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KINGS BAY, GEORGIA

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Thursday, July 17, 2014



Secretary of Defense Chuck Hagel addresses Sailors, Marines and Coast Guardsmen during an all-hands call aboard Naval Submarine Base Kings Bay. More on Page 4.

Navy photo by MC1 Rex Nelson

SecDef visits

Hagel discusses nuclear deterrence, modernization during tour of Kings Bay

By Cheryl Pellerin
DoD News, Defense Media Activity

During a visit to the East Coast homeport for six Ohio-class fleet ballistic-missile and two guided-missile submarines at Naval Submarine base Kings Bay July 9, Defense Secretary Chuck Hagel spoke with 14 female submariners, toured the ballistic-missile submarine USS Tennessee, and took questions at an event with 180 Sailors, Marines and Coast Guardsmen.

The secretary's stop here was the on

first day of a two-day trip that included visits July 10 to Eglin Air Force Base in Florida, home to the Air Force's first full squadron of F-35A Lightning II joint strike fighter aircraft, and a stop at Fort Rucker, Alabama, the home of Army aviation.

Hagel was traveling to these Southeastern U.S. bases to ensure the department stays focused on long-term concerns affecting American interests and

More on SecDef visit, Pages 4, 10.

See Hagel, Page 6

Fitness Center ups hours

Open more each week in response to survey of patrons

From Kings Bay Morale, Welfare and Recreation

The staff at the Kings Bay Morale, Welfare and Recreation has long been proud of being an innovative organization which strives to stay current with industry trends.

In order to perform a well-rounded analysis, customer feedback is also evaluated to deliver the best product to meet the desires of its patrons.

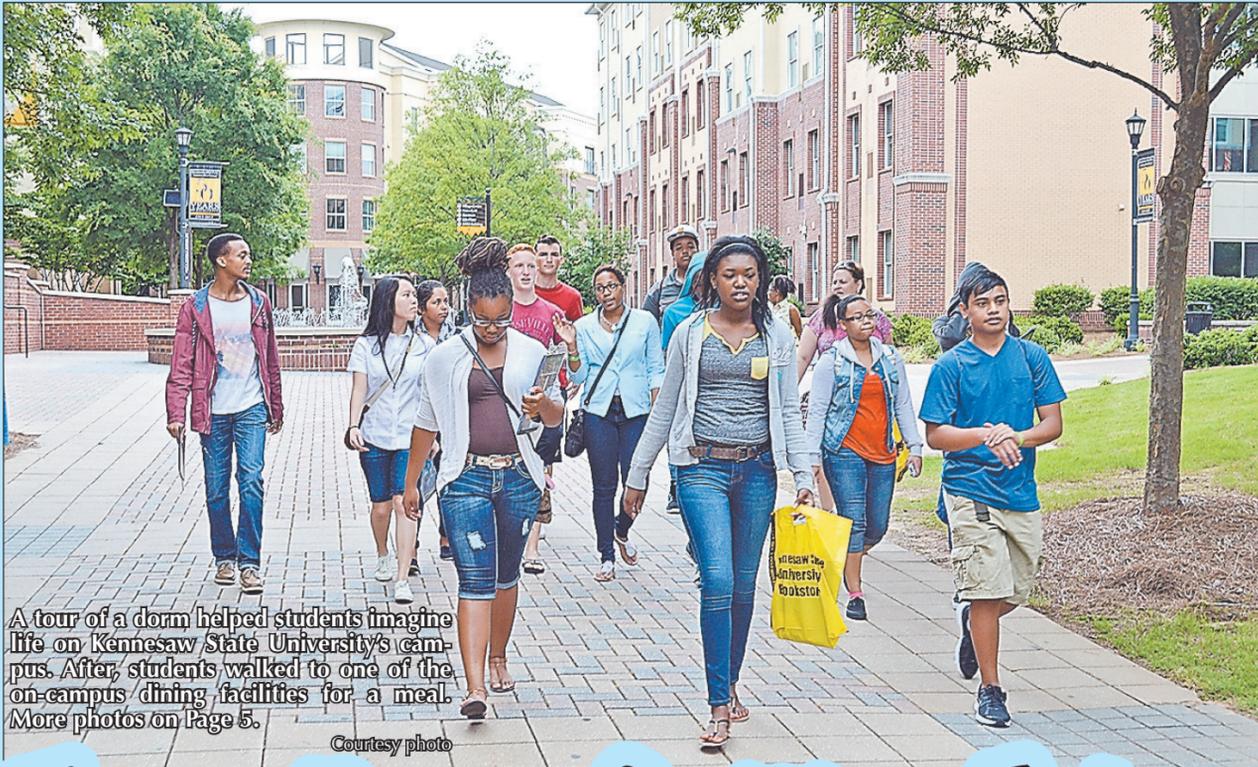
In accordance with Commander, Navy Installations Command guidance and in support of the ultimate goal of maintaining mission readiness, MWR has intentionally focused on the fitness program. This focus has resulted in several initiatives which will improve the ability to maintain readiness and will also support the quality of life for all patrons.

Upon review of all customer comments referencing the Fitness Complex, the overwhelming majority of issues submitted were related to hours of operation and weight room spacing concerns.

Many comments said that with the Complex closing at 10 p.m. Mondays through Fridays, there simply was not enough time for many individuals to conduct a complete workout.

In response, Kings Bay was able to obtain a waiver through CNIC

See Hours, Page 9



A tour of a dorm helped students imagine life on Kennesaw State University's campus. After, students walked to one of the on-campus dining facilities for a meal. More photos on Page 5.

Courtesy photo

Ten colleges, 6 cities, 5 days

15 Kings Bay military-family students on 2014 Summer College Tour

From Naval Submarine Base King's Bay Child and Youth Education Services School Liaison Office

Getting into college does not have to be difficult, but it does require that students and their parents get the right information at the right time.

During the week of June 2 to 6, 15 military-family high school students took advantage of 2014 Summer College Tour, hosted by the Kings Bay Youth Sponsorship Program. The five-day marathon tour of 10 colleges and universities in six cities around Georgia was funded by a grant from the Georgia Governor's Office for

Children and Families.

With the GOCF support, the teens visited schools like Georgia Institute of Technology, Valdosta State University, Mercer University, Morehouse College and Spelman College, just to name a few.

Coordinated by the School Liaison Officer Clainetta Jefferson and Youth Transition Coordinator Laurie Taylor, the tour was designed to expose high school students to different types of colleges and help them understand the factors that should contribute to making important decisions regarding entry re-

quirements, application deadlines, academic programs, financial aid, proximity to or distance from home, student life programs and more.

The truth is that many high school students do not fully understand the application process and are not given opportunities to visit college campuses before enrolling. That is not true for teens at Kings Bay.

These are now prepared to make one

See College, Page 2

Many high school students are not given opportunities to visit college campuses ...



Lt. Marquette Leveque, right, prepares for an interview with MC2 Ashley Hedrick at Kings Bay July 9.

DoD photo

Female transition 'smooth'

Hagel calls diversity 'heart of our strength'

By Terri Moon Cronk
DoD News, Defense Media Activity

Having female officers serve on submarines increases the pool of capable people who can do the job, and "diversity is at the heart of our strength," Defense Secretary Chuck Hagel said July 9.

The secretary made his comments during a visit to Naval Submarine Base Kings Bay in southeastern Georgia, where he met with female submariners.

In a DoD News television in-

terview this morning, one of the officers said mixing the genders aboard subs has had little impact.

"The transition has been very smooth," Navy Lt. Marquette Leveque said.

As one of the first female sub officers, Leveque said, she was assigned to the USS Wyoming in November 2011 with two other women she'd previously met during deployment. They were able to "hit the ground running on day one," she said.

"It took [male sailors] a few weeks to get used to female voices on submarines," Leveque said, "but I think that was one of the biggest differences."

The Defense Department advised Congress in 2010 it planned to do away with the ban on women on submarines.

"I qualified the same as my male counterparts and do the same job," Leveque said. "As long as I do that, it's been equal all the way around."

Noting plans to also have enlisted women serve aboard submarines, the lieutenant said she foresees another easy transition in adding women to the ranks of jobs that were once forbidden to them.



Check us out Online!
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Local news and views

Naval Submarine Base, Kings Bay, Ga.



Now hear this!

Kings Bay Road part to close

At the request of St. Marys Railroad, the Georgia Department of Transportation in partnership with the city of St. Marys and Kings Bay Naval Submarine Base, announces a two-week road closure in conjunction with construction on the railroad crossing on Kings Bay Road between Colerain Road and Spur 40/Charlie Smith Sr. Highway in Camden County. Kings Bay Road will be closed at the railroad crossing and traffic detoured beginning Monday, July 28, and remain closed until work is completed Monday, Aug. 11, weather permitting. This railway maintenance operation and the road closures is a necessity to install concrete panels and calibrate the railway. Motorists will be able to access businesses, schools, and residences in the area up to work zone. The detour routes will be signed as follows:

- Motorists traveling eastbound on Kings Bay Road turn left on to Colerain Road; turn left on to St. Marys Road; then turn left on to Spur 40/Charlie Smith Sr. Highway; travel to Kings Bay Road where detour ends.

- Motorists traveling southbound on Spur 40/Charlie Smith Sr. Highway continue to St. Marys Road; turn right on to St. Marys Road; turn right on Colerain Road; to Kings Bay Road where detour ends.

Kings Bay Road will remain open to local traffic up to work zone.

