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THE **Periscope** 2009 CHINFO Award Winner  
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Thursday, August 7, 2014



MWR photo

Command members on Naval Submarine Base Kings Bay prepare for physical training following the grand opening of the new track and field complex.

# MWR's track and field complex made over

\$1.1 million projects puts facility on par with finest

By MC2 Ashley Hedrick  
Naval Submarine base Kings Bay Public Affairs

Morale, Welfare and Recreation Naval Submarine Base Kings Bay's new Synthetic Turf and Track Complex had its grand opening July 31, along with a ribbon-cutting ceremony and an all-hands physical training session.

The opening began with an invocation and opening remarks from MWR staff, the design team from Cape Design Engineering Co., and Commanding Officer, Capt.

Harvey Guffey.

"We had Cape Design project manager, Mark Leuders come down and give a speech to the various commands that were there," Tyler Cole, the Kings Bay Fitness and Sports director, said. "He was ex-Navy, so he was very excited to take on this project and felt proud to do the project for a Navy base."

While the new complex cost \$1.1 million, the durability of the track and field, and the reduced costs of maintenance and irrigation will save money. The surface of the field will allow participants of various sports and physical readiness efforts to  
**See Track, Page 8**

# TRF grads join force

Twenty-five begin new careers following four years of training

By Mark Turney  
Public Affairs Officer, Trident Refit Facility

Trident Refit Facility graduated 25 personnel from Apprentices to Journeymen July 25 after a rigorous four-year program.

Georgia Sen. Ligon, TRF Commanding Officer Capt. Larry Hill and John Hart, TRF executive director, joined nearly 250 family and friends in welcoming the graduates to their new careers.

"These graduates are our future here at this facility," Hill said. "These graduates have been trained, tested and have proven themselves over the past four years and will provide the continued successes we have enjoyed while accomplishing our mission."

The graduates started their journey when they were hired in 2010 and have completed more than 7,200 hours of college academic courses, courtesy of the program's

See TRF, Page 8



Photo by Mark Turney  
Georgia Sen. William Ligon spoke at the graduation.



DEFY members hold morning colors at Naval Submarine Base Kings Bay. The members met for summer camp eight days over a two-week span, involving themselves in a variety of activities. More photos on Pages 4 and 5.

Navy photo by EM1 Mark Treen

# DEFY campers have busy 2 weeks

Daily sessions reinforce positive practices for Kings Bay youth

By MC2 Ashley Hedrick  
Naval Submarine Base Kings Bay Public Affairs

The Drug Education for Youth program began another year July 23 at Naval Submarine Base Kings Bay.

DEFY is for children between the ages of 9 to 12. The eight days of all-day camps focused on skill-based activities to help shape futures and deter youth from drugs, alcohol and gang influences.

DEFY provides leadership and life skills by initiating team building, goal setting, decision making and conflict resolution. Several NSB Sailors volunteered as mentors for the program and became

positive role models to the campers. "Nowadays, there are so many different drugs out there, and kids are trying different things," said YN3 Kevin Ward, a DEFY mentor.

"It's better to get them away from that as much as possible."

Phoebe Furlen, a DEFY camper, said the most important lesson she's learned is not to do drugs because they are bad for your health and body.

"You can get addicted to them," she said. "There are some drugs that can help you, but an overdose of a good drug can

turn into a bad drug."

The DEFY program cycles for a year and consists of four integrated components.

**"DEFY is great for kids to give them a better idea of what a healthy, drug-free life is like."**

YN3 Kevin Ward  
DEFY mentor

July 23 through Aug. 1 marked phase one of the program. It focused on a classroom learning environment. The campers started the day off with a flag raising during morning colors

along with the rest of the base. Throughout the day they participated in team challenges, goal setting, fit-

See DEFY, Page 5

# Thrift Shop Day is Aug. 17

Navy-Marine Relief Uniform Locker offers free items

From Navy-Marine Corps Relief Society Kings Bay

Sunday, Aug. 17 is National Thrift Shop Day.

Navy-Marine Corps Relief Society Kings Bay operates one of only two Uniform Lockers run by NMCRS. Unlike a traditional thrift shop, the uniform items available at Kings Bay's Uniform Locker are free to active duty Sailors and

Marines.

At the NMCRS Uniform Locker, you can stretch your budget with gently used uniform items that cost much less than the same items which are new. Thrift shops are a great place to get temporary or permanent items if you've just moved, or if you're replacing items lost in a fire or natural disaster.

NMCRS volunteers carefully inspect all donated items and only offer good-quality items on the store shelves. The no-cost policy means you get great savings.

The selection changes frequently, so make your nearest thrift shop one of your regular shopping destinations. The great thing about thrift stores is

that new items are always coming in via donations.

Volunteers have been the backbone of the Navy-Marine Corps Relief Society for more than 100 years. They make up more than 90 percent of our workforce.

Volunteers make it possible for NMCRS donated funds to directly assist Sailors, Marines and their families.

While the relief society relies heavily on volunteers, the volunteers rarely are active duty service member volunteers. But this summer, four service members — MM3 Duane Morrison, MM3 Trevor Wilson, EM3 Tyler Carlson and MM3 Kyle Wigger — who are students at Trident



Courtesy photo

From left, Navy-Marine Corps Relief Society Kings Bay volunteers Nancy Weisensee, MM3 Duane Morrison, MM3 Trevor Wilson, Capt. Bill Weisensee (USN, Ret.), EM 3Tyler Carlson and MM3 Kyle Wigger at the NMCRS Uniform Locker.

Training Facility were instrumental in re-vamping the Uniform Locker, just in time to celebrate National Thrift Shop Day.



kingsbayperiscope.com



## Now hear this!

### Kingsland Catfish Fest Aug. 30

The 32nd Annual Labor Day Weekend Kingsland Catfish Festival will be 7 a.m. to 6 p.m., Saturday, Aug. 30 in downtown Kingsland's Historic Royal District along U.S. 17 and Georgia 40. It includes a parade, arts and craft booths, Southern-fried catfish with grits, hushpuppies, coleslaw and sweet ice tea, other food booths, antiques and collectibles, a children's amusement area, a 5K run and a classic car & tractor exhibition. For more information, visit [www.visitkingsland.com](http://www.visitkingsland.com) and click on the Catfish Festival link or go to [www.kingslandcatfishfestival.com](http://www.kingslandcatfishfestival.com).

### Kings Bay Road part closed

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, announced 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.

### Poker run benefits NMCRS

The Armed Forces of America Motorcycle Club will have its 16th annual 41 for Freedom Poker Run to raise funds for the Navy-Marine Corps Relief Society Saturday, Aug. 16, with registration 4 to 5 p.m. at the USS Bancroft Memorial. The ride will end at the club's clubhouse at 5444 N. Georgia 17 in Kingsland with food and entertainment. Cost is \$15 per hand. For more information, contact club secretary Ruben Hilerio, Jr., at [rhilerio@yahoo.com](mailto:rhilerio@yahoo.com).

### 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](mailto:linda@hfhcamden.org) or call (912) 729-3633. Also, visit [www.hfhcamden.org](http://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. *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 [FernandinaBeachMarketPlace.com](http://FernandinaBeachMarketPlace.com) or call (904) 557-8229.

### 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](mailto:MarineCorpsLeagueKingsBay@gmail.com).

## Your spouse and state tax laws

By Lt. Charles M. Roman  
JAGC, USN

### Navy JAG

Although tax season is behind us, it is never too late to think about next year, and how you and your spouse can make decisions that will best allow your family to avoid the taxman.

One thing to always remember, tax residency is a separate concept from your home-of-record, an exclusively military designation.

Under the Sailors Civil Relief Act, a service member does not pay state income tax in the state where the service member is stationed if that state is not his domicile (legal state of residence for tax purposes). Instead, the service member is taxed on his military income in his state of legal residence.

For example, Seaman Paul, whose state of residence is Florida, does not pay income tax to the state of Virginia from his military income earnings while stationed in Norfolk, Va. Rather Seaman Paul will be taxed based on Florida state tax law — which has no state income tax. Furthermore, no matter where Seaman Paul is stationed, Florida will always remain his state of legal residence, unless he changes it.

Until a few years ago, this benefit under the SCRA did not extend to service members' spouses. Every time a service member moved, the spouse's state of legal residence would change, and the spouse would be taxed by the state on all income earned in that state. So before, when Seaman Paul moved to Norfolk, Va. with his wife Kristen, she became a Virginia resident and the state of Virginia would tax her on income earned while she lived there.

The Military Spouses Residency

relief act changed some of the basic rules of taxation in regards to military spouses.

Today, the spouse of the military member is entitled to SCRA tax protection for the same domicile (state of legal residence) of the service member — *if* the dependent spouse had also previously acquired the same legal domicile. Translation: if Kristen resided with Seaman Paul in Florida long enough to establish it as her residence when they were ordered to move to Norfolk, Kristen's state of legal residence can be Florida.

Moreover, if Kristen works while in Norfolk, she will not be taxed by Virginia. She will be subject to Florida state income tax rate (zero).

Also, Kristen will not be taxed by Virginia on automobiles when they are titled solely in Kristen's name or jointly with Seaman Paul.

Keep in mind two things: 1) The spouse must be present with the service member in the non-domicile state pursuant to military orders and 2) spouses can keep prior residences *if and only if* they are the same as that of the service member. Eligible spouses need to designate their appropriate domicile state by filing new withholding forms with their employer. Think about changing withholding forms for next year now.

There are some common misunderstandings that need to be addressed:

- The MSRRRA does not allow a spouse to pick or choose a state of legal residence.
- The MSRRRA does not allow a spouse to "inherit" or assume a ser-

vice member's domicile upon marriage. There is not a standard form to be filled out that allows a spouse to change their residency. Actually, the spouse must have lived in the state, intends to return to there, and have a tangible connection to the state. Connections that need to be established are voter registration, driver's license, professional licenses, homestead declaration, purchase of residential property, registration or titling of vehicles, and even executing a will under the laws of that state. Basically, you need to show a bonafide intent to return to the state from which the military has ordered you to move away from. Please, note: it is not necessary to establish all of these contacts, but the more the better.

The MSRAA does not allow a spouse to recapture an old abandoned domicile unless the spouse physically returns to the state with the requisite connections and intent to remain there permanently.

