

SEABEE COURIER

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August 16, 2012



Above, left to right: **Capt. Christopher Bower, Navy Exchange Command (NEXCOM), Cmdr. Brian Nottingham, Naval Construction Battalion Center (NCBC) Public Works Officer, Capt. Rick Burgess, NCBC commanding officer/Commander 20th Seabee Readiness Group, Janice Baker, Navy Lodge manager, Robert Bianchi, NEXCOM chief executive officer and Michael Bockelman, NEXCOM, cut the ribbon to officially open the new 43,930 square feet. Navy Lodge Expansion on board the Seabee Center, Aug. 14.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Representatives from the Navy Exchange Command, Naval Construction Battalion Center and Asset Group Inc., break ground for the new Navy Exchange Mini-Mart during a ceremony on board the Seabee Base, Aug. 14. The new facilities should be completed in less than a year and replaces the old mini-mart which was built in the 70's. U.S. Navy photo by Rob Mims/Released)

Seabee Center opens Navy Lodge Expansion; breaks ground for new Mini-Mart Gas Station

By NCBC Public Affairs

Officials from the Navy Exchange Command and the Naval Construction Battalion Center opened a new 43,930 square feet, 50-room expansion to the Navy Lodge Gulfport, Aug. 14, bringing the total number of rooms available to guests at 80. The ground breaking ceremony for the expansion occurred April 6, 2011.

"We are so excited to be opening this new lodge for our military guests," said Janice Baker, General Manager, Navy Lodge Gulfport. "Guests will find all the latest amenities and comforts that are offered in civilian hotels, but at a significant savings. Navy Lodges offer a 40 percent savings compared to other hotels and there are no extra person charges."

The new Navy Lodge expansion, built by Yates Construction, features three different types of rooms to fit the needs of all its guests. There are 10 two bedroom family suites that include full kitchenettes with dishwashers and a balcony off of living area. There are 12 business class rooms that feature one queen bed, microwave and refrigerator. Finally, guests can stay in one of the 28 extended stay rooms which have two queen beds and a full kitchenette with dishwasher.

"The people at Yates Construction did a great job in finishing the project on time with very nice results," said Capt. Rick Burgess, Naval Construction Battalion Center commanding officer/Commander 20th Seabee Readiness Group."

The \$10.7 million Navy Lodge expansion also offers guests a fitness room, vending areas, guest laundry, a patio area with gas grills and free WiFi. Guests can also take advantage of the free continental breakfast offered each morning.

"The much needed Navy Lodge expansion allows active duty and their families to stay on board the installation," said Burgess. "This is particularly important during Permanent Change of Station (PCS) moves."

To make reservations at any Navy lodging facilities or to receive a Navy Lodge directory, call 1-800-NAVY-INN, 24 hours a day, seven days a week or go online at www.navy-lodge.com. Reservations are accepted on an as-received basis without regard to rank.

The base, in conjunction with, the Navy Exchange Command also breaks ground on a new \$4.1 million mini-mart gas station Aug. 14. The new facility being constructed by Asset Group Inc., out of Oklahoma City, Okla., replaces the old mini-mart which was built in the 70's.

The mini-mart has been needed for quite some time and will replace an antiquated facility," said Burgess.

The new facility should be completed in less than a year and will be more than 7,000 square feet; nearly three times bigger than the current 2,500 square foot store. It will also feature three additional gas pump islands, which will include an additional six gas pumps. And, unlike the current store, diesel fuel will be offered.



Voting 101: Answers to questions regarding the Electoral College system of voting used for U.S. presidential elections

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From NCBC Public Affairs

The Nov. 16 presidential election is just around the corner, but it's never too late to brush up on election policy and procedure. Over the next few editions of the Seabee eCourier, the fundamentals of the electoral process will be reviewed as means of helping voters become better prepared for the election. The answer to question one may seem obvious to some, but to others it may be a distant memory from a U.S. Government class of long ago.

What is the Electoral College?

The Electoral College is a process, not a place. The founding fathers established it in the Constitution as a compromise between election of the President by a vote in Congress and election of the President by a popular vote of qualified citizens.

The Electoral College process consists of the selection of the electors, the meeting of the electors where they vote for President and Vice President, and the counting of the electoral votes by Congress.

The Electoral College consists of 538 electors. A majority of 270 electoral votes is required to elect the President. Your

state's entitled allotment of electors equals the number of members in its Congressional delegation: one for each member in the House of Representatives plus two for your Senators.

Under the 23rd Amendment of the Constitution, the District of Columbia is allocated 3 electors and treated like a state for purposes of the Electoral College. For this reason, in the following discussion, the word "state" also refers to the District of Columbia.

Each candidate running for President in your state has his or her own group of electors. The electors are generally chosen by the candidate's political party, but state laws vary on how the electors are selected and what their responsibilities are.

The presidential election is held every four years on the Tuesday after the first Monday in November. You help choose your state's electors when you vote for President because when you vote for your candidate you are actually voting for your candidate's electors.

Most states have a "winner-take-all" system that awards all electors to the winning presidential candidate. However, Maine and Nebraska each have a variation of "propor-

tional representation."

After the presidential election, your governor prepares a "Certificate of Ascertainment" listing all of the candidates who ran for President in your state along with the names of their respective electors. The Certificate of Ascertainment also declares the winning presidential candidate in your state and shows which electors will represent your state at the meeting of the electors in December of the election year. Your state's Certificates of Ascertainments are sent to the Congress and the National Archives as part of the official records of the presidential election.

The meeting of the electors takes place on the first Monday after the second Wednesday in December after the presidential election. The electors meet in their respective states, where they cast their votes for President and Vice President on separate ballots. Your state's electors' votes are recorded on a "Certificate of Vote," which is prepared at the meeting by the electors. Your state's Certificates of Votes are sent to the Congress and the National Archives as part of the official records of the presidential election.