Cell Phones for Soldiers starts

Habitat for Humanity of Camden County and nonprofit Cell Phones For Soldiers Inc. are asking Camden County residents to help troops call home by donating gently-used cellular phones. Beginning July 15, residents can donate their phones at Habitat in Kingsland at 302 South Lee St. Cell phones can be dropped off 9 a.m. to 5 p.m., Tuesday through Saturday at Habitat's ReStore. For more information, e-mail linda@hfhcamden.org or call (912) 729-3633. Also, visit www.hfhcamden.org for additional Habitat opportunities.

St. Marys offers music series

The next Music in the Park free series is 6 to 8 p.m. at the St. Marys Waterfront Park amphitheater. *No Known Cure* is July 19, *The Just Jazz Quartet* returns Aug. 16 and *Back From the Brink* Sept. 20. Additional Music in the Park dates will be Aug. 9, 16 and Sept. 16. For more information, call the St. Marys Welcome Center at (912) 882-4000.

Fernandina market Saturdays

The Fernandina Beach Market Place farmers market, on N. 7th Street in downtown Fernandina is 9 a.m. to 1 p.m. every Saturday. For more information, visit the website at Fernandina-BeachMarketPlace.com or call (904) 557-8229.

NMCRS Uniform Locker open

The Navy-Marine Corps Relief Society has a Uniform Locker that offers a large selection of used uniforms, jackets, hats, shoes and more for active duty men and women at no cost. Visit it at the NMCRS office in Building 1032 at 926 USS James Madison Road 9 a.m. to 3 p.m. Monday through Friday. Uniform donations appreciated. 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.

College

From Page 1

of the most important decisions they will make in their young lives.

What would a college tour like this be without a bit of fun? Along with the daily visits to colleges and universities, the students spent their evenings enjoying sights around the Atlanta area.

Students enjoyed lunch at The Varsity, a laser show at the Stone Mountain, a

trip to the World of Coke, dinner at the downtown Hard Rock Café and a visit to the Georgia Aquarium.

To top it all off, they also cheers for the Braves during a game at Turner Field, where they watched the home team take on the Seattle Mariners.

Questions about this and other educational programs for students in kindergarten through high school senior may be directed to the Child and Youth Education Services office at kingsbay-slo@navy.mil or by calling (912) 573-8986.

Navy revises special duty pay rates

From Navy Personnel Command Public Affairs

Revisions to Special Duty Assignment Pay for eligible enlisted Sailors were announced in NAVADMIN 156/14 released July 7.

The SDAP program enhances the Navy's ability to size, shape and stabilize the force by encouraging qualified Sailors to serve in designated Special Duty Assignments for a monetary incentive ranging from \$75 to \$450 a month.

The update incorporates two additions and several increases to existing SDAPs.

Increases to existing SDAP levels are effective upon release of NAVADMIN 156/14.

Eligible Sailors serving in the following duty assignments and at the

Special Duty Assignments

commands listed will receive back pay to March 25, 2013 to cover lost pay due to administrative errors:

- Air Traffic Controllers aboard USS Dwight D. Eisenhower (CVN 69),

- Helicopter Rescue Swimmers at Afloat Training Group Mayport, Florida, Naval Surface Warfare Center, Panama City, Florida, and Air Test and Evaluation Squadron 1, Patuxent River, Maryland.

In order to qualify for SDAP, a service member must be assigned to and working in a valid billet on the command's Enlisted Distribution Verification Report, hold a matching Navy Enlisted Classification, must

be working in the authorized billet, and the billet must be authorized by the Bureau of Naval Personnel in the latest SDAP NAVADMIN as an SDA billet.

Commanding officers must certify that service members meet all the qualifying criteria established by OPNAVINST 1160.6B, DODINST 1304.27 and NAVADMIN 156/14 prior to a Sailor receiving SDAP.

A Sailor must complete all qualifications, including Personal Qualification Standards and Under Instruction watches before they are eligible for SDAP certification.

The annual re-certification required by commands with SDAP billets will begin upon release of the recertification NAVADMIN which will provide guidance for the re-certification process.

Ball cap wearing regs relax Sept. 1

From Chief of Naval Personnel Public Affairs Office

The Chief of Naval Personnel announced July 11 a change to uniform regulations giving commanding officers discretion to authorize the wear of command ball caps with Navy Working Uniforms Type I, II and III.

The policy begins Sept. 1.

Initiated by Secretary of the

Navy Personnel

Navy Ray Mabus, this change is a result of Sailor feedback received at all hands calls and is part of Navy's efforts to further empower command triads.

Currently ball caps can only be worn with the physical training uniform, coveralls and flight suits;

with NWUs only when standing bridge watch and by command training teams during a training evolution.

The 8-point cover remains part of a Sailor's sea bag.

The change in wear rules for the ball caps, which will include Fleet leadership input, will be released in a NAVADMIN later this summer and will include occasion of wear rules.

VA upset over retaliation allegations

By Claudette Roulo

DoD News, Defense Media Activity

Leaders at the Veterans Affairs Department are deeply concerned and distressed about allegations that whistleblowers are routinely retaliated against, Dr. James Tuchschiidt, VA's acting principal deputy undersecretary for health, said in a prepared statement for Congress July 8.

VA's core values are integrity, commitment, advocacy, respect and excellence, Tuchschiidt wrote to the House's Committee on Veterans Affairs.

"To get to excellence, we rely on the integrity, experience, observations, insights, and recommendations of VA's front-line staff, those who work professionally and compassionately with veterans each and every day," he said. "We value that input and rely on it to help us better serve veterans."

The department will not tolerate an environment where employees who seek to report deficiencies are either ignored, or worse, intimidated into silence, Tuchschiidt continued.

Leaders are responsible for creating a workplace atmosphere in which employees are comfortable sharing success and identifying areas for improvement, he said.

"Across VA, we expect workplace environments that protect the rights

Veterans Affairs

and enable full participation of all its employees," the acting undersecretary wrote.

To achieve this goal, all 330,000 VA employees receive anti-discrimination and harassment prevention training biennially, Tuchschiidt noted. "We also recognize that supervisors and managers bear a heightened responsibility in maintaining a fair, safe and inclusive culture," he added.

VA executives, managers and supervisors must complete additional training on diversity and inclusion, equal employment opportunity and conflict management, Tuchschiidt said.

"We expect employees to bring to the attention of their managers and supervisors shortcomings in the delivery of our services to veterans, any perceived violations of law, rule or regulation, official wrongdoing, gross mismanagement, gross waste, fraud, abuse of authority, or any substantial and specific danger to public health or safety," he wrote. "Intimidation or retaliation against whistleblowers — or any employee who raises a hand to identify a legitimate problem, make a suggestion, or report what may be a violation of law, policy, or our core values — is absolutely unacceptable."

Everyone at VA has the responsibility to enforce appropriate workplace behavior, he said.

"Protecting employees from reprisal is a moral obligation of VA leaders, a statutory obligation, and a priority for this department," Tuchschiidt said.

VA will take prompt action to hold accountable anyone who takes reprisal against whistleblowers, and that includes appropriate disciplinary action, he noted.

All VA employees are notified of whistleblower protection rights through an annual policy statement from the VA secretary, Tuchschiidt wrote.

Employees of the department have several options if they feel they are being retaliated against, the acting undersecretary said.

"Employees may file a complaint with the Office of Special Counsel, or appeal directly to the Merit Systems Protection Board. Employees are also always free to report whistleblower reprisal to a VA management official, to VA's independent Office of Inspector General, and to the Congress," he said.

VA is committed to ensuring that all allegations are properly investigated, Tuchschiidt said.

"We also will not tolerate retaliation against any employee who raises a hand to identify a legitimate problem or suggest a solution," he added.

Relief society seeks volunteers

From The Navy-Marine Corps Relief Society Kings Bay

Volunteers are the backbone of the Navy-Marine Corps Relief Society, providing essential support at our locations around the world.

Consider getting involved in the Navy-Marine Corps Relief Society as a volunteer.

The Society offers a range of volunteer opportunities for people with a wide variety of skills and interests. Volunteers provide:

- Front desk coverage
- Financial assistance
- Budget counseling

Navy-Marine Relief

- Administrative and communications support

- Financial instruction for expectant parents

- Handmade baby blankets

- Staffing for our Uniform Locker

We provide comprehensive training for volunteers to ensure they are highly skilled and confident when working with active duty and retired Sailors, Marines or family members who seek assistance from the Society.

Volunteers may be:

- Military spouses
- Active duty personnel
- Retirees and their spouses
- Civilians

- College students

- Relatives of NMCRS employees

Sign up today at www.nmcrs.org/. Navy-Marine Corps Relief Society members will work with you to identify the opportunity that best matches your unique set of skills and interests, and meets the current needs of the Society.

Contact NMCRS Kings Bay at kingsbay@nmcrs.org or call the office at (912) 573-3928.

THE **Periscope**
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Chapel's CREDO schedules retreats

From Naval Submarine Base Kings Bay Chapel

The Chaplain's Religious Enrichment Development Operation, or CREDO, for some unknown reason, continues to be the best kept secret in the Navy, and as result only a small portion of military personnel and their family members have taken advantage of its beneficial programs.

CREDO Detachment Kings Bay is working hard to get more military personnel involved in the CREDO experience.

It began as a program to help veterans returning from the Vietnam War in 1971. As then and now, military service presents unique challenges and opportunities. CREDO offers transformational retreat-based programs designed to assist authorized users in developing the spiritual resources and resiliency necessary to excel in the military environment.

Over the years, CREDO has offered spiritual, personal, and relational growth opportunities to tens of thousands of sea service personnel and their family members, profoundly enhancing their lives. CREDO provides commanders with a key resource by which to care for and strengthen the abilities of those they lead.

