



Look back
Secretary Mabus' tour
at NSB Kings Bay
Page 4

Up Periscope
Your spare time ...
what do you like to do?
Page 9

Olympics
Youth Center Pre-K
students get active
Page 5



THE

Periscope

KING'S BAY, GEORGIA

2009 CHINFO Award Winner

Vol. 49 • Issue 13

www.cnic.navy.mil/kingsbay

kingsbayperiscope.jacksonville.com

Thursday, April 3, 2014

SUBSAFE earns SECNAV Safety Award

Started in 1963, SUBSAFE Program has compiled an excellent record

From Team Submarine Public Affairs

The Naval Sea Systems Command's Submarine Safety Program was awarded the 2013 Secretary of the Navy Safety Award in the Emerging Center of Excellence category, March 20.

The Safety Excellence Awards were established in 2002 and is the Department of the Navy's premier tribute to commands and programs that promote the safety of Sailors, Marines and civilians, and protect aircraft, ships and facilities from mishap.

The winner of the Emerging Center of Excellence category is determined by an organization exhibiting promising innovative programs, positive trends and obstacles overcome.

"The SUBSAFE program has had a tremendous impact over the past 50 years on the safety of the U.S. Naval Submarine Force," said Rear Adm. Michael Jabaley, deputy commander for Undersea Warfare. "SUBSAFE codifies submarine design and safety requirements and processes, while providing a framework for certifying critical systems for unrestricted submerged operations."

From 1915 to early 1963, the Navy lost 16 submarines due to non-combat related incidents, an average of one submarine every three years. All told, these accidents took the lives of 454 submariners.

On April 10, 1963, the attack submarine USS Thresher

(SSN 593) suffered uncontrolled flooding during a post-shipyard availability and was lost along with 129 submariners and civilians, marking the single largest non-combat related loss-of-life incident in the Submarine Force's history.

After Thresher's sinking, the Navy created the SUBSAFE program, with the goal of providing maximum reasonable assurance of hull integrity to preclude flooding and of the operability and integrity of critical systems and components

to control and recover from a flooding casualty should

See SUBSAFE, Page 6

"Our submarines are among the most complicated machines in the world..."

Rear Adm. Michael Jabaley
Undersea Warfare



Clockwise from bottom left, Team Kings Bay bowlers MCC Alvin Rodriguez, MTC Keith Williams, FTC Dave Mesmer, YN2 Eric Day, MMC Dan Blakeslee, Lt. Cmdr. Leon Platt and ET2 Rob Daugherty. Not pictured, ET2 Austin Boone.

Navy photo by EM1 Mark Treen



Kings Bay bowlers primed for success

Off to a hot start, team sets goal of winning Southeast in Navy-wide competition

By Bill Wesselhoff
The Periscope editor

Morale, Welfare and Recreation's Intramural Sports program at Naval Submarine Base Kings Bay provides plenty of competition for commands here.

There's softball, flag football, soccer and basketball among others.

But Kings Bay has one team doesn't compete within the confines of the base. It's Team Kings Bay, the base bowling team that competes in the first-year Navy

Bowling Base Team Championships.

The Navy-wide league was the idea of Washington-based Commander Navy Installation Com-

mand's

Bowling

Program

Manager

Ron Hod-

gen. The

teams

compete

at their

home bowling centers, but the scores

are matched up with other teams in their

bowling zone.

"We started on this two years ago. This is

the first such league in the world," Hodgen said. "The Navy has 60 bowling centers around the world, in different states and countries.

Competition though is lim-

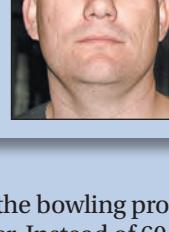
ited by distances between bases. I visual-

ized all of the bowling program as one giant center. Instead of 60 centers, we have

See Bowling, Page 3

"We've got some good bowlers. We definitely can win the (zone)."

Lt. Cmdr. Leon Platt
USS Florida (SSGN 728) Gold



By Yan Kennon
Naval Hospital Jacksonville Public Affairs Senior Writer

Naval Branch Health Clinic Kings Bay recognizes April as Sexual Assault Awareness Month — themed *Live Our Values: Step Up to Stop Sexual Assault* — by encouraging awareness and prevention through education and outreach.

"We all play a role in the fight against sexual assault—with the commitment to eliminate it from our ranks," said Capt. Gayle Shaffer, Naval Hospital Jacksonville's commanding officer. "We must first foster a professional command climate

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

See Aware, Page 2

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work together, we can create a culture that does not tolerate sexual assault."

Sexual assault is defined as any type of sexual contact or behavior that occurs without explicit consent.

According to the U.S. Department of Justice's National Crime Victimization Survey, an average of 237,868 sexual assaults occur each year — about one every two minutes. About 60 percent go unreported.

The Department of Defense

that encourages sexual assault victims to report these crimes, and hold perpetrators accountable. If we work

Local news and views

Naval Submarine Base, Kings Bay, Ga.



Now hear this!

NMCRS Uniform Locker open

You've heard the expression, "There's no free lunch." But how about free uniforms? The Navy-Marine Corps Relief Society has a Uniform Locker that offers a large selection of used uniforms, jackets, hats, shoe and more for active duty men and women at no cost. Visit the uniform locker at the NMCRS office in Building 1032 at 926 USS James Madison Road. It's open 9 a.m. to 3 p.m. Monday through Friday. The locker also appreciates uniform donations. For more information, call (912) 573-3928.

Marine Corps League drive on

The Kings Bay Detachment No. 1229 of the Marine Corps League is looking for members. Meetings are the second Tuesday of each month. The league volunteers aid and assistance to Marine and Navy Corpsman widows and orphans and observes historical Marine anniversaries. For more information, e-mail MarineCorpsLeagueKingsBay@gmail.com.

Kings Bay Sub Ball April 26

The 114th Submarine Birthday Ball for Sailors at Naval Submarine Base Kings Bay is April 26, from 5 p.m. to midnight 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.

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 bpricex4@comcast.net

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

Sub Vet chapter selling cookbook

Silent Service Food to Dive For is a cookbook published by the United States Submarine Veterans Inc. Farragut Base. Proceeds from this fund-raiser help support a variety of community, military and veteran's activities. The cost is \$25, which includes postage. For more information or to order, contact Judy at (208) 762-5055 or at judymwol@yahoo.com.

Aware

From Page 1

Safe Helpline provides many steps to reduce the risk.

Common sense, situational awareness and trusting one's instincts are key. Other tips include consume alcohol only in moderation; communicate limits and expectations clearly with others; inform close friends when going on a date with a new person; walk only in lighted areas if it's dark; and have a plan for someone to call for help.

One of the most effective methods of preventing sexual assault is active bystander intervention.

The three components to active bystander intervention are recognizing when to intervene, considering whether the situation needs attention and deciding if there is a responsibility to act. The active bystander ap-

proach encourages people to identify situations that might lead to a sexual assault and then safely intervene to prevent an assault from occurring.

Remember, everyone has the right to say "no," even if they first say "yes."

Anyone in immediate danger should call 911. To report a sexual assault, call the DoD Safe Helpline at (877) 995-5247, NSB Kings Bay duty SAPR Victim Advocate at (912) 674-6827, NSB Kings Bay SARC at (912) 467-1979 or Naval Air Station Jacksonville duty SAPR Victim Advocate at (904) 910-9075.

NBHC Kings Bay is one of NH Jacksonville's six health care facilities located across Florida and Georgia. Of NH Jacksonville's patient population — about 163,000 active and retired Sailors, soldiers, Marines, airmen, guardsmen and their families — more than 63,000 are enrolled with a primary care manager at one of its facilities.

How to keep more of your money

By Lt. Chao Pan

Navy Judge Advocate General's Corps

The Thrift Savings Plan is a defined-contribution plan available to civilian and military employees of the United States government, akin to the 401(k) plans found in the private sector.

TSP recently rolled out a new "Roth" option for civilian and military members. This article will explain the differences between the Roth TSP and traditional TSP options, and how the TSP interacts with other retirement plans, such as individual retirement arrangements.

The fundamental difference between the Roth TSP and the traditional TSP is that contributions to a Roth TSP are taxed as income in the tax year in which the contributions were earned and are generally not taxed upon withdrawal at retirement, while contributions to a traditional TSP are not taxed in the tax year in which the contributions were earned (they are deductible), but are taxed upon withdrawal at retirement.

Traditional TSP

Let's say Petty Officer Second Class Jones has no dependents and has a taxable of income of \$25,000 per year. If he contributes \$6,000 to a traditional TSP, he'll only be taxed on \$19,000 of income that year minus any other deductions and exemptions he's eligible for. When he withdraws the funds in retirement after age 59½, however, the withdrawals will be considered ordinary income and a tax bill will become due. He may start making withdrawals before age 59½, but it may be subject to penalties.

Roth TSP

If PO2 Jones decided to make a Roth TSP contribution, however, he'd make contributions on an after-

Navy JAG

tax basis. The \$6,000 he originally set aside for his contribution would be reduced to \$5,100 (the tax man takes out 15 percent since he's in the 15 percent marginal income tax bracket), but when he begins withdrawing at age 59½, he won't get another tax bill.

Which one is right for me?

Ultimately, the main reason to prefer one account over another is an investor's marginal tax rate at the time of contribution and at the time of withdrawal (retirement).

If an investor is in a high tax bracket today, he may want to reduce his taxable income through contributions to his traditional TSP. This is especially true if he expects to be in a lower tax bracket in retirement.

Remember, the higher a taxpayer's income, the higher the marginal tax bracket he'll generally find himself in.

If an investor is young and just starting out his career, however, a Roth TSP may be more tempting.

All else being equal, SN Jones is probably paying less in taxes than PO2 Jones or CPO Jones, so SN Jones probably wouldn't get as much benefit from a lower taxable income today.

The Roth TSP is also a good option if an investor believes that tax rates will rise in the future. Likewise, it's a bad option if an investor believes that tax rates will generally fall in the future.

Based on the above, it is likely that while one option may be better for SN Jones, another may make more sense for Capt. Jones.

Mixing it up

If an investor does not know which way tax rates will go, what his tax rate

will be in retirement, or anything else about the future, he can invest in both the traditional TSP and the Roth TSP. For instance, he can invest money in his traditional TSP one year and the next year switch his contributions over to his Roth TSP.

Contribution limits

For the TSP, contributions can usually only be made as a deduction from current pay.

In total, an individual can only contribute \$17,500 per year into a TSP account for tax year 2013 (\$23,000 if the individual is at least age 50). This limit generally applies across TSP, 401(k) and 403(b) accounts.

For example, an individual under 50 can contribute \$10,000 towards his Roth TSP and \$7,500 towards his 401(k) in the same tax year assuming he has a second job that allows it, but cannot contribute \$17,500 towards his Roth TSP and \$17,500 towards his 401(k). This limit does not include any employer match.

A small note about IRAs

With all this talk of TSP, it is important to note that there is a difference between the TSP and IRAs.

While both come in traditional and Roth flavors, it is important to keep in mind that these are separate accounts.

The annual contribution limit for an IRAs is currently \$5,500 or \$6,500 if the investor is age 50 or older. This limit is in addition to the limits above for TSP/401(k)/403(b).

This means that an individual under age 50 can contribute both \$17,500 to his traditional TSP account and an additional \$5,500 to his Roth IRA in the same tax year.

For more information, go to your local legal assistance office or visit www.tsp.gov/planparticipation/eligibility/traditionalRothContributions.shtml.

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.

