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THE Periscope

2009 CHINFO Award Winner

KINGS BAY, GEORGIA

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Thursday, May 15, 2014

Camden-Kings Bay Council Navy League Chairperson Cheryl Aston, Master Chief Petty Officer of the Navy Mike Stevens and Council Navy League President David Burch cut a ceremonial cake.



Navy photo by MC1 Rex Nelson

Service members honored

Camden-Kings Bay Council Navy League has annual banquet

By MC1 Rex Nelson
Commander, Submarine Group 10
Public Affairs

Camden-Kings Bay Council Navy League held its annual sea services award ceremony and recognition banquet honoring the Sailors and Coast Guardsmen of the Year at Naval Submarine Base Kings Bay, May 8.

Master Chief Petty Officer of the Navy Mike Stevens served as guest speaker.

"Congratulations to all the service members of the year," Stevens said.

Stevens gave special recognition to the spouses of service members for their support and understanding of their loved ones' service to the United States.

"To the spouses, there is no way in the world that we can thank you enough," he said. "We sincerely appreciate your self-

less support and thank you for what you do."

Awardees were recognized by the Navy League and introduced to the audience by a representative from their command.

Yeoman 1st Class (SS) Terrell Jones was selected as Sailor of the Year for Commander, Submarine Group 10 Staff.

"YN1 Jones is an absolutely stellar Sailor," said Capt. Stephen Hall, Deputy Chief of Staff, Commander, Submarine Group

See Banquet, Page 7

Showered at The Players

Navy wife, expecting mom enjoys PGA's Operation Shower

By Bill Wesselhoff
The Periscope editor

The PGA Tour's The Players Championship on TPC Sawgrass in Ponte Vedra Beach, Fla., is famous for the 17th-hole Island Green and golf's biggest purse.

It also hosts a pretty fantastic baby shower for military wives.



Holly Weckwerth

"Oh my goodness, it was the most amazing thing involving the military I've ever been to, as far as spouses go," said Holly Weckwerth. "It was so laid back. The atmosphere was very loving."

Weckwerth was one of 31 military wives who attended the May 5 Operation Shower at the Patriots Outpost near the 16th tee at TPC Sawgrass.



ET2 Tim Weckwerth

Operation Shower is a "non-profit organization dedicated to celebrating and honoring military families by providing joyful baby showers for military moms-to-be to ease the stress of deployment."

It's supported by with the PGA Tour players' Birdies for the Brave, which has raised more than \$13 million for military families since it was started by Phil and Amy Mickelson.

Weckwerth's husband, Tim, is a Electronics Technician second class onboard the USS Florida Gold (SSGN 728). She was nominated for the shower by Michelle Mayer, the wife of the Gold crew's commanding officer, Capt. Louis Mayer.

Holly and Tim Weckwerth, both of Kansas City, Mo., met at Kansas State University. They were married Nov. 11, 2011. They are expecting their first child, a son, in July when Tim will be out to sea.

At the shower, Holly met many of the dignitaries there, such as PGA golfer Jim Furyk and his wife, Tabitha, Holly Finchem, wife of PGA Tour Commissioner Tim Finchem, Robin William-

See Shower, Page 7



Hurricane Dennis batters palm trees and floods parts of Naval Air Station Key West's Truman Annex in 2005. The storm passed within 125 miles of the base, clocking winds in excess of 90 miles an hour and dumping more than seven inches of rain.

Navy photo by Jim Books

Region on watch for hurricanes

HURREX Citadel Gale 2014 finishes up today

By Twilla Smith
Navy Region Southeast Public Affairs

Hurricane season is right around the corner and Navy Region Southeast is gearing up for the 2014 HURREX Citadel Gale training exercise.

The exercise will run May 5 to 15 in preparation for the upcoming hurricane season.

The purpose of HURREX Citadel Gale 2014 is to prepare regions Navy-wide to respond to weather threats to U.S. coastal regions, and to maintain the ability to deploy forces even under the most adverse weather conditions.

Tropical storms have the potential to cause great damage as they pass, and the Navy prepares every year to mitigate that

damage.

"HURREX Citadel Gale 14 is the annual U.S. Fleet Forces Command hurricane preparedness exercise and Commander, Navy Installations Command natural disaster restoration and recovery exercise that provides evacuation, disaster preparedness and consequence management training to afloat and shore based commands," said John Hunczak, NRSE Regional Operation Assessment and Assistance Program exercise planner.

"This is a great training opportunity and focusing event for the Navy Region Southeast team in preparation for the 2014 hurricane season," continued Hunczak.

For exercise preparation, NRSE will review disaster preparedness plans and conduct individual and team training. NRSE will also conduct pre-exercise and pre-tropical cyclone season discussions with disaster preparedness officers of subordinate commands to address exercise scenarios, emergency plans,

and recovery efforts. The destruction and devastation caused by storms reinforce the need for proper training and preparedness prior

See Region, Page 3

"This is a great training opportunity and focusing event for Navy Region Southeast ..."

John Hunczak
Navy Region Southeast

Kings Bay's Navy Lodge earns award

Bird brings home honors for increased PCS rooms

From Navy Supply Systems Command

The Navy Lodge Program announced its 2013 award winners during its annual worldwide Training and Strategy Workshop.

The awards highlight outstanding guest service in a variety of different facets of the Navy Lodge.

"Navy Lodge awards are given to our general managers and associates for the premier customer service they give to our Navy Lodge guests each and every day," said Michael Bockelman, vice president, Navy Exchange Service Command, and director, Navy Lodge Program. "I want to commend all of the winners on a job very well done."

Linda Bird, Navy Lodge Kings Bay, received the Navy Lodge PCS Award for highest percentage increase in PSC rooms.

The Carlson Award is given to a Navy



NAVSUP photo

Linda Bird, Navy Lodge Kings Bay, received the Navy Lodge PCS Award for highest percentage increase in PSC rooms.

Lodge for its achievements in guest satisfaction, associate experience, commitment to quality and focus on providing outstanding

value to the Navy.

The Navy Lodge of the Year for the Carlson Award was given to Navy Lodge Everett, Wash.

Other winners were Navy Lodge Bethesda, Md., in the medium category and Navy Lodge Oceana-Dam Neck, Va., in the large category.

Carla Vicens, Navy Lodge Port Hueneme, Calif., was named Navy Lodge General Manager of the Year.

Navy Lodge Marketer of the Year was Beverly Armstrong, General Manager, Navy Lodge Great Lakes, Ill.

The Associate of the Year was awarded to William Sy, room attendant, Navy Lodge Mayport, Fla. Sy received the award for his work in renovating the Navy Lodge's lobby, a task he single-handedly designed and executed.

The Hospitality Award, presented to the Navy Lodges that are rated the highest by

See Lodge, Page 3



Local news and views

Naval Submarine Base, Kings Bay, Ga.



Now hear this!

NSB pedestrian bridges to close

In the coming days the Seabees on board Naval Submarine Base Kings Bay will begin repairs to pedestrian bridges at Madison and Clay adjacent to branch health clinic, Madison and Meadowlark adjacent to Meadowlark Enlisted Commissioning Program and on the walkway paralleling Madison between Medical and the water tower. These bridges will be closed to both pedestrian and bicycle traffic until late May.

8th Air Force speaker at MOAA

John Telgener of the Mighty Eighth Air Force Museum in Savannah will be the guest speaker at the Kings Bay Chapter of the Military Officers Organization of America dinner-meeting beginning at 5:30 p.m., May 20 at Osprey Cove's Morgan's Grill, St. Marys Road. Cost for meal is \$20 per person, payable by cash or check to KBMOAA. RSVP with Major Jack Briggs, USAF (Ret.), at (912) 674-8821 or jbriggs@tds.net by May 16.

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.

Eagles host Child Advocacy Day

St. Marys Fraternal Order of Eagles No. 4379 hosts Annual Child Advocacy Day 9 a.m. to 2 p.m., Saturday, May 10 behind the St. Marys Police Department, 101 Industrial Drive, St. Marys. The event educates people to agencies and services in the community. Parents have the option to have children fingerprinted and photos taken. Food will be provided. For more information, contact Juan Escudero at (912) 227-1137 or FOE at (912) 882-5335.

Benefits for military children set

Children of Fallen Patriots Foundation provides college scholarships and educational counseling to military children who have lost a parent in the line of duty. CFPPF has four upcoming events — May 13 is Children of Fallen Patriots Day. Jacksonville Suns will be honoring a CFPPF family; May 17 is Jacksonville Sharks Military Appreciation Night. The Sharks will be honoring a CFPPF family; May 18 is the X Beach Charity Challenge. CFPPF will benefit from the proceeds; May 25 the Jacksonville Suns will be auctioning off their camouflage Navy jerseys after the game. For details, visit www.fallenpatriots.org.

Base lost & found has found items

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

Security issues sticker reminder

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

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.

Opportunities limited for early out

From Navy Personnel Command Public Affairs

Due to the excellent retention and outstanding recruiting success, the Navy is reinstating the Enlisted Early Transition Program, according to a message released May 8.

According to NAVADMIN 103/14, EETP allows eligible Sailors in targeted ratings to apply for a voluntary early separation up to 24 months prior to their End of Obligated Service as Extended.

The new version of the program is ongoing, quota-controlled, and will help reduce the need for involuntary force management.

Personnel Command

Early separation will be granted on a first-come, first-served basis.

Available quotas are identified by rating, paygrade, year group and Navy Enlisted Classification.

A list is available at <http://www.public.navy.mil/bupers-npc/enlisted/community/pages/eetp.aspx>. Quotas will be reviewed periodically and updated as required.