Each state's electoral votes



are counted in a joint session of Congress on the 6th of January in the year following the meeting of the electors. Members of the House and Senate meet in the House chamber to conduct the official tally of electoral votes

The Vice President, as President of the Senate, presides over the count and announces the results of the vote. The President of the Senate then declares which persons, if any, have been elected President and Vice President of the United States.

The President-Elect takes the oath of office and is sworn in as President of the United States on January 20th in the year following the Presidential election.

Next week: Why do we have the Electoral College?

Editor's Note: All material for this article was taken from www.USA.gov

Fraud, Waste and Abuse Hotline Information
 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, E-mail: CNRSE_HOTLINE@navy.mil.

Naval Construction Training Center
Change of Command
Aug. 17, 10 a.m., Training Hall
Cmdr. William Whitmire will be relieved by
Cmdr. Scott Anderson

Buzz on the Street



By **CECN Lucinda Moise**
NCBC Public Affairs

Do you have major plans for Labor Day.



"No, I plan on Skyping with my family."

CECN(SCW) Endia Roberson
NMCB 1
Hometown: Albany, Ga.



"No, I plan on working, since I will be on deployment."

BU2 Francisco Planchart
NMCB 14
Hometown: Paris, Tenn.



"Sort of, I plan on cooking out and having fun with my family."

EO3 Deante Serton
NMCB 11
Hometown: Pittsburg, Pa.

Around the Center



Students of Naval Construction Training Center (NCTC) Class 12640, place concrete at the troop march area project site on board NCBC, Aug 13. The finished concrete pad will serve as a troop marching path for students marching around the base, and aid in keeping them off the road as much as possible. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



Balfour Beatty Communities' Abatement, Demolition, Reclamation project on board NCBC Gulfport officially began when Capt. Rick Burgess, commanding officer, NCBC Gulfport and commander, 20th SRG, operating a Deere D200 excavator, initiated demolition of the first of 100 housing units at Ladd Circle Aug. 8. Once demolition of the housing units is complete, the roads, sidewalks, lighting, trees and playground equipment will be left in place, and the land will be used as open park space. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Army Spc. Patrick McElroy, from Ft. Leonard Wood, Mo., provides training to 25 people participating in the Applied Suicide Intervention Skills Training (ASIST) held at the Seabee Memorial Chapel on board NCBC, Aug 9. The two-day training consisted of personnel from 20th SRG, R75, and R436, and 169th Engineer Battalion. According to the LivingWorks website, an ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping prevent the immediate risk of suicide. More than one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Balfour Beatty Communities sponsors another successful National Night Out for NCBC residents

By **CECN Lucinda L. Moise**
 NCBC Public Affairs
 Balfour Beatty Communities (BBC) sponsored a National Night Out Block Party and Back to School Celebration at Magnolia Place Community Holloway Drive Pool House Lawn, Aug. 7. This was the third year the event was organized to bring

the community together and to take a stand against neighborhood crime.

Free food, drinks, games and entertainment for the whole family to enjoy were available during the event. Dominoes gave away pizza, Games to U provided video games and Gulf Coast Musician Eddy McDaniel

displayed his musical talent while singing and playing guitar. BBC also had a water slide at National Night Out and the pool hours were extended for the event. To celebrate children going back to school, BBC gave away school supplies to each child at the block party. Organizations such as Mississippi Surge and Gulf Island Water Park also participated in the festivities.

According to BBC coordinator, Addie Bradshaw, National Night Out was all about uniting the community and sending the message that they will not tolerate crime in their neighborhoods.

"This is all about bringing the community together to show that we are a team and we will not stand for any crime in our neighborhoods," said Bradshaw.

Naval Construction Battalion Center (NCBC) Security and Fire Department came out as well. NCBC Security and Fire department both played important roles during the event.

"We are out here to interact with the children mainly, because a lot of them are scared of us. We want to show them that we are the good guys and



Magnolia community residents visit the table of representatives from Mississippi Surge at the National Night Out Block Party and Back to School Celebration held at Magnolia Place Community Holloway Drive Pool House Lawn on board NCBC, Aug 7. Balfour Beatty Communities (BBC) coordinated the event to bring the community together and to take a stand against crime in our neighborhoods. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

they can come to us for help, and also to promote a zero tolerance for crime in our community," said Master at Arms 1st Class Robert Speed. Magnolia Place resident Wendy Rife said she believes that National Night Out was a very fun event.

"This gets my son out of the house and gives him an opportunity to meet new neighbors.

It's also a great collaboration of agencies out here," said Rife.

Bradshaw believes this year's event had a pretty good turnout. There were 12 vendors and organizations, and more than 60 people came out and enjoyed the night of fun.

Balfour Beatty Communities representatives said they are looking forward to sponsoring next year's National Night Out.



Naval Construction Battalion Center (NCBC) Security personnel hand out wrist bands to children at the National Night Out Block Party and Back to School Celebration held at Magnolia Place Community Holloway Drive Pool House Lawn on board NCBC, Aug 7. Balfour Beatty Communities (BBC) coordinated the event to bring the community together and to take a stand against crime in our neighborhoods. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

August 16, 2012

FOCUS to host Children's Story Time

Families Over Coming Under Stress (FOCUS) is excited to introduce a Story Time program for the 4 and 5-year-old classes at the Child Development Center. Participating children will experience an age appropriate book and a fun activity to teach one of the FOCUS skills such as communication, problem solving, emotional regulation, or goal setting. Sessions will be held the third Thursday of the month at 2:30 p.m., at the CDC, with the first story time taking place Aug. 16. Parents must complete an Agreement to Participate form in order for your child to be enrolled in Story Time. For questions about Story Time with FOCUS, please contact the CDC at 228-871-2323. Learn more about FOCUS at www.FOCUSProject.org or contact FOCUS Gulfport at 228-822-5736.