The tax exemption for working spouses only applies to wage income and income from services performed in the non-domiciliary states. Thus, if Kristen sells their Norfolk house or rents out their extra home in Virginia, she will be taxed by Virginia on this income. Also, Kristen will pay Virginia state income tax on businesses she has opened while in Norfolk.

Legal residency and how it applies to your taxes is a confusing topic and is detail specific.

Hopefully, this article makes the MSRRRA a little easier, but if you have more questions contact your local legal assistance JAG.

*This article is not intended to substitute for the personal advice of a licensed attorney.*

## NEX student rewards on again

From the Navy Exchange Service Command

### Navy Exchange

The Navy Exchange Service Command has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997.

The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter.

The next drawing will be held at the end of August.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the draw-

ing.

Home-schooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment.

Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grades. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once

each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to 19 discount coupons for NEX products and services.

Along with the award, each winner will receive a lapel pin, certificate and medallion ribbon "In Honor of Academic Excellence."

Since the program's inception, NEXCOM has awarded over \$640,000 to students with the help of its generous vendor partners.

## Chapel schedules different retreats

From Naval Submarine Base Kings Bay Chapel

### CREDO

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 thou-

sands 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 at St. Simons Island are available:

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

### Springs of life

H.A.L.T.

We are sure you have seen this acronym in a number of places from time to time. It reminds us not to make decisions when we are hungry, angry, lonely or tired.

Our microwave, Instagram, twitting life styles leaves little room for us to sit back and carefully look at situations before we make a choice. Choices which are made too quickly usually have disastrous consequences. Perhaps another acronym to keep in mind is W.A.I.T. which stands for why, assess, include and think.

The question must be

See Springs, Page 3

coordination with CREDO, is hosting a Couples' connection One-Day Mar-

See CREDO, Page 3



**NSB Kings Bay Commanding Officer**  
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**NSB Kings Bay Executive Officer**  
Cmdr. Ed Callahan

**NSB Kings Bay Command Master Chief**  
CMDCM Randy Huckaba

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# Baseball star flew jets

From Marine Corps Sports Hall of Fame

Theodore S. "Ted" Williams was born August 30, 1918, in San Diego, Calif. He began playing Major League baseball with the Boston Red Sox in 1939 and in 1941 completed a season of batting .406.

In January 1942, Williams received a draft notice. Toward the end of the 1942 season, he voluntarily enrolled for naval aviation training.

Williams was commissioned a Marine Second Lieutenant in May, 1944, and following air gunnery training in Jacksonville, Florida, he was transferred to San Francisco and then on to 3rd Marine Aircraft Wing in Hawaii in August, 1945.

He was discharged in December of that same year.

After his discharge from the Marines, Williams resumed his career with the Red Sox until he was called back on active duty for service in Korea in May, 1952.

After refresher training at Willow Grove, Pennsylvania, and Cherry Point, North Carolina, Williams joined Marine Fighter Squadron (Jet) 311, Marine Aircraft Group 33, 1st Marine Aircraft Wing, in Korea in February, 1953. There he flew 49 combat missions.

Discharged as a Captain in July, 1953, Williams re-



Marine Corps photo  
**Capt. Ted Williams in a publicity photograph for the Marine Corps.**

turned once again to the Red Sox and baseball.

Williams retired from professional baseball after the 1960 season.

In spite of missing nearly five full seasons while serving in the Marine Corps, Williams earned two Triple Crowns, two Most Valuable Player awards, six American League batting titles, 521 home runs, a lifetime batting average of .344 and 18 All-Star appearances.

He is also the last player to bat more than .400 in a



DoD photo  
**Two F9F "Panther" jets over and around Wonsan, Korea. Ted Williams flew a Marine F9F on combat missions during the Korean War.**

complete season. Williams' military decorations include the Air Medal with 2 Gold Stars, Navy Unit Commenda-

tion, American Campaign Medal, Asiatic-Pacific Campaign Medal, World War II Victory Medal, National Defense Service

Medal, Korean Service Medal with 2 Bronze Stars, United Nations Service Medal, and Korean Presidential Unit Citation.

## Springs

From Page 2

asked, why do I want to do this? Are my reasons healthy and logical? Am I really meeting a need or satisfying my ego?

Assess the consequences of your choice. Each choice we make have the potential for good or not so good things to happen. We cannot afford to only think of today but must gauge how this decision will impact my life and those around me in the coming days ahead.

This is why it is so important to include others in making your decision.

Others will help us to see the blind spots in our thinking and help keep us on the right track.

Finally, think it over once again before you act. Review the positive

as well as the negative aspects of the decision. Argue against the decision as to why you should not make it at this time or why you should follow another path.

Following this acronym can mean solid directions for all of us and is sure to keep the fresh springs of life flowing in our lives.

Be patient with yourself and keep as much of your usual routine as you are able. Schedule some form of physical activity, eat properly and carve out a time for rest and relaxation.

Such simple steps can be springs of life renewing the spirit and giving hope.

CREDO, enriching lives and enhancing the spiritual well-being of military members and their dependents for more than 40 years. Find CREDO on Facebook at [www.facebook.com/CREDO.Southwest](http://www.facebook.com/CREDO.Southwest).

## CREDO

From Page 2

riage 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, visit the website [www.cnic.navy.mil/regions/cnrse.html](http://www.cnic.navy.mil/regions/cnrse.html) or call the chapel office at 573-4501. Chaplain Catherine Pace and the CREDO facilitator Aaron Jefferson are looking forward to seeing you on the next retreat.



### 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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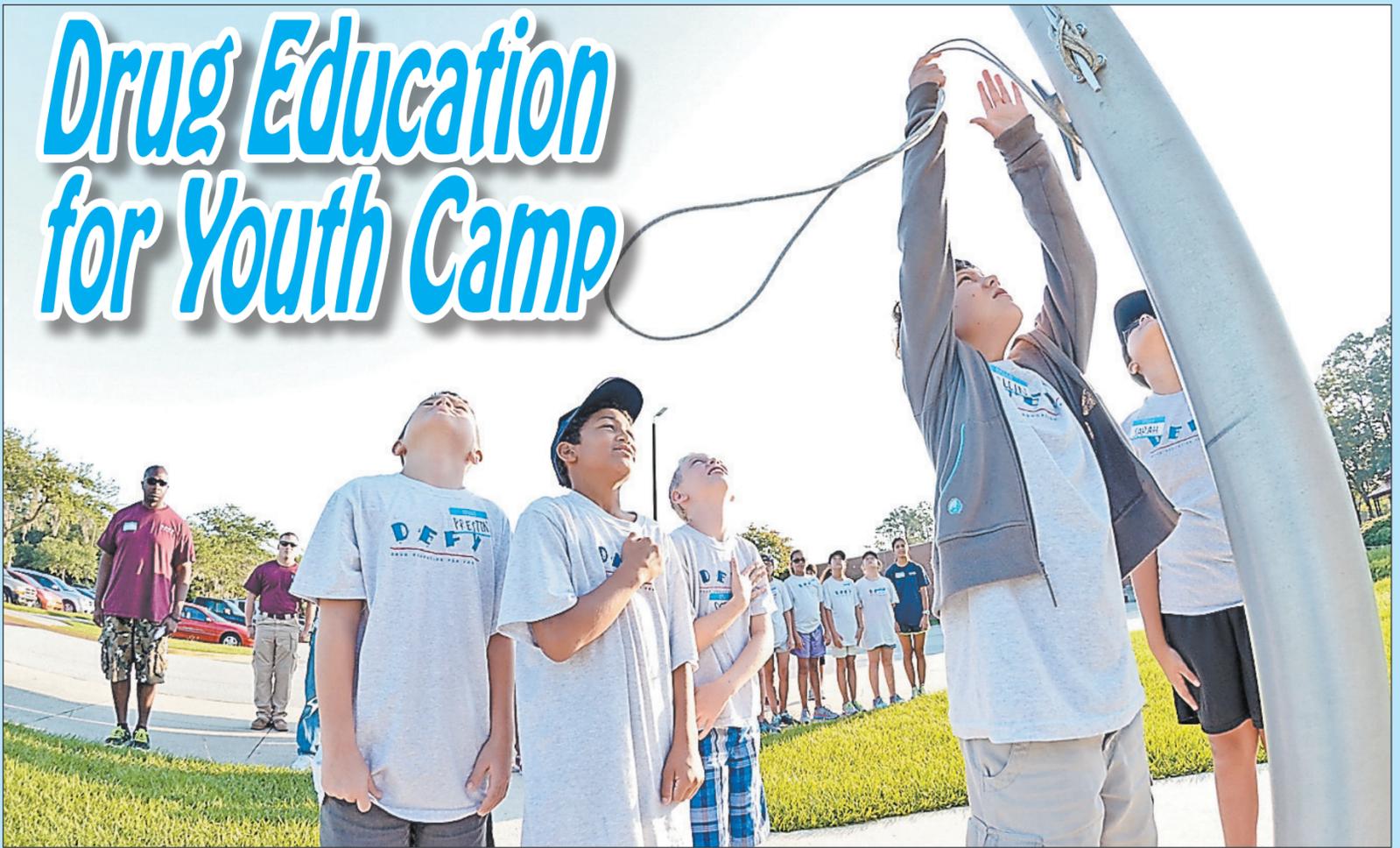
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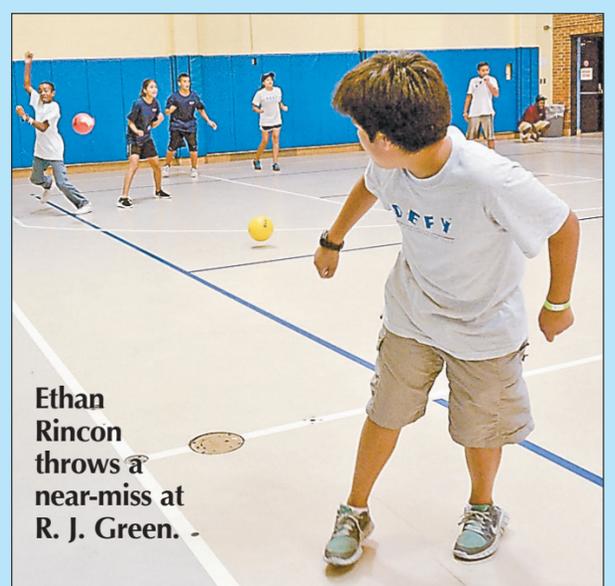
# Drug Education for Youth Camp



Collin Whiteman ties off the line after he finished raising the Stars and Stripes outside the Fitness Center while Preston Smith, Samuel Dorce, Seth Wauson, MA1 Johnny Archer and the rest of the DEFY campers stand at attention.