The application, available as an

interactive PDF, can be downloaded at 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 winner will be chosen based on the quality of the essay and the teacher/unit com-

mander recommendation.

The 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.

Additional information can be found at kingsbaynavyleague.org/.

ONR researches your 'sixth sense'

By Eric Beidel

Office of Naval Research

Hunches are 50-50 propositions, but Navy researchers want to know if those facing the unexpected in the heat of battle can be trained to guess right more often than not, according to a new research effort announced March 27.

In February, the Office of Naval Research hosted leading experts in neural, cognitive and behavioral science to synchronize their studies of intuition and translate their findings into applications for military personnel and first responders.

Though the research invites comparisons to a "sixth sense" or Spider-Man, what researchers hope to learn has nothing to do with the supernatural or superheroes.

"Ultimately, this is about Sailors and Marines being able to harness their gut instincts in situations where they need to act quickly," said Dr. Peter Squire, program officer for human performance, training and

Office of Naval Research

education in ONR's Expeditionary Maneuver Warfare and Combating Terrorism Department. "But first, we have to understand what gives rise to this so-called 'sixth sense.' Can we model it? Is there a way to improve it through training?"

Sailors and Marines don't always have the luxury to take a lot of time to figure out their next move. They must rely on intuition and a rapid, unconscious interpretation of their surroundings.

In addition to the recent meeting that brought together representatives from other military services, industry and university laboratories, ONR has embarked on a four-year basic research program to enhance intuitive decision making through implicit learning.

A team of scientists will study factors such as memory and perception to better understand how deci-

sions are made and whether there are ways to improve premonition through training.

Detecting roadside bombs while in a moving vehicle; sensing impending danger based on something unusual at local cafe; deciding whether that object just launched off the coast is a missile or airliner - these are just a few of many scenarios where there isn't a lot of time to make a decision.

"A seasoned Warfighter develops a gut instinct through experience," said Lt. Cmdr. Brent Olde, ONR Warfighter Performance Department's division deputy for human and bio-engineered systems. "If we can characterize this intuitive decision-making process and model it, then the hope is to accelerate the acquisition of these skills through simulation and scenarios; thus, providing our Sailors and Marines with years of experience in a matter of days and greatly improving their ability to

See ONR, Page 7

The Kings Bay Periscope is an authorized newspaper published weekly on Thursday for forces afloat, tenant commands, base military personnel and civilian employees of the Naval Submarine Base Kings Bay, Ga.

The editorial content of this newspaper is prepared, edited and provided by the public affairs office. News items and photos must be submitted by noon Thursday, seven days prior to publication. Event "briefs" must be submitted by noon Friday, six days prior to publication. The public affairs office, code CM4, is in building 1063. News ideas and questions can be directed to the editor by calling 573-4714 or 573-4719, or fax materials to 573-4717. All materials are subject to editing.

The Kings Bay Periscope is an authorized publication for members of the military service. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy and do not imply endorsement thereof.

The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Naval Submarine Base Kings Bay, or The Florida Times-Union of the products advertised. Advertisers are responsible for accuracy of ads contained herein.

Everything advertised in the publication shall be made available for purchase, use, or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of purchaser, user, or patrons.

The Kings Bay Periscope is published by The Florida Times-Union, a private firm, in no way connected with the Department of Defense, or the U.S. Navy, under exclusive contract with the U.S. Navy. The circulation is 10,000.

POSTMASTER: Send address changes to The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.

The Kings Bay Periscope is a registered trademark of the United States of America.

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to:

Kings Bay Periscope

Ellen S. Rykert, Publisher

1 Riverside Avenue, Jacksonville, FL 32202

(904) 359-4168

Advertising Sales

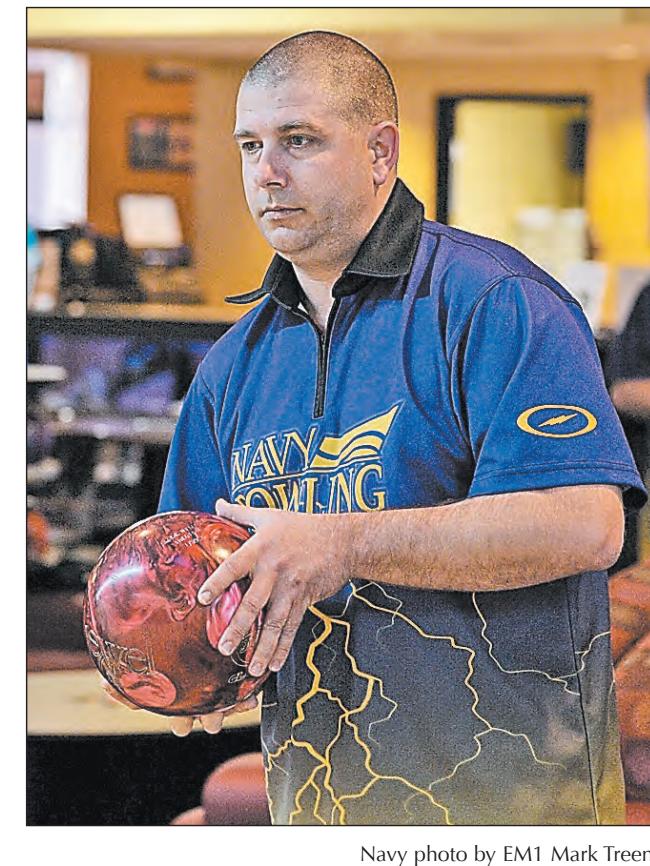
(904) 359-4336 • (800) 472-6397, Ext. 4336 • FAX (904) 366-6230

LeAnn Hirschman, Territory Sales Representative

(904) 655-1200



Team Kings Bay bowler MMC Alvin Rodriguez of NSSC takes his turn at Rack-N-Roll lanes.



YN2 Eric Day lines up his ball on his approach.

Bowling

From Page 1

one ... with 480 lanes. It's the only sports program where there is no travel, but everybody gets to compete."

Hodgen said to have a true competition, all the lanes need to be in the same condition with the same applied oil and pattern. Modern technology has created machinery that can do just that.

"We have lane machines that can verify the same bowling conditions at each site," he said.

Navy Team Bowling Championships

Southeast Zone through 3 of 10 weeks

Team	Points
1, NSB Kings Bay	3435.5
2, NAS Jax	2974.5
3, NAS Pensacola	2715
4, NS Mayport	2183.5
5, NAS Key West	2071.5
6, NAS Corry	1621.5
7, NS Gitmo	1365
8, JTF Gitmo	1153.5
9, NAS New Orleans	530

Guantanamo Bay.

Along with Team Kings Bay, Southeast Zone men's teams competing are Naval Air Station Key West, NAS Jacksonville, Naval Station Mayport, NAS Pensacola, NAS Corry, also in Pensacola, NS Guantanamo Bay, Joint Task Force Guantanamo Bay and NAS New Orleans. In addition, there are women's teams competing at NAS Jax, Mayport, NS Pensacola and Gitmo.

John Duncan, food and beverage manager at NAS Jax, is the secretary for the zone.

"It's pretty neat," Duncan said. "I'm having fun seeing all the scores and coaching the team here. It's been a real blast so far."

Ann Myhre, Kings Bay's Rack-N-Roll Lanes manager, and assistant manager Jerry Stackhouse help with Team Kings Bay. Myhre is the team's liaison with the zone, providing Duncan with Kings Bay's weekly scores.

Stackhouse oils the lanes and answers the bowlers' questions about how they were prepared.

Asked if he gives any coaching tips to the team, Stackhouse laughed.

"They don't need to be coached," he said. "They're all better bowlers than I am."

Team Kings Bay competes on Tuesday evenings, like the rest of the zone. All Kings Bay bowlers bowl six games, with four bowlers having their scores counted in region play. Those four earned the right to have their scores counted for the team by having the top four scores among the results of the previous week.

Three weeks into the season, after March 25 bowling, Team Kings Bay was leading the Southeast.

"It's been going well," said ET2 Rob Daugherty, a Team

Kings Bay member who works at the Naval Submarine Support Center. "It's been a good learning experience for us. And it's helped us get ready for the All-Navy tryouts. There are three or four of us who are going to try out. It's a blessing for MWR to provide this for us. It's all free."

Daugherty said he and his teammates have their sights set on winning the zone.

Zone winners will be determined by scores over a 10-week season. Daugherty said one key to Team Kings Bay's hopes is Lt. Cmdr. Leon Platt, the USS Florida (SSGN 728) Gold's Engineering officer.

"He just reported here this year," Daugherty said. "He's got the most experience, and he's helped a lot of us."

Platt has been on the All-Navy team the last two years. Last year he was the Navy's top bowler and finished third at the all-military tournament hosted by the Marines at Camp Lejeune. He's a Professional Bowling Association member and on staff with Columbia 300.

And, three weeks into the competition, Platt led the Southeast Zone with a 209.44 average. Team Kings Bay's MMC Dan Blakeslee was second in the Southeast, with a 204.72 average.

Those two are the only Southeast bowlers averaging 200 or over. But two more Kings Bay bowlers, Daugherty and YN2 Erik Day, rank sixth and 10th respectively in the zone, with 188.44 and 184.00 averages. Using the Tournament Points System for scoring, Kings Bay led the zone by 3435.5 to 2974.5 for NAS Jax.

"We've got some good bowlers," Platt said. "We definitely can win the (zone). That's the first step."

After the 10-week regular season, there are three weeks of playoffs to determine a Navy base champion. Five zone winners automatically qualify for the playoffs. All second-place zone teams will compete in a one-day tournament for three at-large playoff spots.

Hodgen said he's happy with how his vision of a Navy-wide base competition has blossomed.

"I'm very excited with it," he said. "The response has been fantastic. I'm very pleased with the support we've had, and we've had a good response and participation."

Navy photo by EM1 Mark Trean

SUNS HOME V. STARS APRIL 3-7

April 3rd is Opening Night!



Jacksonville Suns

@sunbaseball



Jacksonville Suns Fan Page

sunbaseball

TIX & INFO: 358-2846 OR JAXSUNS.COM



Amelia WALK

Live Where You Can Play Every Day

Welcome to Amelia Walk, a spectacular new community and the start of your new life. Located just moments from sensational beaches, popular shops, top restaurants and more, Amelia Walk keeps you close to everything while providing everything you need to feel at home.

- Single-family homes from the \$210s
- Up to 6 Bedrooms
- 2- to 3-Car garages
- Luxurious community clubhouse and swimming pool
- Fitness center and tennis courts
- Children's playground and play field
- Save money and energy each month with our Intelligent Green program

Fully Decorated Model Home Now Open!

85207 Majestic Walk Blvd.
Fernandina Beach, Florida 32034 | 904.310.9727

GreenPointeHomesKP.com



Contractor Number: CBC060332 Broker Number: LLC BK 397044
Prices and specifications subject to change without notice.

I Want You!

To attend the 114th SUB BALL

Location: Hyatt Regency Hotel

Date: April 26th, 2014

Time: 17:00-24:00

Ticket Pricing:

\$45.00/ea - (E6 and Below)
\$55.00/ea - (E7-E8 & O1-O3)
\$65.00/ea - (E9, O4 and above, DOD & GSA employees, Veterans, and official civilian guests)

• Contact your CMC, COB, SEA, or POC for purchase.