Feds feed families, the annual DoD food drive, is happening through September. Most wanted items include canned fruits, vegetables, multi-grain cereal, canned proteins, soups, grains, condiments, 100 percent juice, baking goods, snacks, hygiene items and paper products. NCBC food donation drop off locations are battalion building spaces, CBC Commissary, Seabee Memorial Chapel, Navy Exchange, Fleet and Family Support Center, Armory and Building 1. For more information, contact the Chapel at 228-871-2454.

Seabee Courier

Tracking the 'Fearless' Seabees of NMCB 74

Timor-Leste

Guam



Above: Construction Mechanic Constructionman Oscar Fuentes, a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 74, completes the smooth finishing touches on the freshly laid blocks at a school construction project site in Liquica, Timor-Leste. Below: Builder 3rd Class Amanda Miller, a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 74, prepares mortar to be used for laying block at a school construction project site. The Seabees from NMCB 74 are improving medical and school facilities and sharing engineering practices with local defense forces. (U.S. Navy photos by Utilities Constructionman Latina Billings/Released)



Okinawa



Top: Builder 3rd Class Timothy Fitzgerald, a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 74, uses a level to ensure the proper placement of an interior wall inside a Pre-Engineered Building (PEB) under construction at Tengan Pier in Okinawa, Japan. Once complete, the PEB will include a forklift charging bay, administrative space and conference room and will greatly increase operations on Tengan Pier for ships arriving to port. Above: Lt.j.g. Andres Espinosa, Construction Electrician 1st Class Robert Thomas and Master Chief James Brooks, all assigned to Naval Mobile Construction Battalion (NMCB) 74, discuss floor plans for the interior walls inside a Pre-Engineered Building (PEB) under construction at Tengan Pier in Okinawa, Japan. (U.S. Navy photos by Mass Communication Specialist 2nd Class Michael Lindsey/Released)



Above: Equipment Operator 3rd Class Shane Wilcher, left, Equipment Operator 1st Class Jared Vehrs, and Equipment Operator Constructionman Eric Hofmans, assigned to Naval Mobile Construction Battalion (NMCB) 74's Guam Detail, drill holes in preparation for next month's detonation at Orote Point Quarry, Guam. The quarry provides mineral materials utilized for building projects such as roads, parking lots and building foundations. Below: Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74's Crane Crew offload Naval Special Warfare Group 1 boats slated for transfer into the Defense Logistics Agency (DLA) Disposition Services. (U.S. Navy photos by Equipment Operator Constructionman Laura Trommer / Released)



NCTC initiates Safe Ride Home program

By LSC Charlie Barba

NCTC Public Affairs

Naval Construction Training Command (NCTC) has initiated its new "Safe Ride Home" program.

The program started with a fund raiser in March to get the program off the deck. Gulf Coast Transit Services, LLC, was contacted to provide Yellow Cab services 24 hour, seven day a week; live dispatchers to take calls and dispatch cabs.

With in-cab video of occupants, GPS locating of all the cabs and metered service NCTC felt that the company was the best source for this new venture.

Mike Fowler of Yellow Cab was glad to see NCTC taking a proactive approach and has worked closely with the command to ensure that all passengers are taken home safely.

Safe Ride Home is open to both students and staff, military and civilian, no matter which branch they are in. The

only criteria is that the person is of legal drinking age and has a personal vehicle onboard CBC.

Once these requirements are met the person is given a bright yellow business card. No one signs for the cards, everything is kept completely anonymous. The only printing on the card is the account number, and the name and number of the cab company.

When someone has had too much to drink and has run out of options, NCTC offers a card to keep impaired drivers off the road. The card gives the person a free ride to their home or residence. The person is never charged for the ride and their name is never taken.

At the end of the month Yellow Cab sends a bill to NCTC's Command DAPA who then pays for it with the money raised by fund raisers and donations. The average cab fare has been \$12, but of course the fare is determined by the



pick-up and drop-off locations.

The Ride Home cards were issued in May when NCTC had its first riders. From May to July over 20 cards were used.

Cmdr. Bill Whitmire, commanding officer of NCTC said that since the program's inception, NCTC hasn't had any DUI/DWI arrests. More importantly, is the realization that someone's life may have been saved. With the program's complete anonymity, Whitmire feels that folks are more likely to call the cab company than try to drive home impaired.

The Safe Ride Home program is one more example of service members taking care of their own.

NMCB 133

Pre-Deployment Fair

Aug. 17, 10:30 a.m.

Long Beach Activity

Senior Center

20257 Daugherty Road

Long Beach



All family members are welcome

There will be information booths, displays and a bouncy house for the kids!

Seabee techs set sail for Operation Citadel Rumble

By Mason Lowery

Naval Facilities Expeditionary Logistics Center Public Affairs

Seabees from the Naval Facilities Expeditionary Logistics Center participated in an emergency training exercise here during Operation Citadel Rumble Aug. 7 - 9.

Seabee MUSE (Mobile Utilities Support Equipment) technicians loaded and shipped power generators to Naval Base Point Loma when a simulated earthquake closed roads from Naval Base Ventura County to San Diego.

Construction Mechanic 2nd Class Edward Gugala and Construction Mechanic 1st Class Leslie Walton sailed with MUSE's Mobile Switchgear Kid and Portable Shore Power Connection Panel to Point Loma aboard the LCU 1648, a landing craft used by Assault Craft Unit ONE amphibious forces to transport equipment and troops to shore. The equipment the Seabees shipped has the capability to provide power

to ships, submarines or base facilities during man-made or natural disasters.

