

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

September 4, 2014

An opportunity for career advancement



Sailors assigned across multiple commands throughout Naval Construction Battalion Center (NCBC) Gulfport, prepare to take the Petty Officer First Class exam at the Colmer Dining Facility on board NCBC, Sept. 4. The exam assesses the Sailors' in-rate training and professional military knowledge. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

Naval Meteorology and Oceanography Professional Development Center Change of Command

Naval Meteorology and Oceanography Professional Development Center (NMOPDC) will hold a change of command ceremony Sept. 5, at 1 p.m., in the Seabee Memorial Chapel.

Cmdr. Mark Butler will be relieved by Cmdr. Shane Stoughton. Uniform: E7 and above: Summer Whites; E6 and below: Summer Whites with ribbons; Civilians: Business attire

Seabee with NMCB 11 wins 2014 Spirit of Service Award

By MC3 Amanda L. Owens
Navy Office of Community Outreach

President Barack Obama congratulated a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 11 for receiving the American Legion Spirit of Service Award at the 96th Annual American Legion National Convention, Charlotte, N.C., Aug. 26.

Construction Electrician 2nd Class Porfirio Pimentel received the Spirit of Service Award from the nation's largest veteran service organization in recognition of his outstanding record of volunteer service.

"When you are busy doing volunteer work and someone comes, shakes your hand, looks straight in our eyes, says thank you and gives you the American Legion's Spirit of Service Award, needless to say, it means a lot," said Pimentel. "I want to make sure everybody knows I couldn't do it without the help, support and advice from my amazing mother, wife and daughter, and the outstanding people in my command."

Pimentel received the award by demonstrating outstanding military professionalism and a history of sustained volunteer efforts through his 11-year career in the U.S. Navy.

The Legion chose one member from each of the five armed services for the award. The awards were presented at a ceremony



Spirit of Service Award recipient CE2 Porfirio Pimentel, Naval Mobile Construction Battalion (NMCB) 11, addresses the general session at the American Legion 96th National Convention in Charlotte, N.C., Aug. 26. Photo by Tom Stratman/The American Legion

by American Legion National Commander Daniel M. Dellinger and Medal of Honor Recipient Kyle White.

"No one understands service in the same way that active duty, Reserve and veterans understand it. Those of us who have worn the uniform of our country know that our service does not end when the uniform comes off," said White.

Pimentel was nominated for the award by his current commanding officer, Cmdr. Steven J. Stasick, NMCB 11.

"Petty Officer Pimentel is, without a doubt, the face of volunteerism in my command and a role model for junior Sailors to emulate," said Stasick. "He clearly embodies what the Spirit of Service Award stands for."

Pimentel's extensive range of volunteer activi-

See **SPiRiT** page 7

September is National Preparedness Month . . . Be Disaster Aware, Take Action to Prepare

From NCBC Public Affairs

September is National Preparedness Month, a time when people across the country are encouraged to prepare for emergencies and disasters, Todd Rosenblum, acting assistant Secretary of Defense for homeland defense and Americas' security affairs, said Tuesday.

"National Preparedness Month is essentially about the entire Nation building its preparedness to have resiliency to respond to natural or man - made disasters," Rosenblum said.

In addition, President Barack Obama has declared Sept. 30 as America's PrepareAthon day, a day of action for individuals, organizations and communities to prepare for six specific hazards – earthquakes, floods, hurricanes, tornadoes, wildfires and winter storms.

A key component of

disaster awareness and preparation is ensuring that your family has a written family communications plan in the event that family members are separated during an emergency. The following should be considered when creating the plan:

~ Create a sheet or card with all the phone numbers and information every individual in the family may need, and make sure every member of the family has a copy of the communications plan.

~ Be aware that in the event of an emergency, phone lines and cell phone towers may be overloaded or out. You can try using text messaging if normal communication options are not available. It would be good to have a contingency plan for reaching each other.

~ Ensure every member of your family has a cell phone, coins, or a prepaid



phone card in order to connect with your emergency contact during emergencies.

Establish an in-case-of-emergency (ICE) name and number that everyone in your family has a copy of. Save the ICE information in everyone's cell phone.

~ File a copy of emergency contact information with the command ombudsman and the command. Place this form in a sealed envelope with your signature across the seal.

This will be opened only in case of emergency.

For detailed information about preparedness, visit <http://www.ready.gov/>

Visit <https://www.readynavy.mil> for a copy of a Family Emergency Plan for you to fill out for your family, as well as a wealth of information to assist you in preparing for emergencies.

Be Disaster Aware, Take Action to Prepare.

Content compiled from Ready Navy and Defense Media Activity

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Fraud, Waste and Abuse Hotline - Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse Hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: CNRSE_HOTLINE@navy.mil

Mini Mart News - In preparation for the final transition to the new Mini-Mart Gas Station, the retail area of the current Mini-Mart will be closed beginning Sept. 14. The fuel islands will still be available until 8 a.m., Sept. 16. After that time, the pumps will not have fuel available for consumer purchase until the Grand Opening of the new Mini-Mart Gas Station at 10 a.m., Sept. 18. We apologize for this necessary inconvenience.