Early Separation requests will not be approved for the following Sailors:

- With existing Permanent Change

of Station orders,

- Identified to fill an Individual Augmentee assignment,
- In nuclear ratings,
- Assigned to a DoD area tour and have not completed the tour requirement, including overseas tour extension incentive programs for which a benefit has been received.

Commanding officers will maintain final disapproval authority and do not need to forward requests they cannot support.

Final approval authority rests with Navy Personnel Command, Performance Evaluation Division, with positive commanding officer endorsement.

Take care when entering a lease

Jacksonville Assistance Office, RLSO SE

When it comes to renting property, remember Ben Franklin's adage "an ounce of prevention is worth a pound of cure."

Most common problems can be prevented or minimized with just a few hours of care while selecting and moving into a property.

If this step is neglected, it may be too late to fix issues without losing many more hours and hundreds or even thousands of dollars.

To protect yourself, follow the tips below.

1. Understand your contractual obligations. Your obligations as a "tenant" (a person renting real property) should be described in your rental contract. They typically include paying rent by a certain date, registering vehicles parked on the premises, minimizing noise and disruption to other tenants, performing basic maintenance and upkeep, etc. If you do not perform these obligations, you may be evicted from the

KB Employer Committee

premises and charged unpaid rent for the rest of the contract term. Before signing the contract, ensure you understand your obligations.

2. Ensure the contract does not include a waiver of rights under the Servicemembers Civil Relief Act. The SCRA gives you the right to terminate a rental contract if you or your active-duty spouse receives permanent change of station orders or orders to deploy for at least 90 days. It prevents you from having to continue paying rent on a property that you had to move out of. You can voluntarily give up this right, by signing a contract including a waiver of SCRA protections. Make sure your contract does not include this waiver.

3. Complete a move-in inspection with the landlord. While the property is still empty of furniture, complete a move-in inspection with

the landlord. Note all damages and discrepancies on a piece of paper, and have the landlord sign/date the sheet confirming agreement with the inspection results. Be thorough. Test switches, appliances, electrical outlets, windows, etc. A good move-in inspection will discourage the landlord from trying to charge you for property damage when you finally move out.

4. Get help. Make an appointment with a legal assistance attorney to review the lease.

If you have any questions about a rental agreement, please contact your nearest Region Legal Service Office to set up an appointment with a legal assistance attorney.

Office locations can be found online at www.jag.navy.mil/legal_services/legal_services_locator_rlsso.htm.

The attorney will assist you with fully understanding not only the contract but also state-specific rental laws and protections that may apply.

Website offers job opportunities

By MC1 Greg Johnson

Navy Region Southeast Public Affairs

Searching for a new job can be stressful for anybody, but those on the hunt for a federal government position often have a number of questions unique to their own experience and many of those questions are related to the application process through USAJOBS.

USAJOBS is a free, web-based job board enabling federal job seekers access to thousands of job opportunities with hundreds of federal agencies and organizations.

Prior to 2012, federal government job listings were spread out across a number of individual agencies.

"President Obama implemented an initiative for one, central location for applicants to go and that's when all agencies went to strictly using USAJOBS to announce their vacancies," said Aqueilla Grimmage-Smith, supervisor with the Navy Region Southeast Human Resources Department. "The goal is to streamline the job-search process to make it faster and more convenient for people to access government listings."

The first step to access USAJOBS listings is to visit the website at www.usajobs.gov and create a login.

Applicants can then create and store up to five resumes per account, browse listings and apply to jobs for which they meet eligibility requirements. The steps for applying for specific listings are as follows:

- Locate the Announcement. Job search can be done by agency, occupation, grade, location, etc.
- Click "Apply Online."
- Select the resume you wish to utilize.
- Complete the eligibility questionnaire.
- After uploading all required doc-

USAJOBS

uments, submit your responses.

- You will receive an e-mail confirming your submissions

According to Grimmage-Smith, it is important for applicants to pay close attention to the eligibility requirements for each listing.

Certain listings on USAJOBS are restricted to applicants who meet specific requirements, such as wounded warriors, disabled veterans, active-duty spouses and individuals with disabilities. These requirements, or "appointment authorities," are listed under the "Who may apply" section of the listing.

"Many of the eligibility restrictions are geared toward our veterans as a result of the great sacrifices they have made during their service, but there is even more to it than that," Grimmage-Smith said. "It's about getting the right people into the right positions. Military members are trained and have the specific skillsets we need on many of our military bases. While they have earned their appointment authority through their service, it is also a major advantage to management to be able to hire employees with their experience."

Veteran applicants typically fall under four categories: Provisional Appointment of 30 percent or more Compensable Disabled Veterans; Veterans Recruitment Appointment; Veterans' Employment Opportunity Authority; and the Wounded Warrior Project.

Appointments for compensable disabled veterans and wounded warriors are similar in that candidates from both categories may be appointed non-competitively to positions for which they qualify.

Applicants must provide a letter from the Veterans Administration or branch of service documenting a compensable service-connected disability of 30 percent or more, SF-15 Application for 10-Point Veterans Preference, and DD Form 214 Certificate of Release.

Veterans without service-connected disabilities may still meet eligibility requirements for non-competitive VRA positions up to the GS-11 pay grade.

Applicants are VRA-eligible if they have earned a campaign badge, are a disabled veteran, have earned an Armed Forces Service Medal for participation in a military operation.

Applicants must provide a VA letter and DD Form 214 to verify eligibility.

Veterans may also qualify for appointment under the VEOA. Eligible applicants must have completed at least three years of active-duty service with a separation under honorable conditions.

While many USAJOBS appointment authorities apply to veterans, other applicants may still meet requirements for non-competitive positions.

Spouses of active duty service members with orders specifying a permanent change of station, spouses of 100-percent disabled service members and spouses of a service member who was killed while performing active duty are also eligible.

Eligibility verification requirements can be found under the "Who may apply" section of the listing.

"Spouses put their careers on hold to support our service members, so this is an avenue for them to seek employment," Grimmage-Smith said. "In a sense, they serve alongside the service member and this

See Jobs, Page 3



NSB Kings Bay Commanding Officer
Capt. Harvey L. Guffey, Jr.

NSB Kings Bay Executive Officer
Cmdr. Ed Callahan

NSB Kings Bay Command Master Chief
CMDCM Randy Huckaba

NSB Kings Bay Public Affairs Officer
Scott Bassett

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

Editor

Bill Wesselhoff 573-4719, periscopekb@comcast.net

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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.

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Building named for hero

By MC3 Bradley J. Gee
Navy Public Affairs Support
Element West

Military leaders, government officials, family and friends attended the dedication of Southwest Regional Maintenance Center's new Diving Division Building at Naval Base Point Loma, May 9.

The facility is named after Chief Gunner's Mate Thomas Eadie, who was meritoriously promoted to lieutenant and received the nations highest mili-



Navy History & Heritage Command
Chief Gunner's Mate Thomas Eadie, right, was awarded the Medal of Honor for rescuing Chief Torpedoman Michels, left, during the 1927 sinking of the USS S-4.

tary award for his rescue efforts during the sinking of USS S-4 submarine, from a collision off the coast of Massachusetts on Dec. 18, 1927.

"In dedicating this facility in his name we are ensuring Lt. Thomas Eadie's life was not in vain, and that his legacy will live on

Region

From Page 1

to the threat of a real world natural disaster.

Navy Region Southeast has endured severe storms in the recent past to include hurricanes Sandy and Katrina. Being

prepared for the potential issues associated with a storm can only be successful with proper training, which is why this type of exercise is necessary on an annual basis.

Navy Region Southeast remains committed to the safety, security, and well-being of its Sailors, civilians, and their family members.

Lodge

From Page 1

guests in a variety of areas of guest service, was given to Navy Lodge Moffett Field, Calif. Other Hospitality Award winners were Port Hueneme, Calif., for the medium category and Navy Lodge Sasebo, Japan, for the large category.

The Navy Lodge PCS Award was given to Liz Eck and Elena Knudson, Navy Lodge Hawaii, for the Navy Lodge with the highest room night increase in permanent change of station room nights.

The Outstanding Associate Satisfaction Award, which is presented to the Navy Lodge with the highest Associate Satisfaction Index score, was given to

India Austin, Navy Lodge Little Creek, Va. Austin has received this award for the last year four years in a row.

The Navy Lodge general managers as a team were presented with a group award for setting a new Guest Satisfaction Ratings record of 4.84 out of 5.0.

The previous all-time record was 4.81.

The American Hotel and Lodging Association Educational Institute presented Navy Lodge North Island, Calif., with its Meritorious Award, the highest award it presents.

Navy Lodge Jacksonville, Fla., was awarded the AHLAEI's Golden Pineapple Award, the second highest award it presents.

The Navy Lodges competed against civilian hotels in the U.S for these awards.

Jobs

From Page 2

gives them a chance to seek employment on base with their spouse, who they are following across the world."

One appointment not entirely restricted to veterans and spouses is Schedule A.

This authority allows federal agencies to hire individuals with severe physical, psychiatric or intellectual disabilities.

Applicants do not need to have any military or

previous federal government experience. Eligibility requirements include medical documentation substantiating the applicant's disability.

"It is important to inform every-one of the different types of appointment authorities because we are an equal employment opportunity employer," Grimmage-Smith said. "We don't discriminate based on disabilities, and we need applicants to understand that it's not just geared toward veterans and spouses. USAJOBS offers federal government employment opportunities for everyone."

in future generations of both Navy divers and submariners," said Capt. Gene Doyle, commodore, Submarine Squadron 11.

Eadie risked his life by diving 102 feet and spent two hours submerged underwater rescuing a shipmate.

The ceremony concluded with a plaque reveal to surviving members of the Eadie family outside the entrance of the building.