Allysa Mcrea enjoys a victorious moment during a dodge ball game at the Fitness Complex.



Ethan Rincon throws a near-miss at R. J. Green.

*Photos by  
EMI Mark Treen*



DEFY campers share experiences while walking the Fitness Complex. From left, Tavian Williams, Junior Mentor Kevin Luna, Kayln Williams and Dereck Martinez.



MA3 Chantle Chapman explains NSB Kings Bay's military working dog program.



Trent Feistner left and Jacob Curry sit up tall to have a good view of the military working dog demonstration.



Naval Submarine Base Kings Bay hosted its annual Drug Education for Youth Camp July 23 through Aug. 1. The campers in gray shirts were made up of 9 through 12 year olds. The junior mentor volunteers in blue shirts are middle school and high school age. The mentors in maroon shirts are Naval Submarine Base Sailors and civilians.



Sara Melgarejo, Ethan Rincon, Allysa McRae, Seth Wauson and Lu Lu Rodriguez enjoy a chance to take a break while playing at the Fitness Complex pool.



Allysa McRae, Preston Smith, Keegan Matthews and Imani Williams get splashed under the slide at the pool.



Classroom time was a huge part of the program. NSB Sailors, like CS2 Dominique Kennedy, taught classes called: Resolving Conflict, A Natural High, Ready...Set Goals, My Board of Advisors, Where does this GO?, Resistance Skills, The Real Deal About Legal Drugs, The Real Deal About Illegal Drugs, Speak for Yourself, and Presidents Challenge.



When fire fighters have all of their gear on, they can be intimidating, hard to understand and their gear can make loud noises. Fire fighter Ryan Vogel did a familiarization brief at the Fire Department to let them get more comfortable to an outfit that may some day be needed to perform a rescue.



## DEFY

From Page 1

ness exercises and lessons focused on abstaining from drugs, among other activities.

"From personal experiences growing up, I went through the DARE program," Ward said. "I'm not for sure if that is still around, but DEFY is great for kids to give them a better idea of what a healthy, drug-free life is like."

Aside from learning in the classroom, the campers took on activities such as golfing, bowling and swim-

ming. Throughout the course of the camp, they also watched a military working dog demonstration and went on a field trip to the fire station.

"It was cool seeing the dogs investigate and search for things," camper Marcus Shankli said. "I learned that the dogs do so many things like search for bad guys and hunt for things. I also learned that they can go down and search on the submarines here."

Phase two of the program is a 10-month mentoring program

throughout the school year. DEFY youths are paired up with a mentor to reinforce the skills they've learned in the phase

one leader-

ship camp. "I am excited for phase two of DEFY," Ward said. "It will be awesome to get to see the kids once a month during

**"I am excited for phase two of DEFY. It will be awesome ..."**

**YN3 Kevin Ward**  
DEFY mentor

the school year. We have already built a relationship. Maybe from this, they can recruit their friends to join next year's program."

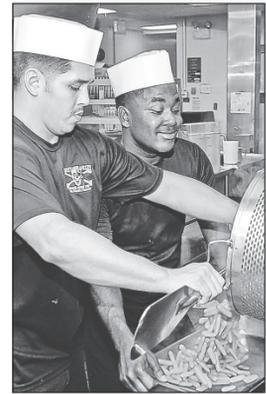
The last two components of the DEFY program are parent engagement and outplacement.

Parents are encouraged to become engaged in supporting their child's drug-free lifestyle, and DEFY mentors to continue to engage the youth with the community.

For more information about the DEFY program at Kings Bay, or to find out how to volunteer for next year's camp, contact Kings Bay's Deputy Public Affairs Officer Erika Figueroa at (912) 573-4714.



# Pirates Cove Galley menus

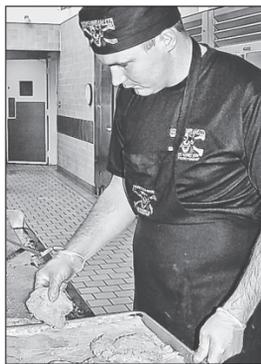


Sausage Links  
Hashed Brown Potatoes  
Pastry Bar  
Asst. Yogurt

**Lunch**  
New England Clam Chowder  
BBQ Chicken  
Tempura Battered Fish  
French Fries  
Baked Macaroni & Cheese  
Green Bean Almondine  
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

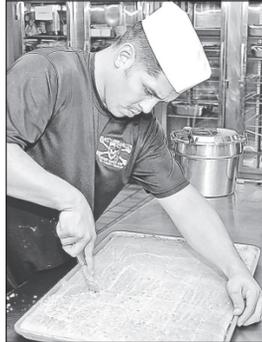


**Saturday Brunch**  
Cream of Chicken Soup  
Chili Dogs / Hot Dog Bar  
Chili w/o beans  
Chicken Nuggets  
French Fries  
Steamed Broccoli  
Breakfast Juice Bar  
Ready-to-eat Cereal  
Oven Fried Bacon  
Eggs & Omelets to Order  
Healthy Choice Salad Bar  
Assorted Salad Dressings  
Hot Dog Rolls 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

**Friday Breakfast**  
Breakfast Juice Bar  
Ready-to-eat Cereal  
Eggs to Order  
Grits  
Omelets to Order  
Blueberry Pancakes w/ Syrup  
Grilled Bacon  
Asst. Instant Oatmeal / Grits  
Cottage Fried Potatoes

**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  
Asst. Pizza  
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

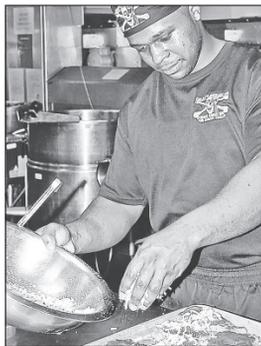
Asst. Fruit Bar  
Assorted Breads & Spreads  
Assorted Beverage Bar

**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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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.**

# Flights monitoring Iraq

By Jim Garamone  
DoD News, Defense Media Activity

While Pentagon officials continue reviewing assessments of the situation in Iraq, operations to aid the Iraqi government against the Islamic State of Iraq and the Levant continue, Pentagon Press Secretary Navy Rear Adm. John Kirby said July 29.

"This notion that we've done nothing is just false," Kirby said during a Pentagon news conference.

The United States has 715 American troops in Iraq defending U.S. property and citizens and providing security assistance and some advice through the joint operations centers in Erbil and Baghdad, the admiral noted.

"And, oh, by the way," he added, we're still flying an intensified program of intelligence, surveillance and reconnaissance flights, manned and unmanned, over the country, information from which is being shared with Iraqi security forces as appropriate."



Kirby

And Iraq is the benefactor of one of the highest foreign military sales programs the U.S. has with any country, Kirby said.

That said, Kirby told reporters, this is an issue the Iraqi government must handle. He said the government missed an opportunity in 2011 to build an inclusive, multi-ethnic government in which all Iraqis feel included.

The military mirrors these failings, he said. In 2011, the Iraqi military was ready to handle the threats facing it, but the way the government organized, manned, trained and equipped its army lessened its effectiveness, the press secretary said.

"We've seen some of those units fold under pressure because of either lack of will or lack of leadership — not all of them — and we're seeing them ... continue to stiffen themselves around Baghdad," he noted.



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lot 2-130	4 bd/3 ba/2 car \$379,900
lot 2-37	4 bd/3 ba/3 car \$382,900

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Southeast Georgia Health System is pleased to welcome Lera "Liv" Fina, D.O., board-certified pediatrician, to Southeast Georgia Physician Associates-Camden Pediatrics, a strategic affiliate of Southeast Georgia Health System.

Dr. Fina earned her medical degree from Nova Southeastern College of Osteopathic Medicine in Ft. Lauderdale, Fla., and completed a pediatric residency program at the Madigan Army Medical Center in Tacoma, Wash. She earned her undergraduate degree from Baylor University in Waco, Texas.

Prior to joining the Health System, Dr. Fina served as a major in the U.S. Army, where she educated and supervised physician assistants, physician assistant students, medics and command teams, and held an instructor position for Pediatric Advance Life Support and Advanced Trauma Life Support.

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The Ohio-class ballistic-missile submarine USS Rhode Island (SSBN 740) returns to Naval Submarine Base Kings Bay following routine operations.

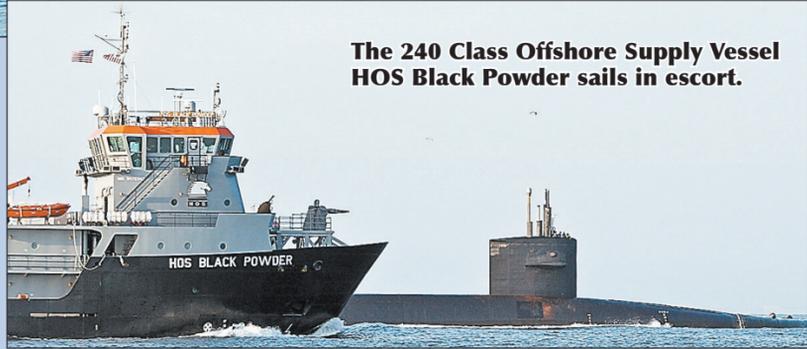
# Rhode Island's return

Line handlers muster topside.



**Navy photos**  
by **MC1 Rex Nelson**

Coast Guard BM3 Derrick Jones mans an M240B machine gun aboard a 33-foot Special Purpose Craft, Law Enforcement.



The 240 Class Offshore Supply Vessel HOS Black Powder sails in escort.



Tugs C Tractor 2 and 4 provide help docking.

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# TRF

From Page 1

partnership with Altamaha Technical College; specific trade theory training courses; and on-the-job training designed to produce highly skilled, technically proficient, journey-level craftsmen.

The training is intense and requires a high aptitude in several courses including algebraic concepts, trigonometry, micro-computing, industrial safety procedures, drafting fundamentals, Computer Aided Design fundamentals, industrial mechanics and physics.

The TRF mission is to provide industrial support for incremental overhaul and repair of Trident submarines and for depot level overhaul of equipment in the Trident Planned Equipment Replacement Program.