The following retreats are available:

- Personal Growth Retreat — Helps foster positive personal growth and self-awareness by pro-

viding a wealth of practical training and ideas to enhance your spiritual, emotional, physical, and relational dimensions. Registration is open for the next retreat, Aug. 15 to 17.

- Marriage Enrichment Retreat — An all-inclusive weekend retreat designed to strengthen and encourage healthy marriages to thrive and grow. It is not designed for couples who need significant counseling — if you are on the brink of divorce, contact the chapel office for marriage counseling and/or resource referral. Registration is open for the next retreat, Sept. 12 to 14

- Family Enrichment Retreat — An all-inclusive weekend family retreat designed to promote healthy relationships, using practical skills based on proven principles that strengthen and empower every member of the family. Registration is open for the next retreat, Sept. 19 to 21.

- Couples Connection — Fleet and Family Support Center Kings Bay, in coordination with CREDO, is hosting a Couples' connection One-Day Marriage Enrichment Workshop. This workshop will enhance communication skills and strengthen emotional, physical, and spiritual aspects of your marriage. Couples are encouraged to register one month prior to the event. The dates are Sept. 12 and Dec. 12.

For more information,



FFSC photo

Fleet and Family Support Center, in conjunction with The Southeast Region Chaplains from CREDO, held a one-day workshop called Reconnect. The 14 graduating attendees spent the day dedicated to enriching their marriage by focusing on intimacy, communication and a better basic understanding of each other.

visit the website www.cnic.navy.mil/regions/cnrse.html or call the chapel office at 573-4501.

Aaron Jefferson are looking forward to seeing you on the next retreat.

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***DAWN OF THE PLANET OF THE APES IN 3D** (PG13)
4:00 10:00

***DAWN OF THE PLANET OF THE APES IN 2D** (PG13)
1:00 6:30 7:00 9:15 9:40

***DELIVER US FROM EVIL** (R)
1:25 4:10 7:05 9:50

***EARTH TO ECHO** (PG)
12:40 2:55 5:10 7:25 9:35

***TAMMY** (R)
12:45 3:00 5:15 7:30 10:10

***TRANSFORMERS: AGE OF EXTINCTION IN 3D** (PG13)
4:30

***TRANSFORMERS: AGE OF EXTINCTION IN 2D** (PG13)
1:15 8:00 9:30

THINK LIKE A MAN TOO (PG13)
1:10 3:45

22 JUMP STREET (R)
1:30 4:15 7:10 9:55

HOW TO TRAIN YOUR DRAGON 2 (PG)
12:35 2:50 5:05 7:20

MALEFICENT (PG)
12:30 2:45 5:00 7:15
*Pass Restricted

www.GeorgiaTheatreCompany.com



Courtesy photo

The Kings Bay Chapel's CREDO Marriage Retreat Sept. 12 to 14, and one-day Couples Connection sessions, Sept. 12 and Dec. 12, help couples strengthen their relationships.



NSB Kings Bay Chapel

Sundays

8:30 a.m. - Confessions
9 a.m. - Catholic Mass
10:30 a.m. - Protestant Divine Service
Mondays-Wednesdays and Fridays
11:15 a.m. - Catholic Mass, Adoration following Wednesday mass until 8 p.m.

Saturdays

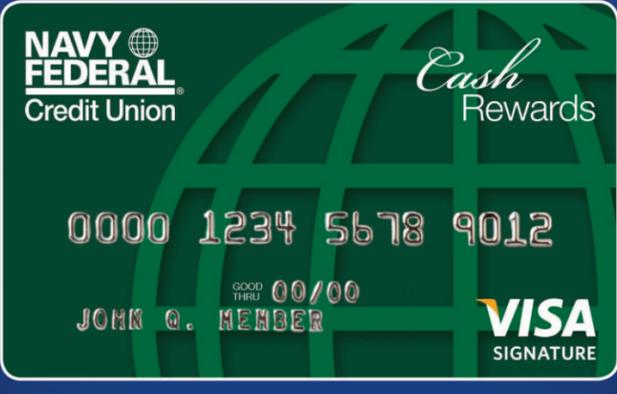
4:30 p.m. - Confessions
5 p.m. - Catholic Mass

Chapel office hours

8 a.m. to 4 p.m. Mondays through Fridays

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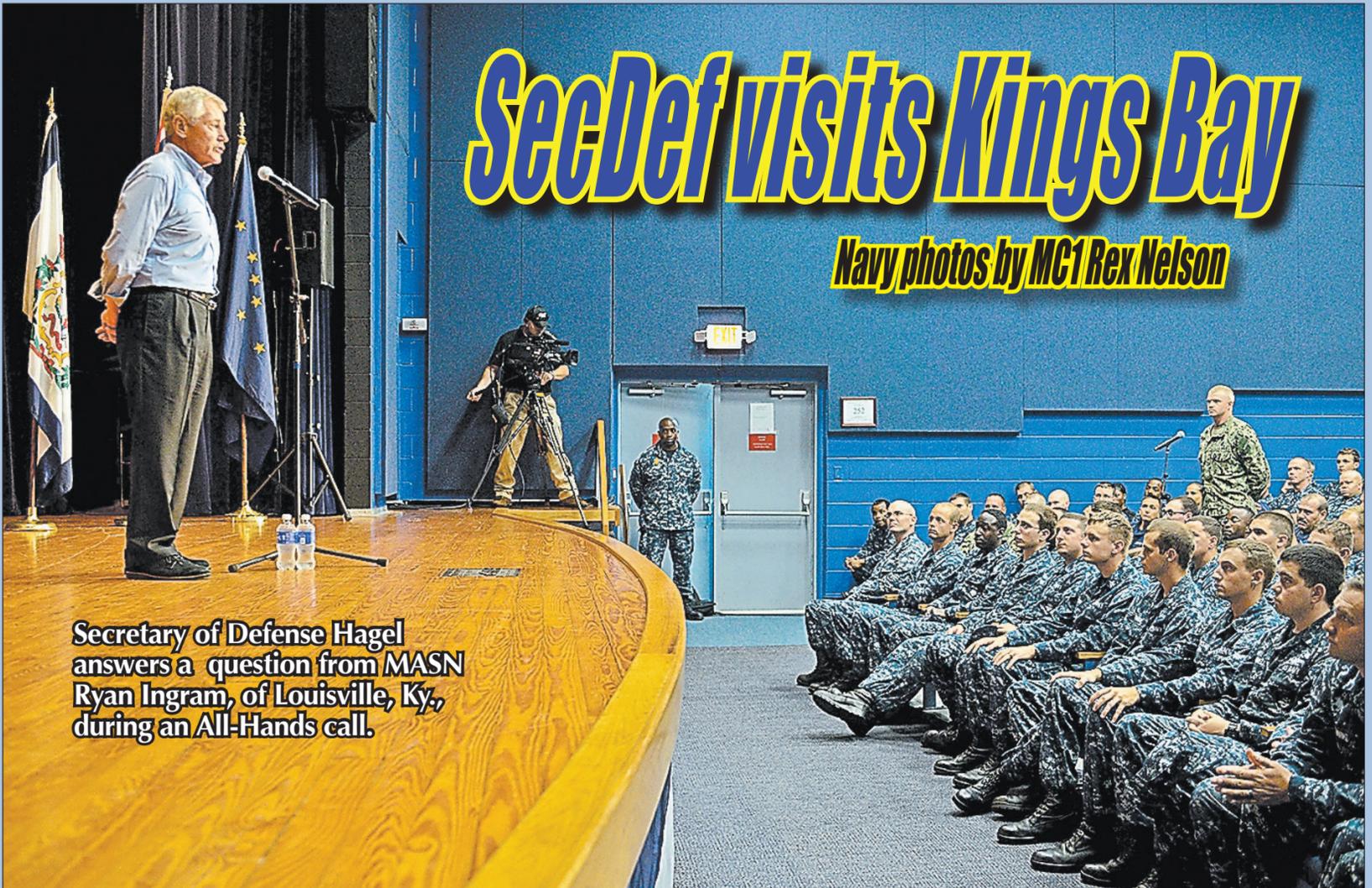


Cmdr. Christopher Bohner, commanding officer, USS Tennessee (SSBN 734) (Gold), gives Secretary of Defense Chuck Hagel a tour of Tennessee during his visit to Naval Submarine Base Kings Bay. Hagel toured Kings Bay as one of three installations in the Southeast United States to highlight key investments the Department of Defense is making for the future.



SecDef visits Kings Bay

Navy photos by MC1 Rex Nelson



Secretary of Defense Hagel answers a question from MASN Ryan Ingram, of Louisville, Ky., during an All-Hands call.



Hagel addresses Sailors, Marines and Coast Guardsmen at the auditorium.

Right, Hagel speaks with Rear Adm. Chas Richard, commander, Submarine Group 10.



Left, Bohner escorts Hagel on board USS Tennessee.

Right, Hagel poses with fellow Nebraskans LSSA Rudy Cervantes and MT2 James Stone of the Gold crew on USS Tennessee.



Hagel meets with chiefs onboard the Ohio-class ballistic missile submarine USS Tennessee.



Hagel is saluted by sideboys prior to boarding the Ohio-class ballistic missile submarine USS Tennessee.

From June 2 to 6, 15 students from military families at Kings Bay toured 10 colleges in six Georgia cities as part of the Kings Bay Youth Sponsorship Program's 2014 Summer College Tour. Right, a tour guide at Kennesaw State University talks about the school Renaissance Fair, student services and academic programs while walking the campus. Students learned that Kennesaw State, following its merger with Southern Polytechnic University, will be the third largest university in the state of Georgia. *Courtesy photos*



Kings Bay Youth Sponsorship Programs' Summer College Tour 2014



The visit to Valdosta State University included a tour of a dormitory room and casual stroll around the campus. The tour guide answered student's questions about campus life, meal plans, clubs and entrance requirements.



