods, to ensure continuing confidence in our shared national security goals, including assurance of our extended nuclear deterrence commitments," she told the Senate panel.

Critical to maintaining a safe, secure and effective force is the preservation of the nuclear triad: strategic bombers, intercontinental ballistic missiles and submarine-launched ballistic missiles, Bunn said.

## Tree

From Page 9

Repairs will be done at Naval History and Heritage Command's Boston Detachment, known as the Charlestown Navy Yard, a 213-year old former Navy shipyard, now part of Boston National Historical Park, which maintains Constitution.

Crane's white oak trees will be used to replace deteriorated hull planking and supporting structures called "knees" on Old Ironsides, which was built in 1797 and was previously brought into dry dock for major repairs in 1991.

Constitution earned

the nickname "Old Ironsides" while engaging British ships during the War of 1812. British sailors observed cannon balls bouncing off Constitution's hull and exclaimed her sides must have been made of iron.

Even after more than 200 years, around 12 percent of Constitution's wood is original. According to the ship's caretakers in Boston, the keel, the bottom frames, and the bottom 13 planks of the hull have never had to be replaced.

According to Osmon's research, white oak trees at Crane were first approved to be set aside in November 1973, following work on Constitution with lumber purchased from

the private sector, which proved to be very expensive, as white oak of that size is very valuable.

"White oak is one of the more sought-after timber species for its attractive grain and color, and is mainly used nowadays for veneers," said PWD Crane forester Rhett Steele.

A grove of trees at Crane was officially named "Constitution Grove" May 8, 1976, during the United States' bicentennial. This small ceremonial area of trees includes a few white oaks and provides visitors a representation of the base's widely dispersed inventory of the species.

Osmon said that Crane and NAVFAC have continued to support the ship over the years, including

for its bicentennial.

"In preparation for the ship's 200th birthday in 1997, the ship was brought into dry dock for repairs in 1991," said Osmon. "When they brought her up, she was in need of more work than originally thought, so Crane was contacted to see if any timber could be provided. Then-forester Terry Hobson located all the suitable white oak trees scattered throughout the base and chose the very best to send."

"We're very proud to be part of this," said Cmdr. James Stewart, commanding officer of NSA Crane. "The ship is such a big deal, such an important part of the Navy's heritage, and Crane is very proud to have this tie to Constitution."

## Pay

From Page 9

All pay grades with at least three years of cumulative sea duty will receive a 25 percent increase in regular CSP, while service members who exceed 36 months of consecutive sea duty will receive an increase in CSP-P from \$100 to \$200 per month.

Consistent with current policy, in lieu of receiving CSP-P, Sailors and Marines

in grades E5-E9 with eight years of cumulative sea duty receive a higher CSP rate, equivalent to receiving CSP-P whenever assigned to a ship regardless of consecutive sea time. This is the first increase of CSP and CSP-P since 2001. Approximately 100,000 Sailors receive CSP and approximately 13,000 receive CSP-P; this special pay increase is expected to cost \$66 million per year.

It is expected that the new CSP and CSP-P rates will take effect early this summer. An announcement on the exact date is forthcoming.

## SUBMARINE BALL GOLF TOURNAMENT

**Prizes!**

**BBQ lunch provided by**

**March 21<sup>st</sup>**  
**TRIDENT Lakes**

**POC:** MT1 (SS) Schumacher  
adam.j.schumacher@navy.mil  
912-573-3380

**Format:** 4 person teams (Captains choice)  
2 flights (08:30 & 13:00)  
WACKY side games

**Cost:** \$40.00 per participant

To register contact TRIDENT Lakes  
at: (912)573-8475 or the POC!

## PROPER FITNESS CENTER ATTIRE

**Excellent!**

**Awe, man!**

**YES!**

**FOOTWEAR**

- Socks
- Appropriate athletic shoes (tennis, running, court, cross-training)

**BOTTOMS**

- Shorts longer than finger-tip length when arms are straight along side of body

**TOPS**

- Un-modified T-shirts, sweatshirts or tank tops
- Underclothing (workout gear with built-in under clothes are ok)

• Proper hygiene  
• Limited use of perfume/cologne

NOTE:  
Approved, Command-issued (military) IR gear is allowed by those authorized to wear it.