TRF provides services normally required by ships and performs emergency and emergent voyage repairs to visiting U.S. and United Kingdom submarines.



Photo by Mark Turney

Members of the Trident Refit Facility Kings Bay's graduating class of 2014. New journeymen now will begin their careers.

## Guard works Pony Swim

By PO3 Lisa Ferdinando  
From Coast Guard Compass

On a sunny, summer day, the biggest event of the year in the small town of Chincoteague, Va., took place — and the Coast Guard was there to ensure public safety.

Thousands of visitors watched from land, along the water's edge, on boats and in kayaks, as some 120 ponies were herded across Assateague Channel for the 89th annual Chincoteague Pony Swim.

"The Coast Guard played an important role in ensuring the safety of the public by keeping on-lookers in safe areas and maintaining clear lanes for the ponies to swim," said Chief Petty Officer Hank Deatrich, officer in charge of Coast Guard Station Chincoteague. "It definitely is a unique event."

The pony swim is a great



Coast Guard photo by PO3 Lisa Ferdinando

Coast Guard crews ensure safety at Chincoteague, Va.'s annual pony swim.

way for the station to interact with the public and stress the importance of boater safety as well.

"We don't have too many big events in this area," Deatrich said. "When we have an opportunity to get out there and share the message and make sure it's a safe event, the crews just love getting out there."

For the event, the station deployed two 24-foot special purpose craft.

The crews patrolled the area, greeted boaters and answered queries about the pony swim from people eagerly awaiting the animals.

The Coast Guard even had a role to play in the event — to signify the pony swim was about to begin, the crew on one of the boats fired two orange smoke flares.

Crowds cheered as the smoke wafted from the boat.



Coast Guard photo by PO3 Lisa Ferdinando

One-hundred and 20 ponies participated in the pony swim in Chincoteague, Va.

The pony swim tradition was made famous by Marguerite Henry's 1947 book, *Misty of Chincoteague*.

According to Deatrich, the island was expecting some 30,000 to 40,000 visitors for the event.

"Some of them may not have had their boats in the

water for too long, so it's important for us to get out there, have good community outreach, make sure they have proper gear on their boats and everyone's safe prior to the swim," he said.

The pony swim is an annual event held by the

Chincoteague Volunteer Fire Company.

This year, approximately 60 foals will be auctioned to raise money for the fire company, which cares for the wild ponies. The remaining ponies will be herded back to Assateague Island on Friday.

## Track

From Page 1

achieve maximum performance.

Various Kings Bay commands, such as Submarine Group 10, Marine Security Force Battalion, SUBASE, Public Works, and boat commands showed their support by participating in the all-hands PT. Stages were set up at both ends of the field, with two fitness instructors leading the training.

In total, around 400 people participated in the opening.

Command PT has been held inside the base gym or outside at the softball and soccer fields. Commands also had the opportunity to PT at the existing track, but due to wear and tear of the field, it posed a risk for injury.

"Our track wasn't in a bad condition

but it needed some resurfacing," Cole said. "However, the field that they were using for PT before the synthetic turf was installed had some conditions that would not have been the best. There were a lot of potholes, and unlevelled areas."

"The old track really needed some improvement," YN2 Terrell Harrison said. "It was definitely worn and torn."

The new track and the synthetic field also will help Sailors and Marines when it comes down to their physical fitness assessment training. They now will be able to utilize both without any problems.

"It is hands down the best workout grounds anyone could have," Harrison said. "Group PT can be very effective if you have a safe and well-equipped area. This new track and field makes you want to work out and it's less likely to cause an injury."

Cole said new facilities attract more people.

"In addition, people are going to want

to do other work outs and other circuits out there on the turf, along with running on the track," he said.

The old field was harder to do exercise on because of the quality of the field and potholes caused by rain, Cole said.

After three years of planning and hard work by MWR and Navy Facilities Engineering Command, Cape Design Engineering, of Cape Canaveral, Fla., built the updated track and field using the Shaw

Turf System, which also is installed at the Baltimore Ravens M&T Bank Stadium, at Georgia Institute of Technology, and San Francisco 49er and New York Jet practice fields.

Cole said that resurfacing the track and field with synthetic turf is the best solution and will provide the best results.

The surface of the new field will last much longer than the previous natural grass field.

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# Up eriscope with Bill Wesselhoff

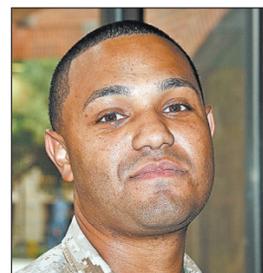
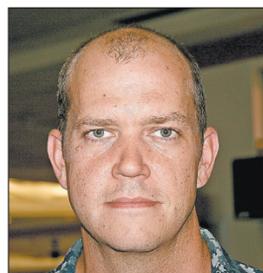
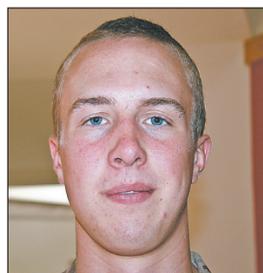
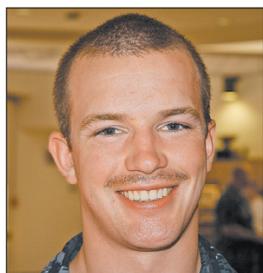
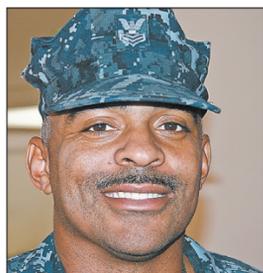


## What in the World of Sports is going on?

When I was a young man, you got your sports news from the sports pages. There was no internet or cable TV. Most of the news was

about in-season sports, right now, baseball, golf, tennis or NASCAR. My, how things have changed. During my two-hour daily commute, I listen to nationally syndicat-

ed sports radio. And all they talk about right now is news from the NBA and NFL. So I went to Pirates Cove July 31 to see what my sports experts thought was really big.



**CS1 David Murrell**  
Pirates Cove Galley  
Indianapolis

"I'd say it's between (NFL players Johnny) Manziel and Ray Rice."

**MIDN 3/C Matthew Higgins**  
ROTC  
Newark, Del.

"(NBA player) LeBron (James) going home to Cleveland."

**MIDN 3/C Benjamin Young**  
The Citadel  
Madison, Wisc.

"I would say the controversy about the (soccer) World Cup."

**ETCS James Feltman**  
Squadron 16  
Baltimore

"LeBron James going back to the Cavs."

**HM2 Ricardo Ortiz**  
Security Force Battalion  
The Bronx, N.Y.

"(Baseball player Derek) Jeter's retirement. Everywhere he goes, it's in the news."

**ET1 Alejandro Reyes**  
Trident Training Facility  
Houston

"LeBron going back home."



Navy photo by MC2 Benjamin Malvezzi

**Capt. Blake Converse delivers his change of command speech while Vice Adm. Michael Conner and Capt. Paul Snodgrass listen.**

## Snodgrass relieves Blake

By **Kevin Copeland**  
Commander, Submarine Forces  
Public Affairs

Capt. Paul Snodgrass relieved Capt. Blake L. Converse as Commander, Submarine Squadron Six, Aug. 1, onboard the Los Angeles-class attack submarine USS Montpelier (SSN 765), at Naval Station Norfolk.

Vice Adm. Michael Connor, commander, Submarine Forces, was the feature speaker. He also presented Converse with his third Legion of Merit award, citing him for flawlessly directing the maintenance, operational and combat readiness for nine nuclear-powered submarines.

"It is truly an honor to be here today as we take the time to come together and pay tribute to two outstanding naval officers, Capt. Blake Converse and Capt. Paul Snodgrass," said Connor. "This ceremony, and all it represents, is one of our most cherished and important traditions. It represents the continuing recognition of who we are and what we truly value as a Navy — the absolute nature of accountability, responsibility and the art of leadership. That is important, because the business they preside over is serious business."

"Successful organizations are led by visionary leaders who succeed

over and over again. High performance organizations like SUBRON SIX are driven by leaders who delegate responsibility and share credit, but accept total accountability. Blake, your greatest accomplishment, your legacy, will be the people you trained, mentored, and took care of. Our Sailors and their families were always first in your mind and heart. You ensured that they were provided everything we had to maximize their chance of success and quality of life. Your tour here will be remembered as being a pivotal leader, shaping the future of the

See Sub 6, Page 11

## Gangs threat to security

By **Jim Garamone**  
DoD News, Defense Media  
Activity



DoD photo by Claudette Roulo

**Army Gen. Charles Jacoby, commander of U.S. Northern Command and North American Aerospace Defense Command, discusses the role of the Defense Department in homeland security at the Aspen Security Forum in Aspen, Colo., July 26.**

Transnational criminal gangs based in Mexico and Central America pose a threat to the region, Army Gen. Charles H. Jacoby Jr., the commander of U.S. Northern Command and the North American Aerospace Defense Command, said at the Aspen Security Forum in Colorado July 26.

The response to the threat has been increased cooperation between the United States and Mexico, Jacoby said.

U.S. Northern Command is a post-9-11 creation dedicated to protecting the homeland. It has geographic responsibility for North America and the Bahamas.

Transnational criminal gangs and associated networks are responsible for many of society's ills, Jacoby said.

"If you are not worried about the drugs and the 40,000 dead Americans and what they do to our youth" then people should worry about organizations "so ruthless, so violent, so powerful" that they have virtual freedom of movement on the U.S. southern border, he said.

Jacoby said such criminal gangs and organizations can smuggle anything from drugs to guns to unaccompanied children.

"Children are just another product to them," he said, noting these organizations have undermined and threatened the governance of U.S. partners throughout Central America, the Caribbean and Mexico.

And these gangs are a network, he said. They cooperate when they need to. And the general said he personally believes there is plenty of evidence of links between terrorists and criminal organizations.

"We have learned that the best way to fight a net-

work is with a network," he said. "Counter-network tactics, techniques, procedures, collection are called for in effective dealing with cartels and other criminal organizations."

DoD personnel play a role in interdicting drugs in what professionals call the transit zone. There have been record numbers of drug seizures, but officials really have little idea of the impact they are making.

"[The drug cartels] are more powerful, they are more globally interconnected, they are making more money and they are more violent than they ever have been," Jacoby said.