POC: LT. Kelvin Rivera
Kelvin.rivera@navy.mil or 912-573-3375

TAKING CARE OF CAMDEN COUNTY AND OUR MILITARY FAMILIES FOR 16 YEARS

If You Need Physical Therapy... You Need Advance

Flexible Hours • Most Insurances accepted • Including Tricare & Medicare

YOU Choose
Where To Go For
YOUR Healthcare

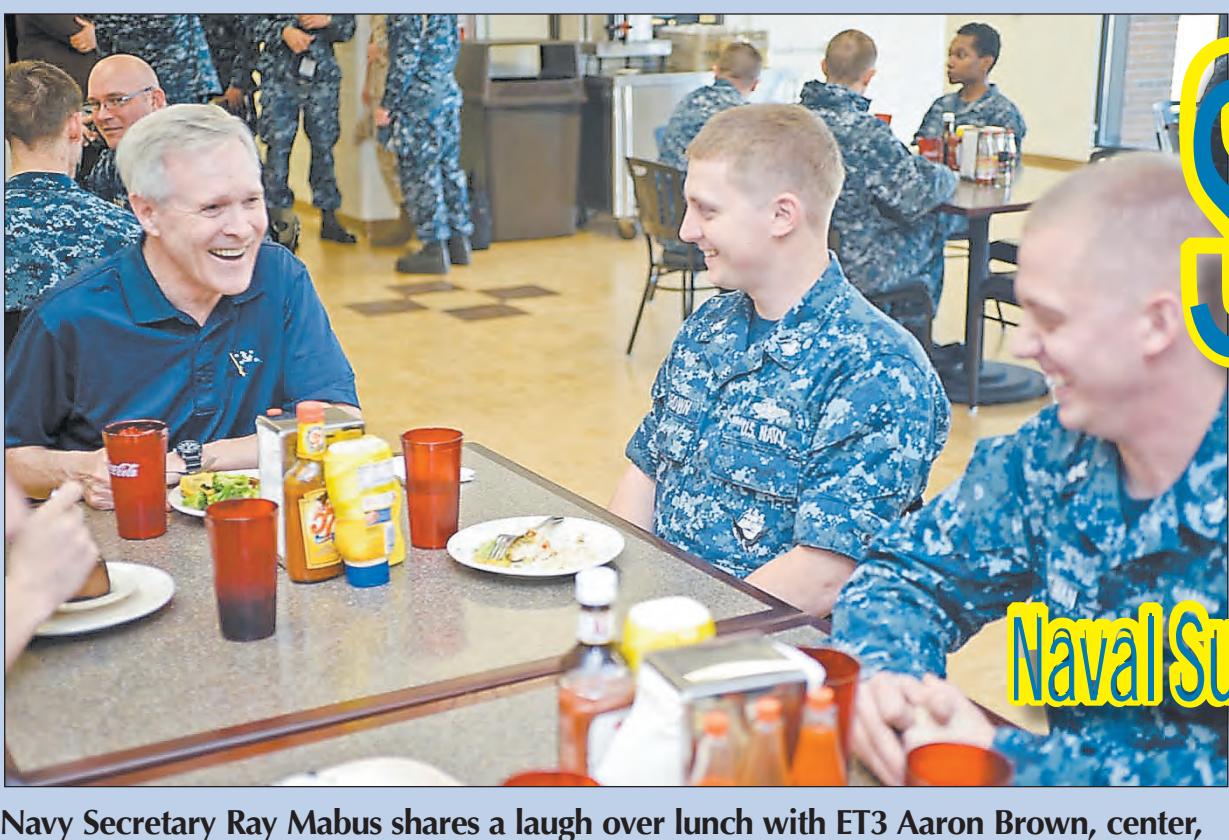
100 Lindsey Lane, Kingsland GA • 912-729-1333
advancerehab.com


A team approach to healthy living

Dependents / Family members, Retirees, DOD may choose where to receive physical therapy

REAL ESTATE OPPORTUNITY

REAL ESTATE OPPORTUNITY



Navy Secretary Ray Mabus shares a laugh over lunch with ET3 Aaron Brown, center, and MM2 Zachary Blakeman.

SECNAV

tours

Naval Submarine Base Kings Bay

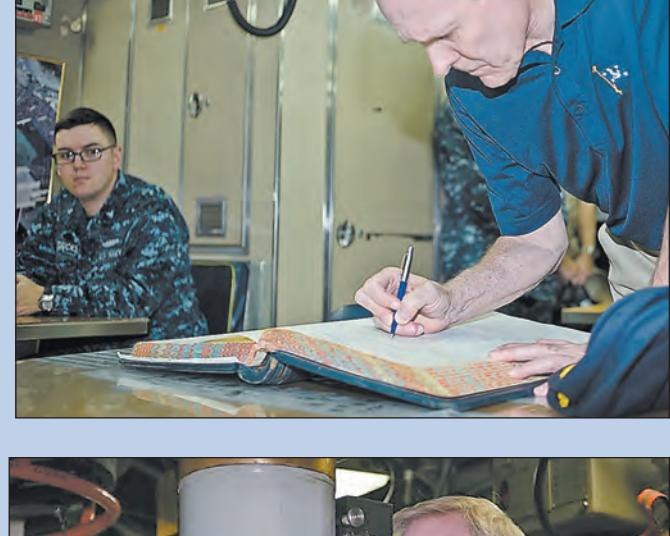
March 21, 2014



Rear Adm. Chas Richard speaks with Mabus during a tour of the Ohio-class ballistic-missile submarine USS West Virginia (SSBN 736).



USS Florida (SSGN 728) (Blue) Commanding Officer, Capt. Owen Travis, welcomes Mabus with a hand shake.



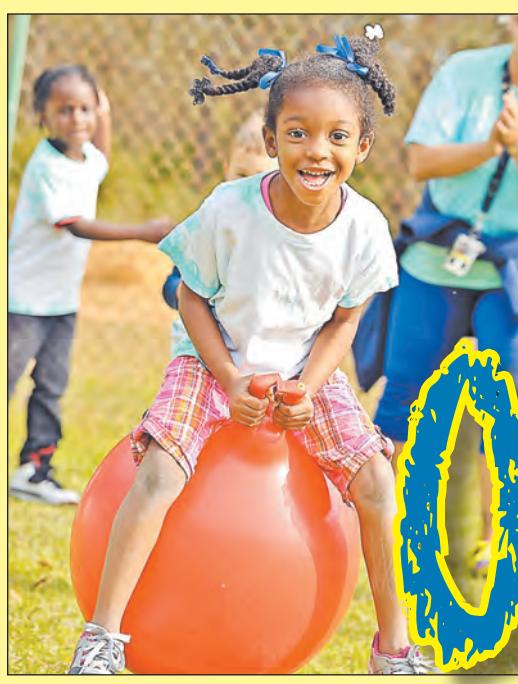
Mabus signs the guest book and looks through the periscope on the Ohio-class ballistic-missile submarine USS West Virginia (SSBN 736).

Navy photos by MC1 Rex Nelson



Mabus speaks to Sailors and Marines at the Marine Corps Security Force Battalion Dunham Barracks at NSB Kings Bay.





Gabrielle Campbell bounces with a smile while classmates cheer.

Pre-K Olympics



Isla Forbes and Emberlyn Maddox play the classic game of tug of war.



Pre-K "Frogs" enjoy a moment under the parachute during the Pre-K Olympics March 28 at the Youth Center. Parents and teachers worked together to turn the parachute game into a make shift colorful room. The kids loved running around under it.



Victoria Maldonado races to the finish line during the sitting skate board event. Pre-K's "Jungle Bunch" cheer from behind.



Robert Kruger races with his filled bucket in this water event. Teacher Jeanne Beverly watches.



BUC Steven Maldonado plays the role of anchor during this epic battle of tug of war. Parents love to be involved.



OS1 Robert Kruger, Maritime Force Protection Unit, helps grill hamburgers during the games to get ready for the kid's lunch when the games are done.



MM1 Chris Northern and his wife, Amanda, enjoy a brief hug while watching children run an event in the background.

Photos by EMI Mark Tree

Fleet & Family Support Center workshops



New Moms and Dads Support Group to meet

New Moms' and Dads' group meets 10 a.m. to noon every Tuesday at the Fleet and Family Support Center throughout the month. This is an opportunity for parents of young children to meet and share experiences and for children to make friends in a play-group setting. No pre-registration required.

Transition GPS class upcoming

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

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. April 7, 14, 21 and 28. 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.

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. April 14 to 18. Registration is required by calling 573-4512.

Job search workshop scheduled for April 9

A job search workshop will be 9 to 11 a.m., April 9. 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 new-

Couples Connection

One Day Marriage Enrichment Workshop



APRIL 25th 2014

8:00 a.m. – 4:00 p.m.
Call 573-4513 to register

The Fleet and Family Support Center Kings Bay in coordination with Chaplains Religious Enrichment Development Operations (CREDO) is hosting Couples Connection One-Day Marriage Enrichment Workshop. It is designed to enhance and support the ability of a couple to get away from the distractions of everyday life and deployment cycles in order 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.

Couples discover ways to:

- Better handle inevitable conflicts
- Understand how they interact with their spouse
- Build intimacy and communication
- Become closer by strengthening the emotional, physical and spiritual aspects of their marriage
- Take time to have fun with one another

Who should attend? Couples seeking greater satisfaction, closeness, and genuineness in their marriage.

born 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., April 10. Registration is required. Call 573-4512.

Smooth Move Workshop for CONUS soon

Smooth Move Workshops are designed to help personnel with military relocations and transfers. Areas covered include transportation, travel pay, allowances, and important forms and documents, housing referral office and relocation services. All service members and their spouses are encouraged to attend six months before their transfer date. Due to limited seating, please do not bring children. The workshop will be for CONUS moves 2 to 4 p.m., April 15. For more information, call 573-4513.

Couples Connection: Marriage enrichment

The Fleet and Family Support Center Kings Bay, in coordination with Chaplains Religious Enrichment Operations, is hosting 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., April 25. For more information or to register, call 573-4513.

Stress management covered at workshop

Events, schedules, daily pressure and many other items can cause undo stress in your life. Stress may or may not be good for your health depending on how you manage that stress. This workshop is slated for 5 to 8 p.m., April 17. Pre-registration is required. Call 573-4512 for details.

Ombudsman Assembly Meeting April 28

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., April 28. For more information, contact at 573-4513.

Anger management seminar April 30

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, April 30. 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.

SUBSAFE

From Page 1

one occur.

Since the SUBSAFE Program's inception in June 1963, the United States has not lost a SUBSAFE-certified submarine.

"Our submarines are among the most complicated machines in the world and they operate in an inhospitable environment for extended periods of time," Jabaley said. "For this reason, we apply our SUBSAFE principles for the entire life of our submarines, from

design, construction, operation, and maintenance throughout their entire service life, to make sure the Sailors who serve aboard them can focus on their job with the complete confidence in the integrity of their ship."