Safe Helpline
Sexual Assault Support for the DoD Community
Live 1-on-1 Help Confidential Worldwide 24/7

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.Safe-Helpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.

Safety is everyone's job!

2014 Total Military Mishaps: 4
2014 Total Civilian Mishaps: 8
Days since last civilian DART* mishap: 155
Days since last military mishap: 3

*DART (Days Away, Restricted/Transferred) - a mishap that results in light duty, days off or work transfer due to injury.

Betty J. Long
NCBC Safety Manager
228-871-3115



Steven Lombardi, an employee at the Recycling Center operates an automatic cardboard baler on board Naval Construction Battalion Center Gulfport, Aug. 27. The Recycling Center offers free cardboard boxes for everyone with access to the Seabee Center. Located in Buildings 275 and 276, Recycling Center hours of operation are Monday – Friday, 6:30 a.m. - 2:30 p.m. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



Chief Boatswain's Mate Stanley Weaver from Naval Construction Battalion Center Gulfport's Chief Petty Officer's Association pumps gas for donations during a gas n glass event, Aug. 28. All proceeds will go to the 2014 Khaki Ball, Oct. 18. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)



Debra Collins, a Child Development Center (CDC) Preschool Education Technician, practices using a fire extinguisher on board the Naval Construction Battalion Center (NCBC) Gulfport, Aug. 26. The NCBC Fire Department is giving fire safety and prevention training this week to the CDC staff. (U.S. Navy photo by Builder Third Class Amanda Hollister/Released)

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September Fire Safety Tip

Ah, football season is upon us! Don't let a kitchen fire ruin a good football party. Unplug crock pots and other cooking appliances when finished cooking and do not leave cooking on the stove unattended. Cooking fires are the number one cause of fires in the home. So, remember these simple tips, and enjoy the football party!



For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter; subscribe to Inside the Gate by sending an email to bonnie.lindleymcgerr@navy.mil. Check out the new and improved website at: http://www.cnbc.navy.mil/regions/rse/installations/ncbc_gulfport.html

Balfour Beatty Communities Shoe Drive

During September, Balfour Beatty Communities is collecting gently used shoes to donate to Gulf Coast Community Ministries. Please tie or rubber band shoes together and place in drop box located at the Community Management Office. Home shoe pick up service is also available by emailing lladner@bbcgrp.com. Your generosity is appreciated!



Seabee Courier

Students attending Naval Meteorology and Oceanography Professional Development Center's Basic Oceanography Accession Training spend the afternoon taking notes and examining maps. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)



NMOPDC provides specialized training

By BU3(SCW) Amanda Hollister
NCBC Public Affairs

The Naval Meteorology and Oceanography Professional Development Center (NMOPDC), on board Naval Construction Battalion Center (NCBC) Gulfport is a small training command with a big mission: to provide specialized, follow-on training for the Navy's oceanographers.

NMOPDC in building 461, houses 10 classrooms for training active and reserve military personnel of multiple services, civilians and officers from foreign militaries.

"The creation of NMOPDC was ahead of its time as other Navy ratings followed the concept and established their own official learning centers," said Hu-

man Capital and Resources department head Deron Brink.

"We are responsible for ensuring the METOC community's 2,500 personnel are trained and prepared to do their job ashore or at sea, at home or forward deployed. That includes not just instruction, but also developing curriculum that is responsive to the needs of the warfighter," said NMOPDC Commanding Officer, Cmdr. Mark Butler.

Junior officers come to NMOPDC from around the U. S. each quarter to attend the seven-week Basic Oceanography Accession Training (BOAT). Additionally, the International Hydrographic Management & Engineering Program (IHMEP) brings an average of six or seven international officers from various

countries to NCBC every year to train at NMOPDC.

A third major program run by NMOPDC is the Reserve Aerographer's Mate School (RAMS). This is a three-year, segmented learning solution that offers reserve aerographers mates an opportunity to meet NEC 7412 requirements and align with the Navy Reserve mission "Ready Now. Anytime, Anywhere."

"There are things you need to do to keep yourself on track and keep up with qualifications," said Brink. "The education offered to reserve component Sailors through NMOPDC does exactly that and we develop most of our own curriculum through research here."

NMOPDC Curriculum Development department head Daniel Banks has researched and written multiple volumes of correspondence manuals for petty officers and chiefs, and curriculums for facilitated courses and computer-based trainings.

"We have 19 courses taught here and 41 altogether," Banks said. "Courses not taught here in Gulfport are facilitated through NMOPDC detachments in San Diego, Norfolk and Yokosuka, Japan."

Butler will be relieved Sept. 5, by Cmdr. Shane Stoughton during a change of command ceremony at 1 p.m. at the Seabee Memorial Chapel on board NCBC.