Meanwhile, he said, efforts designed to shut down these criminal networks continue.

"We know how to take a network apart," Jacoby said. "We know what the access targets are." These, he said, are the financiers, logisticians, and operators. All aspects of the network must have pressure placed on them.

The fear calculus in Mexico and Central America is completely wrong, he said. "It's the Mexican people and the Moms and Dads in Honduras who are afraid, not the criminals," Jacoby said. "We have to flip that."

U.S. and Mexican of-

ficials need to reevaluate their plans and procedures used to deter international crime networks, he said. "How is our cooperation between law enforcement and the intelligence community," he asked. The level of cooperation between intelligence and operatives in Afghanistan and Iraq to take down terror networks, the general said, was much closer than it is in the United States.

And the United States and Mexico are having these conversations. In 2006, then-Mexican President Felipe Calderone put the military on the street to combat the cartel violence. The Mexican military turned to the United States to ask for assistance, cooperation and teaming.

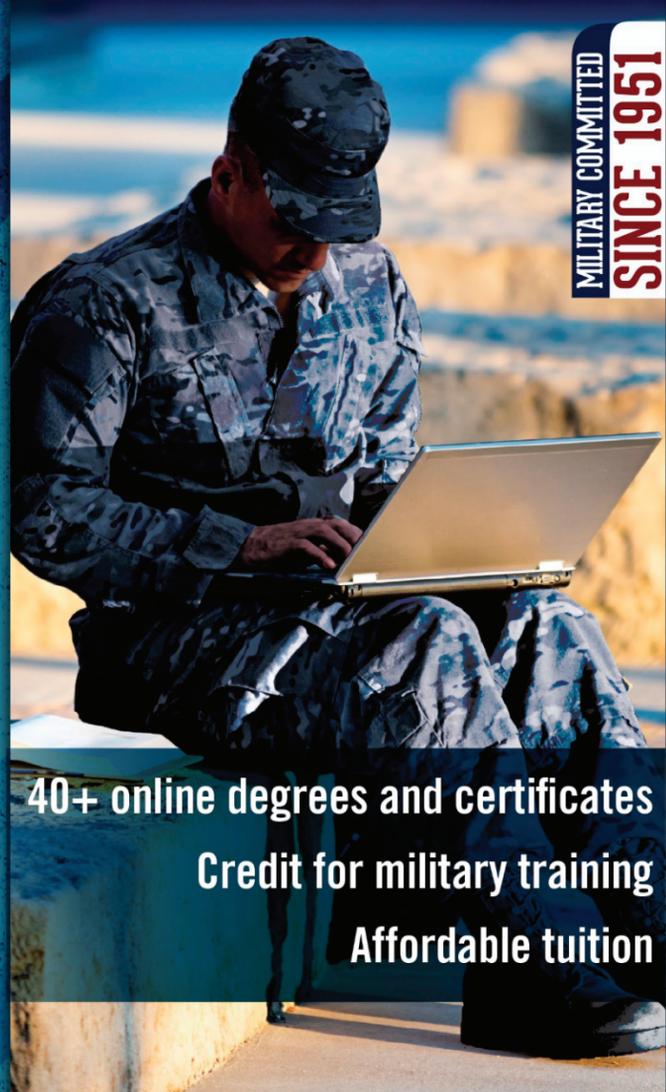
This was a sea change in the military-to-military relationship.

The cooperation continued when current Mexican President Enrique Pena Nieto took office.

The military-to-military relationship is still growing, and like any relationship there are fits and starts. "We trained with more than 5,000 Mexican soldiers this year," Jacoby said.

Mexican military officials also worked with Northcom on their strategy for their border with Guatemala.

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# Fleet & Family Support Center workshops



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## 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, Aug. 11, 18 and 25. 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 Aug. 12, 19 and 26. No pre-registration required.

## Transition GPS class upcoming

Transition GPS is a seminar for those separating, retiring or contemplating leaving the military. The five day seminar provides information on benefits, job search skills, employment resources, resume writing, interviewing and other skills. Spouses are encouraged to attend. Separation Transition GPS is 7:30 a.m. to 4 p.m., Aug. 18 to 22. You must be registered by Command Career Counselor. For more information, call 573-4513.

## Job search workshop scheduled for Aug. 13

A job search workshop will be 9 to 11 a.m., Aug. 13. It provides an overview of local and national employment trends and recommends strategies to expand your job search network. Open to active duty, retired, reserve and separating military and family members of relocating civil service personnel. Registration is required, call 573-4513.

## 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 CONUS workshop will be 2 to 4 p.m., Aug. 19. For more information, call 573-4513.

## Anger management seminar Aug. 27

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, Aug. 27. 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.

## Stress management covered at workshop

Events, schedules, daily pressure and many other items can cause undo stress in your life. Stress may or may not be good for your health depending on how you manage that stress. This workshop is slated for 1 to 4 p.m., Aug. 21. Pre-registration is required. Call 573-4512 for details.

# AUDRA

## SEXUAL ASSAULT SUPPORT GROUP

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**Please contact:**  
**Ms. Jennice Jent / leslie.jent.ctr@navy.mil**  
**at the NSB Kings Bay FFSC: 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., Aug. 28. Registration required by calling 573-4513.

## Transition GPS Capstone Event upcoming

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. Aug. 15. Registration by Command Career Counselor required. For more information call 573-4513.

## Ombudsman Basic Training coming

There will be an Ombudsman Basic Training course for prospective Ombudsman, new Ombudsman and Command Support Spouses at Fleet and Family Support Center Bldg. 1051. This class will be 9 a.m. to 5 p.m. Aug. 25 to 29. For more information and to register, call 573-4513.

## Ombudsman Assembly Meeting Aug. 25

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., Aug. 25. For more information, contact at 573-4513.

## Want to be an Ombudsman? Training session coming

This workshop educates persons with a desire to be a Command Ombudsman, but unsure of what the position will entail. Participants will be educated by

defining what an Ombudsman is, learn positive and needed characteristics, and the roles and responsibilities expected of them. This workshop is offered 9 a.m. to noon Aug. 20. Registration is required. Call 573-4513 to register.

## Navy Ready 101 session coming soon

Learn how to familiarize yourself with the Navy Family Accountability Assessment System. This training covers all needed to be prepared before and during a disaster. Information for all branches of service will be provided. This class will be 10 to 11 a.m., Aug. 29. For more information call 573-4513.

## Career Assessment Workshop scheduled

The Department of Labor recognizes nearly 500 distinct jobs which make up America's current workforce. With so many options, it is no wonder people struggle to find satisfying work. Whether you are selecting a college major or training program, looking for your first job, or transitioning out of the military, career assessment tools can help you identify the activities and settings that best match your interests, skills and values. Career Assessment Workshop facilitators will guide participants through simple activities to sort and rank preferences using card decks and workbooks and use the results to provide career recommendations which fit your profile. Workshop size is limited. This workshop will be 10 a.m. to noon Aug. 20. Call 573-4513 to register if you plan to attend.

## Expectant Family Workshop coming

Expectant Families can receive training on second Wednesday of every other

month to ease the adjustment to a newborn baby. Information will be provided about WIC, Navy Marine Corps Relief Society and various other benefits and services available to expectant parents, along with answers to your questions. Frequent breaks offered for the comfort of expectant moms. The next class is 9:30 a.m. to 3 p.m., Aug. 14. Registration is required. Call 573-4512.

## Command Financial Specialist class offered

A five-day training course will be offered for prospective Command Financial Specialists. All CFS must be nominated by their Command. Registration is open to personnel E-6 and above who are financially stable, with at least one year left before PRD from their commands. This training is 8 a.m. to 4 p.m., Aug. 11 to 15. Registration is required. For more information, call 573-9783.

## Command Financial Specialist training set

By OPNAV 1740.5B, every Command should have one Command Financial Specialist for every 75 personnel and are nominated by their Command. CFSs help others with car buying, credit and financial planning. This five-day training course is offered for prospective CFSs and is open to personnel E-6 and above who are financially stable, with at least one year left before PRD from their Commands. E-5s may attend with approved waiver. This training will be 8 a.m. to 4 p.m., Aug. 11 to 15. Registration is required. Call 573-4513.

## How to survive the holidays financially

Learn how to reduce financial stress of the holidays. This workshop helps participants plan for holiday spending and make the most effective use of money this holiday season. This class is scheduled for 2 to 4 p.m., Aug. 20. Registration is recommended. For more information call 573-4514.

## Spouse Indoctrination class meets Aug. 27

The goal of Spouse Indoctrination is to educate the participant on the numerous resources that are available to them while stationed at Naval Submarine Base Kings Bay. This class hosts 20-plus speakers who provide information and answer any questions. This class is at the Balfour Beatty Community Center, 9 a.m. to 2 p.m., Aug. 27. To register, 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. 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.

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9:45

**\*GUARDIANS OF THE GALAXY IN 2D (PG13)**  
12:30 1:30 3:30 4:15  
7:00 7:30 9:15 9:45

**\*GET ON UP (PG13)**  
1:00 4:00 7:00 10:00

**\*LUCY (R)**  
12:50 3:10 5:25 7:40 10:05

**\*HERCULES IN 3D (PG13)**  
9:50

**\*HERCULES IN 2D (PG13)**  
12:45 3:00 5:15 7:30

**SEX TAPE (R)**  
10:10

**PLANES: FIRE AND RESCUE (PG)**  
12:35 2:45 5:00 7:15

**THE PURGE: ANARCHY (R)**  
1:05 3:45 7:20 9:40

**DAWN OF THE PLANET OF THE APES (PG13)**  
1:20 4:25 7:10 9:55

**TRANSFORMERS: AGE OF EXTINCTION (PG13)**  
1:15 4:30 8:15  
\*Pass Restricted

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# Morale, Welfare and Recreation happenings



MWR Intramural Sports photo

The Moonballers beat Osima for the Intramural Sports Indoor Summer Volleyball Championship. From left are Moonballers' Jeff Thomas, Lauren Lynch, Paul Ivey, Ellen Harper and John Milburn.

▪ **Lunch at O'Brien's Bunker at Trident Lakes Golf Club.** Stop by. The friendly staff and delicious variety menu will make you glad you did. They offer a large selection of salads, sandwiches and seafood platters. Each one is made right there inside the restaurant. For the fans of O'Brien's from outside the base, yes they offer lumpia as an appetizer. The restaurant hours are 10:30 a.m. to 1:30 p.m. Mondays through Fridays. For a quick lunch carry-out, call (912) 573-0008.