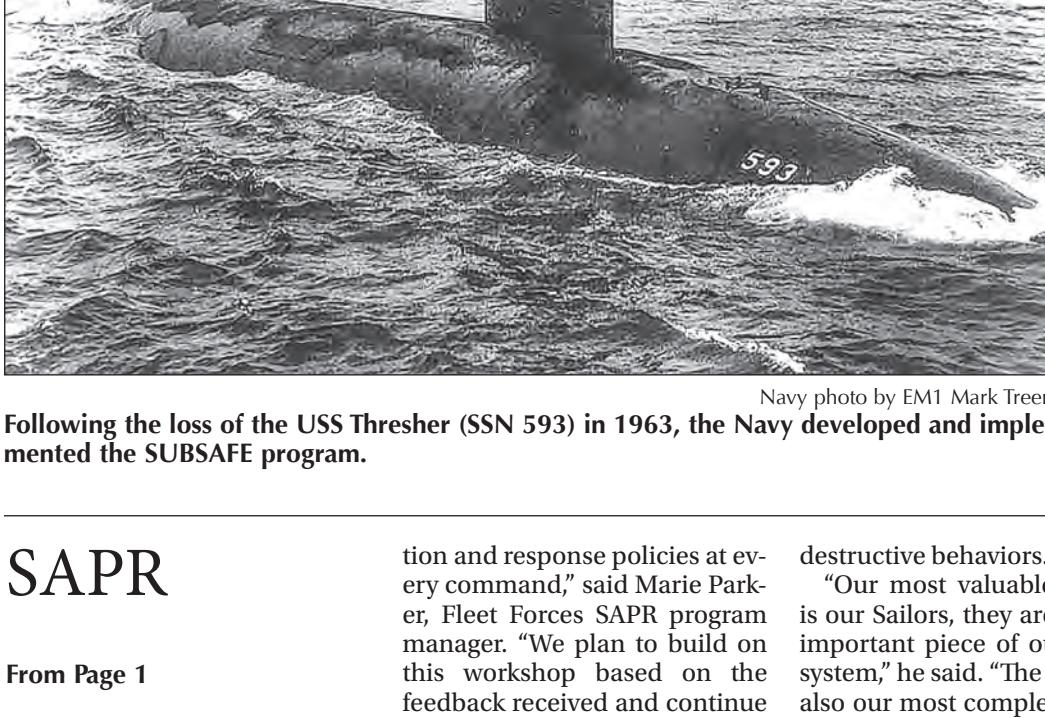
Team Submarine

conducts annual SUBSAFE training for all military, civilian, and seated contractor personnel and hosts a commemoration honoring those lost aboard Thresher as part of an effort to ensure the work force does not lose sight of the program's critical importance.

"Ignorance, arrogance, and compla-

cency are our three greatest enemies," said SUBSAFE Program Manager Cmdr. Daniel Ettlich. "We use this training to remind our people of Thresher's loss and to keep the edge we have spent the last half-century honing to ensure we never lose a submarine like that again."

This year's Thresher commemoration will take place April 10, the 51st anniversary of its loss, at the Washington Navy Yard's Sail Loft located in Building 112 at 1 p.m. Christopher A. Hard, vice chairman for the National Transportation Safety Board, will be the guest speaker.



Navy photo by EM1 Mark Treen
Following the loss of the USS Thresher (SSN 593) in 1963, the Navy developed and implemented the SUBSAFE program.

SAPR

From Page 1

prevention tools to incorporate into their current sexual assault prevention and response programs.

The workshop included two sessions, the first for commanding officers, executive officers, officers in charge and command master chiefs, on leadership awareness, expectations and resources.

"The goal of this workshop is to provide leadership with available resources and provide assistance in implementing and executing sexual assault prevent-

tion and response policies at every command," said Marie Parker, Fleet Forces SAPR program manager. "We plan to build on this workshop based on the feedback received and continue our efforts to promote a cultural change in the area of sexual assault prevention through education and program implementation."

The workshop emphasized SAPR training, but combined Navy Alcohol and Drug Abuse Prevention and suicide prevention, which are many times associated with sexual assault cases.

Fleet SAPR Fleet Forces Officer, Capt. Chuck Marks, said there needs to be a culture change to help prevent these

destructive behaviors.

"Our most valuable resource is our Sailors, they are the most important piece of our combat system," he said. "The Sailors are also our most complex tool and they also have the most complex things we need to work on. The command needs to be thinking about that Sailor throughout their career and life, also to include what is going on in their personal life. If their personal readiness is not taken care of, it could lead to loss of combat readiness."

McGrenahan's powerful one-hour training program is broken up in two parts.

The first part is to "hook" the audience by opening the program with a 30 minute comedy

show. McGrenahan delivered hysterical material from his numerous television appearances and comedy tours which gains the trust, respect and attention of military and civilians in the audience.

The second portion of the program is the "Training and Prevention Message."

McGrenahan segues into a serious and powerful message on his personal and dangerous experiences with high-risk drinking and substance-abuse.

The result for McGrenahan was poor job performance, career loss, financial instability, three DUI arrests and a six month jail sentence at 26 years of age.

This coupled with his 19 years

old brother's alcohol and drug related suicide signaled him to reach out to counselors for help. He is now 21 years drug and alcohol free.

Bernie's main message is to inspire troops to avoid alcohol and substance abuse to cope with stress and focus on training mission success.

"It is an honor to come out and give the audience some laughs, but most important to explain about the signs of alcohol destruction that happened in my life," McGrenahan said. "I want to help deter anybody who is having thoughts of suicide. The Navy has great command help and a lot of resources to help military member's workout and solve their problems."

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., April 17. Registration is required as class is limited to 20 seats. For more information call 573-4513.

Paying for College program upcoming

This two-hour program is an interactive program designed to inform participants on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives. This training is scheduled 2 to 4 p.m., April 15. Registration is required. For more information call 573-9783.

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., April 24. 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

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. 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. FFSC is available to participate within areas of expertise in the indoctrination of newly assigned personnel and family members of active duty personnel. All classes listed are at the Fleet and Family Support Center unless otherwise noted. FFSC hours of operation are 8 a.m. to 4:30 p.m., Monday, Tuesday, Wednesday and Friday and 9 a.m. to 4:30 p.m. Thursday.

design, construction, and maintenance throughout their entire service life, to make sure the Sailors who serve aboard them can focus on their job with the complete confidence in the integrity of their ship."

Team Submarine conducts annual SUBSAFE training for all military, civilian, and seated contractor personnel and hosts a commemoration honoring those lost aboard Thresher as part of an effort to ensure the work force does not lose sight of the program's critical importance.

"Ignorance, arrogance, and compla-

cency are our three greatest enemies," said SUBSAFE Program Manager Cmdr. Daniel Ettlich. "We use this training to remind our people of Thresher's loss and to keep the edge we have spent the last half-century honing to ensure we never lose a submarine like that again."

This year's Thresher commemoration will take place April 10, the 51st anniversary of its loss, at the Washington Navy Yard's Sail Loft located in Building 112 at 1 p.m. Christopher A. Hard, vice chairman for the National Transportation Safety Board, will be the guest speaker.

Pirates Cove Galley menus



Asst. Yogurt
Lunch
 Chicken Noodle Soup
 BBQ Chicken
 Tempura Battered Shrimp
 Sweet Potato Fries
 Baked Mac & Cheese
 Green Bean Almandine
 Simmered Succotash
 Healthy Choice Salad Bar
 Assorted Salad Dressings
 Corn Bread Muffins
 Assorted Desserts
 Asst. Fruit Bar
 Assorted Breads & Spreads
 Assorted Beverage Bar
Lunch speed line
 Grilled Cheese Burger
 Grilled Hamburgers
 BBQ Chicken
 Pulled Pork
 BBQ Ribs
 Bratwurst
 Cole Slaw
 Baked Beans
 Macaroni Salad
 Potato Salad
 Burger Bar

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

French Fries
 Baked Beans
 Healthy Choice Salad Bar
 Assorted Salad Dressings
 Assorted Desserts
 Assorted Fruit Bar
 Assorted Breads & Spreads
 Assorted Beverage Bar



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

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

Assorted Beverage Bar



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 Patti 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

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



Dinner
 Minestrone Soup
 Asst. Pizza
 Asst. Wings

Sunday
Brunch
 Chicken Noodle Soup
 Cannonball Sandwich
 Grilled Polish Sausage
 French Fries
 Grilled Peppers and Onions
 Oven Fried Bacon
 Eggs to Order
 Breakfast Juice Bar
 Ready-to-eat Cereal
 Grilled Sausage Patties
 Healthy Choice Salad Bar
 Assorted Salad Dressings
 Assorted Desserts
 Asst. Fruit Bar
 Assorted Breads & Spreads
 Assorted Beverage Bar
 Pastry Bar

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

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

Lunch
 Corn Chowder
 Country Fried Steak
 Cream Gravy
 Baked Fish

Tuesday
Breakfast
 Breakfast Juice Bar
 Ready-to-eat Cereals
 Asst. Instant Oatmeal / Grits
 Waffles w/assst. 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

Lunch speed line
 Corn Dogs
 Grilled Hamburgers
 Grilled Cheeseburgers
 French Fries
 Baked Beans
 Burger Bar

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

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 Brown 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

Lunch speed line
 Corn Dogs
 Grilled Hamburgers
 Grilled Cheeseburgers
 French Fries
 Baked Beans
 Burger Bar

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

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

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

Lunch speed line
 Chicken Patti 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



GREAT
CARS
ALL
WEEK!

UNDER

\$15,000

CROSBY

GREAT
CARS
ALL
WEEK!

**Call us at (855) 349-6805
to check out these great deals under \$15,000!**

2008 Kia Sedona LX STK #50069A
2006 Kia Sedona LX STK #50195B
2000 Toyota Tacoma PreRunner V6.....STK #9214B
2006 Nissan Xterra S.....STK #7883A
2006 Ford Explorer XLT STK #50288A
2007 Honda Accord SE 2.4.....STK #50231B
2009 Nissan Versa 1.8 SL STK #50354A
2003 Chevrolet Silverado
 2500HD LS STK #50242Y
2006 GMC Sierra 2500HD
 Work Truck Work Body STK #9023A
2010 Dodge Caliber SXT STK #50330B
2004 Chevrolet Tahoe LS.....STK #7870A
2008 Honda Accord EX-L.....STK #9213A
2008 Nissan Altima 2.5 SL STK #5448A
2005 Chevrolet Colorado LS Z85 STK #9267A
2009 Kia Sportage LX.....STK #7914A
2011 Chevrolet HHR LT STK #8313A
2004 GMC Sierra 2500HD Work Truck STK #7875A
2011 Nissan Versa 1.8 S STK #7924
2008 Ford Explorer Eddie Bauer.....STK #6901B

2004 Nissan Titan LE.....STK #50205B
2012 Nissan Versa 1.6 SV STK #8330
2007 Honda Accord EX-L.....STK #9261
2009 Nissan Altima 2.5 S STK #7958
2002 Ford F-350SD XLT DRW STK #9106B
2010 Toyota Camry LE.....STK #9269
2012 Nissan Sentra 2.0 SR.....STK #8337
2011 Honda Accord LX 2.4.....STK #7866A
2012 Nissan Versa 1.8 SL STK #8308
2006 Chevrolet Silverado
 1500 LT LT1 STK #9221A
2009 Chrysler Town &
 Country Touring STK #50263A
2013 Nissan Sentra SV STK #7948
2007 Chevrolet Silverado
 1500 Work Truck.....STK #9264
2009 Chrysler Town &
 Country Touring STK #8302A
2013 Kia Soul Base STK #9266
2014 Nissan Versa 1.6 S STK #8336
2012 Nissan Altima 2.5 S STK #50190A

Check out our other great deals!



2014 Chevrolet Silverado



2013 Nissan Altima



2013 Chevrolet Cruze

4 to choose from!

Plenty to choose!

3 to choose from!

CARS • TRUCKS • SUVS

ECONOMY CARS • LUXURY CARS • TOUGH TRUCKS

REPUTATION. RELIABILITY. TRUST AND PRICE. IT'S A CROSBY FAMILY TRADITION.

CROSBY *of Camden*

Mon.-Fri. 9 a.m.-7:30 p.m. | Sat. 9 a.m.-5 p.m. | Closed Sunday
WWW.CROSBYOFCAMDEN.COM • 5253 Hwy. 40 East, St. Marys, GA 31558

Up Periscope with Bill Wesselhoff



What do you like to do in your spare time?