**NAVY**  
Fitness

**NO!**

**FOOTWEAR**

- Bare feet
- Flip flops
- Sandals
- Open-toe shoes
- Clogs/clogs

**BOTTOMS**

- Saggy pants
- Jeans
- Khaki or canvas pants
- Exposed gluteus muscles
- Shorts shorter than finger-tip length when arms are straight along side of body

**TOPS**

- Clothing with rivets
- A-shirts
- Exposed chest/nipple area

• Sauna Suit  
• Heavy perfume or cologne  
• Body odor

Fitness Center staff has final discretion on appropriate attire. Thank you for your cooperation.

# Morale, Welfare and Recreation happenings



Morale, Welfare and Recreation's Shamrock The House will be celebrated March 13 at Finnegan's Irish Pub on board Naval Submarine Base Kings Bay.

Navy photo

## St. Pat's party March 13

*Shamrock The House* is 4 to 9 p.m., Thursday, March 13 at Finnegan's Irish Pub. Morale, Welfare and Recreation is celebrating St. Patrick's Day in style. Live music by *Spade McQuade* is from 4 to 6 p.m., then *Milltown Road* is performing from 6 to 9 p.m. A photo booth, a mechanical bull, free food supplied by O'Briens, prizes, giveaways, T-shirts and more are offered. For more details, call (912) 573-9492.

### Liberty call

■ **24th Annual Southeast Military Travel Fair and Expo** — It's coming 10 a.m. to 1 p.m., Friday, March 14 inside Bldg. 1039. Complimentary food samples by US Foods, more than 70 dis-

plays and vendors, give-a-ways and lots of door prizes including a Kindle Fire HDX 8.9-inch, iPad Mini and grand prize of a PS4. You need not be present to win. MWR employees and their family members are not eligible to enter drawings. For more information, call (912) 573-4564.

■ **Intramural Spring Softball League** — Registration is now open for the Spring Softball League. A captain's meeting will be held at 5 p.m., March 19 in the Fitness Complex classroom. Play begins March 24 for Men's and Co-ed teams. For more information, stop in or call IM Sports at (912) 409-1611.

■ **Lifeguard Training Course**

— Registration is now being accepted for this course, held 8 a.m. to 4 p.m. daily, March 31 to April 4, at the Fitness Complex Pool. The deadline to register is March 28, however, class is limited to the first 20 to pre-pay and register. Cost is \$175 and class is restricted to ages 15 years and up. Participants must be 15 years old by April 4. Payment is due at registration. Bring your lunch, towel, goggles, swimsuit, sunscreen and bug spray. All candidates must pass the pre-test given on Monday, March 31, in order to continue the course. For further information, call (912) 573-3001 or (912) 573-3990.

■ **The Spring Adventure Festival Driathlon** — It starts at 10 a.m. Saturday, March 22 at Etowah Park and ends at Lake

## Over the Hedge shown

### Just for kids

Free Movies for the Kids Weekend movies for March are *Over the Hedge* March 15 and 16, *Percy Jackson: Sea of Monsters* March 22 and 23, *Escape from Planet Earth* March 29 and 30 and *The Smurfs 2* Monday, March 31. Movies are at 1 p.m., every Saturday and Sunday and during school breaks or holidays. Movie schedule is listed in Facebook under the events tab on mwrkingsbay page. All

youth under 18 years old 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.

D Fun, including orienteering, running, biking and paddling. Register at the Fitness Complex, cost is \$15 for each team of two, which includes t-shirts. All two-person teams must complete all events together. All bike types are welcome. The event is limited to 15 teams per wave. After, join in the fun at Lake D with the festival in full swing from 10 a.m. to 2 p.m. with lots of fun things to do, including a zipline, halo jumper, rock wall, obstacle inflatable, kids fishing, geocaching and more. Food will be available for purchase. Call Navy Adventures Unleashed for more details at (912) 573-8972.

■ **Fitness Attire** — To provide an atmosphere that is healthy, clean and family friendly, NSB Kings Bay has elected to adopt a dress code for patrons using the Fitness Center. This dress code has been approved and is supported by the NSB Kings Bay Command. It is the same dress code being used at some of the other bases across the Navy and at CNIC. We would ask that all patrons abide by the new regulations beginning March 10.