TRICARE HBAs remain at clinic

By Jeanne Casey
Naval Hospital Jacksonville
Deputy Public Affairs Officer

While TRICARE Service Centers have eliminated walk-in service, Naval Branch Health Clinic Kings Bay's TRICARE Health Benefits Advisors remain on-site.

TSC services are still available — but only at www.tricare.mil, www.humana-military.com and (800) 444-5445. Beneficiaries can change their Primary Care Manager, compare plans, enroll in a plan, see what's covered, check on referrals and claims, and more.

NBHC Kings Bay's on-site HBAs are still avail-

able to discuss options for complex issues — but unfortunately are unable to make changes on patients' behalf. HBAs work for the branch health clinic, while website and phone staff work for TRICARE's regional contractor (Humana Military).

At NBHC Kings Bay, patients can walk-in or call TRICARE HBAs at (912) 573-4228 or (912) 573-1366.

NBHC Kings Bay is one of Naval Hospital Jacksonville's six health care facilities located across Florida and Georgia. To find out more, visit the command website at www.med.navy.mil/sites/NavalHospitalJax.

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www.FANDANGO.com

Check out our facebook page from our website!

Times Good Fri 5/9 thru Thur 5/15

***LEGENDS OF OZ:**
DOROTHY'S RETURN IN 3D (PG)
5:00

***LEGENDS OF OZ:**
DOROTHY'S RETURN IN 2D (PG)
(Fri-Sun 12:30 2:45 7:10 9:20)

***NEIGHBORS** (R)
(Fri-Sun 12:45 3:00 5:15 7:30 8:00 9:45 10:15)

***THE AMAZING SPIDER-MAN 2 IN 3D** (PG13)
4:00 7:00

***THE AMAZING SPIDER-MAN 2 IN 2D** (PG13)
(Fri-Sun 12:30 1:00 3:30 6:30 9:30 10:00)

BRICK MANSIONS (PG13)
(Fri-Sun 1:00 3:15 5:30)

THE OTHER WOMAN (PG13)
(Fri-Sun 1:30 4:45 7:25 9:55)

HEAVEN IS FOR REAL (PG)
(Fri-Sun 1:20 4:20 7:15 9:35)

RIO 2 (G)
(Fri-Sun 1:20) 4:30 7:20 9:40

CAPTAIN AMERICA: THE WINTER SOLDIER (PG13)
(Fri-Sun 1:10 4:10 7:05 10:05)
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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

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



St. Marys Elementary School students enjoyed meeting 18 service members from three branches during Career Day May 7.

St. Marys Elementary School Career Day



Military working dog demonstrations were a big hit with the students.

By MC2 Ashley Hedrick

Naval Submarine Base Kings Bay Public Affairs

What a way to end the school year!

St. Marys Elementary School held a Career Day May 7 for students. Different organizations along with Sailors and Marines from Naval Submarine Base Kings Bay were able to participate in the annual event.

"It's an exciting time today," said Kelly Peterson, a St. Marys Elementary School teacher. "The students are interacting with different people of the community. We have different entities of the community coming in showing us what talents they have and what they offer. They are showing what job opportunities they have for these students as they progress through their education."

See Career, Page 6



Clockwise from above, EOD1 Matthew Demmer showed the students all the tools needed to perform his duties.

YN1 Tina Mcrae helps Wyatt Brock up into the cab of a Seabee dump truck.

Davarus Whitlock exits the Seabee humvee into bright sun.



Navy photos by EMI Mark Treen



Above, a new perspective is always a good thing. The Kings Bay Maritime Safety and Security Team let the students play in their 25-foot response boat.

Right, Machinery Technician Second Class John Beronio explains how his unit protects the waterways.



Clockwise from above, YN2 Terrell Harrison and YN2 Brian Williams answered questions about their job and life on submarines and ships.

Lance Cpl. Nicholas Hager and Pfc. Christopher Spies pose with students.

Alayna Ensor tries on a Kevlar helmet for size.



Fleet & Family Support Center workshops



Parenting classes offered on Mondays

Are you frustrated with your children? Would you like suggestions on how to stop temper tantrums or how to get your teen to complete chores without asking them 14 times? We believe parents are the experts on their children. But, children don't come with a manual! So, sometimes you need help to figure out what to do with them. Meet with the parenting class from 9 to 11:30 a.m. on Monday, May 19. Enrollment in this six-week class is ongoing. Attendees must complete all six weeks in order to receive a certificate. A minimum of six participants is needed in order for a new class to start. Registration required at 573-4512.

New Moms and Dads Support Group to meet

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. The group will meet May 20 and 27. No pre-registration required.

Spouse 101 helps new Navy wives adjust

Spouse 101 provides information to new Navy spouses to support, enhance and ease their transition into the military lifestyle. This interactive workshop addresses the military culture and terminology, and gives tools to access installation and local community resources. The workshop is 5 to 9 p.m., May 21. Registration is required. Call 573-4513.

Smooth Move Workshops CONUS/OCONUS soon

Smooth Move Workshops are designed to help personnel with military relocations and transfers. Areas covered include the new DPS website, transportation, travel pay, allowances, and important forms and documents, housing referral office and relocation services. All service members and their spouses are encouraged to attend six months before their transfer date. Due to limited seating, please do not bring children. The workshop will be for CONUS moves 10 a.m. to noon, May 22 and for OCONUS moves 2 to 4 p.m., May 27. For more information, call 573-4513.

Resume writing skills class upcoming

This class explores resume writing for today's job market. Resume items including skills, experience, education and values as well as simple, effective and easy to use resume formats that get job interviews. Part-time, full-time or permanent positions matters not, this workshop is for you. This program will assist the job seeker in completing a product that will "get them in the door." The workshop is scheduled at the Fleet and Family Support Center from 10 a.m. to noon, May 21. Registration is highly recommended, as class is limited to 20 seats. For more information, call 573-4513.

Capstone transition training scheduled

The purpose of the Capstone event is to evaluate your preparedness to successfully transition from a military to a civilian career and to validate that you have met the Career Readiness Standards. If you need additional assistance you will receive a referral to the appropriate partner agency. The next Capstone event is 8 a.m. to 4 p.m., May 16. Registration by Command Career Counselor required. For more information call 573-4513.

Career

From Page 4

From Georgia Power and local law enforcement to Sailors, Marines and military working dogs, the students got a firsthand look at potential careers they may want for their futures. The Career Day brought professionals who were focused on specific College and Career Ready Performance Index areas, which included agriculture, transportation, law, education, art and energy, among others.

Kings Bay Construction Battalion Maintenance Unit 202 members demonstrated a dump truck and two construction Humvees.

"The kids really enjoy seeing what we do, and seeing some of the equipment that we have," Seabee EO1 Lewis Fahnestock said. "A lot of the times they don't get to come on base and see a lot of the

stuff that we do as Seabees. We get to give them that insight for how we operate and what our duties are. It's a sense of satisfaction because we are giving back to the community and putting smiles on kids' faces. There's nothing better than seeing kids happy."

A big hit of the day was the military working dogs. Kings Bay Master-at-Arms brought their dogs to give the excited students a glimpse of what they can do. They saw a series of controlled aggression demonstrations where a military working dog chases down a suspect. In the next phase, the dog grabs the suspect and detains him.

Students Kylie Plowski and Clark Dedenedetl both can vouch for the excitement.

"My favorite thing today was seeing the big dog bite the bad person," Plowski said. "It was really neat!"

Denedetl said dog handler was by far his favorite career. He said he

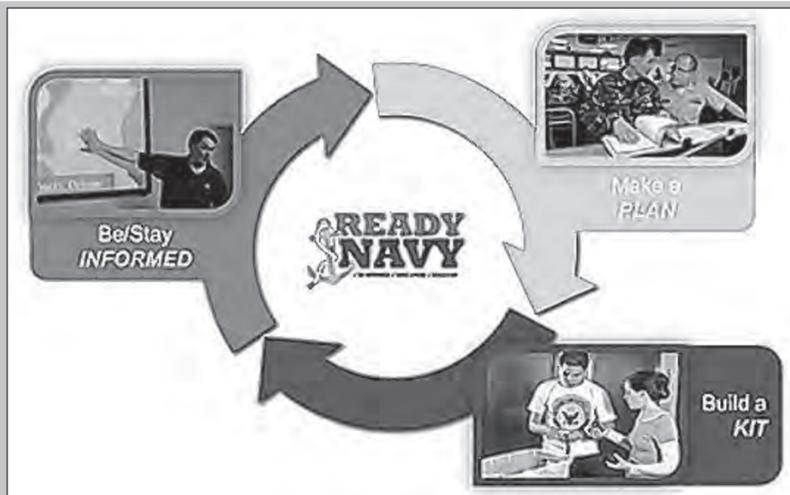
loved seeing both big and small working dogs.

Overall, the day was a huge success for the students and provided them with the opportunity to see what kind of careers are available to them.

It also gave students the chance to interact with Kings Bay's military members who showed them the many different jobs.

Most importantly, the Career Day highlighted the importance of doing well in school, so when students finish, they will be set up for the future and what they want to do.

Other presentees were NSB Kings Bay corpsman, administrative yeoman, communications staff, a Homeland Security driver instructor, a lawyer, a computer technician, Habitat4Humanity staff, Georgia tourism employees, a physical therapist, a musician, an advertiser, a pet supply rep, a radio spokesman, a dance instructor, a school nurse, a sheriff, a taxidermist and St. Marys' mayor.



Navy graphic

Be informed before, during, and after an incident; make a written family emergency plan; and build an emergency supply kit good for at least three days.

Ready Navy meetings June 3, 4

From Fleet and Family Support Center Kings Bay

Ready Navy is the Navy's Emergency Preparedness Program and is sponsored by Commander, Navy Installations Command.