▪ **Free Movies for the Kids Weekend and School Break** — Movies for July are *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 page. Additional kids movies will be shown during summer break. 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 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. Each week 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 to come shake up a sweat. 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 also 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.

## Intramural Sports

### Summer Basketball

Top 3	W	L	T
1, MCSFBn	5	0	0
1, Gunz Blazin	5	0	1
3, Subase	5	1	0

### Upcoming

▪ Average Joe's Cornhole League began Tuesday. You can still sign up for \$40 per team.

▪ Fall Softball registration is underway. Stop by the Sports office to sign up. All Coed \$100. Men's Active Duty \$100. Men's DoD \$200.

## Golf course fishing Aug. 16

Lakes at Trident Lakes Golf Club will be open 6 to 8 a.m., Aug. 16 for fishing. Cost is \$5 per person for catch and 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.

## Liberty call

— From 5 p.m. to 9 p.m., Saturday, Aug. 23. The movie *Rio 2*, rated PG, starts at 7 p.m. Bowling will be \$1.50 games plus shoe rental from 5 to 9 p.m., plus chances to win free game passes throughout evening. Domino's will be offering a great Movie Night Special, a \$10 any way, any size pizza. Dine in only 6:30 to 8:30 p.m. For more information, call (912) 573-9492.

## Bowl-In Movie Night at Rack-N-Roll Lanes

## Just for kids

## North Korea eyed

By Cheryl Pellerin  
DoD News, Defense Media Activity

Defense Department officials are aware of reports that North Korea has fired short-range ballistic missiles into the Sea of Japan, and call on that nation to end its military buildup, Pentagon Press spokesman Army Col. Steve Warren said July 30.

Warren made his remarks to reporters during an off-camera briefing on a range of topics.

"We are aware of ... reports that the North Koreans fired several short-range ballistic missiles," Warren said. "Rather than spend their money polluting the waters around North Korea, they should spend their money feeding their people."

According to North Korea's official news organization, the Korean Central News Agency, the nation's leader, Kim Jong Un, guided a rocket-firing drill July 26, the day before the anniversary of the United States, China, North Korea



Army photo by Pfc. Antuan Rofe

Soldiers from 2nd Battalion, 9th Infantry Regiment, 2nd Infantry Division participate in an exercise this year in South Korea.

and South Korea agreeing in 1953 to an armistice, officially ending hostilities in the Korean War.

The notice in the KCNA article said the drill "was conducted by a firepower strike unit of the strategic force of the [Korean People's Army] tasked to strike bases of the U.S. imperialist aggressor forces in South Korea."

Earlier today, other news and social media outlets reported that North Korea launched four more short-range ballistic missiles eastward into the Sea of Japan, but that only two of the missiles reached the water.

In a briefing July 29 at the Pentagon, Navy Adm. Samuel J. Locklear III, commander of U.S. Pa-

cific Command, said the "proliferation activities of North Korea, their desire for nuclear missiles and nuclear capabilities, as we've said over and over again, are highly threatening to the global security environment, and denuclearization of North Korea is an essential part of the way ahead in that part of the world."

At the Pentagon, Warren said, "We continue to see the North Koreans expend resources on upgrading their military, on conducting tests of more and more sophisticated weapons systems, and, as we have for decades, we call on the North Koreans to stop their military buildup and work toward peace on the peninsula."

## Ethics are his legacy

By Jessica Clark  
Naval Academy Public Affairs

Two-time U.S. Naval Academy Superintendent Adm. Charles R. Larson was laid to rest in the Academy cemetery July 30 after funeral services held in the Naval Academy Chapel.

Larson served as superintendent from 1983 to 1986 and 1994 to 1998.

His vision led to the foundation of what is now the Admiral James B. Stockdale Center for Ethical Leadership and refocused the Naval Academy curriculum on ethical leadership.

Larson wanted the Naval Academy to be "an ethical beacon for the nation," said retired Marine Col. Arthur Athens, director of the Stockdale Center. "The center was an important component of that."

Larson established the academy's Character Development Division to provide character and honor instruction to the Brigade of Midshipmen and was instrumental in the development and construction of Alumni Hall.

He also established the master's degree program for incoming company officers and the senior enlisted leader program that brings non-commissioned officers into Bancroft Hall to work hand-in-hand with company officers and midshipmen.

"He touched all of those different areas to make sure that this was a fantastic place focused on leadership," said Athens.

Retired Capt. Hank Sanford served under Larson during both his Naval Academy tours, first as his flag secretary and later as his executive assistant, and ultimately became a close friend.

"He spent the better



Navy photo by MC2 Jonathan L. Correa

Naval Academy Superintendent Vice Adm. Ted Carter hands Sally Larson the national ensign in honor of her husband, retired Adm. Charles Larson, during his funeral services at the Naval Academy cemetery.

part of his career — active duty and retired — supporting this institution," said Sanford. "He is a part of the fabric of the Naval Academy."

Sanford was one of three who delivered eulogies during Larson's funeral service. He listed among Larson's accomplishments his impact on the brigade and countless graduates and his emphasis on leadership and ethics.

"His brand was excellence without arrogance," said Sanford.

A native of Sioux Falls, S.D., Larson graduated from the Naval Academy in 1958, a class that included Senator John S. McCain.

His 40-year career in-

cluded service as an aviator and submarine officer and command of the U.S. Pacific Fleet.

He was the first naval officer selected as a White House Fellow, serving as special assistant to the Secretary of the Interior in 1968. He also served as naval aide to President Richard Nixon.

In 1979, at the age of 43, Larson became the second-youngest admiral in U.S. Navy history. He retired in 1998.

His major military decorations included the Defense Distinguished Service Medal, seven awards of the Navy Distinguished Service Medal, three awards of the Legion of Merit and the Bronze Star Medal.

## Sub 6

From Page 9

submarine force. Blake, congratulations on a job superbly well done."

A native of Montoursville Pa., Converse assumed command of SUBRON SIX in October 2010.

"In October 2012, I returned to Norfolk for a third tour, but this time as the commodore of Squadron Six," said Converse, who has a Bachelor of Science degree in Mechanical Engineering from Penn State University and a Master's Degree in Space Systems

Engineering and Applied Physics from the Navy Postgraduate School. "The primary job at Squadron Six is to train, mentor and certify crews for deployment. This broad range of responsibilities would be impossible without the dedication and hard work the squadron's staff of Sailors and civilians who eat, drink and breathe submarining. Finally to the commanding officers and crews assigned to Squadron Six, I thank you for your boldness, professionalism, initiative and sheer determination. I have been honored to have served and sailed with each and every one of you."

Following the change of command Converse will report to Commander, Submarine Force Atlantic, where he will be assigned as Chief of Staff.

Snodgrass reports to SUBRON SIX from SUBLANT where he served in several positions. He holds a Bachelor's of Science in Mathematics from Rose-Hulman Institute of Technology, a Master of Arts in Strategic Studies from the Naval War College, and a Master's Degree in Engineering from Old Dominion University.

SUBRON SIX exercises operational control over seven Los Angeles-class attack submarines home ported in Norfolk, Va.

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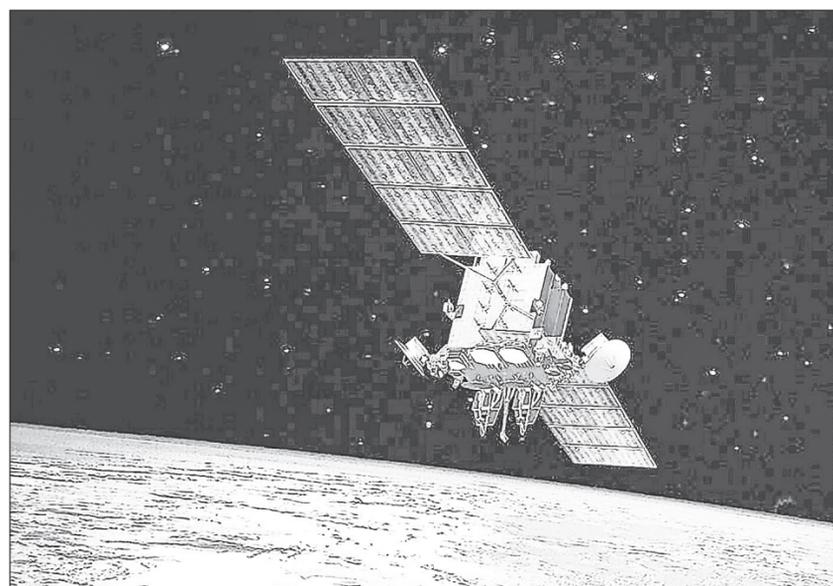
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NASA photo

Only 12 humans have walked on the moon. NASA is currently looking for astronaut candidates who will have the opportunity to build a base on the moon.

# Budget cuts, threats affect space operations

By Cheryl Pellerin  
DoD News, Defense Media Activity

Until recently, space was a peaceful domain where orbital and flying craft were unprotected, but adversaries now are developing systems designed to counter advantages gained by those using such space capabilities, the commander of Air Force Space Command said in Washington D.C., July 23.

Air Force Gen. William L. Shelton spoke at the Atlantic Council on the U.S. future in space.

"Our satellites were not built with such threats in mind," Shelton said. There hasn't been a launch failure in 72 consecutive national security launches, he added, and satellites have lasted so much longer than their designed lifespan that the nation accidentally gained overlap between "father and daughter" satellites.

"Space largely has been a peaceful sanctuary up to this point," the general said, "and due to the cost of each of these intricate machines, we build just enough capability and build it just in time. ... We don't really plan for anything but success."

Now, he said, "we have a clear and present danger to contend with that I believe must change our calculus on resiliency."

Traffic is building in space, as many new entrants have joined the ranks of spacefaring nations and counter-space capabilities are becoming more concerning, Shelton explained. The Air Force must adapt its satellite constellations in response to such growing threats and elevate its game in space situational awareness, he said.

And, the general said, Air Force Space Command is addressing this challenging space environment in the midst of a decreasing budget outlook.

"Space forces are foundational to every military operation, from humanitarian to major combat operations. It really doesn't matter — space has to be there, ... continuously deployed in place, providing communications, missile warning, navigation, space surveillance and weather services," Shelton said.