Orientation at Abraham Baldwin Agricultural College covered academic programs, student life and more.

Photos courtesy of Clainetta Jefferson and Dr. Laurie Taylor



Georgia Institute of Technology's 80-foot Kessler Campanile was built for the '96 Atlanta Olympic Games.



After a day of tours students stopped by the World of Coca-Cola to quench your thirst for fun by tasting Coca-Cola products.



There's nothing like a dip in a cool pool after a long day of college tours. Volleyball in hand, these guys took advantage of the cool water to relax.



Students by Abraham Baldwin Agricultural College's famous mascot statue *The Stallion*.

Fleet & Family Support Center workshops

facebook



Parenting classes offered on Mondays

Are you frustrated with your children? Would you like suggestions on how to stop temper tantrums or how to get your teen to complete chores without asking them 14 times? We believe parents are the experts on their children. But, children don't come with a manual! So, sometimes you need help to figure out what to do with them. Meet with the parenting class from 9 to 11:30 a.m. on Mondays, July 21 and 28. Enrollment in this six-week class is ongoing. Attendees must complete all six weeks in order to receive a certificate. A minimum of six participants is needed in order for a new class to start. Registration required at 573-4512.

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., July 24. Registration required by calling 573-4513.

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 July 22 and 29. No pre-registration required.

SAPR Advanced Training, Refresher offered

The Advanced/Refresher training is for all individuals that are current Sexual Assault Prevention and Response Victim Advocates. This training is applicable to the 32 hour bi-annual training requirement. The individuals attending are appointed by their Command and will represent the Command in all assigned sexual assault cases. This training is noon

FFSC offers EFMP assistance

From Fleet and Family Support Center Kings Bay

The Exceptional Family Member Program is designed to assist Service Members with the special needs of their Exceptional Family Members.

Assistance is emphasized in the assignment process, but also includes family support from EFMP Liaisons located at Fleet and Family Support Centers.

Liaisons are there to provide information and referrals, help in creating Individualized Service Plans and case management from one duty station to the next

EFMP coordinators are located at Medical Treat-



Exceptional Families

ment Facilities and serve both military personnel and families. Coordinators facilitate initial enrollment and guide families to other services, if required.

Command points-of-contact also can assist service and family members with the enrollment process.

EFMP enrollment is mandatory and re-

quired upon identification of a special need. Special needs include any special medical, dental, mental health, developmental or educational requirement, wheelchair accessibility, adaptive equipment or assistive technology devices and services.

Successful implementation requires up-to-date information and extensive coordination between personnel, medical, educational and family support communities.

If you have any questions about the Exceptional Family Member Program, contact the Fleet and Family Support Center at (912) 573-4513.

to 4 p.m., July 22. Registration is required by calling (912) 573-4512.

Ombudsman Assembly Meeting July 28

The Ombudsman Assembly Meeting will be held for all OMB, COs, XOs, CMCs and COB's at the Kings Bay Community Center at 6 p.m., July 28. For more information, contact at 573-4513.

Transition GPS Capstone Event upcoming

NAVADMIN 187-13 mandates that all service members leaving military service attend a CAPSTONE event to demonstrate completion of all required Career Readiness Standards. Service Members are introduced to CRS during their initial pre-separation counseling, and then again during attendance to the Transition Goal, Plan, Success five-day workshop. During the workshop attendees work on their Individual Transition Plan and begin to gather the

documents and evidence to bring to their CAPSTONE event. After completion of the Transition GPS workshop, service members continue to work on their individual CRS items, seeking assistance from their Command Career Counselor, Fleet and Family Support Center or other agencies identified during the Transition GPS workshop. 90 days prior to their actual separation date, service members attend their CAPSTONE event, bringing with them all evidence necessary to show completion of each CRS. If a service member needs additional assistance they will receive a referral to the appropriate partner agency. Upon completion of the CAPSTONE event, the service member's Commanding Officer signs the member's ITP Checklist, DD Form 2958, signifying that the Service Member is "Career Ready" and has met all of their individual CRS or have received appropriate assistance in meeting those CRS. Fleet and Family Support Center, Kings Bay, holds a CAPSTONE event monthly. Interested Service members should call

Hagel

From Page 1

allies in Asia, Europe and worldwide, Pentagon Press Secretary Navy Rear Adm. John Kirby said earlier last week in announcing the trip.

The submarine base is home to Submarine Group 10, Submarine Squadrons 16 and 20, the Trident Training Facility, the Trident Refit Facility, the Strategic Weapons Facility-Atlantic, and other support-providing commands.

More than 8,000 personnel work at the base, including nearly 5,000 active-duty Navy personnel, 2,322 civilian employees and 1,298 contractors.

At the Kings Bay troop event, Hagel greeted an auditorium full of Navy, Marine Corps and Coast Guard service members, bringing them greetings from President Barack Obama and everyone at the Defense Department.

"We thank you for what you're doing [and] what you have been doing here. I know occasionally you might wonder if anybody is paying attention or cares," the secretary said. "We are paying attention. We know what you do. We appreciate what you do."

Hagel also sent thanks to their families and said the department appreciates their sacrifices.

"We understand their sacrifices and we don't take those sacrifices for granted," he told the service members.

Hagel has made it one of his highest priorities to ensure the United States maintains a safe, secure and effective nuclear deterrent. This includes commitments to modernizing the nuclear enterprise infrastructure and maintaining a highly capable, skilled and motivated force.

"I think you all know that I ordered an ... internal and external review of the nuclear forces a few months ago," Hagel said here yesterday. "Those internal and external reviews have come back. I've been briefed on the reviews."

The secretary added that he is working with DoD leaders to decide which recom-

mendations the department will adopt to strengthen the health of the nuclear workforce, strengthen the nuclear enterprise and ensure that those involved in the enterprise have the resources they need to do their jobs.

Over the last 13 years as the United States was involved in two large land wars, "we let our focus on the nuclear deterrence aspect of our national security drift a little," Hagel acknowledged. "Because of that," he added, "priority was put on those wars in funding, leadership [and] attention."

The nation, Hagel said, must now "prioritize the importance of the nuclear enterprise and what you represent and the importance of what you do every day to deter aggression in the world and protect our country and protect our interests around the world. I want you to know that."

The secretary also told the service members about the hour he spent in a private discussion with 14 female submarine officers.

In 2009, Navy Secretary Ray Mabus announced that for the first time in Navy history, women would be assigned to serve aboard Navy submarines. The first contingent of 24 women who completed the Navy's nuclear submarine program met in May 2012 with the president and First Lady Michelle Obama at the White House.

Today, more than 60 female officers serve aboard 14 crews on seven submarines, typically with at least three female officers per crew.

"It was really a tremendous experience for me to listen to these young officers talk about their experiences — how proud they are to serve on submarines," Hagel said.

"The Navy has broken through on so much of this over the last three or four years," he added, "and as you know, we're in the process now of preparing to integrate enlisted females on submarines."

In May, the Enlisted Women in Submarines Task Force be-

gan planning to introduce enlisted women into the submarine force over the next few years, officials said.

The submarine force also is in the process of assigning female officers to four Virginia-class submarines. In 2015, the USS Illinois and the USS Minnesota are scheduled to become the first attack submarines with female offices on board, DoD officials said.

Hagel is the first defense secretary to visit a ballistic missile submarine since women began serving aboard them in November 2011.

Before he shook hands and took pictures with the troops, he invited them to step up to the microphones in the audience and speak their minds.

A Navy recruiting instructor from the Naval Submarine Support Center asked if sequestration budget cuts, scheduled to return in fiscal year 2016 unless Congress acts to stop them, would allow the department to continue to develop the replacement for the Ohio-class submarine. A senior chief petty officer from the Coast Guard Maritime Force Protection Unit asked Hagel what kept him up at night, given all the threats facing the United States.

The topics differed, but Hagel's answers arrived at the same destination.

DoD's plans call for 12 Ohio replacement ballistic-missile submarines to replace the 14 Ohio-class submarines now in commission. Because the new submarines will have shorter maintenance cycles and more capability, 12 new ships will replace the original 14.

The president's budget request meets DoD near-term needs, defense officials say, but it will be difficult, and perhaps impossible, to execute the shipbuilding plan if the harsh budget cuts of sequestration are implemented.

A key element of the shipbuilding plan is the Ohio-class replacement submarine.

(912)573-4513 for more information, or have their Command Career Counselor's make a reservation for them to attend. This event will be 8 a.m. to 4 p.m. July 18.

Smooth Move Workshops coming 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 OCONUS workshop will be 10 a.m. to noon, July 23. For more information, call 573-4513.

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 requirements deal with human resources and social issues. Counselors can create a presentation in response to a unit's area of special concerns. FFSC is available to participate within areas of expertise in the indoctrination of newly assigned personnel and family members of active-duty personnel. Classes listed are at the Fleet and Family Support Center. 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.

Anger management seminar July 30

Anger is not an effective method for getting what you want and is often a smoke screen for other emotions. This workshop is slated for 8:30 a.m. to noon, July 30. It can help you focus on identifying the feelings anger hides and explore behaviors helpful in resolving primary issues. Pre-registration is required. Call 573-4512 for details.

"We have every commitment to the projections to bring on that new class of submarines," Hagel told the recruiting instructor. "Yes, it's forcing us to make some hard choices in our budget. But I've been clear on this, the president's been clear — all of our senior leaders — that we need a new generation of Ohio-class submarines, and we're going to prioritize that."