This question was suggested by two of my fine readers, Bill and Nancy Weisensee. By the way, Nancy likes to volunteer in her spare time. Anyway, we're

here to please, so here's Nancy and Bill's question. As for me, I mostly watch sports or read in my spare time. Right now I'm watching March Madness and baseball,

and I'm reading *The Betrayal* by Lt. Col. William Corson (Ret.) and *Not a Good Day to Die: The Untold Story of Operation Anaconda* by Sean Naylor.



Jack Jones
Retired Navy
Lebanon, Mo.

"I've got a boat, so I do some boating. And I've got six grandkids."

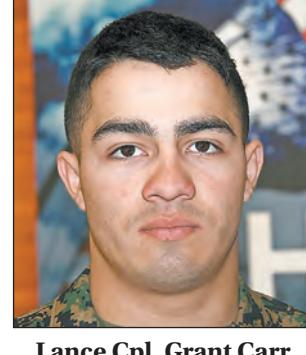


Lt. j.g. Bradley Craig
USS Rhode Island Gold
Milford, Mich.

"I just hang out with my wife and kids."



Malachy Thedwall
Family member
Indianapolis
"I stay home and play with my cars."



Lance Cpl. Grant Carr
Security Force Battalion
Chino Hills, Calif.
"It's not too exciting. I go to the gym or read books."



Theo James
Family member
Spring Valley, N.Y.
"I read and coupon and shop. And we spend time with the kids."



ETC Anthony James
Trident Training Facility
Norway, S.C.
"I fish and watch sports."



Navy photo by EM1 Mark Treen

Track and field project

Naval Submarine Base Kings Bay's track and football field is getting a new look. The natural turf will be replaced by artificial grass and the track will be resurfaced by Cape Design Engineering Co. At ground breaking for the project were, from left, CDE project manager Mark Lveder, construction manager Ensign Ryan Harbough, Kings Bay Commanding Officer Capt. Harvey Guffey, Morale, Welfare and Recreation Director Robert Spinnewebber and CDE President Lutfi Mized.

TRF seeking apprentices

From Trident Refit Facility Kings Bay Public Affairs

The Trident Refit Facility on board Naval Submarine Base Kings Bay is seeking applicants for its 2014 Apprenticeship Program.

TRIREFFAC is a tenant command at Kings Bay, and is responsible for providing quality maintenance, repair and modernization for sustaining a superior global submarine force.



The apprenticeship program is a four-year accredited Department of Labor Program that combines certificate level college courses, along with trade theory classes, and on-the-job work experience at TRIREFFAC.

Electricians, pipe fitters, machinists, equipment mechanics, welders, sheet metal mechanics and shipwrights are a few examples of the trades that may be available.

Apprentices earn a competitive wage and are eligible for benefits, which include vacation, medical and retirement.

See TRF, Page 10



**A simple selfless act
now can protect your
family's financial future.**



Protect your loved ones today.

800-531-8479 | usaa.com/mpp

*Availability 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



Eight U.S. veterans who fought in the Battle of Iwo Jima pose for a photo March 19 during the annual Reunion of Honor ceremony.

Iwo Jima vets remember

From Headquarters Marine Corps

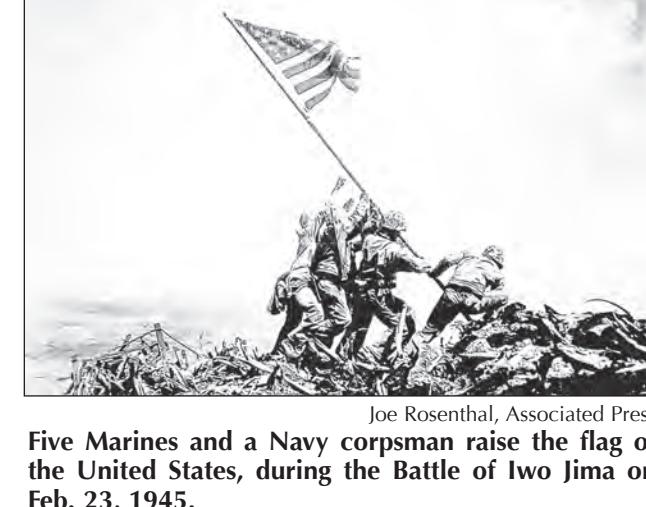
The Government of Japan and the U.S. Marine Corps conducted the Reunion of Honor ceremony to commemorate the Battle of Iwo Jima March 19 at Iwo To, formerly known as Iwo Jima.

During the 69th commemoration, Commandant of the Marine Corps Gen. James F. Amos, Japanese and U.S. veterans, distinguished visitors, Marines and Sailors from III Marine Expeditionary Force and leaders from both nations paid respect to those who fought and those who lost their lives during the battle.

Every year to commemorate the battle of Iwo Jima, the Iwo Jima Association invites veterans of the battle, along with other interested guests, to the battle site on the island.

The guests, numbering 500 to 600, fly in and out on the same day.

They disembark the aircraft, are shuttled to the ceremony site, conduct



Five Marines and a Navy corpsman raise the flag of the United States, during the Battle of Iwo Jima on Feb. 23, 1945.

the ceremony, and have time to reflect on their memories on the island.

Some guests walk the beaches or climb to Mt. Suribachi — where the now famous photo by Joe Rosenthal was taken of the Iwo Jima flag raising.

The Marine Corps supports the event with the III Marine Expeditionary Force Band, officials and logistics.

Japanese veterans of the

war also attend the event, along with their guests.

The Japanese band and Japanese defense officials took part in the American ceremony.

Veterans from both sides reunite and have a chance to share memories. Every year is special because of the Iwo Veterans that are able to make it to the event, which is something that won't be able to continue much longer.

Penner got to help a Marine again the very next day. While on a partnered patrol with Afghan soldiers, insurgents attacked his squad with machine-guns and precision fire weapons.

interested applicants are urged to register for these tests now as available seats are expected to fill quickly.

To register for the tests, applicants should contact Altamaha Technical College, Camden Campus at (912) 510-3361.

All academic costs in the apprenticeship program are paid in full by both the HOPE Grant and TRIEFFAC, provided students receive a grade of "C" or higher at class completion. Eligibility requirements for the program are:

■ All applicants must be U.S. citizens.

■ Applicants must reside in the Georgia counties of Camden, Charlton, Wayne, Brantley, Ware, McIntosh, or Glynn, or Nassau County in Florida.

■ Applicants must be able to pass a physical

examination prior to employment.

■ Applicants must be able to pass a full criminal history background investigation.

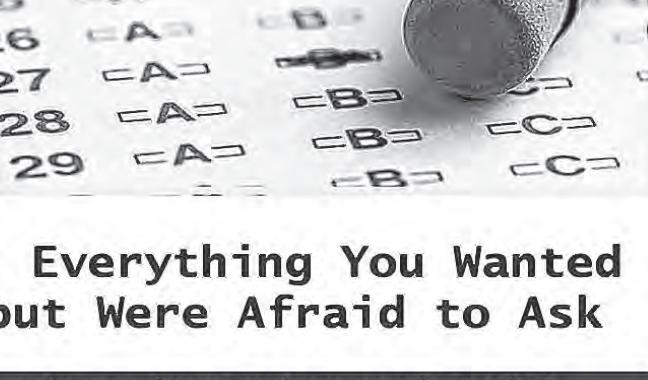
■ Enroll and complete the Compass test with Altamaha Technical College, Camden, Brunswick or Jesup Campus.

■ Complete all testing prior to submitting a resume to www.USAJobs.gov

The TRIEFFAC Apprenticeship Program application period begins on April 7 and continues through April 11. No applications for the current selection process will be accepted after April 11.

Previous applications will not be considered.

Interested applicants should submit their resume, along with their scores from the Compass test, to the USAJobs website.



Wednesday

April 9, 2014

6:00 PM

Kings Bay
Youth
Center

Look!

Kings Bay Youth Center
650 USS Wahoo Avenue
Building 0166
Kings Bay, Georgia
Youth Center Phone:
912-573-2380
SLO Phone: 912-573-8986
E-mail:
kingsbayslonavy.mil

Helping make your dreams and career goals a reality!

Just mentioning the word 'test' can cause students and adults alike to break into a cold sweat. With the end of the school year approaching, testing season is just around the corner. Whether you have an elementary or middle school student getting ready for CRCTs, a high school student preparing for End-of-Course tests, the SAT or ACT, or whether you are an adult who wants to needs to take GED or COMPASS, this is the workshop for you! With the right information and skills, you or your children can breathe a sigh of relief and achieve testing success! Register for this workshop by contacting the Kings Bay School Liaison Officer for more details!



Navy Child and Youth Programs welcome children of all abilities.

Silver Star for corpsman

By Jason Bortz
Naval Hospital Pensacola
Public Affairs

"I didn't think, I just reacted," said Hospital Corpsman 3rd Class Zackery Penner, a corpsman with Naval Hospital Pensacola, when recalling the events of June 22 and 23, 2012, while serving with Bravo Company, 1st Battalion, 8th Marines in Afghanistan.

For his actions on those two days, Penner was awarded the Silver Star, the third highest military decoration for valor, March 19 at a ceremony at Naval Hospital Pensacola.

On June 22, 2012, with approximately 30 days left in country, Penner's platoon encountered Afghan insurgents on the first day of a seven-day operation, and a Marine was severely wounded on a nearby rooftop.

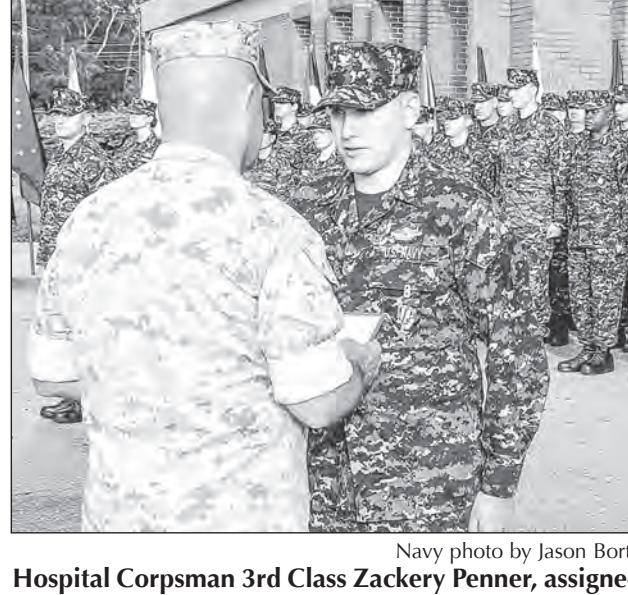
Without hesitation, Penner ran to the Marine while exposing himself to enemy fire that was only 50 meters away. With rounds impacting all around him, he treated and evacuated the Marine.

Though the Marine did not survive from the wounds he sustained, Penner's actions reflected the relationship and camaraderie shared between Marines and corpsmen.

"Marines love their corpsmen, and I love being with Marines," said Penner, who enlisted in the Navy immediately after graduating high school in Sacramento, Calif.

"I wanted to be a corpsman because I wanted to help Marines."

Penner got to help a Marine again the very next day. While on a partnered patrol with Afghan soldiers, insurgents attacked his squad with machine-guns and precision fire weapons.



Hospital Corpsman 3rd Class Zackery Penner, assigned to Naval Hospital Pensacola, is awarded the Silver Star by Major Gen. Raymond Fox, commanding general of II Marine Expeditionary Force.

