

# SEABEE COURIER

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Vol. 55 No. 18

Naval Construction Battalion Center, Gulfport, Mississippi

May 14, 2015

## NMCB 133 Water Well training



Equipment Operator 2nd Class Justin Heaton, assigned to Naval Mobile Construction Battalion (NMCB) 133's Water Well Team, installs well casing during well completion conducted at Camp Shelby, Miss., April 13. The Water Well Team is training to provide vital water requirements to allied forces in a contingency environment as well as provide humanitarian assistance. (U.S. Navy photo/Released)

See **WATER** page 6



Secretary of the Navy (SECNAV) Ray Mabus announces the Department of the Navy Talent Management Initiatives at the U.S. Naval Academy. The initiatives are broken up into sections including the Navy and Marine Corps fitness culture, uniforms, adaptive workforce and performance based advancement. (U.S. Navy photo by Mass Communication Specialist 2nd Class Armando Gonzales/Released)

## SECNAV announces Navy-wide changes during U.S. Naval Academy speech

By MC2 Tyler Caswell  
U.S. Naval Academy Public Affairs

Secretary of the Navy (SECNAV) Ray Mabus announced Navy-wide changes that will affect midshipmen's physical readiness, career paths and post graduate education, during a speech at the United States Naval Academy (USNA), May 13.

The initiatives Mabus outlined focused on improving flexibility, transparency and choice for midshipmen's careers.

Starting this September, SECNAV is establishing the Office of Talent Optimization at USNA. The office will analyze labor market data from private sector and academia to keep personnel systems competitive, and create a

true marketplace of talent.

"This office will identify better ways to align our Sailors' and Marines' talent," said Mabus. "Getting out of the here and now and focusing on the future warfighting requirements of our communities."

A refinement in service selection will be seen in the upcoming year. Improvements in the optimization models will put more focus on talent and interest thereby increasing midshipmen's chances of getting their top choices in service selection.

"Our new process will all but guarantee that midshipmen talents and interests are paired to their choice in service assignment," said Mabus. "Here at the Naval

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Academy and ultimately in ROTC and OCS; and the fleet will get the right officers in the right communities."

Increased job assignment opportunity for women was discussed as a priority for Mabus. Fifty-seven percent of college graduates are female, and the U.S. Navy wants to attract more educated female officers to serve in the world's premier naval fighting force. Removing gender specific roles and opening all operation billets to everyone is critical to achieving higher female accessions.

"In the Navy, women wear every warfare pin except for the Trident, reserved for SEALs," said Mabus, "In the Marine Corps, we are conducting the most comprehensive assessment of physical standards ever undertaken and the results will enhance combat readiness and effectiveness in all military operational specialties,

independent of gender. In all cases, I personally believe we ought to have one standard for both sexes, a standard that matches the demands of the job, and if you pass, you pass."

A culture of fitness in deeply intertwined within the development of midshipmen into officers. As officers they will be responsible for the mental and physical health of the Sailors and Marines under their command. A revamp of the Physical Fitness Assessment (PFA) will have the standard biannual test augmented with physical readiness spot checks, keeping the standard of performance a year-round endeavor. A new reform to the height and weight standards will also change how body mass index testing is performed.

"We will completely revamp the Physical Fitness Assessment," said Mabus. "Our pass/fail system that only, and often inaccurately, assesses one aspect of overall fitness will end. We

will instead focus on evaluating health, not shape. As junior officers, you will be responsible for the fitness of your Sailors and Marines. In the Navy alone, we separate 1,500 people a year for failing the PFA. That wastes our time and resources."

This year's class of 2015's females will be the first to wear the Navy service dress white choker blouse and combination cover. They will debut the uniform, on graduation day next week, which will eventually be worn throughout the fleet.

"There is no better venue to debut the future of the Navy and Marine Corps, in multiple contexts, to the fleet, to the Corps, and to America," said Mabus. "I look forward to seeing, not male and female officer candidates, but new United States Naval and Marine Corps officers next week."

To view or download the entire speech, visit: <http://www.navy.mil/viewVideo.asp?id=20449>.