"It was exciting to be a part of this exercise and showcase MUSE's disaster response capabilities. We can load our equipment onto ships, trucks, planes and trains to provide power anywhere in the world very quickly," explained Gugala.

MUSE Seabee Technicians are specially trained Seabees who provide responsive, reliable, and cost effective interim power and technical assistance in support of worldwide Navy and Department of Defense utility deficiencies.

Citadel Rumble is a response and recovery exercise designed to evaluate Navy shore-based commands and installation emergency preparedness in response to an all hazards scenario.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

Horseshoe Challenge

Aug. 24, 7:30 a.m.

Sign up at Fitness Center front desk



Underwater Construction Team (UCT) ONE

is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change



Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment.

Contact UCT CCC/Diver recruiting team @ (757) 462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; SW1 Dohse at ryan.dohse@navy.mil or visit www.facebook.com/seabee.diver for more information.

NCBC FRAMES

**Builder Constructionman
Julie Lowe**
20th SRG Admin, Personnel
Support

By MCC (SCW) Ryan G. Wilber
NCBC Public Affairs



FREEZE FRAME



FF: What single experience during your career stands out the most and why?

BUCN: One experience that stands out the most to me would have to be my first FTX. I heard all the stories and talk, I was told to pack baby powder, water proof my gear etc. , but I don't think anything or anyone

could have truly prepared me for it. It was a great learning experience though.

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

BUCN: My biggest motivation throughout my career would have to be bettering myself. There's always room

for improvement.

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

BUCN: One word of advice that I would give to future Seabees and Sailors would have to be always do your best; Even if you're not the greatest at your job, but you're doing your best, who

can knock you for trying?

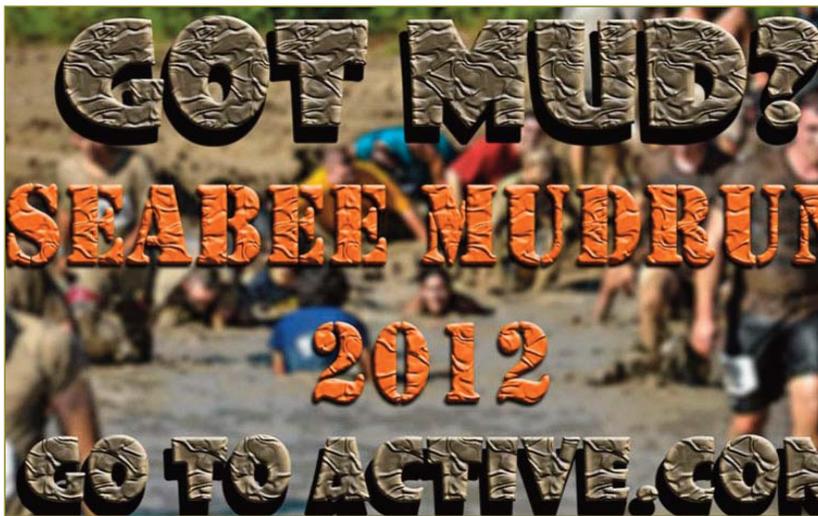
FF: What is your favorite thing about working with the Seabees?

BUCN: My favorite thing about working with the Seabees is the "Can Do Attitude." I think it's rubbing off!

FF: Who was your most influen-

tial mentor during your career, and why?

BUCN: My most influential mentor during my career would have to be CE2 (SCW) Charis Depena. I chose her as my mentor for NMCB 7's mentoring program and I could always go to her for guidance whenever necessary.



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Email us at [!DEVGRURecruiting@vb.socom.mil](mailto:DEVGRURecruiting@vb.socom.mil) or contact your detailee to request additional information.

NCBC Gulfport will host SEABEE MUD RUN 2012 Sept. 8. Registration and check-in begins at 6:30 a.m. and the race begins promptly at 8 a.m. The course is just over four miles with mud, water, mud, dry obstacles, mud, water slide, mud, hills and of course, mud!

Health Watch: Obesity - the epidemic taking over America

By HM3 Jessica Martin
in consult with
Cmdr. Donna R. Hunter, RD
NBHC Gulfport

Did you know that the Centers for Disease Control identified more than one-third of adults and almost 17 percent of youth as obese in 2009–2010? Obesity means having too much body fat. It is not the same as being overweight, which means weighing too much. Did you also know that Mississippi was named the most obese state in the United States in 2011? The state of Mississippi has an obesity rate of 34.4 percent in adults and a 19.8 percent obesity rate in children.

While Mississippi is a leader in obesity, it's important to note that no state in the nation has met the Department of Health and Human Services' 10-year-old national goal, called Healthy People 2010, to lower obesity prevalence to 15 percent. More than 30 percent of the populations in Louisiana, Mississippi and Tennessee are obese. It's not hard to see why when all these states believe that any food can be fried, especially seafood.

It should be no surprise that being overweight and obese increases one's risks for developing diseases such as diabetes, hypertension, high cholesterol, stroke, gallstones,

sleep apnea and certain cancers. What should be a surprise is that if losing weight can reduce these risks and improve our quality of life by adding years to our time on this planet, why aren't we doing it?

First, let's look at some reasons why we are a fat nation. In the mid-1980's, the United States had a very low prevalence of obesity, less than 10 to 15 percent. So, what the heck happened between then and now? Generally speaking, we're a lot less active at work and our leisure-time activities are now primarily sedentary (couch potato TV watching, surfing the web and playing video games). We also have an abundance of palatable, calorie-dense food that, when coupled with large portions served at restaurants and fast food places, contribute to and promote high calorie consumption.