When two members of the patrol sustained injuries, a Marine and an Afghan soldier, Penner ran more than 100 meters through enemy fire to reach the casualties and quickly established a casualty collection point behind a wall. When the squad began receiving enemy fire from the rear, Penner shielded the casualties from enemy fire with his own body until the evacuation aircraft arrived.

Both casualties would ultimately not survive, but Penner again sustained no injuries despite putting himself in harm's way.

"It never crossed my mind that I wouldn't be hurt," Penner said. "It's actually hard to remember the events of those two days in detail now because I just reacted."

After returning from the seven-day operation, Penner immediately contacted his wife.

"I couldn't tell her what happened because of [operational security], but I wanted her to know I was okay," said Penner, whose grandfather served in the Navy during World War II.

Penner also called the Marine's family that he evacuated from the rooftop.

"He was my best friend, and I wanted to talk to them," said Penner before trailing off.

The relationship between Marines and their corpsmen was further demonstrated as a large number of Marines attended the ceremony including Maj. Gen. Raymond Fox, commanding general, II Marine Expeditionary Force.

"The relationship the Marine Corps has had with corpsmen for a long time is what saves a lot of Marines, and [Marines] cherish that relationship incredibly," said Fox. "Every one of us should aspire to do what he did when called upon."

After returning from Afghanistan, Penner received orders to NHP where he currently works in the Emergency Department.

Initially, Penner planned on fulfilling his current enlistment and then leaving the Navy, but

See Corpsman, Page 11

**DCI
BIOLOGICALS
"THE PLASMA CENTER"**

**EARN \$900!
UP TO**

Enrolling donors now!

**Generous compensation
paid to those who qualify.**

**Have you received the
anthrax vaccine?**

DCI Biologicals is seeking civilian, active, or ex-military personnel who have received 3 or more doses of the anthrax vaccine. If you qualify, your blood plasma could be used to make a medication for the treatment of anthrax disease. Anthrax immunized plasma donors can earn up to \$900 for donating life-saving plasma.

**CONTACT DCI BIOLOGICALS TOLL FREE AT (877)242-4430
OR VISIT WWW.DCIPLASMA.COM FOR MORE INFORMATION.**

To qualify:

- Must meet standard eligibility requirements to donate plasma.
- Must provide immunization records showing a history of 3 or more anthrax injections

**Generous referral fees
paid to donors who refer
other qualified individuals.
Ask for details.**

**3744 BLANDING BLVD.
JACKSONVILLE, FL 32210**



**THE POWER TO
TREAT ANTHRAX
IS IN YOU**



Morale, Welfare and Recreation happenings

MWR's Kidsfest set for April 12

It's that time of year to celebrate children. Morale, Welfare and Recreation will be hosting Kidsfest '14 at Under the Pines Park 11 a.m. to 2 p.m., Saturday, April 12. Demonstrations by Kings Bay Tae Kwon Do and Crooked River State Park plus face painting, arts and crafts, a photo booth, games, glitter tattoos, a traceless train, music and more. A Fun Zone will be open for a \$3 entry of unlimited use with lots of inflatables, rock wall and halo jumpers. Food will be available for purchase by Domino's and Chick-fil-a. For more information, call (912) 573-4564.

Pirate Family Adventure Race — Have you heard of the *Great Race*?

This is better, me hearties!

Register for free at Kidsfest at 11 a.m. This is a family scavenger hunt event with challenges. The details are secret. Call (912) 573-8972 for a few hints. The only requirement is one electronic device capable of taking snapshots, such as an iPhone, Android, tablets or camera.

Happy Easter from Rack-N-Roll Lanes — From 1 to 8 p.m. April 20, enjoy bowling with family and friends when all games are 50¢ and shoe rentals are \$2.50 per person. For more information, call R-N-R lanes at (912) 573-9492.

White Water Adventure Weekend — Navy Adventures Unleashed Kings Bay is going to National Whitewater Center in Charlotte, N.C. on Memorial Day weekend, May 23 to 26, departing the BIG EZ at 2 p.m. on that Friday. A non-refundable camping deposit due is by April 25 with balance due by May 16. Your trip, your way. Pick from several cost options plus camping. Cost is camping only \$65/\$55(liberty) and optional 2-day Allsport pass add \$99 or 1-day Allsport pass add \$54 plus optional Memorial Day Trail Run (must pay on-line) at www.usnwc.org/memorial-day-trail-races. Camping, Climb 2 Zip, Biking, Whitewater Rafting, Mega Jump plus Memorial Festival & Trail Run May 25. Includes live music and more. Call NAU for details at (912) 573-8972.

Intramural Average Joe's Golf League — All participants are welcome. Registration is going on now at the Fitness Complex with play beginning April 30. Captain's meeting is April 23 at the golf course. Weekly fees for active duty and retirees \$10, DoD-civilians \$12, which



Periscope file photo
Morale, Welfare and Recreation's Kidsfest '14 is 11 a.m. to 2 p.m. Saturday, April 12 at Under The Pines Park.

Liberty call

includes cart, 9-holes and weekly prizes. League format is 2-person teams, foursomes, captain's choice, flighted. Trophy for overall champion. For details, call (912) 409-1611.

Intramural 4-vs-4 Flag Football — Registration is going on now at the Fitness Complex with play beginning on May 5. The captain's meeting is April 30. Non-refundable team fees are \$100 active duty and \$150 non-active duty. For details, call (912) 409-1611.

Movie Under the Stars — At dusk, approximately 7:30 p.m., Saturday, April 19 at the Youth Center Ballfields, MWR will be showing *Walking with Dinosaurs* (rated PG). Bring your blankets, chairs and bug spray and grab your neighbors. Enjoy an evening movie outdoors on the giant outdoor theatre. Call (912) 573-4564 for more details.

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 rebranding 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 ven-

ture 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.

Free Movies for the Kids Weekend and School Break — The movies for April are *The Croods* Apr. 1, *Incredibles* April 2, *Journey*

to the Center of the Earth April 3, *Cloudy With a Chance of Meatballs* 2 April 4, *Planes* April 5 and 6, *Epic* April 12 and 13 *Frozen* April 19 and 20 and *Journey 2: Mysterious Island* April 26 and 27. 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 more of the latest information, call (912) 573-4548.

Just for kids

Corpsman

From Page 10

being stateside has given him a new perspective.

"The stress of working in the emergency room does not compare to the

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) PT gear is allowed by those authorized to wear it.

NAVY
Fitness

NO!

FOOTWEAR

- Bare feet
- Flip flops
- Sandals
- Open-toe shoes
- Crocs/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.

PROPER FITNESS CENTER ATTIRE

Perfect!

Oh, no!

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

NO!

FOOTWEAR

- Socks
- 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.

Support Your Advertisers! They Support You!

BRANT CREEK Apartment Homes

Come by and start your day off right! Ask about our offers.

Voted #1 Apartment Community in Camden County for Three Straight Years! (2010 / 2011 / 2012)

4450 Highway 40 East, St. Marys, Georgia 31558
(912) 729-3101

www.brantcreekapartments.com



SPECIALS

\$1200 per month

One bedroom Single suite

\$1400 • Double occupancy suite

* see management for details and specifics

• Utilities paid
• No long term lease
• Weekly Housekeeping
• Full kitchens

• Washers and Dryers each unit!
• 600 sq. ft.
• Pool and Gym
• Business center

Perfect for DoD, contractors, service personnel awaiting their new home and more

(912) 882-6250

www.cumberlandislandinn.com

• Utilities paid

• No long term lease

• Weekly Housekeeping

• Full kitchens

• Washers and Dryers each unit!

• 600 sq. ft.

• Pool and Gym

• Business center

Perfect for DoD, contractors, service personnel awaiting their new home and more

(912) 882-6250

www.cumberlandislandinn.com



COTILLION Parents' Reception & Registration

(Fernandina Beach)

The National League of Junior Cotillions, Nassau County Chapter, has

scheduled a parents' reception and registration for the 2014-2015 season.

The reception is scheduled for April 8, 2014 at 7:00pm

Held at the Amelia Island Museum of History 233 S. 3rd Street.

For more info call

(904) 556-2916 or email: lynn.dempsey@nljc.com

WE BUY GOLD, SILVER, COINS & DIAMONDS

GEM LAPIDARY JEWELERS & ENGRAVERS

• HAND ENGRAVING

• DIAMONDS • CUSTOM JEWELRY

• JEWELRY REPAIR

ACTIVE DUTY MILITARY FFL TRANSFERS \$10

4204/6 HERSCHEL ST. • M-F 10-5 • SAT 10-2



Navy photo by John F. Williams

Carol Armstrong, ship's sponsor for the Auxiliary General Oceanographic Research research vessel Neil Armstrong (AGOR 27), breaks a bottle across bow during a christening ceremony at Dakota Creek Industries, Inc., shipyard in Anacortes, Wash.

Neil Armstrong christened

By Eric Beidel

Office of Naval Research Public Affairs

Chief of Naval Research Rear Adm. Matthew Klunder joined family members of the late Neil Armstrong March 29 to christen the Navy's newest research ship, named for the legendary astronaut and first man to walk on the moon.

The lead Auxiliary General Oceanographic Research (AGOR) ship in its class, the research vessel Neil Armstrong (AGOR 27) began construction in 2012 and will be delivered to Woods Hole Oceanographic Institution in January 2015 to continue studies in the Atlantic, western Pacific and Indian ocean regions.

"I can't think of a better name to go on the side of a ship designed for exploration and discovery," Klunder said. "R/V Neil Armstrong will play a pivotal role in teaching the Navy about the ocean so we can more effectively plan our operations around the world."

The Navy, through the Office of Naval Research, has been a leader in building and providing large ships for the nation's academic research fleet since World War II.

The newest addition to the fleet, R/V Neil Armstrong will replace R/V Knorr (AGOR 15), which will be retired at the end of the year after nearly half a century of service.

R/V Knorr was launched during the same decade as President Kennedy's vow to put a man on the moon and the famed Apollo 11 mission that fulfilled that vi-



Armstrong

sion.

It is best known for carrying researchers on the 1985 expedition that resulted in discovery of the Titanic. In all, R/V Knorr has traveled more than a million miles-about the same distance as two trips to the moon and back.

"Now the R/V Neil Armstrong will provide a continuum of exploration for the next 50 years," said Carol Armstrong, the astronaut's widow and sponsor of the ship.

The new ship is 238 feet long and equipped with the latest technologies, including a high-efficiency diesel engine, emission control for stack gasses, information technology tools for monitoring shipboard systems and communicating with the world, and hull coatings that should result in fewer maintenance issues.

It will operate with a crew of 20 with accommodations for 24 scientists who will use the ship and its assets to collect samples and data from both coastal and deep ocean areas.

In addition to officials from ONR, the christening at the Dakota Creek Industries, Inc. shipyard in Anacortes, Wash., was attended by the oceanographer of the Navy and representatives from the secretary of the Navy's office. Kali Armstrong, the late astronaut's granddaughter, was maid of honor.

New site tests sub cables

By Joseph Battista
Naval Surface Warfare Center
Carderock Division - Ship
System Engineering Station
Public Affairs

Engineers from the Naval Surface Warfare Center Carderock Division - Ship System Engineering Station completed the first submarine communications cable test at the newly constructed Tow Cable Test Site, Naval Sea Systems Command announced March 27.

The new facility provides the Navy the capability to test and evaluate prototype synthetic and steel electrical, optical, and mechanical cables used in submarine communications systems.