Ens. Lauren Breuer and Lt. Matthew Watts apply skills they've learned in Basic Oceanography Accession Training, a seven-week course at Naval Meteorology and Oceanography Professional Development Center on board Naval Construction Battalion Center Gulfport. (U. S. Navy photo by Builder 3rd Class Amanda Hollister/Released)

Suicide Prevention

September is National Suicide Prevention Month and this year's Navy theme is "Every Sailor, Every Day, focusing on peer connections and personal responsibility for self care. Throughout September we will be featuring individual responses to the question:

What makes your day matter?

Mary Lewis
NCBC CREDO
Facilitator



RPSN Tylar Willingham
NMCB 1



HM3 Hassan Karim
NBHC Gulfport



BUCN Mark Mills
NMCB 133

NCBC Frames

Tammie A. Holland
Morale, Welfare and Recreation (MWR)
Business Manager



FF: What single experience during your career stands out the most, and why does it stand out?
TH: At the recent 2014 Easter Egg Hunt, there was a 10 year old boy accompanied by his Grandma that began to cry when I (dressed as

the Easter Bunny) took a picture with him. The Grandma explained to me that his father was on deployment and the boy was having a rough time during his father's absence. I hugged the boy and his grandma in a group

FREEZE

By **UTCN Alicia Fluty**
NCBC Public Affairs

hug. At that moment, I realized that my job as the MWR Business Manager and all that it entails is more meaningful than any job that I have ever had. I gave comfort to a child while his parent defended FREEDOM and made the WORLD a better place.

FF: What has been your biggest motivation throughout your career?

TH: To use my personal strength as an accountant for purposes that are ethical and morally in line with my personal beliefs (God, Country and the Common Man).

FF: What advice would you give to future Seabees and Sailors?

FRAME



TH: Do what is right even when many disagree with you.

FF: What is your favorite part about being/working with the Seabees - why?

TH: I feel like I am working with a very, big family. I am proud to be a part of this family and membership makes me feel special.

FF: Who was your most influential mentor during your career, and why?

TH: My father was my most influential mentor during my career. He taught me that you can never go wrong in any aspect of your life when you do the right thing and believe in yourself.

September 4, 2014

Buzz on the Street

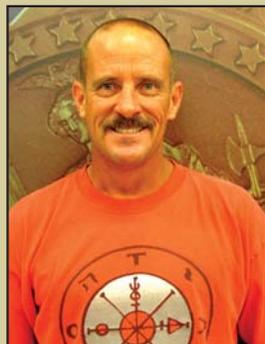
By **BUCA Elizabeth Mills**
NCBC Public Affairs

"What are some ways you can save money?"



"I have two checking accounts, one to play and one to bills. The money that I don't use in the play account I put in a savings or CD."

Michelle Lagarde
Navy Federal Credit Union
Member Service Representative
Hometown: Houma, La.



"My family comes to the Navy Exchange and Commissary. We try to shop the best deals."

Darrin Hill
NCBC Assistant Fire Chief
Hometown: Elk Grove, Calif.



"I have a set amount bi-weekly that goes to a CD that I don't touch because I know I can get penalized for it."

R.J. Newsome
Navy Federal Credit Union
Member Service Representative
Hometown: Gulfport, Miss.

The Mississippi Gulf Coast Chamber of Commerce, Inc. presents
THE 36th ANNUAL

SALUTE TO THE MILITARY



Featuring
GEN. FRANK J. GRASS
Chief of the National Guard Bureau
Joint Chiefs of Staff, Washington, DC
and hosted by
REP. STEVEN PALAZZO
Special Guests: **The A-Team**
41st Army Band
Music by the
and presentation of the 2014
Thomas V. Fredian Community Service Award

TUESDAY ★ OCT. 21 ★ 6:00 P.M.
MISSISSIPPI COAST CONVENTION CENTER
BILOXI

Join us as we thank our neighbors-in-uniform for their service to the nation and to our Coast communities.

Rep. Steven Palazzo and General Frank J. Grass will lead our 36th annual Salute, featuring a special appearance by "The A-Team."

Tickets are \$60 for civilians and retired military, \$50 for uniformed military. Reserved tables of 10 are available for \$500 civilian / \$300 uniformed military.

Corporate sponsorships available for \$1,000 include one table of 10 and 5 tickets are donated to the military in your name.

Naval Construction Battalion Center Gulfport personnel who are interested in attending Salute to the Military are asked to email NCBC Public Affairs Officer Rob Mims: robert.c.mims@navy.mil



Seabee Courier

Navy Families to have more lead time on screenings

From Navy Personnel Command Public Affairs

Life just got easier for Navy families going overseas with their Sailor with the release of a Navy message, Sept. 3.

Previously Sailors and their families had to wait for hard-copy orders to start their overseas screening. Now a Letter of Intent (LOI) will allow them to start the process.

"A working group was convened to evaluate the current overseas screening process and it came up with some recommendations. They recommended Navy Personnel Command issue a LOI once a Sailor is identified for an overseas billet," said Capt. Chris Harris, director, Distribution Management.

"The LOI would go to the Sailor's command and allows the Sailor and dependents to begin the

overseas screening process immediately, instead of waiting for orders."