Ready Navy is designed for you, the Navy community, to provide information, tools, and resources that empower the Navy family to more aptly prepare for, react and recover when faced with any emergency, with or without advanced warning.

Ready Navy covers an array of hazards individuals may encounter, ranging from hurricanes and earthquakes to terrorist attacks. The material, tips and recommendations provided by Ready Navy are closely aligned with those offered to the public by Ready.gov and other authoritative government resources to include the Federal Emergency Management Agency the National Oceanic and Atmospheric Administration and the Centers for Disease Control and Prevention.

You are an essential partner in emer-

gency preparedness.

By exploring the links on the Ready Navy site (www.ready.navy.mil), you will:

- be informed of potential hazards and what to do before, during, and after an emergency
- understand the steps to make an emergency plan that includes what to do, where to go, and what to take with you
- learn to build a kit to support basic needs for a minimum of three days
- access tools and resources to help you and your family prepare for emergency situations that could arise at any time with no warning

Fleet and Family Support Center Kings Bay will be hosting an Emergency Preparedness Town Hall meeting from 6 to 8 p.m., June 3 and from 10 a.m. to noon June 4 at the NSB Kings Bay auditorium.

Installation and local community emergency preparedness agencies will provide preparedness brief.

For more information and to sign-up contact FFSC at 573-4513.

Ten Steps to a Federal job examined

Gain information on the federal employment process, salaries and benefits. Learn how to interpret job announcements and determine whether you are eligible to apply. Attendees will be provided guidelines, information, samples and tips on completing the electronic Federal resume. This class is from 9:30 a.m. to 12:30 p.m., May 22. Registration required by calling 573-4513.

Anger management seminar May 28

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, May 28. 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.

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 or command 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

Family 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. Fleet and Family 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.

Survivors Benefit Plan program May 28

The survivor Benefit Plan is a program that provides basic information on the key provisions of the Survivor Benefit Plan. This information will assist service members and their spouses in making informed decisions about SBP's role in their retirement plan. This workshop is scheduled for 2 to 4 p.m., May 28. Registration is required. For more information call 573-4513.

Credit reports and scores workshop upcoming

Credit has become a normal part of everyday personal financial management for most Americans. Used appropriately, it can be an excellent tool, but used the wrong way, it can bring the financial wheels of your life to a grinding halt for a long time. This two-hour workshop provides the importance of managing your credit. It will be at the Fleet and Family Support Center 6 to 8 p.m., May 20. Registration is required. For more information call 573-4513.

Develop a spending plan training scheduled

Do you have trouble making it from one paycheck to the next? This single-session workshop can help you develop a realistic spending plan with your spouse. This workshop will be 9 to 11 a.m., May 21. Registration is required. Call 573-4513 for more information or to register.

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.

requirements deal with human resources and social issues. Counselors also can create a presentation in response to a unit's area of special concerns. Fleet and



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Banquet

From Page 1

10. "He has done a great job as our administrative LPO and for the last year, all of 2013, he acted as the leading chief because our chief was on IA. He's done a fantastic job."

Capt. Harvey Guffey, Commanding Officer, Naval Submarine Base Kings Bay, commended his Sailor of the Year, MA1 Angela Watson.

"MA1 Watson is a model Sailor and a model leader in all respects," Guffey said.

BM1 Jonathan Ehrhart was selected as the Coast Guard Maritime Safety and Security Team Guardsman of the Year.

Ehrhart's commanding officer, Cmdr. Matthew Bayer, said, "He's at the top of his performance of what's expected of him at the unit."

Shore Sailor of the Year



Navy photo by MC1 Rex Nelson

Master Chief Petty Officer of the Navy Mike Stevens poses for a photo with the 2013 Kings Bay Sailors and Coast Guardsmen of the Year during the annual sea service awards ceremony and recognition banquet hosted by the Camden-Kings Bay Council Navy League.

for Submarine Group Atlantic was Trident Refit Facility Nuclear Regional Maintenance Department's

Machinist Mate 1st Class Joseph Stockton.

Capt. Larry Hill, Commanding Officer, Trident

Refit Facility, described Stockton as a complete Sailor.

Stockton mentors Sail-

ors and volunteers regularly at habitat for humanity.

The Navy League recog-

nized 23 Kings Bay Sailors and two Coast Guardsmen of the Year during the ceremony.

Shower

From Page 1

son, wife of Adm. Ricky Williamson, Commander, Navy Region Southeast, and LeAnn Morrissey, the founder of Operation Shower.

Furyk was eventual tournament runner-up, finishing 1 stroke behind winner Martin Kaymer, and earning \$1.08 million.

The two-hour shower included lunch. All the moms received a Shower in a Box.

"It was a big box with bottles, diapers, hand-crocheted blankets, onesies," Weckwerth said. "I can remember all the things, but it was packed to the brim."

"They gave a stroller and car seat to every mother there. They also gave us a very nice diaper bag. I ac-



Photo courtesy of Holly Weckwerth

Expecting military wives listen to guest speakers at Operation Shower May 5.

tually won a bedding set for my crib.

"When my husband got home, I had everything piled on the floor so he could help me take it upstairs. He said 'Wow, they

really went above and beyond.' And they really do go above and beyond with these showers.

Even though he didn't attend, Tim Weckwerth said he was grateful for his

wife's experience.

"I would have never expected that being a part of Operation Baby Shower would be such a blessing," he said. "It's so helpful that someone aside from my-

self recognized my wife and the incredible strength it takes to go through a birth during a deployment. We can't thank them enough for what they have done for us."

All-in-all, Operation Shower provided Holly with an experience she'll long remember.

"It was really one of those things that make you feel special," she said.

The shower was the 25th hosted by the PGA Tour through Operation Shower. More than 2,000 military mothers have benefited from the program.

Operation Shower was established in 2007.

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Up eriscope with Bill Wesselhoff



Who is going to win the NBA Championship?

I went to Pirates Cove Galley to ask this question because it seems person-for-person there are more sports fans there than anywhere here. I keep hearing

on the radio that this is the greatest NBA Playoffs ever, but I haven't seen much because I can't stay up late. It seems to me like the Spurs, Clippers, Thunder and Pacers

all have a chance to dethrone the Heat. But the two-time defending champs are the favorite to repeat, and LeBron James is rolling, so I'll roll with them.



CS1 David Murrell
Pirates Cove Galley
Indianapolis
"I would like to say the Pacers, but they're not firing on all cylinders."



Edfren Bradford
Retired Army
Anniston, Ala.
"My choice? I'm going with the Spurs. I think they're going to take it this year."



CSC Kevin Calliste
Subase
Washington, D.C.
"Miami. I've just got faith in the team. I've been a fan since 1990."



CS2 Marcus Branch
Pirates Cove Galley
Brooklyn, N.Y.
"I'd say the Brooklyn Nets. I'm from Brooklyn. They're my team."



CS1 Emanuel Walker
Pirates Cove Galley
New York
"Miami. Until they're dethroned, they're the NBA champs."



CS2 Jason Hilyard
Pirates Cove Galley
Portland, Oregon
"Portland. They're my home team. They did pretty good first round, but the Spurs kinda schooled them last time."



New Master Chiefs

Rear Adm. Chas Richard, Commander, Submarine Group Ten, delivers opening remarks during a master chief petty officer frocking ceremony on board Naval Submarine Base Kings Bay. They are, from left, YNCM Ivan Rivera, LNCM Kim Roman, HMCM J.T. Renn and MMCM Jordan Rosado. CSG-10 frocked four senior chief petty officers to master chief petty officers during the ceremony.

Navy photo by MC1 Rex Nelson

Russians stay on Ukraine border

By Claudette Roulo
American Forces Press Service

Contrary to reports from Russia, there is no evidence of any troop withdrawals from its shared border with Ukraine, Pentagon spokesman Army Col. Steve Warren said May 7.

Russian President Vladimir Putin announced today that he had ordered troops to pull back from the border region to training areas.

Despite this announcement, Warren said, "we have seen no change in the Russian force posture along the Ukrainian border."

"We would know," the colonel added.

The United States continues its call for Russia to withdraw its troops from the border and to work with the international community to find a peaceful solution to the crisis, he said.

Ukraine's border guard has received a large percentage of the U.S.-funded equipment it requested, a Defense Department spokesman said May 6.

Laser weapon to be tested

By John J. Joyce
NSWC Dahlgren Division
Corporate Communications

The scientist leading Navy Laser Weapon System efforts was commended May 7 at the Naval Surface Warfare Center Dahlgren Division annual honor awards ceremony.

NSWCDD Commander Capt. Brian Durant presented the Navy Meritorious Civilian Service Award to Theresa Gennaro for her leadership in the design, development and integration of the Navy Laser Weapon System, slated for deployment aboard USS Ponce later this summer.

"I'm honored to have the opportunity to lead and work alongside these brilliant, hard-working and dedicated scientists, engineers and technicians," Gennaro said. "This amazing Laser Weapon System Team designed and developed the initial prototype which has been demon-

strated in repeated successes, including the Navy's first ever shoot downs of UAVs (unmanned aerial vehicles) from aboard a U.S. combatant — USS Dewey (DDG 105) — in 2012, making 12-for-12 total shoot downs in the testing series."

Durant presented the award to Gennaro as the audience of more than 220 civilian personnel and Sailors listened to NSWCDD Asymmetric Systems Department Head John Lysher read the citation at the University of Mary Washington Dahlgren campus.

"Through her direct leadership and work, the Solid State Laser Quick Reaction Capability has continued successful integration and deployment of the Navy's first high-energy laser system in an operational environment onboard a U.S. naval combatant," according to the citation.