The naval submarine base and the expertise it represents will continue to be important for the nation's strategic interests, the secretary said.

But the budget cuts are presenting big problems, he added.

"There's only so much to go around," he said. "You can't get any more. So it's forcing us ... to prioritize. If we had more time to prioritize, ... it would be more responsible. But unfortunately, that hasn't been the case, and it will not be the case if sequestration continues to hold. But we are continuing to be committed to a new generation of Ohio-class submarines."

To answer the up-at-night question, Hagel went back to the budget.

"There are threats everywhere in the world, and many are external," he said. "But [we're dealing with] a lot of internal dimensions as well." The senior chief had mentioned the National Defense Authorization Act when asking his question. Hagel mentioned the defense budget in his answer.

"Sequestration has been devastating to this institution. It's something that our leaders and I work with every day trying to convince Congress to change," the secretary said.

"We've got a year or so to help inform and educate and try to persuade the Congress to change that," he continued. "If they don't change that, we are going to be faced with deeper and bigger cuts. We're continuing to be faced with deep cuts now. That's what I refer to when I talk about an internal challenge when you ask me what keeps me up at night."



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MWR Intramural Sports photo
Marine Corps Security Force Battalion team Chive won the MWR Intramural Sports Spring 4v4 Flag Football title. From left are MA3 Steven Davis, MA3 Michael Lefloch, MA2 Nathan White, MASN Seth Pierce, MA3 Jonathan Gonzales and MA2 Jonathan Gist. MCSFBn Eliminators was runner-up.

around and view a funny movie on the giant outdoor theater screen. Based on weather. If unsure check MWR's Facebook page for updates. Call (912) 573-3001 for more details.

■ **Intramural Sports Average Joe's Cornhole League** — Registration for Average Joe's Cornhole League is going on now. League begins Aug. 4 with a captain's meeting at 5 p.m., July 30 inside the Fitness Complex classroom. League fees are \$40 and play will be on Tuesday nights. Call (912) 409-1611 for more information.

■ **Fishing at Trident Lakes Golf Club** — Lakes at Trident Lakes Golf Club will be open 6 to 8 a.m., July 18 and 19, and Aug. 16.

Cost is \$5 per person for catch & release or \$7 per person for catch and keep. Every one 16 years old and older must have a Georgia Fishing License and Kings Bay Fishing Permit. Outdoor Adventures sells the Kings Bay permits. Open to 10 year olds and up. Pre-register at Outdoor Adventures, 10 a.m. to 5 p.m. Mondays through Fridays. All patrons under 16 must be accompanied by a parent or legal guardian. For more details, call OAC at (912) 573-8103.

■ **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

See MWR, Page 9

Swim lesson session July 21

Sign up now for children's swim lessons at the Kings Bay Pool. Registration is at the customer service counter in the Fitness Complex. Descriptions of skills taught in each level are available at the counter to assist in selecting proper class level for the child. Payment is due at registration. No refunds. Session 4 is July 21 to 24 and July 28 to 31. Cost is \$40 for eight group lessons over the two-weeks. Private lessons available for \$75 with five 1-on-1 lessons. Call (912) 573-3001 or 573-3990 for more details. Arrive on time, bring sunscreen and towels, have your child use the bathroom before class and, if applicable, make sure your child is wearing swim diapers or tight-fitting pants if not potty trained.

■ **Run for the Fallen 5K Run/Walk** — It's at 7 a.m., Thursday, Aug. 21 at the

Fitness Complex. A ceremony begins at 6:30 a.m.

with a special guest speaker from the Warrior Speaks Program, Erick Millette, recipient of the Bronze Star, Army Commendation Medal with "Valor", Combat Action Badge, as well as numerous other awards and decorations. Log your miles at the Fitness Customer Service Counter now through Aug. 21. For more details, contact NAU at (912) 573-8972.

■ **Dive-In Movies** — Saturday, July 19 at the Kings Bay Pool, MWR will be showing *The Nut Job* rated PG. On Aug. 23 the movie is *Freebirds*. Show time is at dusk, about 8:30 p.m. Bring your floaties and enjoy the free entry into the pool. Splash

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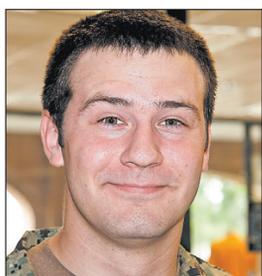


The most valuable characteristic in your mate

A lot of you know, I've been married twice for 30 of the last 39 years. And before I said, "I do," I actually believed the part about *until death do us part*. As ma used to say about pa, "I thought about killing him a

few times, but I never thought about divorcing him." Last I knew though, both of my xes — who each went *Old Yeller* on me before they hauled me into court — are still out there. To me, Stephanie and Bill Joel, it's always been

a matter of trust. Honesty is about the same, but I actually preferred a few white lies to some ugly truths. I know I'm not that great. But I'm not that bad, either. I just never was lucky enough to find someone I could really trust.



MA3 Joseph Vidal
Security Force Battalion
Hannibal, Mo.
"Understanding. Looks are great. But if you can't get along, there's no relationship."



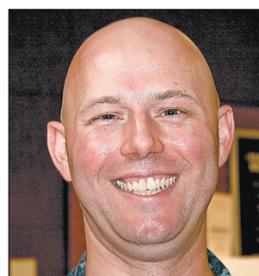
ET1 Josh Brown
USS Rhode Island Blue
Cookeville, Tenn.
"Kindness. If a woman's not kind, I can't be with her."



Lea Thomas
Family member
Springport, Ind.
"Honesty. We've been married 15 years and without honesty in a military situation, you wouldn't have a strong foundation."



Stephanie Chain
Family member
Augusta, Ga.
"Trustworthiness. If you can't trust what your mate is doing, it's hard to move forward."



CS1 Jordan Barrett
USS West Virginia Blue
Scott City, Kan.
"Without a doubt honesty. If you can't be honest with the other person or yourself, there's no relationship."



MT1 Justin Mitchell
USS West Virginia Gold
Cedar Lake, Ind.
"Honesty. As long as you're honest, everything else will work out."

MWR

From Page 7

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.

■ **Free Movies for the Kids Weekend and School Break** — Movies for July are *Turbo* July 19 and 20 and *The Pirate Fairy* July 26 and 27. 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 page. Additional kids movies will be shown during summer break. All

Just for kids

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 area will be available for open viewing.

■ **Free Fitness Classes Just 4 Kids** — Kids in Motion Dance Class is 10:30 to 11:05 a.m. every Tuesday. This 35-minute class incorporates hip dance moves to popular, age-appropriate songs for children ages 6 to 10 years old. The instructor will demonstrate dance choreography while participants follow along. Healthy habits are important in youth so all interested kids within the age limit are invited. Also offered is a Kids Fitness Clinic 10:30 to 11:15 a.m. every Wednesday. This 45 minute class is open to kids ages 6 to 12 and is all about having fun while being active. Each week the class will focus on aerobic exercises along with body weight strength training. This all aids in promoting the primary goal of getting kids

moving and teaching them lifelong healthy habits. Call (912) 573-3990 for more information.

■ **Summer Camp** — It's at the Youth Center for kindergarten through age 12, through Aug. 8. 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.

■ **Junior Golf Camp** — For ages 12 to 17 at Trident Lakes, July 21 to 25. Camp is \$150 per person and is limited to 16 golfers per camp. This is a full day. Be prepared for sun exposure, walking and lots of golf. Instruction on chipping, putting, drivers and situations. Bring your own packed lunch. Sign up early, sessions fill quickly. (912) 573-8475.

Hours

From Page 1

to extend the hours of operation from 89 per week to more than 100 hours per week. Beginning on July 28, the new hours of operation will be 5 a.m. to 10 p.m., Mondays through Fridays, 9 a.m. to 7 p.m. Saturdays and noon to 6 p.m., Sundays.

Although changing the hours of operation will address a significant amount of patrons' concerns, it does not address all of them.

The weight room space was another issue that received a lot of comments. Specifically, there is less than adequate space in the weight room areas for the number of patrons wishing to utilize the equipment.

This issue is most visible during peak usage hours early in the morning, at lunchtime, and after normal duty hours.

The MWR Fitness Staff is developing and assessing options and funding availability to determine how best to address this issue. Re-purposing under-utilized and unused space into areas offering weight equipment is the top priority.

MWR Kings Bay's Fitness staff continuously seeks new and innovative ways to deliver the most effective programs that meet patrons' desires.

Ideas and feedback are always encouraged and would be appreciated.

Patrons are invited to call (912) 573-3990 or stop by the facility and ask to speak with Fitness and Sports Director Tyler Cole.

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Text of Hagel's All-Hands Call at Kings Bay

From Department of Defense, July 9, 2014

Secretary of Defense Chuck Hagel: Admiral, thank you. And to all of you, thanks for being here and allowing me an opportunity to bring you greetings from President Obama and all of the people of the Department of Defense.

We thank you for what you're doing, what you have been doing here. I know occasionally you might wonder if anybody is paying attention or cares. We are paying attention. We know what you do. We appreciate what you do.

I want you to give your families my thanks and tell your families how much we appreciate their sacrifice. We understand their sacrifices and we don't take those sacrifices for granted. So thank you.

What you're doing here, what you will continue to do here is very important, the security of this country. I just had a few hours on the USS Tennessee, which for an old Army guy being in a submarine was a little unfamiliar, but I got through it. And I'm smarter because of that experience.