Still, he added, Space Command's share of reductions as part of overall Air Force reductions included a space surveillance asset that saved \$6 million per year, operationally useful sensor redundancy at launch bases that cut another few million dollars per year, and drastic cuts in headquarters contractor support that saved money but substantially reduced capability.

"All told, we cut close to \$1 billion from our annual budget in fiscal year 2013 and [fiscal] 2014 combined," the general said.

"The bottom line on our budget situation is this: we made the needed adjust-

ments in fiscal years 2013 and 2014], and [fiscal] 2015 right now looks like it will be feasible," he added. "But the law of the land is still sequestration for [fiscal] 2016 and beyond. Should Congress decide

not to grant relief from [the severe budget cuts of] sequestration, I don't know how my command can absorb the mandated reductions."

Shelton

To elevate the Air Force's game in space situational awareness, Shelton explained his priorities for future satellite constellations as a nexus, aiming for an overlap of required capability, resilience and affordability. To illustrate the idea, he used the Air Force's Advanced Extremely High Frequency, or AEHF, satellite constellation as an example.

"This is the constellation the president would use in existential circumstances for the United States to command and control nuclear forces and to ensure continuity of the United States government," Shelton said. The required constellation consists of four satellites, just enough for worldwide assured coverage, he added.

If an adversary took out one satellite in the constellation, a geographic hole would open, potentially preventing the president from communicating with forces in that part of the world, the general said. "We're looking at a range of options to make this scenario much less probable — for example, disaggregating our constellations for increased flexibility and survivability."

The satellite carries strategic and tactical communications packages, Shelton said, explaining disaggregation. If the payloads were separated onto two or three satellites, he said, they would be much more resilient to a single shot, and each satellite would be less complex, would weigh less and would cost less to launch.

Air Force Space Command is also considering the following possibilities, Shelton said:

- Hosting payloads on commercial or other government satellites;
  - Lowering the cost or complexity of getting capability and capacity into space;
  - Leveraging commercial capability such as satellite communications rather than building dedicated military satellites; and
  - Exploring partnerships with other nations to share the responsibility of sustaining critical space capabilities.
- "We've already done this with our Wideband Global SATCOM Satellite," he added, "and partnered with Australia, the Netherlands, New Zealand,

## Sputnik started it all

By Lt. Col. David Arnold  
22nd Space Operations Squadron commander

Sputnik became "the space shot heard 'round the world" when it launched from the Soviet Union Oct. 4, 1957.

The launch ignited not just a Soviet R-7 intercontinental ballistic missile but eventually a race to the Moon, and set Cold War rivals at odds in a new domain.

The Soviets had a number of space firsts in the early days of the space age.

A dog named Laika launched aboard Sputnik 2 in November, becoming the first living creature in space.

Luna 3 was the first spacecraft to go near and past the Moon in October 1959.

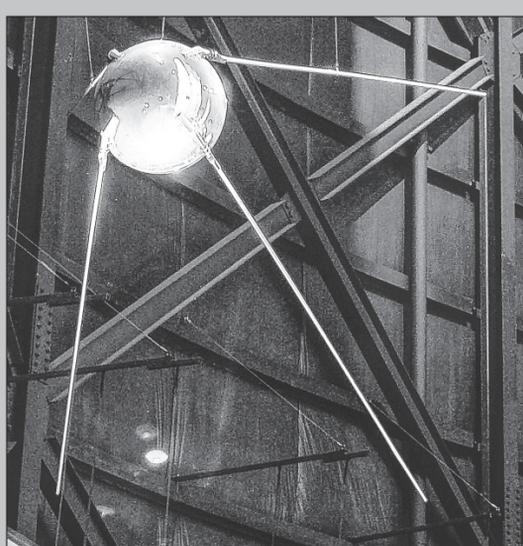
In April 1961, Yuri Gagarin became the first man in space; Valentina Tereshkova was the first woman into space in June 1963.

Soviets conducted the first spacewalk in 1965 and launched the first permanently crewed space station in April 1971.

But why is Sputnik the first object in the satellite catalog and not Explorer, the first U.S. satellite?

There are four major reasons. One had nothing to do with satellite technology but everything to do with nuclear weapons. The Soviets saw American nuclear weapons as a threat to their existence and strove to catch up as fast as they could with both U.S. bomb development and delivery capability.

However, because they had not yet achieved the same level in thermonuclear weapon miniaturization, the Soviet bomb was much larger than the



Air Force photo

The Sputnik I exhibit in the Missile & Space Gallery at the National Museum of the United States Air Force in Dayton, Ohio.

U.S. version. The United States, with its smaller warhead designs, could base nuclear-tipped missiles in North Atlantic Treaty Organization countries, which were close enough to hit the Soviet landmass without requiring a missile capable of traveling intercontinental distances.

And because the Soviet Republic did not have client states near the United States in the late 1950s, they needed a bigger missile capable of reaching North America from the steppes of Asia. That is, they needed an ICBM, and an ICBM can be quickly converted into a satellite launching vehicle.

A second reason Sputnik was first is that the Soviet leadership placed a greater emphasis on being first.

Soviet Premier Nikita Khrushchev knew what the West thought of Soviet science and technology and looked for ways to show that the Soviet Republic was on par with or even ahead of the West. One of the ways to prove their capability to the world and to their own people was to achieve scientific and technological firsts.

The Soviets launched Sputnik as part of the International Geophysical Year, a worldwide scientific program to learn

more about the Earth.

One of the IGY's stated goals was to study the Earth from space. Although Sputnik merely beeped on 20- and 40-MHz radio frequencies as it orbited, tracking the satellite helped engineers and scientists learn a lot about orbits, how to calculate them, and what effect the Earth exerted on satellites. But the Soviets also sold Sputnik to the world community as an example of "socialist technological superiority."

A third reason Sputnik was first was the Eisenhower Administration's choice of the Vanguard satellite program as the American contribution to the IGY.

President Dwight D. Eisenhower wanted a satellite that was divorced from American military programs like Gen. Bernard Schriever's Thor and Atlas nuclear missiles and Army Gen. Bruce Medaris' Jupiter intermediate range missile program, which was run by rocketeer Werner von Braun.

Vanguard was a scientific satellite, run by a Johns Hopkins University lab, which planned to launch it aboard a small Viking rocket.

Vanguard's launch vehicle exploded on the

See Sputnik, Page 13

Canada, Denmark and Luxembourg."

Shelton said he believes the Air Force needs less complexity and more flexibility in its constellations, and that it will have to make decisions soon on its longer-term approaches.

"Our need date is the mid-2020s for replacements to the current satellite programs of record," he said. "With long budgeting and development timelines, we're looking at decisions in the [fiscal] 2017 program, which works through the Pentagon next year.

"We're watching carefully as other nations significantly increase their investment in counter-space programs," he continued. "We absolutely must adjust our approach and response, and the

time for those decisions is approaching very rapidly."

Another way the Air Force Space Command is improving its real-time space situational awareness, or SSA, is through a new architecture approved for SSA, Shelton said. The first critical step, he added, is the Joint Space Operations Center Mission System Program, or JMS.

"This open-architecture, high-performance computing environment will be a several-orders-of-magnitude improvement over our current system," he said. "And by the way, the last major upgrade to our current system was in 1994."

JMS will give Air Force Space Command a modern sensor data-processing capability plus a command-and-control

environment for all space forces. The command also is making sensor improvements, Shelton said.

"We just awarded the contract for the Space Fence that will be built on Kwajalein Island in the Western Pacific," he added. "This new radar will produce thousands of observations every day, covering almost all orbital inclinations."

The Space Fence will be much more sensitive and will be able to track unscheduled events in space, such as threatening satellite maneuvers and rocket body breakups that cause increased orbital debris traffic, Shelton said.

"We've shipped a converted space-launch tracking radar to Western Australia to give us much better near-Earth space situational aware-

ness in the Southern Hemisphere," the general added, "and we will send to Australia a DARPA-developed telescope that is currently in New Mexico."

DARPA is the Defense Advanced Research Projects Agency. Its C-Band mechanical tracking ground-based radar can accurately track up to 200 objects a day and can help identify satellites, their orbits and potential anomalies, according to a fact sheet about the system.

When the radar is relocated to Australia, it will be the first low-Earth-orbit space surveillance network sensor in the Southern Hemisphere. The new location will give needed southern and eastern hemispheric coverage that will lead to better positional accuracies and predictions.

"This very capable telescope will do a great job of deep-space surveillance from that unique vantage point in Western Australia," Shelton said.

Today the Air Force is scheduled to launch two operational satellites into near-geosynchronous orbit, he added. The satellites are part of the Geosynchronous Space Situational Awareness Program, or GSSAP.

The GSSAP satellites will give U.S. Strategic Command space situational awareness data that allows for more accurate tracking and characterization of human-made orbiting objects, according to the Air Force News Service.

"This Neighborhood Watch twosome will help protect our precious assets in geosynchronous orbit," Shelton said, "plus, they will be on the lookout for nefarious capabilities other nations might try to place in that critical orbital regime."

The general said the two satellites would provide a lot of knowledge about geo-traffic through the images they produce.

"GSSAP will also demonstrate enhanced maneuverability activities that include rendezvous and proximity operations during the developmental and operational test events shortly after launch," he added.

The 1st Space Operations Squadron at Schriever Air Force Base in Colorado Springs will then have rendezvous and proximity operations in its toolkit to allow GSSAP to maneuver to get the best possible vantage point for collecting images when required, the general added.

GSSAP represents a big leap forward in situational awareness at geosynchronous orbit, he said.

"With new data sources and a new system to process the data, later in this decade we will have truly enhanced our ability to monitor activity in space," Shelton said. "And the big payoff [is that] we can transition from a reactive posture in space to becoming much more proactive, predicting space activity and anticipating outcomes."

# Carrier fire remembered

By MC3 Shane A. Jackson  
Navy Public Affairs Support  
Element - East

The Farrier Firefighting School honored the memory of 134 Sailors July 25 who died during a fire on board aircraft carrier USS Forrestal (CV 59).

Farrier, named in honor of a Forrestal Sailor, Chief Aviation Boatswain's Mate (Handling) Gerald W. Farrier, holds the ceremony annually to recognize the living and deceased veterans of the Forrestal and their lasting impact on the Navy.