We basically live in an obesity-promoting environment where social and cultural traditions actually promote over-eating and the preferential consumption of high calorie foods. Our typical daily routine promotes and perpetuates our weight issues.

So, what do we do now?

Attitudes and behaviors are critical in managing our weight. Bottom line, controlling how many calories we eat and increasing how many calo-

ries we burn with exercise and increased physical activity is the answer.

Here are some proven strategies to aid weight loss efforts:

~~ Exercise! Go figure: Make exercise a priority like brushing your teeth and going to work. Let some things go to free up more time. Laundry, for example, can wait until later – it's your health that can't wait.

~~ Portion Control! Believe it: Did you know that the size of the dinner plate has grown over the years? Eating off of smaller plates, bowls and cups can reduce overall calories without decreasing satisfaction.

~~ Food Choices! Nothing tastes as good as being healthy feels. Break the addiction to fatty, salty foods that typically have more calories by finding recipes to some of your favorite foods and meals that are lower in fat and overall calories.

~~ Eat slow and limit seconds! Waste vs. waist. We typically eat fast and head back for seconds, or eat what's leftover on someone else's plate. We should eat until we are no longer hungry, not until we're full. Should we add to our "waist", where we'll gain weight and have to buy new clothes . . . or to "waste", in the garbage, because our bodies don't need them? Which is more expensive?



~~ Modify your behavior! We're all trainable. Eat at home more often. Keep high calorie snacks out of the house (don't shop when you're hungry). Drink water or eat an apple just before a meal to eat less. Don't skip meals – you'll eat more later on. Drink lots of water throughout the day. Watch the "liquid" calories (regular sodas, juices, some sports drinks, alcohol). There are many ways to modify individual behavior based on your lifestyle so please see a Registered Dietitian for more.

Do you have a sluggish metabolism? This just means you may have to work harder than others but you will never reach your goals if you don't work with what you have. Do you snack a lot? Document what you eat daily to identify trends in eating and you may surprise yourself. Try

an online food log such as myfitnesspal.com to determine how many calories you're actually consuming.

Are you embarrassed to talk to others about your weight issues? Not a problem, try working with a health and wellness coach on Military OneSource. Military OneSource provides free health and wellness sessions to all military active duty, reserve and guard members. They also guarantee 100 percent confidentiality so no one will know what you have discussed with your coach. If you are interested in this coaching program pick up the phone and call 1-800-342-9647, what are you waiting for?

To learn more about managing your weight effectively, please contact your Primary Care Manager for a nutrition consult to see a Registered Dietitian.

Retirees and Family Members Eligible for Enrollment at NBHC Gulfport

Naval branch Health Clinic Gulfport is opening enrollment to TRICARE Prime retirees and family members age 64 and younger beginning Sept. 1. Interested retirees and eligible family members must visit the TRICARE Service Center (TSC) located at 284 Debuys Road in Biloxi, Miss., to enroll. The TSC's hours of operation are 7:30 a.m. - 4:30 p.m., Monday through Friday. For additional information, please contact the Clinic's Health Benefits Advisor, Mrs. Debbie Sekul, at 228-822-5725. At NBHC Gulfport, we take very seriously our vision to "Exceed Expectations Everyday" and hope you decide to entrust us with your family's healthcare needs.



Looking for a way to serve your community? Interested in a law enforcement career? If so, consider volunteering your off duty time and become a Gulfport Police Reserve Officer or a Reserve Community Service Technician. Call Lt. Phillip Kincaid at 228-868-5900, ext. 6189 or email him at pkincaid@gulfport-ms.gov for additional information.



You can change your child's behavior

From Harrison County School District Website

Especially for the parents of Harrison County School District By The Parent Institute, a Division of NIS, Inc.

A child's habits affect the child's school success. Kids who study every day and who turn in their homework on time do better than kids who don't.

But few children choose those good habits without a fight. So if you want to help your child develop them, you're in for a bit of a struggle. Still, you will be more successful if you understand these basics about a child's nature:

^ Behaviors that are re-

warded tend to continue

^ Behaviors that are punished generally decrease or even stop

Neither of these will be true unless the rewards and punishments matter to the child. Consequences have to be applied every time. Otherwise, kids will gamble and try to wear you down.

Some kids need both positive and negative consequences. ("If you do all your homework this week, you can have a friend for a sleep over. Otherwise, you'll lose your TV time this weekend.")

Grandma's rule (work before play) is always a good idea. Try this if your child asks you

for something and you haven't had time to think about it.

("Let me think about that. But I'll be more likely to say yes if you have finished your math problems.")

As a parent, you have a right to say, "No." Your child has a right to ask, "Why not?" (But only one time.) Sometimes you will feel like a "meanie" when you say no. But that's better than how you'll feel if your child gets in more serious trouble later in life because no one ever said "No."

For more timely tips and important scholastic information visit:
<http://www.harrison.k12.ms.us/ParentResources.aspx>

NCBC School

Liaison Officer, Kevin Byrd is located at: MWR, Building 352, 1706 Bainbridge Ave. NCBC 228-871-2117, email: kevin.r.byrd@navy.mil

COLLEGE SAVINGS MISSISSIPPI

There's no time like the present to begin to fund their future. With College Savings Mississippi's MPACT plan, you can lock in today's tuition rates for tomorrow's college students, avoid future tuition increases, and rest easy knowing you've got their college tuition covered. Our MACS savings plan offers you the choice of three investment options that allow you to begin to save not only for tuition, but other qualified expenses such as certain room and board costs, and required books and supplies. So, be proactive. Enroll today! www.CollegeSavingsMississippi.com



SAVE the DATE EFMP & Child Find Family Fun Day Sept. 22, 10 a.m. - 3 p.m. Lynn Meadows Discovery Center Base & Community Resources Information Fair

A free, family fun event for active duty Navy, Air Force, Army, national Guard and Reserve families who have children with special needs. Presented by the Airman and Family Readiness Center's Exceptional Family Member Program (EFMP), Youth Center and Child Development Center.