But it reminded me, again — and this is why I try to get out of Washington and visit as many of our bases and talk to as many of our people and actually listen to as many of our people as I can all over the country, all over the world — it reminded me, again, of the tremendous work that's being done here and importance of our nuclear deterrent.

I think you all know that I ordered a review — both internal and external review of the nuclear forces a few months ago. Those internal and external reviews have come back. I've been briefed on the reviews. I'm in the process now working with our leaders to decide which recom-

m e n d a - tions we're going to go forward with, strengthen the health of the nuclear workforce, strengthen the nuclear enterprise, a s s u r e all of you that you're going to have the resources you need to do your job.

I think over the years we've let our focus on the nuclear deterrence aspect of our national security drift a little. That's somewhat understandable when we understand that for 13 years this country has been at war in long, large land mass wars. And because of that, priority has been put on those wars, both in funding, leadership, attention, so we need to get back and pay attention here and prioritize the importance of the nuclear enterprise and what you represent and the importance of what you do every day to deter aggression in the world and to protect our country and to protect our interests around the world. So I wanted you to know that.

I had an opportunity also before I went on the Tennessee today to spend about an hour with about 15 junior female submarine officers. And it was really a tremendous experience for me to listen to these ... these young officers talk about their experience, how proud they are to serve on submarines. The Navy has really broken through on so much of this over the last three, four years, and as you know, we're in the process now of preparing to integrate enlisted females on submarines.

I wanted to listen to the officers as to what they thought about a whole range of things, first, their personal lives. How's this working for them? About half of those officers were married, and I asked specifically how that sacrifice that they were having to make and the time away from their families was ... was adjusting to the larger dimension of their lives.

And I think we all recognize that we each start in a unique position in our lives. There's nobody in this room that's the same. We may have general characteristics that are similar, but everybody in this room is an individual. And I've always believed that I don't care if it's the military or whatever you're doing or whatever profession you're in, that's where you start, and you respect that individual. That individual has to ... has to comply with the qualifications and the criteria of whatever the discipline is that they want to pursue, whether it's a military or some other walk of life or profession.

But you take care of the people, that's the point. You take care of your people first. And it's a priority of mine, it's a priority of the president's — I think all of our leaders in our — in our DOD institution,

quality people always make a difference. And if you don't have quality people, you won't have the kind of leadership, institutions you require, you won't have the confidence that the men and women who serve this country must have in their leaders. You won't have confidence in each other.

So taking care of your people is a number-one priority. You have to match that with capabilities and capacity. I get that. We are doing everything we can in Washington, in regard especially to the severe budget cuts — and they are severe — and they have been abrupt, and they have been deep, and we are making the adjustments we need to make, but we prioritize our people first and our capabilities second.

Third, I want to mention — it doesn't affect you all as much, but it does — and that is partnerships. We have put a priority on helping build the capacities of our partners around the world. The problems

in the world today, the threats coming at not just us, but organized society in the world are not unique to one country or even one region. They are global threats.

And that's going to require partnerships being stronger than we've seen in the past, not just within alliances like NATO, which is very important, will continue to be important, other alliances that we have and treaty obligations that we have, but partnerships that we have all over the world, helping them so they can help themselves. And that's a priority for ... for us.

It affects us all. Everyone in this institution, this enterprise, whether you're Navy, Coast Guard, Marine, doesn't make any difference. Those partnerships, the strengthening of those partnerships

will affect how you do your job and our capacity and our capability to reach beyond just our enterprise and just with the resources we have.

S o , a g a i n , thank you for what you're doing. And

I've got some time that I'd like very much to share with you, and that means I'd really like to hear from you. And I would encourage anything you want to tell me, questions that you've got for me, be as direct as you want to be, but I value this time. I have valued the time with our men and women in uniform, the people who do the jobs, who have the toughest jobs. I value your thoughts and ideas and direct conversation as much as I do value anybody's. So thank you for allowing me to share some time with all of you today.

So, admiral, however way you want to do this, I'd be glad to respond to questions, comments, whatever you all want to talk about.

Staff: All right. Do we have any questions?

Question: Good afternoon, Mr. Secretary. Seaman Ingraham from Louisville, Kentucky, part of Marine Corps Security Force Battalion. Just had a question to ask you, Mr. Secretary. If you were a young junior Sailor in my position, what would be some short-term and long-term goals you would set?

Hagel: Well, I would answer this way. I wouldn't just confine it to a young Sailor; I would confine it to any individual. It's the same advice I would give anybody.

And that is, first, follow your interests. Pursue what you think is important to you. Inform yourself, work hard, play it straight. No shortcuts in life. Be true to yourself. And what you guys do every day, and that is always reach for a higher purpose.

There isn't anybody in this room who is doing this, pursuing the profession that you're pursuing — and you're good at it, you're the best in the world at it — if you didn't have a higher purpose for what you're doing. That's the security of this country. That's the future of this country. That's your children and their children and leaving the world better than you found it.

And if you can answer all those questions to yourself, then you're always going to be successful, but success is only part of it. You got to be happy, too.

Now, the world is not full of happiness every day, every minute. I get that. I've lived long enough to know a little bit about that. And there isn't anybody here that doesn't know about that. But you got to be true to yourself and you got to be happy with yourself. That means you still ... you still challenge yourself. And always



remember you're challenged ... you're challenged by who you are. You compete with you. You only have one competitor in your life, and that's you. You'll be the toughest competitor you'll ever face. You compete with the rest, but your toughest competitor is yourself.

So I think if you can answer all those questions, and keep them in balance most of your life, you're going to have a happy life, a productive life, and a successful life. And I, again, admire every one of you who has committed to what you are committed to and the way you do your jobs. It's very, very unique. Not many in the world can say that you are helping define in real terms the future of our world.

Seaman Ingraham: Thank you very much, Mr. Secretary.

Question: Good afternoon, secretary. Senior chief (inaudible) from the Coast Guard MFPU, originally from Astoria, Oregon. I've got two questions. The first question I'm going to gloss over and not even ask, because of my concerns with the National Defense Authorization Act. The second question — and although the first question was sincere, I'm not going to ask it. The second question is — and this is also sincere, as well — is with all the threats that our country faces, what's the number-one thing that keeps you up at night?

Hagel: Well, there are a lot of things that ... that we all think about and we all wake up with every day in our lives. But I'm going to answer your question, but let me make a comment before I do, just a preface statement. It is very important for all of us — and everyone in this room is a leader, and you're all moving toward more leadership responsibilities — it is very important for all of us to remember not to be consumed or allow ourselves to be consumed with the crisis of the moment and of the day.

The reason I say that is because we will fail as leaders if we do. Yes, we've got the crisis of the moment. I'm dealing with a lot of different challenges every day, all over the world, and I have to deal with them, and I will. But you cannot allow yourself to get consumed with them, because then you can't think, you can't get above it and frame up the larger context of how all this has to fit into a larger scheme of where this country's going, where you all are taking the people who rely on you in your

leadership positions, p e o p l e who rely on me, p e o p l e that I work with every day.

N o w , to answer your question, b e c a u s e I think it does relate to what I just said, there are threats everywhere in the world. And many are external. But there are a lot of internal dimensions that we're dealing with, as well. I mean, you mentioned the NDAA. I mentioned our budget. Sequestration has been devastating to this institution. It's something that our leaders and I work with every day trying to convince Congress to change that.

We've got a year or so to help inform and educate and try to persuade the Congress to change that. If they don't change that, then we are going to be faced with deeper and bigger cuts. We're continuing to be faced with deep cuts now. So that's what I referred to when I talk about an internal challenge, when you ask me what keeps me up at night.

Obviously, you all know enough about what's going on in the world, what's going on in the Middle East, what's going on in Europe, Eastern Europe. Asia-Pacific is full of tension. And you have to just frame it up in the larger context.

And the other part of this is, yes, it

bothers me, yes, it worries me, but that's the job I've got. None of our jobs, including yours, are easy jobs. If you wanted an easy job, I once said in a committee hearing when I was in the Senate, if you wanted an easy job that you didn't have to make a lot of choices and decisions, go sell shoes. Well, I heard from all the shoe dealers all over the ... all over the country when I said that.

It wasn't to debase selling shoes. In fact, I used to sell shoes in a department store in Minneapolis. But it was to try to make the point that if you didn't want a challenging job with big headaches, you probably wouldn't be doing what you're doing. And I wouldn't have agreed to do this job. I mean, you just know it comes with the big problems, the big challenges.

It's never about challenges. Challenges are not new to generations and people. It's how you respond to them. And no one individual is ever smart enough, ever big enough to do it by himself or herself. It's never worked that way.

You respond to challenges using all the people, working with all the people. A lot of smart people in this country. A

lot of smart people in this audience. And working together, we'll find the responses and we'll find the answers and we'll get through all of this.

So that's kind of the attitude I take every night, no matter

how big the problems are, knowing you're going to get up in the morning, and not only will the same ones most likely be there, but there will be new ones. And that's my point about don't get consumed with it, because it'll paralyze you if you get consumed with it.

And you try to have a little fun with it. I mean, there's always a little fun you can have somewhere every day and have fun with people. Thank you.

Question: Good afternoon, Mr. Secretary. I'm (inaudible) off USS Florida Blue from San Diego. Sir, you mentioned establishing partnerships and fighting a long war. And considering the loss of American life in Iraq, what is the United States doing to combat ISIS and prevent negation of American life lost in an attempt to stabilize that area?

Hagel: Yeah. Well, some of you may know that the chairman of the Joint Chiefs of Staff, General Dempsey, and I testified in a classified closed hearing yesterday morning at the Senate Armed

S e r v i c e s Committee on Iraq and Afghanistan. We took other questions, as well.