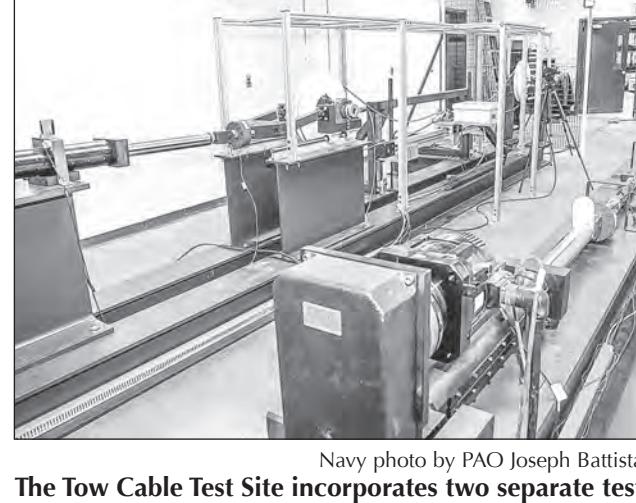
The site can also be used to test other systems like towed arrays, mast antenna cables and remote operated vehicle cables.

"This test site will allow us to learn more about the tow cable in order to develop better designs for our submarine force," said Jason Delisser, electrical engineer with Antenna Engineering and Sail Systems Branch, who oversaw the construction of the test site. "The ultimate goal is to significantly improve system reliability and the test site will allow us to understand how and why the cable fails during operation so that we can design out the most common failure modes."

The TCTS was funded by the Navy's Program Executive Office for Command, Control, Communications, Computers and Intelligence as part of a Lean Six Sigma initiative to increase system reliability. Similar testing was previously conducted by private industry and this capability will reduce costs, test and other lead times, as well as reduce dependence on outside contracting.

The TCTS incorporates two separate test fixtures.

The first fixture is a tension test fixture capable of simulating loads up to 25,000 pounds. This test



Navy photo by PAO Joseph Battista

The Tow Cable Test Site incorporates two separate test fixtures. Foreground, the tension test fixture capable of exciting loads up to 25,000 pounds and the Bend Over Sheave fatigue test fixture, which utilizes a belt driven actuator to drive a tow cable around a set of two fixed sheaves.

fixture is primarily used to assess the tensile properties of the cable, including breaking strength, cable strain and torque balance.

The second fixture is a Bend Over Sheave fatigue test fixture.

This fixture uses a belt-driven actuator to drive a tow cable around a set of two fixed sheaves while under tension in order to assess the bending fatigue life of a cable. The bending fatigue life can often be the most important determinant for the expected lifecycle of a cable design.

During all mechanical testing the cable core is connected electrically to a dielectric analyzer, and optically to a fiber spectrometer and light source.

The dielectric analyzer measures the insulation resistance and continuity of the electrical lines, and the fiber spectrometer measures the continuity of up to two fiber optic lines.

Understanding the relationship between the structural component of the cable and the cable core is critical in tow cable design.

One of the most important design aspects for this site was the requirement for safe operation. Delisser recognized this early on.

"We realized that applying high tensions at a fast rate could create potentially dangerous situations for the test operators if all safety measures weren't incorporated in our design."

The test site is configured with multiple levels of safety including structural guards against cable whipping, multiple emergency stops and a control system that prohibits operation of any mechanical equipment if the test area is not secured.

The test site also utilizes solenoid locks on the gates to further prevent access to the test area during testing or if power is unexpectedly lost.

In addition, eight cameras are stationed within the test area in order to allow test operators to safely set-up and perform testing without entering the test area.

The Ship Systems Engineering Station, Philadelphia is a major component of Naval Surface Warfare Center Carderock Division. It is the Navy's principal test and evaluation station and in-service engineering agent for all hull, mechanical and electrical ship systems

and equipment and has the capability to test and engineer the full range of shipboard systems and equipment from full-scale propulsion systems to digital controls and electric power systems.

Marine's Amos: We'll do same with less

By Claudette Roulo

American Forces Press Service

Since the founding of the Marine Corps in 1775, Marines have answered the nation's call, faithfully protecting the American people and maintaining a world-class standard of military excellence, the Marine Corps commandant said March 25.

"Nothing has changed. We will continue to do the same in the future," Gen. James F. Amos said at a hearing of the House Appropriations Committee's defense subcommittee.

The nation is now at a strategic inflection point, he said.

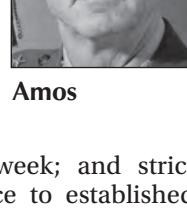
"After 12 years of war, we are drawing down our forces in Afghanistan, re-setting our institution and reawakening the soul of our Corps," Amos said. At the same time, fiscal uncertainty threatens the Corps' capacity and capabilities and forces it to sacrifice long-term health for near-term readiness, the commandant said.

Despite these challenges, Amos said, he remains committed to "fueling the most capable and ready Marine Corps that the nation is willing to pay for."

Individual Marines are the Corps' greatest asset, he said.

"Our unique role as America's signature crisis response force is grounded in the legendary character and warfighting ethos of our people," the general said.

As the Marine Corps resets and prepares for future battles, Amos said, all Marines are rededicating themselves to four timeless attributes: "persistent discipline; faithful obedience to orders and



Amos

instructions; concerned and engaged leadership 24 hours a day, seven days a week; and strict adherence to established standards."

These characteristics, he said, are what carried Marines across French wheat

fields and into German machine guns at Belleau Wood in World War I.

And, the commandant continued, in World War II, the same attributes allowed combat-inexperienced young Marines to succeed against a determined enemy in the attack on Guadalcanal.

And lastly, he said, these enduring strengths of character and courage "enabled Marines to carry the day in an Iraqi town named Falujah, and against a deter-

mined enemy in the Taliban strongholds of Marjah and Sangin."

"These ironclad imperatives have defined our Corps for 238 years," Amos said. "They will serve us well in the decades to come."

While about 30,000 Marines are deployed around the world, promoting peace, protecting the nation's interests and securing its defense, the com-

See Marines, Page 13

AUDRA

SEXUAL ASSAULT SUPPORT GROUP

AUDRA means "nobility and strength" in French



A group for Active Duty females who have been sexually assaulted as adults

This group will offer Active Duty female survivors of sexual assault as an adult a safe, open atmosphere for discussion and activities to facilitate the healing process.

Please contact: Ms. Jennice Jent/leslie.jent.ctr@navy.mil or
Ms. Erin Ottenwess/erin.ottenwess.ctr@navy.mil at the
NSB Kings Bay FFSC: 573-4512



NSB Kings Bay Chapel

Sundays

8:30 a.m. - Confessions

9 a.m. - Catholic Mass

10:10 a.m. - Religious Faith Formation (Catholic)

10:10 a.m. - Adult Bible Study

10:30 a.m. - Protestant Divine Service

Mondays-Wednesdays and Fridays

11:15 a.m. - Catholic Mass

Wednesdays

6:30 p.m. - Rite of Christian Initiation Adults

Saturdays

4:30 p.m. - Confessions

5 p.m. - Catholic Mass

Catholic Services Lent and Easter Schedule

■ Saturday, April 12, 5 p.m. Palm Sunday

■ Sunday, April 13, 9 a.m. Palm Sunday

■ Maundy Thursday, April 17, 6 p.m. Mass of the Lord's Supper

■ Good Friday, April 18, noon Liturgy of the Lord's Passion

■ Saturday, April 19, 8 p.m. Easter Vigil

■ Sunday, April 20, 9 a.m. Easter Mass

Protestant Services Easter Schedule

■ Sunday, April 13, 10:30 a.m. Palm Sunday

■ Sunday, April 20, 10:30 a.m. Resurrection Sunday with Communion

Vacation Bible School

■ Monday through Friday, June 16 to 20, 8 a.m. to noon. Registration will begin May 1.



Vietnam War veterans and Medal of Honor recipients, from left, Spc4 Santiago Erevia, Staff Sgt. Melvin Morris and Sfc Jose Rodela get acknowledged from the audience during "Valor 24" Hall of Heroes induction ceremony.

Soldiers receive medals

By J.D. Leipold
Army News Service

Twenty-four U.S. Army veterans from three wars — World War II, Korea and Vietnam — received upgrades to the highest military decoration for uncommon bravery and gallantry at a White House ceremony March 18.

President Barack Obama presented posthumous Medals of Honor to family members and representatives of 21 of those Soldiers, and draped the sky-blue ribbon and five-pointed star-bearing medals around the necks of the three living veterans from the Vietnam War.

Each of the 24 had received a Distinguished Service Cross for the same fearless actions for which they were now receiving long overdue upgrades to the Medal of Honor.

"This ceremony is 70 years in the making and today, we have the chance to set the record straight," he said, noting that more than a decade ago Congress mandated a review to ensure heroism of veterans wasn't overlooked due to prejudice or discrimination.

During that review, the 24 Soldiers — Hispanic,

Jewish and African American — were identified as deserving of the Medal of Honor.

"This is the length to which America will go to make sure everyone who serves under our proud flag receives the thanks that they deserve," he said. "So with each generation, we keep on striving to live up to our ideals of freedom and equality, and to recognize the dignity and patriotism of every person, no matter who they are, what they look like, or how they pray."

Obama invited each living Soldier to the stage, one at a time, dressed in uniforms they could have worn in their 20s, but they now were filling out in their 70s with a full complement of ribbons and badges that testified to their skills as young Soldiers.

Their citations were read, their Medals of Honor were draped and handshakes exchanged.

"These are extraordinary Americans. They are exemplary Soldiers," the president said.

Following the presentation to the three Vietnam veterans, Obama called them all to the stage.

"Santiago Erevia, Melvin

Morris, Jose Rodela, in the thick of the fight, all those years ago, for your comrades and your country, you refused to yield," he said. "On behalf of a grateful nation, we all want to thank you for inspiring us, then and now, with your strength, your will and your heroic hearts."

Sons, daughters, nephews, brothers, wives, friends and representatives of the 21 Soldiers who weren't present to receive the long overdue recognition each were called to the stage to hear their Soldier's citation read aloud for a final time.

While some fought tears, others smiled, faintly remembering.

Then each was presented with a framed citation and Medal of Honor which their Soldiers so deserved.

There was little doubt their Soldiers would never be forgotten again.

"Ladies and gentlemen, it is very rare where we have the opportunity to reflect on the extraordinary courage and patriotism of such a remarkable collection of men," Obama concluded. "We are so grateful to them, we are so grateful to their families, it makes us proud and it makes us inspired."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

mandant said, they aren't working alone. The Marine Corps' partnership with the Navy provides the United States with an "unmatched naval expeditionary capability," he said.

"Our relationship with the Navy is a symbiotic one," Amos said.

That close relationship

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

is at the heart of the commandant's concern over the effects of cuts to the fleet and to shipbuilding funds, he said.

"America's engagement throughout the future security environment of the next two decades will be naval in character make no mistake," the general said. "To be forward-engaged and to be present when it matters most, we need capital ships — and those ships need to be loaded with United States

Marines."

By maintaining a forward presence, the Navy and Marine Corps team can respond immediately

"when success is measured in hours, not in days," Amos said.

The general pledged that even in the fiscal climate in which it must accomplish its mission going forward, the Marine Corps will step up to the task.

"We will not do less with less," Amos said. "We will do the same with less."

THE
KINGS BAY, GEORGIA

Periscope Classified

PLACE YOUR MILITARY CLASSIFIED AD

BY PHONE**366-6300**

Mon. - Thurs. 7:30 a.m. - 6:00 p.m.

Fri. 7:30 a.m. - 5:30 p.m.