# May Fire Safety

From NCBC Fire and Emergency Services

## Barbeque Safety:

- ~ Before using a gas grill, check the connection between the propane tank and the fuel line. Make sure the venturi tubes - where the air and gas mix - are not blocked.
- ~ Do not overfill the propane tank.
- ~ Do not wear loose clothing while using the grill.
- ~ Be careful when using lighter fluid. Do not add fluid to an already lit fire because the flame can flash back up into the container and explode!







NCBC Summer Safety Stand Down for all personnel: May 15, 9 - 11 a.m., Grinder ... Rain location: Warehouse 219

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# 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

# Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential **Nationwide 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](http://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.

Seabee Courier



Fleet and Family Support Center staff show their appreciation for military spouses by handing out hand-made tissue flowers with poems attached, in celebration of Military Spouse Appreciation Day, May 8. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



The Child Development Center (CDC) were hosts for a Mother's Day celebration on board NCBC Gulfport, May 8. The celebration included inviting mothers for muffins and tea with their little ones in honor of Mother's Day. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



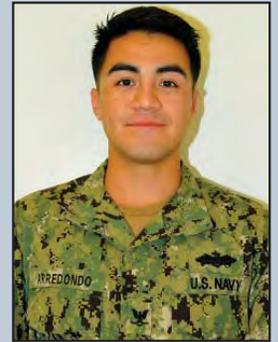
Engineering Aid 3rd Class Lawrence Romang takes a few laps in the base pool during his lunch break on board NCBC Gulfport, May 7. The pool hours are Monday - Friday 5:30 a.m. to 7 p.m. and Saturday and Sunday, 9 a.m. to 4 p.m. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



## Buzz on the Street

By CE3 Dustie Bond, NCBC Public Affairs

### "How did you celebrate Mother's Day this year?"



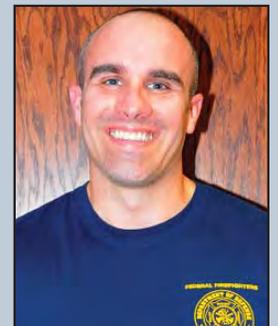
"Ordered my mother flowers and called her on Mother's Day."

**E03(SCW) Anthony Arredondo**  
NMCB 133  
Hometown: Dallas, Texas



"I celebrated with my family; went out to eat with my son and husband."

**Terry Spikes**  
Training Coordinator, Youth Activity Center  
Hometown: Gulfport, Miss.



"Went to church and went out to eat."

**David Barringer**  
NCBC Firefighter/EMT  
Hometown: Long Beach, Miss.

# Month of the Military Child FOCUS/NEX Coloring Contest Winners



Random Vaughn



Adria Lockhart



Lillian Rummell



Emmalyn Romero

In honor of the Month of the Military Child, FOCUS (Families Overcoming Under Stress) and the Navy Exchange (NEX) co-sponsored a coloring contest. Categories were for ages 3-5, 6-8, 9-12 and 13 and older. Kids 3-8 colored a "proud" FOCUS "Feeling Fox" while ages 9 and up drew the Feeling Fox that best represented how it feels to be a military child. According to Debra Thomas, Resiliency Services Coordinator for FOCUS Gulfport, the competition was tough this year

with over 40 entries and some very talented work. The winners were: Random Vaughn, age 4; Lillian Rummell, age 8; Adria Lockhart, age 10 and Emmalyn Romero, age 13. Winners were announced at the Navy Exchange on board NCBC Gulfport, May 1. Winners received a \$25 gift card to the NEX from General Manager Brandy Asher - - pictured with Feeling Fox and each winning contestant. (U.S. Navy photos by Construction Electrician 3rd Class Dustie Bond/Released)

May 14, 2015

## New Navy Spouse class offered at FFSC

By BUCN Samantha Opyoke  
NCBC Public Affairs

The Fleet and Family Service Center (FFSC) held a New Navy Spouse class on board Naval Construction Battalion Center Gulfport (NCBC) May 12. The purpose of the class is to provide spouses who are new to the military the basic information they need to thrive in the Navy lifestyle.

The class is hosted by Paula Ingram, Education Services Facilitator at FFSC and instructed by guest speakers who are the subject-matter experts in each area.