■ **Triplex is coming** — The re-branding of Building 1039 is almost complete and could be up and running as early as May 1. MWR is looking forward to this exciting new venture and is certain that you, the patron, will enjoy the easy accessible and user-friendly areas. MWR appreciates

your patience and understanding during this process.

■ **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.

### Intramural Sports

#### Winter Basketball

- 1, West Virginia (Champion)
- 2, Gunz Blazin (Runner-Up)
- 3, USS Alaska

#### 7x7 Soccer League

Team	W	L	T
1, MFPUGC	4	0	0
2t, Kings Bay United	2	1	0
2t, USS Florida Gold	2	1	0
2t, Turf Toe	2	0	0
5t, Danger Zone	1	1	0
5t, Trident Training	1	1	1
7t, Black Sails	1	2	0
7t, The Agency	1	2	0
9t, TRF FC	1	3	0
9t, Ballbusters	1	3	0
11, Slow Attack	0	1	1
10t, Coast Guard	0	2	0

#### Upcoming

■ Spring Softball registration is open. A captains' meeting is at 5 p.m., in the Fitness Center classroom. Pick up roster sheets now at the Intramural Sports office.

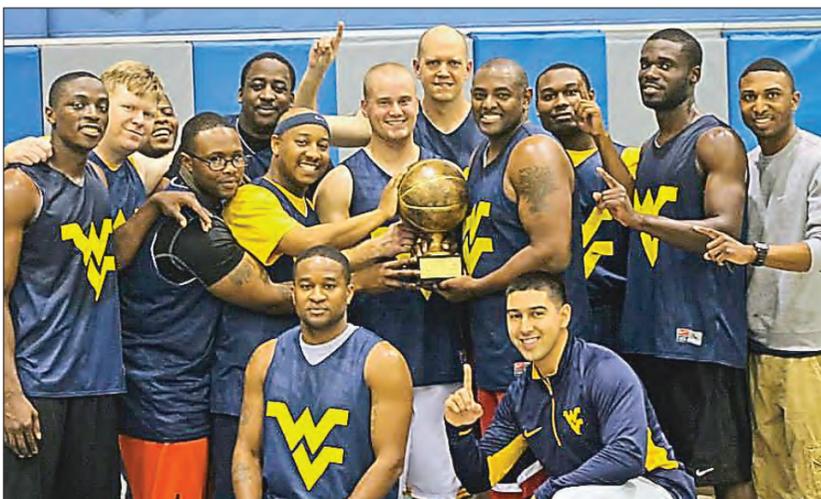


Photo courtesy of MWR Intramural Sports

The USS West Virginia won the championship of the Naval Submarine Base Kings Bay 2014 Winter Basketball League. Gunz Blazin was runnerup.

MARCH THROUGH

# Town

LIKE YOU OWN THE PLACE

Something magical happens here Mondays through Thursdays.

Seats at the bar stay open just for you, and bay-front inns, suddenly, have vacancies.

The sights seem bigger as crowds get smaller.

We call this phenomenon midweek.

And it gets even better with military discounts available at most attractions.

Plan a getaway with midweek lodging up to 30% OFF at [FloridaHistoricCoast.com](http://FloridaHistoricCoast.com) or call 888-731-0720.

## PROPER FITNESS CENTER ATTIRE

Perfect!

YES!

**FOOTWEAR**

- Socks
- Appropriate athletic shoes (tennis, running, court, cross-training)

**BOTTOMS**

- Shorts longer than finger-tip length when arms are straight along side of body

**TOPS**

- Un-modified T-shirts or tank tops
- Underclothing (workout gear with built-in under clothes are ok)
- When standing, tops must meet top of shorts (at least)

• Proper hygiene

• Limited use of perfume/cologne

NOTE: Approved Command issued (military) PT gear is allowed by those authorized to wear it.

NAVY Fitness

Oh, no!

NO!

**FOOTWEAR**

- Bare feet
- Flip flops
- High heels
- Sandals
- Open-toe shoes
- Crocs/clogs

**BOTTOMS**

- Saggy pants
- Jeans
- Khaki or canvas pants
- Bikinis
- Exposed gluteus muscles
- Shorts shorter than finger-tip length when arms are straight along side of body

**TOPS**

- Clothing with rivets
- Modified/homemade T-shirts/tanktops
- Sports bras w/o shirts
- Bikinis
- Exposed cleavage or chest/nipple area

• Sauna Suit

• Heavy perfume or cologne

• Body odor

Fitness Center staff has final discretion on appropriate attire. Thank you for your cooperation.