"It was our first time out on the line and for 10 or 12 days we were doing everything right," said Chief Religious Programs Specialist Dennis Fiore (Ret.), a survivor of the Forrestal fire. "On that last day at 10:45, we launched two fighters and at 10:55 the fire broke out."

Fiore said the 1967 Forrestal fire was a devastating blaze and series of chain-reaction explosions that also injured 161 of the ship's crew.

Fiore, an aviation boatswain's mate (equipment) at the time, said the events that day changed the course of damage control operations in the Navy.

"Before the end of that year, they were coming out with PKP and light water to help stop fires," Fiore said. "Everyone assigned to a ship had six months to go to fire fighting school."

Many staff members of the Farrier Firefighting School attended and participated in the ceremony.

"It doesn't matter what rate you are or what rank you are, you are a fire fighter," said Damage Controlman 1st Class Jessica Kreps, assistant coordinator for the ceremony. "If a fire happens at sea and the

people who primarily fight fires, like those in my rate go down, you only have you, the water and your shipmates to save the ship."

Kreps said every time a ceremony is held for Forrestal veterans they always thank the instructors at Farrier for teaching new generations of Sailors the techniques and importance of damage control.

For the most recent ceremony, Hugh McCabe, president of the Forrestal Association, presented Capt. Brent Kyler, Farrier's commanding officer, with a copy of the novel "Sailors to the End." An inscription inside the cover thanked the school for all they do to keep Sailors safe at sea.

Kyler said the real thanks goes to the veterans of Forrestal for sharing their stories with the Sailors at Farrier.

"You've got to remember all the lessons we learned



Navy photo

Crew members fight fires and explosions on the USS Forrestal's flight deck, in the Gulf of Tonkin, July 29, 1967. The conflagration took place as heavily-armed and fueled aircraft were being prepared for combat missions over North Vietnam.

back then," said Fiore. "The fact that there hasn't been a major fire on an aircraft carrier since is a living legacy to those 134 guys."

The ceremony paid special tribute to the memory of Lt. Cmdr. Otis Kight (Ret.), a recently deceased survivor of the Forrestal fire.

Forrestal was engaged in combat operations in the Gulf of Tonkin during the Vietnam War at the time of the casualty.



NASA artists conception

Scientists at the Global Lunar Conference in Beijing unveiled a preliminary plan of what a future lunar base on the moon would like when it is built in the year 2050. The first lunar base will be constructed underground.

# Base on Moon by 2050

From the National Aeronautics and Space Administration

Scientists at the Global Lunar Conference in Beijing in 2010 unveiled a preliminary plan of what a future lunar base on the moon would like when it is built in the year 2050.

The first lunar base will be constructed underground and will include a biological experiment module, research module and straining center module, said Bernard H. Foing, executive director of International Lunar Exploration Working Group.

At least 26 nations were represented at the international gathering.

He said that it would adopt the streamline design similar to the undulating lines on the moon's surface.

"There will be a round dome inside, from which we could see that the blue earth is running in the universe with a great view of the midnight sun," he said.

The base will also be equipped with an emergency underground shelter and workers would have individual working and sleeping units.

With technological improvements, the biological experiment module should contain a greenhouse to provide fresh

vegetables, fruits and crops for people and to feed mice living inside.

Moreover, scientists could conduct experiments to look for iron ore or water in the research module.

"The material for the wall can maintain the temperature inside and prevent oxygen leakage," Foing said. "Every worker will be equipped with an isolation mask and a spacesuit to protect them from cosmic rays."

Since the time on the moon and the earth is different, participants would need to undergo some unique training.

In the preliminary phase, fuel will be sent to the lunar base from the earth, together with four to five groups of people to establish life there.

"While later, we will send about 20 to 40, or even more ordinary people to be involved in it and extract zinc from the ores for raw material of the fuel supplied to the aircraft," he added.

People will gradually realize a self-supporting life on the moon.

"We hope in the year 2050, we will witness the birth of the first lunar base for human beings," Foing said.

Even as Americans watch the country's aspirations to revisit the moon fade, other nations are willing to pick up the slack.

# Sputnik

From Page 12

launch pad, making Explorer the first U.S. satellite; but even if the Vanguard launch had been successful, it would have launched after Sputnik.

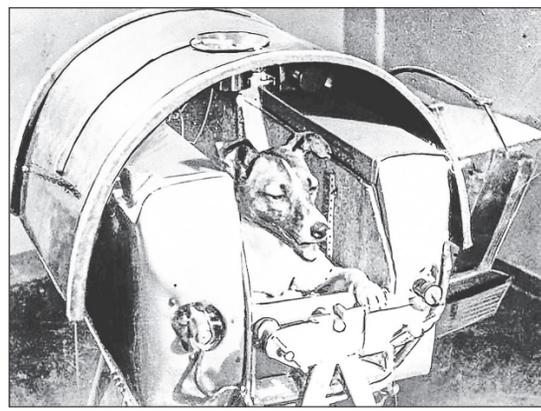
Finally, President Eisenhower was also concerned about spying from space, something that we take for granted today. But the insular Soviet Union kept many secrets that the United States needed to decipher in order to properly plan military forces.

Although the U-2 program did reveal some secrets hidden away in the Soviet Republic, many questions remained; and, because aircraft overflights without permission of national governments are illegal under international law, President Eisenhower risked World War III.

In discussions with the National Security Council, President Eisenhower and his advisers felt that if the Soviets launched the first satellite, and if the United States did not protest its overflight of U.S. territory, the principle of freedom of overflight in space could be established in international law.

The United States could then fly reconnaissance satellites over the United Soviet Socialist Republic without fear of protest.

However, President Eisenhower's decision not to press to be the first in space would come back to haunt him. In the aftermath of Sputnik, the President tried to reassure the American public that the R-7 ICBM that pushed Sputnik into orbit was not a threat to the



Soviet Space Agency photo

A trained mongrel dog named Laika, or Barker in Russian, was the first earthling in space in 1957. The former stray died in Sputnik 2 when life support ran out.

United States. But not everyone accepted that line of thinking.

By the time John F. Kennedy was the Democratic nominee for President in 1960, Eisenhower's political foes had created a strategic missile gap between the West and the East, which they alleged the Soviets were leading. A "space race" began between the two superpowers that eventually ended on the Moon in 1969.

So, what is the significance of Sputnik's launch for military space professionals?

Sputnik was first into space, and firsts are important just for being first — no other object is 00001 in the satellite catalog. Second, Sputnik inspired the United States to look at space technology as important and achievable, not too expensive or too risky — a belief that resulted in little funding for space technologies before Sputnik's 1957 launch.

A report produced for the Air Force in 1946 suggested many missions for a "world-circling spaceship," including communications and reconnaissance, but the report was

ignored. Said one space pioneer, "We were not allowed to say the word 'space.' Many believed space was 'a non-useful type of endeavor for the military.' We couldn't say 'space,' but we still worked on space programs."

After Sputnik, General Schriever recalled, "When Sputnik went up ... everybody was saying, 'Why ... can't you go faster? Who's in charge here?'" Subsequently, all of his programs received immediate boosts in funding, which set the United States on course toward being the unequalled space power that it is today.

Third, Sputnik inspired a generation of people to work in the engineering and science fields, spurring on the space program to even greater heights, and eventually, the Moon.

Finally, by learning about Sputnik and the times that surrounded its launch, we can learn much about our own profession. Even though it was little more than a small metal ball that orbited the Earth transmitting beeps, Sputnik set off a spectacular chain of events that continues today.

# PROPER FITNESS CENTER ATTIRE

Perfect!

Oh, no!

## YES!

**FOOTWEAR**

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

**BOTTOMS**

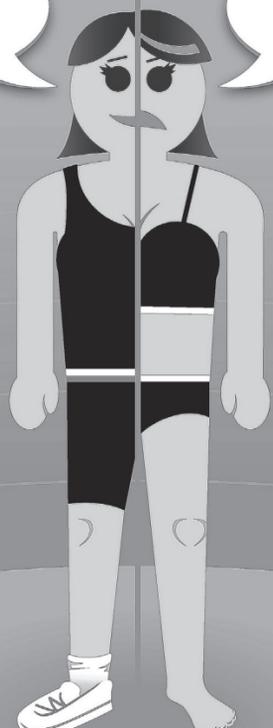
- Shorts longer than finger-tip length when arms are straight along side of body

**TOPS**

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

- Proper hygiene
- Limited use of perfume/cologne

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



## 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!

Awe, man!

## YES!

**FOOTWEAR**

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

**BOTTOMS**

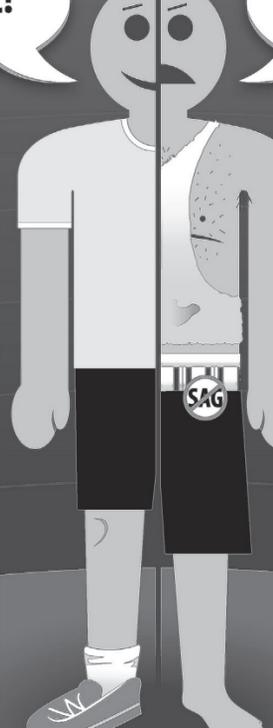
- Shorts longer than finger-tip length when arms are straight along side of body

**TOPS**

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

- Proper hygiene
- Limited use of perfume/cologne

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



## 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**

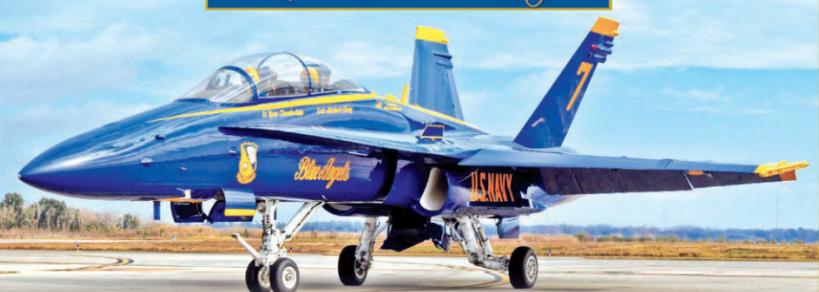
- Clothing with rivets
- A-shirts
- Exposed chest/nipple area

- Sauna Suit
- Heavy perfume or cologne
- Body odor

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