The course provides information on how to obtain a dependent I.D. card, learning systems such as DEERS and Tricare, what the Navy-Marine Corps Relief Society has to offer, where the Naval Branch Health Clinic is located and services they provide, what the FOCUS program consist of and how to get involved, finding employment in the area, different college programs available and FFSC programs that are offered.

According to Ingram, the goal of the class to inform Navy spouses of the resources available to them and to boost their confidence in the ability

to handle any situation that may arise. Additionally, they will have the ability to pass on this information to other Navy spouses, be comfortable asking for help with any problem, and most importantly, enjoy the time they spend as a Navy spouse.

"The class is open to anyone with base access and wants to attend! We currently offer the class periodically but if the demand for the class increases, we would be thrilled to offer it monthly," said Ingram.

For more information on future New Navy Spouse classes call the FFSC at 228-871-3000.



Terri Martin, Tricare Service Representative with Humana Military Healthcare Services explains how Tricare works during the New Navy Spouse Class held at the Fleet and Family Support Center (FFSC) on board NCBC Gulfport, May 12. The goal of the class to inform Navy spouses of the resources available to them and to boost their confidence in the ability to handle any situation that may arise. For more information on future New Navy Spouse classes call the FFSC at 228-871-3000. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

Seabee Courier

# Back in time . . .

## Seabee history - Vietnam Era



Seabees assigned to Naval Mobile Construction Battalion 128 lay the cornerstone at a children's hospital as part of a civic action project during their 1969 deployment to Vietnam. Seabees are from back, left: Lt. Cmdr. Donald Campbell, executive officer; Cmdr. Joseph Gawarkiewicz III, commanding officer; Chief Warrant Officer Jack Masler; and an unknown Seabee; front, left: unknown Seabee and Chief Rayburn Williams. (Photo courtesy of U.S. Navy Seabee Museum/Released)



### MEMORIAL DAY CEREMONY

IN HONOR OF OUR NATION'S DECEASED MILITARY VETERANS



The Veterans of Foreign Wars, (VFW) Post 2539, along with the City of Gulfport, will conduct a Memorial Day Ceremony to honor all of our Nation's deceased Military Veterans.

There will be special recognition for Vietnam War Medal of Honor recipients, CMSgt Richard L. Etchberger and CM3 Marvin G. Shields during the ceremony.

This ceremony will be held Monday, May 25, 2015 at 7:30 am at



The Barksdale Pavilion, located in Jones Park adjacent to Hwy 90, in Gulfport.



For further information contact:  
Charles Purchner, Jr.

VFW State Junior Vice Commander

Department of Mississippi

Cell: (228) 313-1048



### 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](http://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.



May 14, 2015



## Navy-Marine Corps Relief Society

### Run for Relief 5K



RUN FOR

CHALLENGE

Active Duty

Navy-Marine Corps

Naval Construction

Department of

the Navy

Relief Society



More than 85 people participated in the Navy Marine Corps Relief Society (NMCRS) 11th Annual Run for Relief 5k and Military Challenge 5k fundraiser. Runners from 10 to 80

years old competed for individual trophies and the Military Cup was awarded to the Naval Mobile Construction Battalion (NMCB) 1 team. (U.S. Navy photos by Rob Mims/Released)

Seabee Courier

# NMCB 133 Seabees master water well operation training

By NMCB 133 Public Affairs

Naval Mobile Construction Battalion (NMCB) 133 Det 3's Water Well Team returned from 24-hour drilling operations as part of their homeport training at Camp Shelby, April 13.

The team started with a week in the classrooms on board Naval Construction Battalion Center (NCBC) Gulfport learning water well fundamentals, followed by six days of hands-on training at Camp Shelby.

Instructors from Naval Construction Group (NCG) 2 taught topics such as water quality, well site selection, the hydrological cycle and well types. Additionally, the class learned about the three well rigs used by the Naval Construction Force; the ISO Air Transportable (ITWD), Atlas Copco T2W, and the Schramm T450MIIA.