According to NAVADMIN 203/14, official orders will not be released by Navy Personnel Command (NPC) until screening is complete and the Sailor and family members are eligible. Sailors have to complete overseas screening within 30 days of receiving the LOI. Their families have 60 days. If they don't complete the screening within that window, they will automatically be considered for reassignment to a needs-of-the-Navy assignment.

"We know that delays are sometimes unavoidable, due to circumstances beyond a Sailor's control, so waiver requests will be considered by NPC," said Harris.

For more information read the message at www.npc.navy.mil.



Builder Constructionman Jordan Lloyd, assigned to Naval Mobile Construction Battalion (NMCB) 133, practices laying corner blocks during a Concrete Block Technical Trainer course on board Naval Construction Battalion Center, Gulfport, Aug. 1. NMCB 133 Seabees are attending the course in preparation for an upcoming deployment to the Marshall Islands. Lloyd is a member of a 20-person Construction Civic Action Detail that will undertake several humanitarian projects in Kwajalein this fall. (U.S. Navy photo/Released)

'Practice makes perfect' for NMCB 133 Construction Civic Action Detail

By Lt. j.g. Meredith Martin

NMCB 133 Public Affairs

Two Seabees from Naval Mobile Construction Battalion (NMCB) 133's Construction Civic Action Detail (CCAD) Marshall Islands attended a concrete block technical training course in Gulfport, Miss., in preparation for an upcoming deployment to Kwajalein Atoll.

Builder Constructionman Jordan Lloyd and Builder Constructionman Douglas Yocom, NMCB 133, attended the week-long class, taught by Builder 2nd Class Rafael Whitson, also a member of the battalion. Lloyd and Yocom, along with the other 18 members of CCAD Marshall Islands, will build a new 130-square-foot concrete block restroom for an elementary school on the upcoming deployment. The

six-stall facility will be fed by a rainwater catchment system, also installed by the CCAD, tremendously improving the quality of life of more than 100 students on the remote Marshallese island of Enniburr.

The Seabees from NMCB 133 who participated in the trainer practiced laying out a building, mixing mortar, laying corners and lintels, keeping courses square and flush using stringlines, and striking (finishing) the joints in the block. Yocom hopes that the training will not only benefit his own technical abilities, but also allow him to help other members of the CCAD improve their masonry skills.

"It wasn't a trade I used all the time, so it was nice to get a refresher," Yocom said. "I feel confident I will be able to pass on what I learned in the trainer to my fellow Seabees, which

will increase our overall quality of work."

Chief Builder Chris Locke, CCAD's senior enlisted leader, sees the tech trainer as an important part of the pre-deployment training pipeline.

"The block trainer allows Seabees to hone their skills in a controlled environment before mobilizing overseas to the project jobsites," Locke explained. "They can take their time and make sure they understand all the moving parts during training, then move to the field and execute the real project with added confidence and technical expertise."

CCAD Marshall Islands will spend approximately five months on Kwajalein Atoll later this fall and winter, completing four humanitarian projects on two different Marshallese islands over the course of the deployment.

New to military family housing?

Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held in the

Seabee Memorial Chapel on the first and third Wednesday or the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.

NMCB 1 returns from unique PACOM deployment

By MCC Kim Martinez
 NMCB 1 Public Affairs

The final group of delayed party Sailors from Naval Mobile Construction Battalion (NMCB) 1 returned to their homeport, Naval Construction Battalion Center (NCBC) Gulfport, Miss., Aug. 24, from a regular six-month deployment.

The battalion deployed 270 Sailors, in February 2014, to 12 detail sites throughout the United States and Southeast Asia, but in May 2014, mobilized several hundred additional Sailors to support ongoing deployment operations globally.

Capt. James Meyer, commodore, 30th Naval Construction Regiment, lauded the men and women of NMCB 1 on their efforts both in the U.S. and Seventh Fleet.

"You should be proud of the work you did in support of one of the most demanding of NCF missions," said Meyer. "Having initially deployed as a battalion minus under financial constraints across the largest combatant command's area of responsibility and operating independently in eight different countries, NMCB 1 provided commendable support to our supported commanders. Your ability to meet strategic and operational objectives advanced the cause of the Seabees in the Pacific!"

During its unique six-month deployment, NMCB 1 worked alongside armed and defense forces from many countries.

"Stellar coordination efforts between U.S. and Royal Cambodian Armed Forces



Family and friends were all smiles when the delayed party of Seabees with Naval Mobile Construction Battalion (NMCB) 1 returned to Gulfport, Aug. 24, after a scheduled six-month deployment. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)

led to an improved joint relationship and completion of three high quality maternity wards capable of providing care to more than 40,000 people in impoverished and remote areas of Cambodia," said Meyer.

In Timor Leste, the 'Bees completed a Ministry of Health Railaco Lenten community health post project, resulting in increased medical treatment for 6,000 people in five austere villages.