TOLL FREE**800-258-4637****BY FAX****904-359-4180****IN PERSON**

Many people prefer to place classifieds in person and some classified categories require prepayment. For your convenience, we welcome you to place your classified ad at The Florida Times-Union from 7:30 a.m.-5:00 p.m., Monday-Friday at One Riverside Avenue (at the foot of the Acosta Bridge).

Deadlines**Run date Call by Fax by**

Thursday Tue, Noon Tue, 11 a.m.
Please note: **Fax deadlines are one hour earlier.**
Holiday and Legal deadlines vary and will be supplied upon request. Cancellation and correction deadlines are the same as placement deadlines.

CANCELLATIONS, CHANGES & BILLING

Ad Errors - Please read your ad on the first day of publication. We accept responsibility for only the first incorrect insertion and only the charge for the ad space in error. Please call 366-6300 immediately for prompt correction and billing adjustments.

Ad Cancellation - Normal advertising deadlines apply for cancellation. When cancelling your ad, a cancellation number will be issued. Retain this number for verification. Call 366-6300.

Billing Inquiries - Call the Billing Customer Service Department at 359-4324. To answer questions about payments or credit limits, call the Credit Department at 359-4214.

GENERAL INFORMATION

Advertising copy is subject to approval by the Publisher who reserves the right to edit, reject or classify all advertisements under appropriate headings. Copy should be checked for errors by the advertiser on the first day of publication. Credit for Publisher errors will be allowed for the first insertion for that portion of the advertisement which was incorrect. Further, the Publisher shall not be liable for any omission of advertisements ordered to be published, nor for any general, special or consequential damages. Advertising language must comply with Federal, State or local laws regarding the prohibition of discrimination in employment, housing and public accommodations. Standard abbreviations are acceptable; however, the first word of each ad may not be abbreviated.

The anchor indicates the ad is a FREE Fleet Market Ad placed by military personnel.

CLASSIFIED INDEX**Announcements****Instruction****Auctions****Employment****Real Estate for Sale****Services****Real Estate for Rent****Merchandise****Commercial Real Estate****Pets/Animals****Financial****Transportation****904-366-6300****ONLINE**Classified line ads are online at jaxairnews.com**FREE online advertising!**Your Classified in-column ad automatically appears online at **no additional charge.****Announcements**

Happy Ads
Lost and Found
Clubs and Organizations
Rides/Travel
Notices
Personals
Dating and Entertainment

Lost and Found

LOST in Naval Hospital 2/14/14, gold chain bracelet, sentimental value, reward, no questions asked. Walt 904-778-9167

Notices

Are you a Breast Cancer Survivor? Interested in a no-cost weight loss program?
Researchers at UF & UNF are doing a research study to learn about the effects of weight loss on markers of disease in women who have had breast cancer.

To participate, you must be:
• A woman between the ages of 21-65
• Overweight
• Have been diagnosed with breast cancer (stages I-3)
• Completed primary treatment

Contact Info: UFBreastCancerProject@gmail.com (352) 403-4047

This study will be based in Gainesville and Jacksonville. Compensation will be provided.

Out of Area/Town/State

243 acres Cherokee Co. NC
Big timber, creeks, Great Access & int. roads. Joins Nat Forest, Elev. 2600 up Only \$2,795 per acre!
Call 478-987-7942 for appt.

Manufactured Homes

Brand New 4/2 Manufactured Home On 12 acres + \$998/mo Owner Financing, Low Down Easy Qualifying Near Florida/ Georgia Line Call 904-622-7374 Today!

Farms/Acreage

CALHOUN COUNTY
246 - \$995/AC
Perfect small hunting tract, Creek, hardwoods, planted pine Visit our website stregspaper.com 478-987-9700 St. Regis Paper Co.

Real Estate For Rent

Apartments Furnished
Apartments Unfurnished
Condominiums
Retirement Communities
Homes Furnished
Homes Unfurnished
Manufactured Homes
Mobile Home Lots
Roommates
Rooms to Rent
Beach Home Rentals
Beach/Vacation/Resorts
Storage/Mini-Lockers
Management/Rental Services
Wanted to Rent
St. Johns Apartments Furnished
St. Johns Apartments Unfurnished
St. Johns Condominiums
St. Johns Duplex
Townhomes
St. Johns Retirement Communities
St. Johns Houses Furnished
St. Johns Houses Unfurnished
St. Johns Mobile Home/Lot Rental
St. Johns Lots
St. Johns Roommates
St. Johns Rooms to Rent
St. Johns Oceanfront/Waterfront
St. Johns Vacation Rental
St. Johns Storage/ Mini-Lockers
St. Johns Wanted to Rent

Apartments Furnished

Orange Pk- furnished rooms \$175wk, TV, cable, util., microwave, frig, pool 264-1211

Apartments Unfurnished

MURRAY HILL- Florida Christian Apts. Affordable living in a great neighborhood! 62+ Studios & 1 bedrooms incl. util. Handicap accessible units avail! Income based rent Equal housing opportunity. Call 904-381-4800; TTY 800-955-8771

ORANGE PARK - 1BR/1BA All utilities included, including newly painted tile floor t/o, 2 small pets max 20lbs. No smoking \$650mo. + \$650dp. Backgrd/credit check. 904-545-5029. 37 Knight Bxx Rd.

Houses Unfurnished

3 BDRM, 5 min. to NAS JAX. Updated kitchen, 1-car garage. Large yard. Great school. 904-443-5499

Rooms to Rent

ARLINGTON/W'side/N'side - Furn., ph., TV, w/d, \$100-\$130 wk 838-4587

Orange Pk- furnished rooms \$175wk, TV, cable, util., microwave, frig, pool 264-1211

Support your military newspaper.

Periscope

KINGS BAY, GEORGIA



ADVERTISE IN THE MILITARY PUBLICATIONS

- Reach 74,000 Readers
- Internet Advertising (Included in Rate)
- Military Publications on www.Jacksonville.com which receives 11 million views per month
- Distributed on three Naval Bases and off-site locations
- Published Thursday weekly

Call Advertising
Today
904-359-4336

**Regional Economic Impact
\$7.8 billion/year**

**Military Publications reach
81% of the military community**

**Regional Payroll (all 3 bases)
\$2.04 billion/year**

Military Community
Includes 92,103 Active-Duty, Reserves,
Retirees and Contractors

**The Navy is the largest employer
in Northeast Florida
and Southeast Georgia**

**Working On Base
50,631**
Active-Duty, Reserves, Civilians, Contractors

Mirror JaxAirNews Periscope
Published by
The Florida Times-Union

The Times-Union drive DEALER DIRECTORY

**TO LIST YOUR DEALERSHIP,
PLEASE CALL 904-359-4193**

BUICK KEY BUICK-GMC 4660 Southside Blvd. 642-6060	DODGE ATLANTIC DODGE www.atlanticjeep.com 2330 US1 South 354-4421	LOU SOBH HONDA OF THE AVENUES 11333 Phillips Hwy. 370-1300	TOYOTA KEITH PIERSON TOYOTA 6501 Youngerman Circle. 771-9100
NIMNICH BUICK-GMC 11503 Phillips Hwy 685-8820	JACKSONVILLE CHRYSLER JEPP DODGE 9A & Baymeadows 493-0000	HYUNDAI KEY HYUNDAI 4660 Southside Blvd. 642-6060	ERNIE PALMER TOYOTA 1310 Cassat Ave. 389-4561
CADILLAC CLAUDE NOLAN CADILLAC 4700 Southside Blvd. 904-642-5111	ORANGE PARK CHRYSLER JEPP DODGE 7233 Blanding Blvd. 777-5500 www.orangeparkdodge.com	Jeep JEEP RICK KEFFER I-95 Exit 373, Fern Bch. 1-800-228-7454 www.rickkeffer.com	VOLKSWAGEN O'STEEN VOLKSWAGEN VISIT OSTEENVW.COM TODAY! 904-322-5100
CHEVROLET NIMNICH CHEVY 1550 Cassat Ave. 904-647-4220 www.nimnichchevy.com	JERRY HAMM CHEV 3494 Phillips Hwy. 398-3036 www.jerryhamm.com	FORD PAUL CLARK FORD-MERCURY I-95 N. Exit 129 (Yulee) 225-3673	TOM BUSH VOLKSWAGEN VISIT TOMBUSHVW.COM 904-725-0911
RON ANDERSON CHEVROLET BUICK GMC 464054 State Rd. 200 Yulee, FL 32097 904-261-6821	AUTONATION FORD AT THE AVENUES 10720 Phillips Hwy. 904-292-3325	JACKSONVILLE CHRYSLER JEPP DODGE 9A & BAYMEADOWS. 493-0000	VOLVO O'STEEN VOLVO www.osteenvolvo.com 396-5486
CHRYSLER ATLANTIC CHRYSLER www.atlanticjeep.com 2330 US1 South 354-4421	MIKE DAVIDSON FORD AT REGENCY 9650 Atlantic Blvd. 725-3060	ORANGE PARK CHRYSLER JEEP DODGE 7233 Blanding Blvd. 777-5500 www.orangeparkdodge.com	PRE-OWNED VEHICLES AUTO LINE A Family owned Business autolinepreowned.com 2126 Mayport Rd., Atlantic Beach 904-242-8000
JACKSONVILLE CHRYSLER JEPP DODGE 9A & BAYMEADOWS. 493-0000	RICK KEFFER I-95 Exit 373, Fern Bch. 1-800-228-7454 www.rickkeffer.com	GMC GMC TRUCKS NIMNICH GMC 11503 Phillips Hwy 685-8820	AUTOS BEACH BLVD. AUTOMOTIVE Family Owned Since 1967 beachblvdautomotive.com 6833 Beach Blvd. 724-3511
ORANGE PARK CHRYSLER JEEP DODGE 7233 Blanding Blvd. 777-5500 www.orangeparkdodge.com	AUTONATION LINCOLN OF ORANGE PARK 7700 Blanding Blvd. 777-3673	HONDA DUVAL HONDA 1325 Casst Ave. 899-1900	DARCARIS WESTSIDE PRE-OWNED SUPERSTORE 1665 Cassat Ave. 904-384-6561 www.westsidedodge.net
LINCOLN NORTH FLORIDA LINCOLN 4620 Southside Blvd. 642-4100			

**PRE-OWNED
VEHICLES**
O'STEEN VW
CERTIFIED
PRE-OWNED
CENTER
VISIT OSTEENVW.COM
TODAY!
904-322-5100

**SUPPORT
YOUR LOCAL
DEALERSHIPS
BY SHOPPING
LOCALLY.
READ DRIVE
EVERY
SATURDAY IN
THE
TIMES-UNION
OR GO TO
DRIVE.JACKSONVILLE.COM
FOR GREAT
LOCAL DEALS.
LET'S SHOP
LOCAL!**

1549191



WE BRING THE MILITARY TO YOU

Together, our communities of service members and their families, and your business, can spell SUCCESS.

Not only will your business benefit while the families are stationed here, many military families retire to the area, with the tri-base area being one of the most sought-after assignments in the U.S. Navy.

To advertise, or to find out more information, please call **904.359.4168**.

MIRROR
NS MAYPORT, FLORIDA

JaxAirNews

Periscope
KINGS BAY, GEORGIA



WE BRING THE MILITARY TO YOU

Together, our communities of service members and their families, and your business, can spell SUCCESS.

Not only will your business benefit while the families are stationed here, many military families retire to the area, with NSB Kings Bay being one of the most sought-after assignments in the U.S. Navy.

**To advertise, or to find out more information,
please call 904.359.4168.**

THE
Periscope
KINGS BAY, GEORGIA