The deployment on Ponce will prove crucial as the Navy continues its push to provide laser weapons to the fleet at large.

"I am extremely proud of our Laser Weapon System QRC team and their achievements to date," said Dale Sisson, NSWCDD Electromagnetic and Sensor Systems Department Head. "The team is truly world-class in every sense. Each and every member has gone above and beyond the call of duty, worked long hours, spent extended periods of time away from home, and pushed the envelope of technology to prepare the Navy's first deployable high energy laser weapon for deployment aboard Ponce."

Gennaro's team will install the prototype, an improved version of the Laser Weapon System, on Ponce for at-sea testing in the Persian Gulf, fulfilling plans announced by Chief



Navy photo by John F. Williams

The Laser Weapon System temporarily installed aboard the guided-missile destroyer USS Dewey (DDG 105) in San Diego, Calif., is a technology demonstrator built by the Naval Sea Systems.

of Naval Operations Adm. Jonathan Greenert at the 2013 Sea-Air-Space Expo.

"Our team has the experience, knowledge, and passionate drive to reach the goal of delivering a laser weapon system to protect our warfight-

ers," Gennaro said. "It is a great advantage to build an integrated team and lead this effort at NSWC Dahlgren where experts in multiple areas ranging from laser weapons technology and laser lethality to E3 (electromagnetic en-

vironmental effects), ship integration, laser safety, and range testing are all available here on base, enabling us to continue to be the Navy's Directed Energy Center of Excellence."

See Laser, Page 11

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When the Nazis landed in Ponte Vedra Beach

From the Federal Bureau of Investigation

Editor's note: This is the second in a two-part series about Nazi saboteurs in America during World War II.

Having landed unobserved, the uniforms were quickly discarded, to be buried with the sabotage material — which was intended to be later retrieved — and civilian clothing was donned.

The saboteurs quickly dispersed. The Florida group made their way to Jacksonville, then by train to Cincinnati, with two going on to Chicago and the other pair to New York City.

The Long Island group was less fortunate; scarcely had they buried their equipment and uniforms, in fact, one still wore bathing trunks, when a Coast Guardsman patrolling the shore approached. He was unarmed and very suspicious of them, more so when they offered him a bribe to forget they had met.

He ostensibly accepted the bribe to lull their fears and promptly reported the incident to his headquarters. However, by the time the search patrol located the spot, the saboteurs had reached a railroad station and had taken a train to New York City.

Dasch's resolution to be a saboteur for the Fatherland faltered—perhaps he thought the whole project so grandiose as to be impractical and wanted



Army Signal Corps photo

The trial for the captured German saboteurs was in July, 1942. All eight were sentenced to death, but two had their sentences commuted and were later released.

to protect himself before some of his companions took action on similar doubts. He indicated to Burger his desire to confess everything.

On the evening of June 14, 1942, George Dasch, giving the name "Pastorius" called the New York Office of the FBI stating he had recently arrived from Germany and would call FBI Headquarters when he was in Washington, D.C., the following week.

On the morning of Friday, June 19, a call was received at the FBI Washington from Dasch, then registered at a Washington hotel. He alluded to his prior call as "Pastorius" (of which Headquarters was aware) and furnished his location.

He was immediately contacted and taken into custody.

During the next several days he was thoroughly interrogated and he furnished the identities of the other saboteurs, possible locations for some and data which would enable their more expeditious apprehension.

The three remaining members of the Long Island group were picked up in New York City on June 20.

Of the Florida group, John Kerling and Werner Thiel were arrested in New York City on June 23, and Otto Neubauer and Herbert Haupt were arrested in Chicago on June 27.

The eight were tried before a military commission, comprised of seven Army officers appointed by President Roosevelt, from July 8 to August 4, 1942.

The trial was held in

the Department of Justice Building, Washington, D.C.

The prosecution was headed by Attorney General Frances Biddle and the Army Judge Advocate General, Major General Myron C. Cramer.

Defense counsel included Colonel Kenneth C. Royall, later Secretary of War under President Truman, and Major Lausen H. Stone, son of Harlan Fiske Stone, the Chief Justice of the U.S. Supreme Court.

All eight were found guilty and sentenced to death.

Attorney General Biddle and J. Edgar Hoover appealed to President Roosevelt to commute the sentences of Dasch and Burger.

Dasch then received a 30-year sentence, and Burger received a life sen-

tence, both to be served in a federal penitentiary. The remaining six were



Dasch



Burger

saboteurs by submarine; though in late 1944, two persons, William C. U-

executed in the electric chair at the District of Columbia Jail on August 8, 1942.

The eight men had been born in Germany and each had lived in the United States for substantial periods. Burger had become a naturalized American in 1933. Haupt had entered the United States as a child, gaining citizenship when his father was naturalized in 1930.

Dasch had joined the German army at the age of 14 and served about 11 months as a clerk during the conclusion of World War I.

He had enlisted in the U.S. Army in 1927 and received an honorable discharge after a little more than a year of service.

Quirin and Heinck had returned to Germany prior to the outbreak of World War II in Europe, and the six others subsequent to September 11, 1939 and before December 7, 1941 apparently feeling their first loyalty was to the country of their birth.

Postwar debriefing of German personnel and examination of records confirmed that no other attempt was made to land

tis Colepaugh and Erich Gimpel, were landed as spies from a German submarine on the coast of Maine in a rather desperate attempt to secure information.

They, too, were quickly apprehended by the FBI before accomplishing any part of their mission.

In April, 1948, President Truman granted executive clemency to Dasch and Burger on condition of deportation.

They were transported to the American Zone of Germany, the unexecuted portions of their sentences were suspended upon such conditions with respect to travel, employment, political and other activities as the Theater commander might require, and they were freed.

Although many allegations of sabotage were investigated by the FBI during World War II, not one instance was found of enemy-inspired sabotage.

Every suspect act traced to its source was the result of vandalism, pique, resentment, a desire for relief from boredom, the curiosity of children "to see what would happen" or other personal motive.

Marine training Afghans

By Sgt. Jessica Ostroska
Marine Expeditionary Brigade, Afghanistan

Soldiers with the 215th Corps, Afghan National Army conducted D-30 122 mm howitzer training aboard Camp Bastion, Helmand province, Afghanistan, May 7.

The training is part of a six-week course that gives Afghan instructors the opportunity to train their fellow soldiers on the howitzer weapons system.

Prior to the course, the soldiers are assigned one of three roles required to operating the D-30. They either become a gun lineman, forward observer or become part of the fire direction cell.

All three trades must fluidly work together to ensure the howitzer operates properly and effectively.

Each job has a role in ensuring the accuracy of the D-30.

The gun linemen are responsible for setting up the weapon system, ensuring it is level, loading the artillery for firing, and making proper firing adjustments based on the data they receive.

The role of the forward observers is to gather and relay target information to direct artillery fire. The forward observers pass this information to the fire direction cell.

Once the fire direction cell receives the

information from the forward observers, they are responsible for converting that into data to pass to the gun linemen to use for firing the howitzer.

"It is important we teach this structure to the Afghan soldiers because they need to understand it all, by the book, to operate the howitzer correctly," said Bombardier Edward Toma, British Army instructor with Regional Corps Battle School, Regional Command (Southwest). "They need to learn it well so they can eventually carry out their own operations without the support of the International Security Assistance Force. This structure also helps with making the artillery being fired more effective, more efficient and accurate."

The Afghan instructors, who were students themselves not too long ago, are now responsible for training their fellow soldiers.

Afghan National Army Lt. Shahedullah, a gun line instructor with 215th Corps, RCBS, who was recently a student himself, said he was grateful for the coalition instructors' patience when teaching him and passing on all of their knowledge of the weapon system when he attended the training.

"They trained us very well," Shahedullah said. "It was very important that I



Marine Corps photo by Sgt. Jessica Ostroska

Afghan National Army soldiers with the 215th Corps calculate information received from the forward observers to accurately input the correct data for firing the D-30 122 mm howitzer during training aboard Camp Bastion, Helmand province, Afghanistan, May 7.

learned everything and made sure I understood it all because now it is my turn to teach. I feel confident in my training, and that I can teach these students well because of everything I have learned from my instructors."

Afghan National Army Staff Sgt. Jumakhan, a gun lineman student with 215th Corps, said his Afghan instructors are doing a good job at teaching them how to

work the weapon system.

"This is good for us to learn," Jumakhan said. "I need to learn all this to protect my country. They are teaching me so I can go back to my unit and will be able to teach and share my knowledge with my fellow soldiers. Learning is important for everyone. We must learn all we can to make our country and ourselves better and stay ahead of the enemy."

Smoke Alarms

for People who are Deaf or Hard of Hearing

Smoke alarms save lives. However, people who are deaf or hard of hearing may not be able to depend on the traditional smoke alarm to alert them to a fire.

SAFETY TIPS

- ❑ Smoke alarms and alert devices, called accessories, are available for people who are deaf. Strobe lights throughout the home are activated by smoke alarms and alert people who are deaf to fire conditions. When people who are deaf are asleep, a high intensity strobe light is required along with a pillow or bed shaker to wake them up and alert them to fire conditions so they can escape. Currently this equipment is activated by the sound of a standard smoke alarm.
- ❑ Smoke alarm alert devices, called accessories, are available for people who are hard of hearing. These accessories produce a loud, mixed low-pitched sound. This equipment is activated by the sound of the smoke alarm and is usually installed next to the bed. People who are deaf may find that a pillow or bed shaker is also helpful to wake them up.
- ❑ Recent research has shown that a loud, mixed low-pitched sound is more effective for waking people of all ages than the loud high-pitched sound of a traditional smoke alarm. As people age, their ability to hear high-pitched sounds decreases.
- ❑ Research the available products and select one that best meets your individual needs.