And we dealt with that question, because it is the centerpiece of ... of really everything that's going on in that part of the world.

And to answer your question, the way I answered it in the testimony I gave and in the questions I gave and General Dempsey gave is, what are we doing?

First, the president's made this very clear, as I have made it very clear to some public statements I've made, as well as General Dempsey, that, number one, our focus is to protect Americans and our interests in Iraq. Number two is to assist the Iraqi security forces in their fight against ISIL, ISIS, the Islamic fundamentalist groups that are present and threatening the government, the stabilization, the people, the people of Iraq.

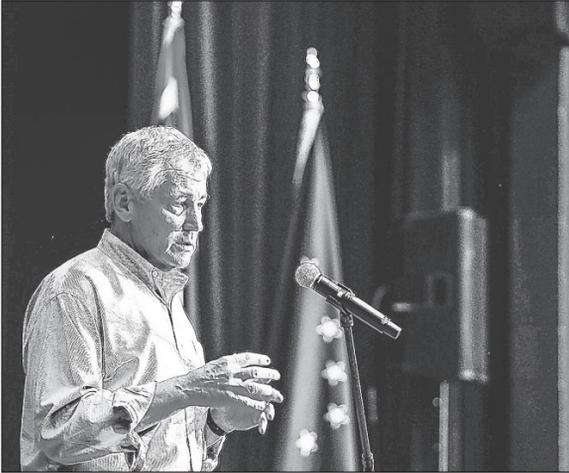
I understand exactly what you said about sacrifices made by Americans. Many, many for many years, sacrifices were made by Americans. A lot of blood lost, lives, limbs, Americans, treasure. And that is ... that's meaningful. That means something.

See All-Hands, Page 11

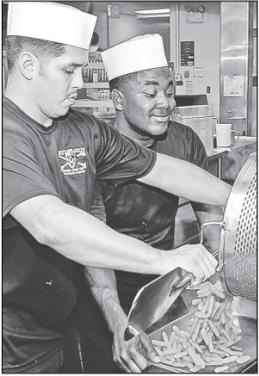
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"You take care of your people first. That's a priority of mine ..."



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Hashed Brown Potatoes
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Asst. Yogurt

Lunch
New England Clam Chowder
BBQ Chicken
Tempura Battered Fish
French Fries
Baked Macaroni & Cheese
Green Bean Almandine
Simmered Succotash
Healthy Choice Salad Bar
Assorted Salad Dressings
Cornbread Muffins
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line
Grilled Cheeseburgers
Grilled Hamburgers
Baked Beans
Burger Bar
BBQ Chicken
Pulled Pork
BBQ Ribs
Bratwurst
Cole Slaw
Macaroni Salad
Potato Salad

Dinner
Doubly Good Chicken Soup
Roast Turkey
Baked Ham
Mashed Potatoes & Gravy
Steamed Rice
Savory Bread Dressing
Seasoned Corn
Healthy Choice Salad Bar
Assorted Salad Dressings
Hot Rolls
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Saturday

Brunch
Cream of Chicken Soup
Chili Dogs / Hot Dog Bar
Chili w/o beans
Chicken Nuggets
French Fries
Steamed Broccoli
Breakfast Juice Bar
Ready-to-eat Cereal
Oven Fried Bacon
Eggs & Omelets to Order
Healthy Choice Salad Bar
Assorted Salad Dressings
Hot Dog Rolls
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Pastry Bar
Assorted Beverage Bar

Dinner
Minestrone Soup
Asst. Pizza

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



Sunday

Brunch
Tomato Soup
Grilled Cheese Sandwiches
Grilled Ham & Cheese Sandwiches
French Fries
Oven Fried Bacon
Lyonnais Carrots
Breakfast Juice Bar
Ready-to-eat Cereal
Grilled Sausage
Healthy Choice Salad Bar
Assorted Salad Dressings
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar
Pastry Bar

Dinner
Chicken Rice Soup
Prime Rib au Jus
Fried Shrimp
Cocktail Sauce
Twice Baked Potatoes
Wild Rice
Cheese Sauce
Steamed Broccoli
Corn on the Cob
Healthy Choice Salad Bar
Assorted Salad Dressings
Hot Rolls
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Monday

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

Lunch
Crab Bisque
Fried Fish
Beef Brisket
Roasted Red Potatoes
Orange Rice
Hush Puppies
Glazed Carrots

Simmered Peas
Healthy Choice Salad Bar
Assorted Salad Dressings
Tartar Sauce
French Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar
Lunch speed line
Potato Bar
Chicken Tenders

Dinner
Asian Stir Fry Soup
Beef w/ Broccoli
Sweet and Sour Chicken
Shrimp Fried Rice
Boiled Pasta
Stir Fired Vegetables
Egg Rolls
Healthy Choice Salad Bar
Assorted Salad Dressings
Hot Rolls
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Tuesday

Breakfast
Breakfast Juice Bar
Ready-to-eat Cereals
Eggs To Order
Waffles w/ Asst. Syrup
Grilled Bacon
Asst. Instant Oatmeal / Grits
Cream of Wheat
Soft/Hard Cooked Eggs
Omelets to Order
Texas Hash
Cottage Fried Potatoes
Pastry Bar
Asst. Yogurt

Lunch
Texas Tortilla Soup
BBQ Ribs
Grilled Chicken Breast
Chicken Gravy
Steamed Rice
Mac & Cheese
Simmered Green Beans
Steamed Carrots
Healthy Choice Salad Bar
Assorted Salad Dressings
Corn Bread Muffins
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line
Chicken Tacos
Beef Tacos
Spanish Rice
Refried Beans
Taco Bar

Dinner
Beef Noodle Soup
Chicken Alfredo

Blackened Salmon
Wild Rice
Buttered Linguine
Corn O'Brien
Steamed Broccoli
Healthy Choice Salad Bar
Assorted Salad Dressings
Toasted Garlic Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



Wednesday

Breakfast
Breakfast Juice Bar
Ready-to-eat Cereals
Eggs & Omelets to Order
Grilled Bacon
Corn Beef Hash
Asst. Instant Oatmeal & Grits
Grits
Soft/Hard Cooked Eggs
Grilled Steak
Pancakes w/ Asst. Syrup
Asst. Breads & Spreads
Asst. Fruit Bar
Hash Brown Potatoes

Lunch
White Bean Chicken Chili
Baked Italian Fish
Chicken Parmesan
Cream Gravy
Rice Pilaf
Boiled Pasta
Mixed Vegetables
Club Spinach
Healthy Choice Salad Bar
Assorted Salad Dressings
French Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

Lunch speed line
Hot Dogs
Grilled Hamburger
Grilled Cheese Burger
French Fries
Baked Beans
Burger Bar

Dinner
Chicken Noodle Soup
Meatloaf
Turkey Pot Pie
Egg Noodle
Mashed Potatoes
Brown Gravy
California Medley
Steamed Peas
Healthy Choice Salad Bar
Assorted Salad Dressings
Hot Rolls
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar

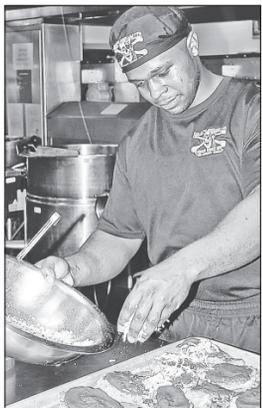
Thursday

Breakfast
Breakfast Juice Bar
Ready-to-eat Cereal
Eggs & Omelets to Order
Grilled Bacon
Asst. Instant Oatmeal / Grits
Rolled Oats
Soft/Hard Cooked Eggs
Sausage Patties
Hash Brown Potatoes
French Toast w/ Asst. Syrup
Pastry Bar
Asst. Yogurt

Lunch
Black Bean Soup
Fried Pork Chops
Grilled Salmon
Noodles Jefferson
Mashed Sweet Potatoes
Steamed Green Beans
Steamed Zucchini
Healthy Choice Salad Bar
Assorted Salad Dressings
Cornbread
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
Baked Beans
Chili
Cheese Sauce
Sandwich Bar
Cold Cut Sandwich

Dinner
Minestrone Soup
Meat Lasagna
Grilled Italian Sausage
Marinara Sauce
Bow Tie Pasta
Mixed Vegetables
Herbed Cauliflower
Healthy Choice Salad Bar
Assorted Salad Dressings
Garlic Bread
Assorted Desserts
Asst. Fruit Bar
Assorted Breads & Spreads
Assorted Beverage Bar



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Lunch 11:15 a.m. to 12:45 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.

All-Hands

From Page 10

And so what we can do, what we are doing is assisting in every way we can to help the Iraqi people defeat the brutal fundamentalists that are attempting not ... not just destabilize Iraq, but essentially take control of Iraq. You, I think, know we have assessment teams that we have sent over to Iraq. They are under the leadership and supervision of General Lloyd Austin, who is our CENTCOM commander. General Dempsey, all of our senior leaders are involved in this.

And we are getting daily assessments, and the finality of those assessments will be completed in the next few days, and we'll have a further context of what recommendations they'll make. In the meantime, we're doing everything we can, as I said in those two general areas, protect our people and assist ISF in their efforts to defeat ISIL.

One additional point about the specific question on ISIL. Make no mistake — and this country should not make any mistake on this, nor anyone in Congress — this is a threat to our country. This is a force that is sophisticated, it's dynamic, it's strong, it's organized, it's well-financed, it's competent, ISIL. And it is a threat to our allies all over the Middle East. It's a threat to Europe. It's a threat to every stabilized country on Earth, and it's a threat to us.