In addition operating at three Civic Con-

struction Action Detail sites, participating in multi-lateral exercises and operating hubs in Okinawa, Guam and Gulfport, NMCB 1 also weathered two natural disasters in Okinawa, participated in Cooperation Readiness Afloat 2014 during a coup in Thailand and changed commanding officers in June 2014.

During its state-side operations, the battalion played a crucial role in establishing operational details in San Clemente and China Lake, Calif. In China Lake, NMCB 1 placed more than 3,100 cubic yards of concrete for a parking apron project overcoming design modifications and a shortened construction schedule.

"Our Sailors can be justly proud of their work across a dispersed and changing deployment. From Cambodia to China Lake, and everywhere in between, our Seabees executed superb construction support across the Pacific Area of Responsibility," said NMCB 1 Commanding Officer, Cmdr. Kemit Spears.

"Through our global partnerships, our efforts helped develop strong partnerships, grounded in trust with our partner nations and helped carry on the Naval Construction Force's legacy. I couldn't be more proud of my Sailor's accomplishments and perseverance throughout this deployment and thank our families and friends for their unwavering support."

NMCB 1 provides combat-ready engineer forces in response to Combatant Commander and Naval Component Commander requirements and provides planning and operational support for Seabee employment.

Due to advancement exams, Colmer Dining Facility will serve breakfast from 5:30 - 6:30 a.m., Sept. 11.

RACE ENGINES, DIRT BIKES, ATV's, CIGARETTE BOATS, ZODIACS

Are you up to the challenge of hard work and repairing unique SOF equipment?

Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates



- Motivated / Volunteer
- Pass Navy PFA
- E4-E6
- No NJP
- No bankruptcy
- Obtain Secret/TS clearance

Email us at DEVGRURecruiting@vb.socom.mil or contact your detailer to request additional information.

From **SPiRiT** page 1 this is highlighted by his involvement with the clean-up and rebuilding efforts following Hurricane Katrina, his time teaching English to El Salvadorian army soldiers, and his work at a homeless shelter for kids in Djibouti.

Pimentel believes the large amount of time he has given to his community is a small price to pay for the big return he gets from seeing the smiles on the faces of people he has helped.

"Many people think that you need a lot of money to

help other people, and the reality is that all you need is time," said Pimentel.

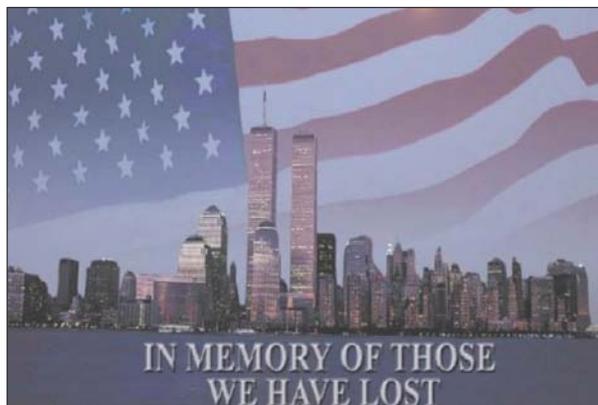
"I never expected to be recognized for my volunteerism, much less by the President," added Pimentel. "The opportunity to have the President recognize us individually is really an opportunity for [him] to recognize all of us in the Navy who take the time to volunteer in whatever we hold close to our hearts."

In addition to the Spirit of Service Award, Pimentel received a one-year membership from the American Legion.

Remembrance Meal Colmer Dining Facility Sept. 11, 11:30 a.m. - 1 p.m.

- French Onion Soup
- Grilled Sirloin Steak
- Grilled BBQ Chicken
- Sautéed Mushrooms/Onions
- Twice Baked Potato Casserole
- Baked Beans

- Asparagus
- Corn on the Cob
- Dinner Rolls
- Apple Pie
- Chocolate Cake
- Chocolate Chip Cookies



Meal Price: \$4.65 cash or credit

Open to all with authorized access to NCBC

Focus on Education

NCTC Gpt Builder "A" School . . . On the job training at its best!



Students from Naval Construction Training Center's Builder "A" School learn proper safety regulations and demolition techniques as they tear down wooden structures, Sept. 2. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

Veterans Employment Center

Talent Pipeline to the Civilian Sector

Skills translator, job sear and resume builder for active duty, veterans, spouses and dependent children, 18 years of age and older

For more info, contact VA Benefits Advisors
228-376-8504/8164/8703

Mississippi School for Mathematics and Science recognized for excellence

From Kevin Byrd
NCBC School Liaison Officer

For the third year in a row the Mississippi School for Mathematics and Science has been named one of the best high schools in America.

Out of 5,500 schools surveyed by national publications Newsweek and The Daily Beast, MSMS ranked number 57. Last year the school was ranked at number 352.

"Since the 2013-2014 school year aimed at breaking into the top 100, I'm thrilled we got it done in one year," said MSMS Executive Director Dr. Germain McConnell. "This is a testament to the incredible faculty, staff, and student population here at MSMS."

Not only was MSMS named as one of the nation's top 100 high schools, but it was also singled out as among the top 25 high schools in the South.