WHERE TO FIND EQUIPMENT

Smoke alarms with built-in or separate strobe lights can be purchased through home improvement store websites or by searching the internet for "strobe light smoke alarms." BRK/First Alert, Gentex and Kidde brands offer this type of smoke alarm. Smoke alarm accessories such as bed/pillow shakers, transmitters and receivers are available through lifetonesafety.com, safeawake.com and silentcall.com. Make sure any smoke alarm or accessory device you use has the label of a recognized testing laboratory.

FACTS

- ❗ People with a hearing disability may not even hear a smoke alarm.
- ❗ Home fire sprinklers increase the chances of surviving a fire.

AND DON'T FORGET... All smoke alarms should be tested at least once a month using the test button.



www.nfpa.org/disabilities
www.nfpa.org/education



Emergency Preparedness Town Hall Meeting

Presentations will be provided by:

- Fleet and Family Support Center
- Naval Submarine Base Emergency Management
- Navy Marine Corps Relief Society
- American Red Cross
- Camden County Emergency Management Agency
- Training and a demonstration will be provided on the Navy Family Accountability Assessment System (NFAAS)
- Balfour Beatty
- Base Security
- Base Safety
- Fire Department

FREE CHILD CARE WILL BE PROVIDED FOR ACTIVE DUTY MILITARY FOR THE May 23rd SESSION ONLY.
Please register with the Child Development Center by 20 May 2013
573-9918

Naval Submarine Base Kings Bay
Auditorium, Building 1031
22 May 2013 from 9AM - 11AM
23 May 2013 from 6PM - 8PM

For more information, contact The Fleet and Family Support Center

573-4513

Or Email
Felipe.gonzalez@navy.mil

Morale, Welfare and Recreation happenings



Periscope file photo

Sign up for children's swim lessons now at the Kings Bay Fitness Center pool.

Swim lessons to start

Sign-up now for swim lessons for the kids at the Kings Bay Pool. Registration will be taken at the customer service counter inside the Fitness Complex. Descriptions of skills taught in each level are available at the customer service counter to assist in selecting proper class level for the child. Payment is due at time of registration. No refunds. Pre-season is May 5 to 8 and May 12 to 15; Session 1 is June 2 to 5 and June 9 to 12; Session 2 is June 16 to 19 and June 23 to 26; Session 3 is July 7 to 10 and July 14 to 18 and Session 4 is July 21 to 24 and July 28 to 31. Cost is \$40 for eight group lessons over the two-week sessions. Private lessons are available for \$75 with five one-on-one lessons. Call (912) 573-3001 or x3990 for more details. Arrive on time for class, bring sunscreen and towels, have your child use the bathroom before class and, if applicable, make sure your child is wear-

Liberty call

approximately 8:30 p.m. Bring your blankets, chairs and bug spray and grab your neighbors. Enjoy an evening movie outdoors on the giant outdoor theater. Call (912) 573-4564 for more details.

■ **Navy Adventures Unleashed Walking Dead Escape Run in Jacksonville** — Saturday, May 17 at Everbank Field Stadium is the Zombie Obstacle Event. Register on website for 8:15 p.m. wave to participate with "the survivors" of Team Kings Bay at www.thewalkingdeadescape.com/faq. Pre-register for transportation at Big EZ by May 16 for \$5. Call NAU for details at (912) 573-8972.

ing swim diapers or tight-fitting pants if not potty trained.

■ **Summer Splash 2014** — From noon to 4 p.m., Saturday, May 24 free entry at the Fitness Center pool with fun games, music, prizes and the Build-A-Boat competition. Food will be available for purchase. Special thanks to the sponsors of this event: Navy Federal Credit Union & USAA. (No endorsement implied) (912) 573-3001.

■ **America's Armed Forces Kids Run** — Check-in is 8:30 to 8:45 a.m. Saturday, May 17 at the Fitness Complex. Entry is free. It's open to all military youth ages 5 to 13. Register on-line at www.americaskidsrun.org. Call Youth Sports at (912) 573-8202 for details.

■ **Movie Under The Stars** — Saturday, May 17 at the Youth Center Ballfields, MWR will be showing *The Lego Movie*, rated PG. Showtime is at dusk,

■ **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.

■ **Happy Mother's Day from Rack-N-Roll Lanes** — All moms bowl free 1 to 8 p.m., Sunday, May 11. Shoe rental is not included. Regular game prices for everyone else. For more details, call (912) 573-9492.

■ **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 — Movies for May are *Happy Feet 2* May 10 and 11, *Couly with a Chance of Meatballs 2* May 17 and 18, and *Walking with Dinosaurs* May 24 and 25. Movies are at 1 p.m., Saturday and Sunday and school breaks or holidays. The schedule is listed in Facebook under the events tab on mwrkingsbay.com. Additional kids movies will be shown during summer break from school starting May 22. 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.

■ **Summer Camp** — It's at the Youth Center for kindergarten through age 12, May 21 through Aug. 8. Sign-up begins April 14 for SAC, Wounded/Fallen Warriors, Individual Augmentees and single/dual military. Registration for active duty w/working or student spouse and DoD employees begins April 21, for DoD contractors and all others April 28. Most recent LES/pay stub for sponsor and spouse or student letter of enrollment must be provided. Birth certificate must be available. Single/Dual military must provide dependent care form at time of registration, and IAs must provide orders. Breakfast, morning snack, lunch and afternoon snack provided. No outside food. Cost based on total family income. For more information call (912) 573-2380.

Just for kids

Laser

From Page 9

The citation recognized Gennaro for establishing a strong project team across multiple integrated process teams and strengthening coordination with project sponsors, to include the Office of Naval Research and the Surface Navy's Directed Energy and Electric Weapons Systems Program Office, also known as Naval Sea Sys-

tems Command PMS 405.

"Eighteen months ago, the Laser Weapon System Team was challenged to do something that had never been done before, a task that many senior leaders stated was impossible," said Cmdr. Vincent Chernesky, NAVSEA PMS 405 Deputy Program Manager. "Theresa Gennaro led the technical team at NSWC Dahlgren through a breakneck development cycle, sacrificing personal time towards a common goal they all believed in, that naval laser weapons are a

reality, and the future of naval weaponry."

Over the past several months, Gennaro's 65-member team — Navy engineers and scientists working with experts from industry and academia — significantly upgraded the Laser Weapon System.

"I cannot laud her and the Laser Weapon System Team enough for their heroic efforts," Chernesky said.

Now, they are busy making final adjustments to the first of its kind laser weapon prototype.

"This team has incredible perseverance and they are a pleasure to work with," Gennaro said. "The opportunity to take part in delivering such an advanced concept to protect our warfighter is a career highlight."

Using a video game-like controller, Sailors will be able to manage the laser's power to accomplish a range of effects against a threat, from disabling to complete destruction.

"It is especially rewarding to see our civilian team working hand-in-hand with our war-

fighters to develop, demonstrate, and deliver this game-changing capability," Sisson said.

Navy leaders have made directed-energy weapons a top priority to counter what they call asymmetric threats, including unmanned and light aircraft and small attack boats that could be used to deny U.S. forces access to certain areas. High-energy lasers offer an affordable and safe way to target these threats at the speed of light with extreme precision and an unlimited magazine, experts say.

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Coast Guard holds Ancient Mariner ceremony

From Coast Guard Compass

Built during the twilight era of sail, Coast Guard Cutter Eagle's construction embodies centuries of development in the art and history of shipbuilding.

These days, the teak deck of the barque serves as a fitting platform for the time-honored tradition of the Ancient Mariner ceremony.

The Ancient Mariner is a ceremonial title given to the officer and enlisted person with the earliest date of qualification as a cutterman.

The first "ancient" title was given in 1966 as a way for the Coast Guard to pay respects to its most experienced members, but it wasn't until 1978, that the Gold and Silver Ancient Mariner titles were established to honor the officer and enlisted Coast Guard cuttermen with the most sea time.

While being an ancient is an honorary position, those who earn the title represent a living link to Coast Guard history. They serve as a reminder of the call to duty on the high seas.

"The spirit of centuries of our fellow Coast Guardsmen and their forebears, who have met the sea and conquered it, or have gone



Coast Guard photo

Coast Guard Cutter Eagle was the site of the Ancient Mariner ceremony.

to their Maker while trying, is keeping watch with you, the Ancient Mariner. Keeping a sharp eye out to ensure their tradition is continued and the time-honored reputation of the Coast Guard is kept intact," wrote Coast Guard Commandant James S. Gracey in 1984 in the *Ancient Mariner's Log*, which is passed down from one Ancient Mariner to another.

The phrase "pass the torch" is often used when

one person passes on responsibility to another.

At the ancient ceremony, a torch took the form of the Ancient Mariner's Log and a nautical long glass.

Handing off the long glass at the May 2 ceremony was Master Chief Petty Officer Lloyd Pierce, the 11th Silver Ancient Mariner. He was relieved by Master Chief Petty Officer Steven Cantrell, now the 12th Silver Ancient Mariner.



Coast Guard photo by PO2 Patrick Kelley

Coast Guard Commandant Adm. Bob Papp passes on the honorary title of Gold Ancient Mariner to Rear Adm. Fred Midgette.

that have occurred on my watch and I wish Admiral Midgette continued success."

Rear Adm. Fred Midgette, who assumed the duties as the 14th Gold Ancient Mariner, now holds the log. It is as place where the ancients can leave behind words of wisdom, words that ensure the time-honored reputation of the Coast Guard is maintained. After the ceremony, Midgette shared his thoughts about his role as ancient; his role in paying tribute to those who came before him.