So it is clearly in our interest — when I talk about protecting American lives in America, I also said protecting our interests. And ISIL may not appear to be an imminent threat to the United States. It is a threat to the United States. It is a threat, a clear threat to our partners in that area, and it is imminent. And I think you look further in that ... in that area in the Middle East to see what's going on, in Syria, in Lebanon, what's going on in Israel today, the Gaza Strip, Libya, Egypt, there ... there is hardly a stable country in that ... in that area of the Middle East.

And that's ... that's very dangerous for all of us. So we need to continue to work strongly, closely, as we have been with our partners in that area. Jordan is always under threat. With Turkey, we have interests across ... across the globe, and we protect those interests. And you started your conversation about partnerships, as I mentioned, and that's the right focus, partnerships. That's clearly one of the reasons that we have put such a pre-

eminent focus on partnerships, is this is a good example of why we need strong partners in the interest of all of our security. Thank you.

Question: Good afternoon, Mr. Secretary. FT2 (inaudible) NSSC, Naval Submarine Support Center, from Fort Lauderdale, Florida. I wanted to ask you, as — as the Ohio-class is — they're starting to kind of show their age a little bit, they're getting old. My ... my last ship was older than I was.

Is the Ohio replacement going to be able to — what's — with the sequestration, is ... are we going to be able to, you know, continue to develop the Ohio replacement to relieve the Ohio-class and continue its mission of strategic deterrence?

Hagel: We have every commitment to the projections to bring on that new class of submarines. And, yes, it's ... it's forcing us to make some hard choices with ... in our budget. But it is clear — I've been clear on this, president's been clear, all of our senior leaders, that we need a new generation of Ohio-class submarines. And we're going to prioritize that.

This area, this base, the expertise represented here, what you do is going to continue to be very important for the strategic interests of this country. So, yes, the budget problems are presenting big problems for us.

There's only so much to go around. You can't get any more. And so it's forcing us — and that isn't all bad, in one sense, to prioritize. And if we had more time to prioritize, if ... if that was on a more gradual slope of cuts, it would be more responsible. But, unfortunately, that hasn't been the case and it will not be the case if sequestration continues to hold.

But we are continuing to be committed to a new generation of Ohio-class submarines. And this place right here is going to continue to be very important.

Question: Thank you, Mr. Secretary.

Hagel: Yeah.

Staff: All right, team, that's the last question that we have time for (off-mic)

Hagel: (inaudible) Okay. If anybody wants their picture taken with me — you don't have to — but if you'd like it taken, come on up. I want to take it with you. And I've got these coins they gave me. There may be some old Leon Panetta or Bob Gates coins, but I don't know. (Laughter.)

They were great secretaries of state ... of defense, so it's all right. And we'll make sure they're my coins. Thank you. Thank you very much. (Applause.)

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THE POWER TO TREAT ANTHRAX IS IN YOU

Conner visits telecommunications hub

By MCC Sabrina Parker
For Commander, Submarine Force, Atlantic Public Affairs

Vice Adm. Michael J. Connor, Commander, Submarine Forces, visited Naval Computer & Telecommunications Area Master Station LANT Detachment Cutler, Maine, July 8, for discussions on current operations and material readiness.

This was one of many visits for Vice Adm. Connor in support of Sailors and staff operating in forward deployed locations.

During his visit, Connor emphasized the importance of the missions that NCTAMS LANT carries out each day and praised their power, flexibility and sustainability while carrying out the nation's business.

The visit also served as an opportunity for Connor to observe daily operations while engaging communications experts contributing to the success of the submarine force.

"What you do here is impressive and critical," Connor said. "The performance of the submarine force will only be as good as the quality of the communications that pass through Cutler. You send us our mission instructions, medical advice, and even the short fam-



Photo by ITCS Spencer Montgomery

Vice Adm. Michael J. Connor, Commander, Submarine Forces, is given an overview on the diesel generators control panel

ily messages that sustain our morale. I am impressed by the hard work and skill that it takes to make this amazing facility work. You are the foundation of the most important work being done in the entire Department of Defense. I want you to know how much the submarine Sailors appreciate what you do."

Cmdr. Jody Grady, Chief Staff Officer, stated that the visit by Connor was an opportunity to empha-

size the unique nature of Detachment Cutler's mission, the specific challenges of supporting the very low frequency mission, and the important role our people play in maintaining nuclear command and control.

"We are always proud to showcase the hard work and professionalism of our small but extremely capable workforce at NCTAMS LANT Detachment Cutler," Grady said. "We are dedicated to maintaining

vital communications to our submarine fleet 24 hours day, every day."

NCTAMS LANT Detachment Cutler's mission is to operate and maintain the facilities and equipment to provide reliable command and control communications to the operating units of the fleet in the Atlantic Ocean and Mediterranean Sea.

Their primary mission is to provide a VLF broadcast link between high level command authority

Sub Group 9 has command change

By MCC Ahron Arendes
Submarine Group 9 Public Affairs

Commander, Submarine Group Nine conducted a change of command ceremony July 11 at Naval Base Kitsap-Bangor.

Rear Adm. Dietrich H. Kuhlmann III turned over command of Submarine Group Nine to Rear Adm. Dave Kriete at Deterrant Park.

Kuhlmann oversaw certification and conduct of 32 strategic deterrent patrols by Trident ballistic missile submarines maintaining 100 percent readiness during his tenure, as well as training and certification of crews for the guided-missile submarines USS Ohio (SSGN 726) and USS Michigan (SSGN 727) in support of six forward-deployed mission periods.

Kuhlmann's tenure also saw USS Maine (SSBN 741) earn the Meritorious Unit Commendation for completing 349 underway days in a 14-month period supporting various operations, USS Pennsylvania (SSBN 735) earn the MUC for completing the fastest return to strategic service ever for a ballistic missile submarine (SSBN) following a major maintenance period and subsequently complete an Ohio-class SSBN record-setting 140-day patrol, and USS Nebraska (SSBN 739) earn the 2013 U.S. Strategic Command Omaha Trophy for excellence in deterrence operations.

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Navy photo by MC2 William Pittman

A Russian honor guard marches in formation during the opening ceremony of the 65th anniversary of the Victory in Europe Day parade in St. Petersburg, Russia.

Russian intentions eyed

By Nick Simeone
DoD News, Defense Media Activity

Days after the Ukrainian government abandoned a ceasefire and began an offensive against pro-Russian forces in the country's east, a senior Defense Department official said today that the United States is concerned Russian troops may be preparing a counteroffensive in support of Moscow's separatist allies.

"I think we have to really expect the worst in terms of a Russian response, and that's why we're watching it so closely," Derek Chollet, assistant secretary of defense for international security affairs, told the Senate Foreign Relations Committee. "It's a very dangerous situation."

The Ukrainian military has forced Russian-backed separatists to retreat in some areas, has surrounded others, and is warning it is prepared to force insurgents out of additional towns in the region, where since March separatists have been battling Ukrainian troops with what the U.S. and its European allies say is clear support and, at times, intervention from Moscow.

Chollet testified that Russia remains heavily active in destabilizing Ukraine's east, despite having pulled back troops who were massed along the border area.

"Russian irregular forces and Russian-backed local separatists remain active inside eastern Ukraine, and both are supported by Russian financing," Chollet said.

He credited Western sanctions with changing "[President Vladimir] Putin's calculation on how much support he would be willing to give and how deep he would get into this," but he warned that Russia's support for re-establishing a ceasefire may not last.

"I think we have to be very mindful of what the Russian response could be," he said.

Last month, Air Force Gen. Philip M. Breedlove, NATO's supreme allied commander for Europe and commander of U.S. European Command, said Russia's aggressive actions in Ukraine had brought Europe to the most decisive point since the end of the Cold War and that additional rotational forces could be needed on the continent to sustain security.

Iran helps train Iraqis

By Claudette Roulo
DoD News, Defense Media Activity

There are no indications that Iran has regular military forces on the ground inside Iraq, Pentagon Press Secretary Navy Rear Adm. John Kirby said July 8 during a Pentagon news conference.

"We know that there are some Iranian operatives — Quds Force operatives — inside Iraq that are training and advising some Iraqi security forces, but more critically, Shia militia," Kirby said. "And we also know that Iran has flowed in some supplies, arms and ammunition, and even some aircraft for Iraq's armed forces."

The Quds Force is a special branch of Iran's Revolutionary Guards, responsible for operations outside of Iran.

Iraq has the right to reach out to its neighbors for support, the admiral said, but the United States is not going to coordinate its military activities with Tehran.

The Defense Department would like anyone who is getting involved in the situation in Iraq "to take the same approach that we've taken, which is, don't do anything to further inflame the sectarian tensions," Kirby said.

The situation in Iraq is complicated, he noted, and the United States is taking a "measured, deliberate approach" by dividing U.S. forces between two missions: diplomatic security and assessment of the cohesiveness of Iraqi security forces. About 640 troops are divided between the two missions, Kirby said.

Israel updates U.S. on events

DoD News, Defense Media Activity

Defense Secretary Chuck Hagel and Israeli Defense Minister Moshe "Bogie" Yaalon spoke by phone July 11 about the events unfolding in Israel and Gaza, Carl Woog, assistant Pentagon press secretary, said.

In a statement summarizing the call, Woog said Hagel reiterated his condolences on the recent kidnapping and murder of three Israeli teenagers and expressed U.S. condemnation of continuing rocket fire into Israel by Hamas and other terrorist organizations.

"The secretary reaffirmed Israel's right to defend itself against these attacks," Woog said. "He also expressed concern about the risk of further escalation and emphasized the need for all sides to do everything they can to protect the lives of civilians and restore calm."

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