Come play, gather information and connect with other families.



Child Find's goal is to identify, locate and evaluate all children with disabilities from birth to age 21 who are in need of early intervention services or special education.

Bring your picnic lunch - beverages will be furnished.

***Preregister by Sept. 20 by calling 228-376-8728 ***

12th Annual Gulf Coast Veterans Day Parade

This year's parade honors our
VIETNAM VETERANS

When: Saturday, November 10, 2012

Where: Downtown Gulfport

Time: 11 a.m.

What a Parade! Would YOU like to experience the patriotic pride? Come and join US! Antique Military Vehicles, Floats, Military Marching Units, Marching Bands, JROTC Units and all the pomp and circumstance!

Sign up NOW to participate!
This event is FREE TO THE PUBLIC because our Veterans have already paid the price!

For more information: WWW.MSVETERANSPARADE.COM
FACEBOOK: WWW.FACEBOOK.COM/VETERANSDAY.PARADE
PHONE: 228-669-4997



At the MOVIES

Aug. 17: Dark Shadows, PG13, 6:30 p.m.

Aug. 18: Avengers, PG13, noon; Pirates Band of Misfits, PG, 3:15 p.m., The Dictator, R, 5:30 p.m.

Aug 19: Pirates Band of Misfits, PG, 2 p.m., The Five Year Engagement, R, 4 p.m.

All movies are FREE!

Be sure to call the Movie Hotline at 228-871-3299 to check for movie schedule updates.



ages! Day passes for only \$18.50 and you may upgrade these day passes to season passes at the water park front gate. Call 228-871-2231 for more info!

Purchase your tickets to see the New Orleans Saints 2012 Home Games through ITT! Tickets go on sale two weeks prior to each game. The first week of sales will be open to Active Duty only. During the second week of sales tickets will be available for purchase to all eligible MWR patrons (Active Duty, Dependents, Retirees, Reservists, and DoD) with proper identification. Limit two per Military ID Card. Please call ITT, 228-871-2231, with any questions.

Pre Season Game, Saints vs. Texans are on sale \$10/ticket
Regular Season Game, Saints vs. Redskins will go on sale Aug. 27, 9 a.m., \$52.25/ticket
One man's trash is another man's treasure. The next Base Wide Yard Sale is Sept. 22, 8 a.m. – 1 p.m. \$10 for two tables and two chairs. Minimum of six participants, Last day to sign up is Sept. 19.
Waterparks, hotel discounts, adventure parks,

vacation packages, and destination cruises. Call 228-871-2231 for your tickets to the perfect adventure.

Outdoor Recreation: ODR has a wide variety of gear ranging from tents to sports equipment. For those summer cookouts or rummage sales, the Rental Center offers tables and chairs, canopies and coolers for rent.

ODR August Special – Catch a wave with ODR!! Kayak or Stand up Paddle Board rentals are 30 percent off. All required safety equipment included.

Our Driving Range is FREE and open for business! The Driving Range is open seven days a week from sun up to sun down. Tokens are free and can be picked up from Outdoor Recreation Center and the Fitness Center. ODR is located in Building 456 and is open Monday, 7 a.m. - 6 p.m., and Thursday - Sunday, 10 a.m. - 6 p.m. Closed Tuesday - Wednesday. The Fitness Center is located in Building 445 and is open Monday through Friday, 4:30 - 9 p.m., and Saturday - Sunday, 9 a.m. - 5 p.m. Right and left handed beginners clubs are available for check out at no charge from ODR during business hours. We take pride in providing you with an environment that allows you to work on your game at your own pace. We incorporate yardage markers from 100 - 250 yards. Each token provides roughly 25 balls. Tokens do not expire.

A-Liner Campers are available for rent! Daily (Monday – Thursday), Weekend (Friday – Sunday) and Week rates. All deposits require a major credit card. Deposits are refundable upon return with a favorable inspection for damage to the unit. (MWR will not put hitches

or trailer balls on any vehicles, but trailer light plug adapters will be available if needed.) Call 228-871-2127 for details.

Passes for The Coast Rifle and Pistol Club Shooting Range are available through ODR. This is free, but you must attend safety training/briefing provided by Coast Rifle and Pistol Club Shooting Range before you can check out a pass from ODR. Come take advantage of this wonderful facility for free. Passes are for Active duty ONLY and are available on a first come first served basis. 228-871-2127.

Learning Resource Lab: Feel free to come in and browse our selection located inside of ITT! Offering free wireless Internet access to patrons with wireless enabled devices. Visitors can receive reception anywhere in the Learning Resource Lab.

Auto Hobby: August Special: Stop by Tuesday through Friday between 2 - 6 p.m. and Saturday noon - 4 p.m. to have your fluids checked including antifreeze to keep your car in top performance.



Resale Lot: Advertise the car you want to sell for \$5/week or \$15/month. Display the vehicle you want to sell for up to 30 days or find a new car at an unbelievable price. For a listing of vehicles for sale please contact Auto Hobby today at 228-871-2804.

The Grill: After 10:30 a.m. you'll find lunch options from salads to light sandwiches. Stop by The Grill where everything is cooked to order and served by our friendly staff. Stop by the Grill open Monday through Friday, 6:30 a.m. – 1:30 p.m. 228-871-2494.

RV Park: Trip to WWII Museum in New Orleans, Aug. 30, 9 a.m. – 2 p.m. Open to all

patrons of Shields RV Park and their guests. \$8 plus admission at door. **Trip to Country Bayou Store** in Slidell, Sept. 30, 9:30 a.m. – 2 p.m. Open to all Shields RV Park patrons and their guests. \$6

Fitness Center: New Aerobics schedule coming in September.