"Sea duty has always been a demanding and

dangerous business. It was in the past - it is today," said Midgette the 9th Coast Guard District commander who is both a cutterman and a U.S. Navy surface warfare officer. Midgette has served more than 12 years afloat aboard seven Coast Guard cutters and a Navy destroyer.

"There are 1,266 names on the Cutterman's Memorial that remind us of the dangers," added Midgette. "In spite of that danger, sea service continues to be one of the most rewarding experiences that the Coast Guard has to offer."

Guardians to get museum

By Kara Noto

From Coast Guard Compass

With Coast Guard Cutter Eagle dressed in colorful signal flags "up and over" her masts serving as the backdrop for the event, Conn. Rep. Joe Courtney, Sen. Richard Blumenthal, Sen. Chris Murphy, New London Mayor Daryl Justin Finizio, Vice President of Cross Sound Ferry Adam Wronowski, Conn. Gov. Daniel Malloy and Coast Guard Commandant Adm. Bob Papp dipped their shovels into the soil, signifying the beginning of what will be a tremendous physical transformation to the New London waterfront area, where the future National Coast Guard Museum will reside.

While the gesture of breaking ground is symbolic, the emotions of the event were genuine.

"Today marks yet another important milestone in our continuing progress towards establishing a National Coast Guard Museum," said the Commandant. "I am very thankful for the efforts of everyone involved to honor our Long Blue Line of Coast Guard men and women who sacrificed during war and peace since the founding of our Republic to protect and defend the United States of America."

The Coast Guard's history and heritage has been as mobile as its missions, woven

into the honor and tradition as a military service, and displayed with pride at modest facilities throughout the Coast Guard.

The deed transfer and ground breaking at the future site of a National Coast Guard Museum marks yet another milestone in reaching the National Coast Guard Museum Association's ultimate goal to provide a more permanent and comprehensive home to Coast Guard history; a home to inform and inspire those that the Coast Guard serves.

President of the board of directors of the National Coast Guard Museum Association and recent Spirit of Hope recipient James "Jimmy" Coleman Jr. affirmed his loyalty to the collaborative effort, "we are ready to go, and we have been ready to go; so we're using that energy."

The National Coast Guard Museum Association was formed to "establish, develop, foster and perpetuate the National Coast Guard Museum which will serve to promote historical knowledge of the Coast Guard and its predecessor services among the present and past member of the service and among the general public, and to promote an awareness, recognition and pride the their role in the maritime heritage of the United States."

The property to be used for construction was gifted to the Coast Guard by the city of New London.



Coast Guard photo by PO2 Patrick Kelley

The Coast Guard Honor Guard performs at the breaking ground ceremony for the National Coast Guard Museum.

Mayor Finizio passed the signed document to the Commandant adding "it is my honor to present to you the deed and title of land in our city for the purpose of construction of the National United States Coast Guard Museum."

At an event that occurred earlier in the day, the Commandant passed the honor of Gold Ancient Mariner to Rear Adm. Fred Midgette.

The ceremony included the passing of

the Ancient Mariner's cap as a symbol to signal the change of watch.

The hat currently used is a replica, as the original, a 1913 fore-and-aft made of beaver fur and worn during the era of the Revenue Cutter Service, is too delicate a relic to be physically worn.

The Commandant then carefully held the original artifact for the audience to see, "now if only we had a museum to put this in."

Greenert gives testimony

By MCC Julianne Metzger

Navy News Service

Chief of Naval Operations Jonathan Greenert testified before the Senate Armed Services Committee May 6 encouraging Congress to accept and implement the Department of Defense budget proposal recommendation to slow growth of service members' pay and compensation.

"We cannot sustain our current personnel cost trajectory," Greenert said. "We need to address this problem sooner rather than later."

Greenert said both he and Master Chief Petty Officer of the Nav Mike Stevens heard in their travels around the fleet, a vast majority of Sailors and families believe that their compensation matches

well with their civilian counterparts.

Since 2001, Navy manpower has shrunk significantly due to the elimination of 25 ships from the fleet.

Meanwhile rising personnel costs have spiked which have been a burden on the Navy's ability to balance investments, Greenert said.

"Our Sailors and families are not enthusiastic about compensation reform," said Greenert. However, he added, "they were clear that their quality of service, their work environment, needs to improve."

The DOD proposed compensation reforms are estimated to generate a savings to the Navy of \$123 million in fiscal year 2015 and \$3.1 billion over the Future Years Defense Plan.

"I intend to reinvest any and all of these savings into Sailor Quality of Service enhancements," Greenert said.

Greenert said quality of service enhancements resulting from proposed budget savings include: increasing sea pay, critical skills incentive pays; improving and constructing barracks, training buildings, MWR and fitness centers; providing school and trainings; purchasing tactical trainers and simulators; purchasing spare parts, tools and providing more maintenance opportunities.

"All of these reinvestments address 'dissatisfiers' in our Sailors' quality of service," Greenert said. "These enhancements help Sailors get their jobs done effectively and safely, while addressing our critical manning, training



Navy photo by MC2 Martin L. Carey

Chief of Naval Operations Adm. Jonathan Greenert, center, testifies before the Senate Armed Services Committee on the proposed defense budget. With Greenert are Commandant of the Marine Corps Gen. James Amos, left, and Adm. James Winnefeld, Vice chairman of the Joint Chiefs of Staff.

and equipping challenges."

If Congress denies authority for the DOD compensation savings proposals, the Navy would be unable to enact Sailor quality of service improvements.

There would also be an additional bill of \$4 billion

resulting from pay raises. Greenert said that would compel the Navy to reduce readiness, shipbuilding and aircraft procurement even further.

"Our Navy would be less ready, less modern and less able to execute the missions outlined in the Defense Strategic Guid-

ance," Greenert said.

During the hearing it was evident these budget decisions are tough but necessary, Greenert explained. Under the current budget these choices are necessary to better balance Sailors' needs to ensure the Navy remains forward and ready, he said.

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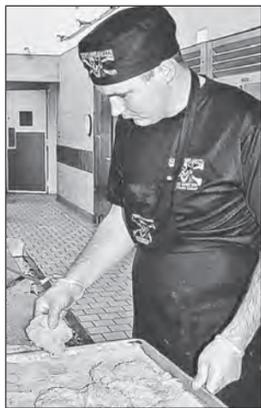


Dinner
Asian Stir Fry
Sweet and Sour Pork
Oriental Pepper Steak
Fried Rice
Steamed Rice
Chinese Mixed Vegetables
Egg Rolls
Healthy Choice Salad Bar
Assorted Salad Dressings
Hot Rolls
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Saturday

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

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



Sunday

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

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

Monday

Breakfast
Breakfast Juice Bar
Ready-to-eat Cereal
Asst. Oatmeal
Grits
Soft/Hard Cooked Eggs
Eggs to Order
Omelets to Order
French Toast w/Asst. Syrups

Grilled Bacon
Fresh Fruit Salad
Breakfast Burritos
Hash Brown Potatoes
Pastry Bar
Asst. Breads & Spreads
Asst. Fruit Salad
Asst. Yogurt

Lunch

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

Lunch speed line

Chicken Wings
Pizza
Potato Bar

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

Tuesday



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

Lunch

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

Lunch speed line

Beef Enchiladas
Chicken Quesadillas
Spanish Rice
Refried Beans
Taco Bar

Dinner
Minestrone Soup
Baked Italian Sausage
Meat, Marinara & Clam
Sauces
Boiled Pasta
Calico Corn
Steamed Broccoli
Healthy Choice Salad Bar
Assorted Salad Dressings

Toasted Garlic Bread
Assorted Dessert
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Wednesday



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

Lunch

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

Lunch speed line

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

Dinner

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

Thursday



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

Lunch

Chicken Noodle Soup
Fried Shrimp
Hot Rolls
Creole Macaroni
Franconia Potatoes
Rice Pilaf
Simmered Carrots
Steamed Peas
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Condiments
Cocktail Sauce
Assorted Desserts



Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

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

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

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

Menu items subject to change.

Thursday

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

Lunch

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

Lunch speed line

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

Dinner

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

Friday

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

Lunch

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

Lunch speed line

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

AUDRA

SEXUAL ASSAULT SUPPORT GROUP

AUDRA means "nobility and strength" in French

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

PROPER FITNESS CENTER ATTIRE

Perfect!

YES!

FOOTWEAR

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

BOTTOMS

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

TOPS

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

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

NAVY Fitness

Oh, no!

NO!

FOOTWEAR

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

BOTTOMS

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

TOPS

- Clothing with rivets
- Modified/homemade T-shirts/tanktops
- Sports bras w/o shirts
- Bikinis
- Exposed cleavage or chest/nipple area
- Sauna Suit
- Heavy perfume or cologne
- Body odor

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

PROPER FITNESS CENTER ATTIRE

Excellent!

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

NAVY Fitness

Awe, man!

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.

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Members of the Navy parachute demonstration team, the Leap Frogs, jump into Busch stadium during a St. Louis Cardinals game as part of St. Louis Navy Week.

Leap Frogs wow crowds

By MC1 Fletcher Gibson
Navy Parachute Team public affairs

The Navy Parachute Team, the Leap Frogs, toured the greater St. Louis area April 29 through May 1, making multiple demonstration jumps as part of St. Louis Navy Week.

Shows were held at Busch Stadium to help open the Cardinals/Brewers game, as well as a number of high schools on both sides of the Mississippi River.

The Frogs even teamed up with explosive ordnance disposal technicians and the Navy Band for an appearance at St. Louis' City Museum.

"This was really amazing," said Joe, a student at Alton High School, after the demonstration jump at his campus. "I really liked it, but I was surprised to see it happen at my school."

The surprise felt by Joe and hundreds of other students like him illustrates the importance of performances by the Leap Frogs in demonstrating the Navy's capabilities to people who live far from the ocean.