"I can't get over the fact that we jumped nearly 300 spots in the rankings,"

said MSMS Admissions Counselor Wade Leonard. "The entire state of Mississippi should be very proud today."

MSMS is Mississippi's only public, residential high school for the state's most academically talented students. The school, which was founded in 1987, is located in Columbus, Miss. on the campus of the Mississippi University for Women.

The school serves high school juniors and seniors from every corner of the state of Mississippi. Students who wish to attend MSMS must apply during their sophomore years of high school.

"I can't stress enough that MSMS is an option for every bright student in the state, and that we are a public school," said Leonard. "One of the best high schools in America belongs to you regardless of whether you live in Pelahatchie or Ocean Springs or Olive Branch or Natchez or anywhere in between."

Education Notes

Coastline Community College Registration

Registration for Coastline Community College's Fall "B" Term is open until Oct. 13. The Fall term begins Oct. 20 and ends Dec. 14. Additional information can be obtained by calling Dr. David Drye at 228-871-3439, emailing DDRYE@COASTLINE.EDU, or visiting the Navy College Office in Building 60, room 239.

Critical Events Resiliency Training

Bring your lunch and learn how to acquire the tools to handle difficult life events at the Critical Events Resiliency Training Skills class at Fleet and Family Support Center on Thursdays from 11 a.m. - noon. Pre-registration is required. Call 228-871-3000 to sign up.

NCBC School Liaison Officer Kevin Byrd
MWR, Building 352, 1706 Bainbridge Ave.
Phone: 228-871-2117
Email: kevin.r.byrd@navy.mil

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Back to school fashion fears

Unfortunately, I remember just about everything from middle school, from the Smurfs puffy stickers on my locker to that humiliating time I threw up in the cafeteria, and every awkwardly self-conscious moment in between.

During this gawky time in my life, I was clueless. It was as if I was hovering in a state of adolescent limbo between the days of carefree childhood and independent young adulthood.

I lay awake at night in my mock-brass twin bed staring at the Holly Hobby doll on my floral yellow Contact-papered shelf, wondering, "Who the heck am I, anyway?"

I needed a little style, a decent group of friends, and maybe someday, a boyfriend. But other than practicing kissing on the back of my hand, I had no idea what to do.

Despite all that stuff my parents told me about being "beautiful on the inside," I thought that wearing fashionable clothes to school was the first step to being cool. However, thanks to my absence of self-identity, putting together a stylish outfit was a particularly daunting task.

It was easy for my brother. All he needed was a pair of decent jeans, a few striped shirts left over from his color-coordinated Garanimals days, and some turf shoes. Part his hair straight down the middle with a huge plastic comb, put that comb in the back pocket of his new jeans and voila! He was totally in style.

For girls, however, it was more complicated. We had to keep up with an intimi-



dating array of trends. Just getting a new pair of jeans was overwhelming. Pleated or plain front? Acid or stone washed? Tapered or flared? Jordache or Lee?

There were madras shirts, Flashdance cut up sweatshirts, Members Only Jackets, cowl necks, Forenza sweaters, oversized blouses worn belted with a brooch at the neck, Izod shirts with an upturned collar, turtlenecks printed with whales, and blazers with enormous shoulder pads. There were painter's pants, Hammertime pants, parachute pants, stirrup pants, and overalls. There were Jellies, Converse Chucks, Tretorns, Reebok high tops, Vans, penny loafers, Capezios, Docksiders, and Candies faux wood slides.

Not to mention the dizzying assortment of accessories: fingerless gloves, leg warmers, Vuarnet sunglasses, Swatch watches, deely-boppers, bandanas, stick pins, braided headbands, mood rings, fanny packs and banana clips.

I was so confused, and I still had to decide whether rooster bangs or a bi-level would go better with my frosted purple eye shadow! Oh the agony!

Unable to discern my particular style, I never developed a real sense of fashion. I wore a lot of

blouses that tied at the neck ala Colonel Sanders, and my hair long with a slab of bangs, or in a pseudo Dorothy Hamill that made me look like my face was framed with a ring of polska kielbasa.

Even when I managed to convince my mother to buy me something trendy from the juniors rack at Hills Department Store, I was still doomed. Like the time I accidentally flung the strap of my overalls into the girl's restroom toilet before history class, or the time the boy sitting next to me in English took a bite out of my new root beer Bonne Bell Lip Smacker.

And now, as I take my girls back-to-school shopping, I'm amused that many of the trends that confounded me 30 years ago, are back on the racks. Although I am relieved that my girls have sense of style, I hope that less fashion-savvy kids are not stressing about what to wear to school like I did. Even if they can't figure out the latest trends, it's okay because they'll get another chance when those fashions reappear years later.

Regardless, what's most important is that our kids learn enough at school that they don't have to repeat English, Mathematics, Science or History. Besides, when it comes to back to school fashions, history has a tendency of repeating itself.

Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoes-oflife.com>. Follow Lisa @MolinariWrites

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*Some restrictions may apply. Offer expires 09/30/2014

See Something Wrong, Do Something Right

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell, text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



Co-Sponsored by: Mississippi Small Business Development Center, Keesler Airmen and Family Readiness Center, The NCBC Fleet and Family Support Center and The Innovation Center



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TAKE THE NEXT STEP TO STARTING A BUSINESS AFTER YOUR MILITARY SERVICE...

Two day workshop:

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0800 - 1230

Location: The Innovation Center
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Biloxi, MS 39532



Registration Contact Information

Keesler AFB (228) 379-8514
Lisa Lyons or Steve McDaniel

NCBC (228) 871-3000
Judy Bradshaw



Funded in part through a cooperative agreement with the U.S. Small Business Administration



NCBC Helping Hands

GULF COAST VA - Volunteers are needed to escort veterans during a Sensory Safari event in the Recreation Hall Sept. 10, 10 a.m. - noon. Point of contact is Susan Smith, Fleet and Family Support Center, 228-871-3640.

WEST ELEMENTARY SCHOOL FOOTBALL COACH - West Elementary is in need of a volunteer football coach for their 8 - 9 year-old full contact team. Games are Saturdays and the season runs until the third week of October. Point of contact is Brent Baylor, 228-323-1775.

BACK TO SCHOOL LOCK-IN - Gulf Coast Youth for Christ is looking for more than 250 adult volunteers to assist with their Back to School Lock-In occurring at the Edgewater Mall in Biloxi from 9 p.m., Sept. 19 to 7 a.m., Sept. 20. For more information, please call 228-864-0788 or email, youthforchrist@coastyfc.com.

BAYOU VIEW MIDDLE SCHOOL/GULFPORT CENTRAL MIDDLE SCHOOL - Builders and Engineers needed to help build storage shelves in the robotics lab. The school would also like a few engineers to come to the school and lend expertise to approximately 100 students (grades 6 - 8), for a robotics building project. Point of contact for further information is Michael Quintero, email: Michael.quintero@gulfportschools.org or 228-865-4633 or 228-870-1035. Bayou View Middle School/Gulfport Central Middle School - Builders and Engineers needed to help build storage shelves in the robotics lab. The school would also like a few engineers to come to the school and lend expertise to approximately 100 students (grades 6 - 8), for a robotics building project. Point of contact for further information is Michael Quintero, email: Michael.quintero@gulfportschools.org or 228-865-4633 or 228-870-1035.

SUSAN G. KOMEN RACE FOR THE CURE - Volunteers are still needed for the Susan G. Komen Race for the Cure, Sept. 6 at Jones Park in Gulfport. Opportunities include working various booths,

events and tasks before, during and after the race. Point of contact for all volunteers is Tina Gabriel at tinagabriel@wellsfargo.com. Please note that signed volunteer forms are required. To register for the race, visit www.komencentralms.org.

CASA - Court Appointed Special Advocates (CASA) for children is looking for volunteers for a Superhero 5K and 1M fun run/walk Sept. 13, 8 a.m. at Florence Gardens, 12321 Preservation Drive., Gulfport. Point of contact for more information is Sidney Massey, 228-865-7078 or Sidney@casaharrisoncounty.org.

ADOPT A GRANDPARENT - Volunteers are needed to visit senior citizens Sept. 6 at either 10 a.m. or 3 p.m. in celebration of Adopt a Grandparent Day. Volunteers will visit the elderly in nursing homes and senior living facilities in Harrison, Hancock and Jackson counties. Volunteers may sign up at the United Way of South Mississippi Volunteer Center, volunteer.unitedwaysm.org, through Interfaith Partnerships or at www.marstonrogers.com.

CRUISIN' THE COAST - Volunteers are needed in Gulfport for Cruisin' The Coast, Oct. 6, 10:30 a.m. - 5 p.m., Oct. 7-11, 8 - 1 p.m. and Noon - 5 p.m., and Oct. 12, 7 a.m. - 2 p.m. Volunteers will be asked to assist with traffic control, hospitality, parking, etc., at Cruise Central, Centennial Plaza in Gulfport. Point of contact for more information is Craig Grisoli, 228-385-3847.

PARALYZED VETERANS OF AMERICA - PVA Gulfport, 15489 Dedeaux Road, Gulfport, is asking for volunteers to perform a variety of tasks including: repair/build concrete slab for garbage disposal, paint office spaces, repair water fountain and build picnic tables. Point of contact is Cheryl Lewis, 228-832-6864 or 228-365-2253.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms.

O'Keefe, 228-604-4020 or office@disabilityconnection.org.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvationarmy.org.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USS ALABAMA ALWAYS LOOKING FOR HELP

- The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

Seabee Memorial Chapel

Religious Services Sunday:

Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass:
Tuesday: 11:15 a.m.



NCBC Center Chaplain: Lt. Cmdr. Ammie Davis, Chaplain

For more information about Chapel programs, please call the Chapel at: 228-871-2454

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

What's happening at the Chapel?

Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

Thursdays

- Catholic Mass: 6 p.m., Fellowship: 6:30 p.m., Bible Study: 7 p.m.

Meetings:

Chapel Council meetings
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.

Quarterly "State of the Chapel" meetings

The Chapel will hold quarterly State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The next meeting will be at 5 p.m., for approximately 30 minutes, Nov. 3.

SEP 5-11 MWR

SAINTS REGULAR SEASON TICKETS AVAILABLE SEP 8 @ ITT

Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-7:00p, Sat-Sun 9:30a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251		
SAC		Hours:	6-7:30a & 2:00-5:30p
Teen Center		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Rec Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p

FREE MOVIES AT THE TRAINING HALL!

SEP 5 - 6:00 pm EDGE OF TOMORROW (PG13), 8:00 pm A MILLION WAYS TO DIE IN THE WEST (R)

SEP 6 - 2:00 pm HOW TO TRAIN YOUR DRAGON 2 (PG), 4:30 pm THINK LIKE A MAN TOO (PG13), 7:00 pm 22 JUMP STREET (R)

SEP 7 - 2:00 pm EARTH TO ECHO (PG), 4:30 pm EDGE OF TOMORROW (PG13), 7:00 pm TAMMY (R)



SATURDAY, OCTOBER 4TH @ 0630am AT NAVAL CONSTRUCTION BATTALION CENTER GULFPORT, MS

FOOD
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DISPLAYS

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TO
THE
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MEDALS
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For more information, Contact 871-2669

Are you Ready to Rumble? UFC @ The BEEHIVE! SEP 5 @ 6pm

5 ROUND MIDDLEWEIGHT BOUT

El Gégard Mousasi vs **Ronaldo Souza "Jacare"**

20-3-0, 1NC RECORD 35-4-2
30% KO/TKO 54%
70% SUB 31%
20% DEC 14%
73 in HEIGHT 73 in
165 lbs WEIGHT 165 lbs

SIGNIFICANT STRIKES
2.2 LANDED PER MINUTE 3.62
41.17% ACCURACY 50.22%
1.94 ABSORBED P/M 1.08
67.52% DEFENSE 72.16%

GRAPPLING
3.64 TAKEDOWN AVERAGE 1.52
67.95% TAKEDOWN ACCURACY 58.52%

Child Development Center

Sep 5 @ 2pm
Celebrating
Grand Parents
& Grand
Friends!



- Sep 5 - 6:00 pm (departure), Island Strikz Bowling Trip, FREE Shuttle
- Sep 6 - 10:00 am, Paintball, \$10 - Gear & Paint
- Sep 8 - 6:00 pm, Monday Night Football Party NY GIANTS vs DETROIT LIONS, FREE Food & Drinks
- Sep 9 - 6:00 pm, Tournament Tuesday - Ping Pong, 1st place PRIZE
- Sep 11 - 5:30 pm, Rock Wall Night, FREE

Outdoor Recreation

It's the perfect time of the year to go camping! Tour the A-LINER campers at Navy Outdoor Recreation and Make your reservation TODAY!



Fitness September Classes

CORE
45
CLASS
Tues &
Thurs

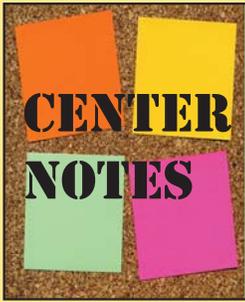
ZUMBA
CLASS
Mon &
Wed &
Sat

WATER
AEROBICS
CLASS
Tues &
Thurs

CYCLING
CLASS
Mon -
Thurs

CARDIO
PUMP
CLASS
Tues &
Thurs

FOR MORE INFORMATION, LIKE US ON FACEBOOK, "NCBC MWR"



SUPPORT Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.com.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families OverComing Under Stress provides resiliency training to service members and their

families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focus-project.org

Officer's Spouse Club The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc. The Navy Wives Clubs of America, Inc., is interested in re-establishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9

a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

TRAINING

Naval Sea Cadets The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on

Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

VFW Post 3937 Long Beach is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

The Ladies Auxilliary to the VFW Post 3937 Long Beach would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxilliary 3937 President Carol Fetters at 228-832-4893.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group Naval Mobile Construc-

tion Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information. **Navy Seabee Veterans of America (NSVA) Island X-1**, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabee-museum-store.org or call the gift store for more information at 228-871-4779.

Moving? Mailing packages? Need a box? Visit the **Recycling Center**, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!



Energy Savings Tip:

Fall preparation can mean big savings on winter heating bills. Air leak, drafts and poor insulation can be another cause of high-energy bills. Inspect and repair problems areas. Fixing air leaks can save you 10 percent off your bill, while insulating an attic door can save dollars as well.



GULF COAST USO
901 CBC 3rd Street,
Building 114
228-575-5224

Free services:
FAX, Send and Receive:
228-575-5225, Copies,
United Through Reading program, Computers with web cams, Internet/email access, X-Box

Office hours: Monday - Friday, 8 a.m. - 4 p.m.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000