Horseshoes Challenge, Aug. 24, 7:30 a.m.



Aquatics: Water Aerobics is a great full body, low impact workout.

Customize your workout by visiting www.swimplan.com.

Youth Center Movie Night with a Twist is Aug. 17 from 6 – 9 p.m. Come out for this fun filled night of food, fun, and friends along with a movie on the big screen. Only \$2.

Chuck E Cheese Field Trip is Aug. 18, 8 a.m. – 2 p.m. This amazing deal for kids 13 and under includes pizza, drinks and \$5 in tokens for \$7.
Creative Art Club, Special Activity: Clay Pot Making, Aug. 23, 5:30 – 8:30 p.m., Free!

Liberty Center: Habitat for Humanity Trip, Aug. 18, 7 a.m., Earn a Letter of Appreciation.

Got skills? Got precision? Sign up for Liberty's Paintball Trip, Aug. 20, 6 p.m., \$5

Help us help you. Give us a suggestion of what trips or activities you would like to see going. Don't forget, we have pizza for those who help us brainstorm. Aug. 21, 11 a.m.



MWR FACEBOOK is now easier than ever to access on your smart phone!

STEALS & DEALS

Summer Sizzling Deals with ITT! Explore and relax with Ship Island Excursions. Tickets are \$24 for adults and \$15.25 for children ages 3 – 10 years old. The vouchers are good for the entire 2012 Ship Island Season (now through Oct. 28), but will be void after the season is over. Refunds will not be given for vouchers not used within this time frame.

Celebrate the last few weeks of summer at Gulf Islands Water Park with water activities for kids of all



Chapel Offerings:

Women's Bible Study takes place Wednesdays from 10 to 11 a.m.

LIGHT is a Young Adult Group for members of the military. Meetings are Wednesdays at 6 p.m. at the Fellowship Hall.

Seabee Pantry - Donations are now being accepted to restock the Seabee Pantry. Everyone affiliated with NCBC is eligible to draw from the Seabee Pantry.

Praise and Worship members needed - The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 11 a.m. Sundays. If you

can sing or play an instrument, you are cordially invited to come share your gift.

Looking for a church? The Seabee Memorial Chapel holds services every Sunday that might just suit your needs. Protestant Services include a Gospel Service at 8 a.m., Sunday School at 9:30 a.m., and Divine Worship Service at 11 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also a Catholic Mass Tuesdays at 11:15 a.m.

Feds Feed Families Food Drive - The annual DoD, Feds Feed Families Food Drive, is taking

place through September. Seabee Memorial Chapel is leading the base-wide effort to raise over 5,000 pounds of food. To date, over 2,000 pounds of food has been collected. This year, collected donations will be given to Saint Theresa Hospital. NCBC food donation drop off locations are battalion building spaces, CBC Commissary, Seabee Memorial Chapel, Navy Exchange, Fleet and Family Support Center, Armory and Building 1. You may also purchase pre-bagged items at the Commissary. For details, call the Chapel at 228-871-2454.

Seabee Memorial Chapel



Center Chaplains:

Lt. Cmdr. Paul Smith, Protestant Chaplain

Lt. Yoon Choi, Protestant Chaplain

For information concerning other faith groups, call the chapel office at 228-871-2454

Services:

Gospel Service: 8 a.m.

Sunday Catholic Mass: 9:30 a.m.

Weekday Mass: Tuesday, 11:15 a.m.

Divine Worship: Sunday, 11 a.m.

Sunday School, 9:30 a.m.

NCBC Helping Hands Volunteer Opportunities



YOUTH FOR CHRIST - Youth for Christ in Gulfport is looking for 25 volunteers for their annual Lock In at Gulf Islands Waterpark, Aug. 17 and Aug. 18. Approximately 2,000 youth will attend the event which features water recreation, music, food and beverages. Volunteers are needed for shifts Aug. 17, 7 p.m. - 1:30 a.m. and Aug. 18, 1 a.m. - 7 a.m. Duties include crowd control, set up/tear down, security and food service. Volunteers will receive free admission to the park and can utilize the park when not on their shift.

Please contact Joyce by Aug. 16 at 228-864-0788 if you are interested.

HABITAT FOR HUMANITY

WORK DAYS - Volunteers are needed to take part in Habitat for Humanity Workdays throughout the local area as follows: Aug. 24, seven volunteers, 8 a.m. - noon or 5 p.m.; Aug. 25, six volunteers, 8 a.m. - noon or 5 p.m.; Sept. 21, four volunteers, 8 a.m. - noon or 5 p.m.; Sept. 22, seven volunteers, 8 a.m. - noon or 5 p.m. Volunteers must be registered prior to the work day, so please contact Leah as soon as possible at LLadner@bbcgrp.com or 228-326-5643.

GULF COAST HEART WALK - The 2012 Gulf Coast Heart Walk is scheduled for Sept. 29 at Jones Park in Gulfport and is the primary fundraising event for the American Heart Association. This non-competitive 5k walk/run begins at 7:30 a.m. and includes family friendly activities, health screenings, cooking demonstrations, and a whole lot of fun. Money raised at the Heart Walk is used to fund critical research, education, and interventions used to build healthier lives free of cardiovascular disease and stroke. NCBC has a long history of supporting this walk through participation and volunteers. Volunteers can help by forming a walk/run team by registering at

www.gulfcoastheartwalk.org or consider volunteering for set up (9/28/12) and tear down (9/29/12) of the Heart Walk event. Fund raising is the ultimate goal of the event, but is not required to participate in the walk/run. You can also register your team at the NCBC's group page

<http://gulfcoastheartwalk.kintera.org/ncbc>. Click "create new team" under the "Action" column at the bottom of the page. For more information, contact Lt. Kevin Westbrook, 228-871-2906 or kevin.westbrook@navy.mil.