"For these people, and especially these kids, who don't have daily contact with the Navy, it's important for us to get out there, show them what we're about and

answer all of their questions," said Leap Frogs team chief, Chief Special Warfare Operator Brad Woodard.

The demonstrations in St. Louis extended beyond military capabilities; they also carried a lesson on the importance of applied science.

Jumps next to the St. Louis Science Center and equipment demonstrations at the City Museum gave those interested an inside look at some of the science that goes into the military and precision parachuting.

One inventive teacher was even able to incorporate the Leap Frogs' performance into her lessons.

"We have a parachute lab in physics class as an engineering project," said science teacher Pamela Wahl. "We're doing it right now."

The Leap Frogs are based in San Diego and perform aerial parachute demonstrations in support of Naval Special Warfare and Navy recruiting.

The team is celebrating their 40th anniversary this year, having been commissioned by the Chief of Naval Operations in 1974 and tasked with demonstrating Naval excellence around the country.

The Navy Parachute Team will be seen next at the X-Games in Austin June 5 to 8.

Ethics center opens

From U.S. Naval War College
Public Affairs

Instructors and staff of the new Naval Leadership and Ethics Center celebrated the establishment of their command during a ribbon cutting ceremony in Newport, R.I., May 6.

Aligned as an echelon three command under U.S. Naval War College as of May 1, the NLEC will serve as the Navy and NWC's instrument to provide curriculum development along with assessment to instill fundamental tenets of ethical leadership throughout the Navy; develop and guide leaders with a strong abiding sense of responsibility, authority, and accountability; and impart commitment of Navy Core Values and Navy Ethos to Sailors.

With resources and personnel from the former Command Leadership School in Newport, the Navy's vision for the new organization is to create courses and educational material that will have an impact across the fleet for leader development and ethical decision making.

As a school house, NLEC will also continue leadership education for future members of the command leadership triad — command master chiefs or chiefs of the boat, executive officers and commanding officers.

Capt. Mark Johnson, NLEC commanding officer, reflected on the benefits that the organization



Secretary of the Navy Ray Mabus addresses an audience at the Naval War College.

will provide for the Navy's Leader Development Continuum, which provides a common framework for leader development through professional experience, training, education, and personal development.

"We've been given a tremendous opportunity to build something important and enduring for our profession," Johnson said. "We're excited and honored to have that opportunity. I can think of no higher calling than helping to develop leaders for our Navy."

Educating Sailors at all levels in leadership and character has been a cornerstone of Navy education and training, and those attributes are vitally important dimensions that define the Navy's people and what they do throughout their service.

"The establishment of NLEC signifies an in-

creased investment and commitment of the Navy's most valuable asset, our people," said Rear Adm. Walter E. "Ted" Carter Jr., president, NWC. "This serves as an opportunity to take a more proactive approach in improving a culture of character development in conjunction with continued command leader education. Our goal is improved leader development."

Since January 2014, NWC and the former CLS faculty and staff have been working meticulously to execute this vision.

"This is an incredible accomplishment and I trust we will succeed in executing these new responsibilities educating our officers and enlisted across all warfare communities, staff corps, and sub-specialties in a wide range of leadership and ethical issues across the Fleet," said Carter.

FDR's grandson tours ship

By MC2 Justin Wolpert
George H.W. Bush Strike Group (CVN 77) Public Affairs

The Guided-missile destroyer USS Roosevelt (DDG 80) hosted the family of the ship's namesake, May 2.

Franklin and Eleanor Roosevelt's grandson, H. Delano Roosevelt, took a tour of Roosevelt with family and friends during a scheduled port visit in Manama, Bahrain.

The tour was led by Cmdr. Jay Clark, Roosevelt's commanding officer. Sailors from the crew gave presentations about the various departments and capabilities of the ship including bridge fundamentals, navigation, engineering, damage control, aviation, search and rescue, and visit, board, search and seizure operations.

"It was an honor and a privilege to introduce USS Roosevelt to Mr. Roosevelt," said Cmdr. Jay Clark. "The crew, as well as myself, take immense pride in being Roosevelt Sailors. I am sure that the grandson of our namesake saw that pride and knew

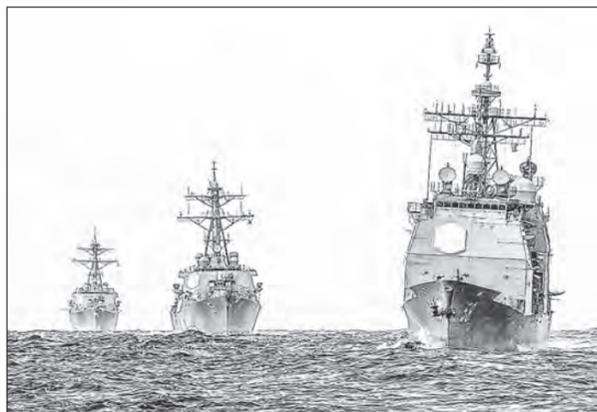
we were honoring the legacy Franklin and Eleanor Roosevelt left behind."

After the tour, Clark led the group into the wardroom, where officers were assembled to attend the Surface Warfare Officer designation pinning of Chief Warrant Officer James Smith. As a surprise, Smith bestowed the honor of pinning the SWO device to Mr. Roosevelt.

"It was dynamic," said Smith. "To have the grandson of such a great man and woman, the namesakes of our ship, perform the pinning is a once in a lifetime occurrence I will never forget."

Following the pinning, Cmdr. Clark presented Mr. Roosevelt with Roosevelt memorabilia including a signed picture of the ship.

In return, Mr. Roosevelt presented Cmdr. Clark with a coin from the battleship USS Iowa, which his family has been influential in helping to restore as a historical monument in Long Beach, Calif., where H. Delano Roosevelt and his family call home.



The Arleigh Burke-class guided-missile destroyers USS Roosevelt (DDG 80) left, USS Arleigh Burke (DDG 51) and the Ticonderoga-class guided-missile cruiser USS Philippine Sea (CG 58) transit the Atlantic.

Navy photo by MC2 Scott Ba



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HOW TO RESPOND

WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY

1. EVACUATE

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

2. HIDE OUT

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

3. TAKE ACTION

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

CALL 911 WHEN IT IS SAFE TO DO SO

HOW TO RESPOND

WHEN LAW ENFORCEMENT ARRIVES

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

INFORMATION

YOU SHOULD PROVIDE TO LAW ENFORCEMENT OR 911 OPERATOR

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

COPING

WITH AN ACTIVE SHOOTER SITUATION

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

PROFILE

OF AN ACTIVE SHOOTER

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

CHARACTERISTICS

OF AN ACTIVE SHOOTER SITUATION

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

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

CALL 911 WHEN IT IS SAFE TO DO SO



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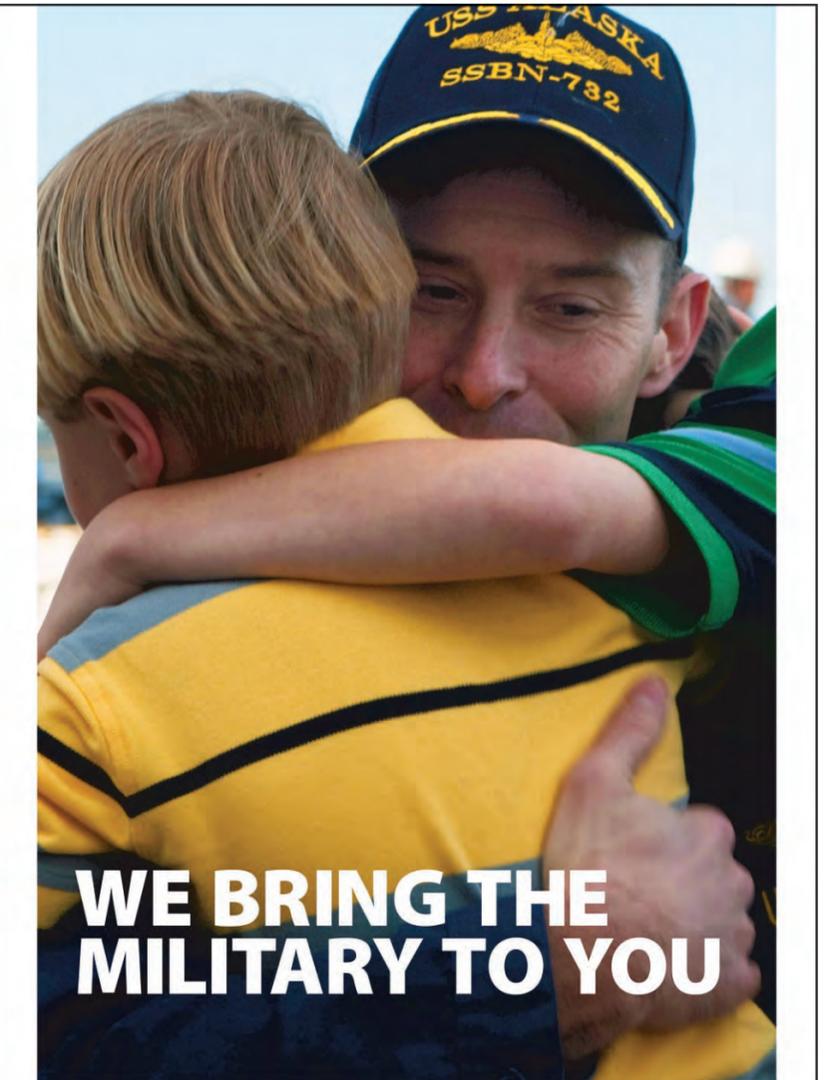
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