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They Support You!



# Pirates Cove Galley menus



**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



**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



**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

**Lunch**  
 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

**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

**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  
 Cheese Sauce  
 Sandwich Bar  
 Cold Cut Sandwich

**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.

## 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

## Search

From Page 9

of Thailand conducting search-and-rescue operations, Army Col. Steve Warren, a Pentagon spokesman, told reporters March 10.

The ships are using a "creeping-line" search method, Warren said. The Pinckney investigated a possible debris field yesterday, he added, but it was not the missing aircraft.

Two MH-60R Seahawk helicopters are flying off the ships to aid the search, using forward-looking infra-

red pods to search at night. A P-3 Orion from Kadena Air Base, Japan, also is being employed in the search, Warren said. The Orion, operating in the western search area, brings long-range search, radar and communications capabilities to the efforts. It can loiter about nine hours at a time.

In addition, the USNS John Ericsson, a fleet replenishment oiler, is providing logistics support for the U.S. effort.

American ships are working with ships from Malaysia, China and Singapore in the search effort.

Air traffic controllers lost the signal about two

hours after the Boeing 777-200 airliner took off with 239 people aboard.

Earlier reports of an oil slick in the Gulf of Thailand proved to not be from the aircraft, Malaysian aviation officials in Kuala Lumpur told reporters.

Flight MH370, a Boeing 777-200 aircraft, departed Kuala Lumpur at 12:41 a.m. Saturday local time and was scheduled to land at Beijing International Airport at 6:30am Beijing time. The flight has 227 passengers from 14 nations, mainly China, and 12 crewmembers. Three Americans reportedly were also aboard.

## e-Learn

From Page 7

ration' link, located in the NeL Help section, on the right-hand side of the 'My Learning' page."

NeL is the world's largest learning management system in terms of volume. "Virtually every Sailor,

government civilian and contractor uses NeL to keep current with required General Military Training, including the newly-updated Department of Defense Cyber Awareness Challenge Course," Reeves said. "Last year, the Cyber Awareness Challenge course had more than 232,000 completions, and last year we had more than 4 million comple-

tions for all courses. From the beginning, it was a goal as we implemented our new Learning Management System to offer direct access to our NeL users in addition to access through NKO. Although NKO was designed as a one-stop-shop portal for the lion's share of Navy electronic content, allowing access options for our customers only makes sense."

**Toss away that wheel book!**  
 NAVY 311 is your single point of entry to access the Navy's many help desks, call centers, and service providers.

### 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

### 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

*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**

## NAVY 311 is at your service!

5 reasons to use NAVY 311:

**1** It's for you and your family.



You and your family have fast and free access to a network of worldwide authorized service providers who are dedicated to rapid and complete response.

**2** Get help on any subject, anytime, anywhere.



Got a question while at sea, in port, on duty, or on liberty? Contact NAVY 311 for 24/7 assistance about systems, equipment, facilities, career, IT, medical, logistics, quality of life, and more.

**3** Talk to people who know the Navy.



The NAVY 311 network of authorized service providers is staffed with experienced and knowledgeable subject matter experts, many of whom serve in the U.S. Navy.

**4** Know that certified call center pros handle your request.



The NAVY 311 call center keeps you updated via email and follows up until you're satisfied. Your service request is documented and monitored via modern action reporting software tools and processes.

**5** Be a part of something BIG!



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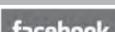
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# Fleet & Family Support Center workshops



## 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, March 17, 24 and 31. 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, March 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.

## SAPR advocate initial training classes set

The command Sexual Assault Prevention and Response point of contact is responsible for coordinating mandated, annual awareness training, maintaining and providing current information on and referral to base and community programs for victims and ensuring the mandated collection and maintenance of sexual assault data per OPNAVINST 1752.1B. Individuals attending the training are appointed by their command and will represent the command in all sexual assault cases. This training is 8 a.m. to 4 p.m. March 17 to 21. Registration is required by calling 573-4512.