FOSTER CARE PARENTS - Youth Villages, a private nonprofit organization dedicated to helping children and families live successfully, is looking for caring adults, single or married, aged 25 years old and up to become foster care parents. If you are interested, please contact Jimmy Frazier at 601-572-3717 or jimmy.frazier@youthvillages.org

COAST SALVATION ARMY

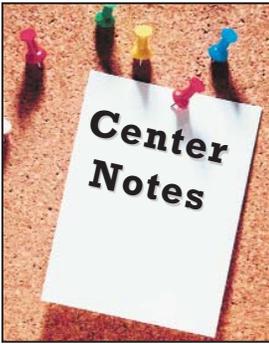
NEEDS VOLUNTEERS - Volunteers are need for various projects throughout the year. The Ray and Joan Kroc Corps Community Center in Biloxi is always in need of assistance in the Athletic Department, Fitness Center, Arts and Music Department, Aquatic Center, and marketing. Many other opportunities are available. Contact Shawna Tatge at Shawna_Tatge@uss.salvationarmy.org for information.

HARRISON COUNTY YOUTH

COURT - HCYC is looking for volunteers to make a difference in the life of a child. Volunteers who are bilingual in Spanish and Vietnamese are needed. You can help by becoming a Court Appointed Special Advocate (C.A.S.A.) or volunteer to become a mentor for C.H.A.N.G.E. (Cultivating Healthy Achievements in the Next Generation of Excellence). Contact Beth Casey at 228-865-7000 if you are interested in making a difference in the life of a child.

RED CROSS SOUTH MISSISSIPPI CHAPTER

The Red Cross in Biloxi has an immediate need for volunteers to work in the front office assisting visitors and directing incoming phone calls and generally assisting staff. Call 228-896-4511 for information.



SUPPORT

Family Readiness Groups

NMBC 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, e-mail nmcbonefrg@gmail.com.

NMBC 7 FRG remains available to assist NMBC 7 families. Although the NMBC 7 Family Readiness Group is no longer conducting general meetings, the Ombudsmen and FRG officers continue to serve the battalion's family members. For information or assistance contact the FRG at nmc7frg@gmail.com or visit the NMBC 7 FRG facebook page.

NMBC 11 FRG For more information regarding the NMBC 11 FRG, please visit the FRG and Ombudsman website at <http://nmc11.webs.com>.

NMBC 74 FRG All families of NMBC 74

are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner.

Children are welcome. Email nmc74fsg@yahoo.com or visit our Facebook page at "NMBC74 Fearless FRG" for more information.

NMBC 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 baby sitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or send an email to NMCB133fsg@gmail.com. To receive updates, log on to the FRG site at <http://www.wix.com/NMBC133FSG/133frg>

Gulfport 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 noscgulfport@yahoo.com. We hope to see YOU soon!

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, Wednesday 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 & 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 information.

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-832-5343 to sign up.

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. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for information.

SOCIAL

Miss. Gulf Coast First Class Association is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

CBC/20SRG Second Class Petty Officers Association is seeking members. Meetings are Tuesdays at 2:30 p.m. in the Fitness Center classroom. Contact the Association's Public Affairs Officer LS2 Matthew Wasson at matthew.t.wasson@navy.mil or President LS2 Earl Simpson at earl.simpson@navy.mil for information.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude at 228-871-2454 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 information.

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 each month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMBC 62 Alumni Group

Naval Mobile Construction Battalion (NMBC) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmc62alumni.org> or for links to

Seabee historical sites.

Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for information.

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 about our organization and all that is offered to members.

Navy Ball Committee needs help to put on this year's Navy Ball The 2012 Navy Ball Committee is looking for six volunteers to work on the committee for this year's Mississippi Gulf Coast Navy Ball. Committee members will be expected to attend monthly meetings to discuss fundraisers and ideas for the Navy Ball. If interested, contact AG1 Jordan at 228-871-3667.

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., and Saturdays from 11 a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org/-/shop/index.php or call the gift shop at 228-871-4779 for information on all that is available for customers.

Gulf Coast Heart Walk

The 2012 Gulf Coast Heart Walk is scheduled for Sept. 29 at Jones Park in Gulfport and is the primary fundraising event for the American Heart Association. This non-competitive 5k walk/run begins at 7:30 a.m. and includes family friendly activities, health screenings, cooking demonstrations, and a whole lot of fun. Money raised at the Heart Walk is used to fund critical research, education, and interventions used to build healthier lives free of cardiovascular disease and stroke. NCBC has a long history of supporting this walk through participation and volunteers. Volunteers can help by forming a walk/run team by registering at www.gulfcoastheartwalk.org or consider volunteering for set up (Sept. 28) and tear down (Sept. 29) of the Heart Walk event. Fund raising is the ultimate goal of the event, but is not required to participate in the walk/run. You can also register your team at the NCBC's group page <http://gulfcoastheartwalk.kintera.org/ncbc>. Click "create new team" under the "Action" column at the bottom of the page. For more information, contact Lt. Kevin Westbrook, 228-871-2906 or kevin.westbrook@navy.mil.



See Something Wrong Do Something Right!

NCIS has two new 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: S2U5 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.



NCBC Gate Hours

Pass Road: 24 hours,
7 days a week

Broad Avenue: 5 a.m. -
5 p.m., Monday - Friday
and
9 a.m. - 5 p.m., Sat/Sun
and Holidays

28th Street: 5 a.m.
- 5 p.m., Monday - Friday
and
5 - 7 p.m., Outbound Only

Commission Road:

CLOSED