## 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. Retirement Transition GPS is 7:30 a.m. to 4 p.m., March 24 to 28. You must be reg-



istered by Command Career Counselor. 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, March 19. Registration is highly recommended, as class is limited to 20 seats. For more information, call 573-4513.

## Capstone transition training scheduled

The purpose of the Capstone event is to evaluate your preparedness to successfully transition from a military to a civilian career and to validate that you have met the Career Readiness Standards. If you need additional assistance you will receive a referral to the appropriate partner agency. The next Capstone event is 8 a.m. to 4 p.m., March 21. Registration by Command Career Counselor required.

For more information call 573-4513.

## Talking Money With Your Honey scheduled

This workshop will provide couples money management skills, understanding budget conflicts and creating a foundation for productive financial communication. This workshop will require both spouses to attend. This training will be 2 to 4 p.m., March 19. Registration is required, 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., March 20. Pre-registration is required. Call 573-4512 for details.

## Anger management seminar March 26

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, March 26. It can help you focus on identifying the feelings anger hides and explore behaviors helpful in resolving primary issues. Pre-registration is required. Call

573-4512 for details.

## 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., March 27. Registration required by calling 573-4513.

## 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 participate 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.

## 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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# 17<sup>TH</sup> Annual Tent Sale Event

## You are invited to a PRE-OWNED VEHICLE SALES EVENT!

**This Thursday, Friday, Saturday,  
and Sunday,  
March 13th - March 16th.**

Regardless of what you owe on your current vehicle and even if you have high lease or loan payments, we will pay it off when we make a deal and send you home in one of our Pre-owned vehicles. All applications will be accepted with the submission of this private invitation.

All used cars, trucks, vans, & sport utilities will be marked with a price on the front windshield. Plus, for this 2014 event, ZERO DOWN PAYMENT may be available for qualified buyers. You will have access to over 14 different finance and lending institutions... you will be able to receive the lowest payment possible for the vehicle of your choice. These prices can be thousands less than the listed price.

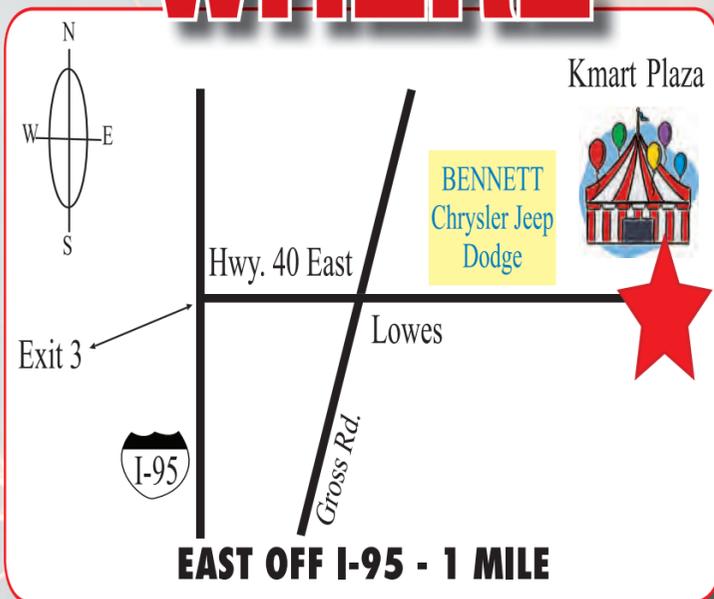
Due to the huge success of truck sales, we are currently over stocked with used trucks, SUVs, & ALL makes & models of imported and domestic cars.

### WHEN THE TENT GOES UP, PRICES COME DOWN!

**BAD CREDIT • NO CREDIT • FIRST TIME BUYER • JUDGEMENT - WE CAN HELP!**

### OVER 3 MILLION DOLLARS IN PRE-OWNED INVENTORY

## WHERE



## WHEN

**THURSDAY, March 13<sup>th</sup>**  
**10:30am - 6:00pm**  
**FRIDAY, March 14<sup>th</sup>**  
**10:30am - 6:00pm**  
**SATURDAY, March 15<sup>th</sup>**  
**9:30am - 6:00pm**  
**SUNDAY, March 16<sup>th</sup>**  
**11:00am - 5:00pm**

Authorized by United Auto Group.

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