After two days in the classroom, students



**Steelworker 3rd Class Zachary Kloss and Equipment Operator 3rd Class Ronald Ling, both assigned to Naval Mobile Construction Battalion (NMCB) 133's Water Well Team, conduct mud labs, testing viscosity, density, and sand content to ensure adequate drilling fluid properties. The Water Well team is training to provide vital water requirements to allied forces in a contingency environment as well as provide humanitarian assistance.** (U.S. Navy photo/Released)

were able to participate in class labs such as the drilling mud program and record keeping. The week ended with classes on well installation and well abandonment.

The class convoyed to Camp Shelby with 12 pieces of support equipment to start the first day in the field where they focused on site setup, rig setup and material off-loading and staging. After material off-loading, mud pits were dug and drilling mud was purposely created for later use in the well-digging process.

The second day was the start of 24-hour drilling operations. The team rotated three, eight-hour shifts with seven personnel on each rotation. Students drilled to a depth of 202 feet at a rate of three to five feet per minute with an eight inch bit and then re-drilled the same hole with a 12 inch bit.

On day three, students were able to install well casing and filters. The last day of field operations included installing the pump and performing a draw down test. The completed well provided eight gallons per minute.

The practice well was then abandoned and the group convoyed back to Gulfport.

Students graduated from the class after final retrograding and testing.

Hurricane Season begins June 1 ... Are you Ready?

Visit <http://www.ready.navy.mil/> for ideas and tips to help you prepare!

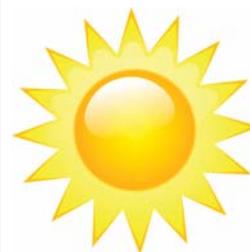
## Exercise Eager Lion 2015



AQABA, Jordan - Seabees assigned to Commander, Task Group (CTG) 56.2 construct building support beams in preparation of Exercise Eager Lion 2015. Eager Lion is a recurring multinational exercise designed to strengthen military-to-military relationships, increase interoperability between partner nations and enhance regional security and stability. (U.S. Navy photo by Mass Communication Specialist 2nd Class Steve Hill/Released)

## Keep What You've Earned

Remember, warmer weather and sun dehydrates the body more rapidly. If you are going to drink, alternate alcohol and water to control the amount you drink and stay hydrated. You'll thank yourself in the morning.





**Kwajalein Atoll, Marshall Islands - Seabees of Naval Mobile Construction Battalion (NMCB) 11 Construction Civic Action Detail (CCAD) work together with Public Works contractors at the Hamilton Beach Pavilion project. NMCB 11, CCAD Marshall Islands is deployed to Kwajalein Atoll to complete humanitarian construction alongside local workers and conduct community engagement programs. (U.S. Navy photo by Builder 1st Class Garnett Whitmire/Released)**

# NMCB 11 CCAD Marshall Islands Seabees focus on the mission

By BU1(SCW/EXW) Garnett Whitmire  
NMCB 11 Public Affairs

A detail of 21 Seabees with Naval Mobile Construction Battalion (NMCB) 11, Construction Civic Action Detail (CCAD) Marshall Islands, were deployed to Kwajalein Atoll to complete humanitarian construction projects and conduct community engagement programs from January to July 2015.

CCAD Marshall Islands is tasked with providing Humanitarian Assistance (HA) construction, informal apprentice training in general engineering skills, Armed Services Vocational Aptitude Battery (ASVAB) tutoring, and basic medical and public health assistance and awareness training. The work will strengthen the partnership between the United States and the Republic of the Marshall Islands by improving local infrastructure and building grassroots relationships with the community.

"I believe that CCAD Marshall Islands is meeting all of its mission objectives by having a continuous positive presence in the Marshallese community," said Lt. j.g. Alan Harder, CCAD officer in charge. "The hard work of the enlisted leadership has been essential to mission success."

Tasked construction projects include constructing the Camp Hamilton Beach Pavilion, a 58' x 18' Octago-

nal pre-engineered building located off the Kwajalein Atoll Lagoon and renovating the Ebeye-Gugeegue Dispensary. Throughout construction, the Seabees work side-by-side with Marshallese civilians to provide informal skills training and build bonds.

CCAD Marshall Islands is also providing ongoing construction support to the U.S. Army Garrison at Kwajalein Atoll (USAG-KA). To date, they have repaired windows, painted buildings, laid CMU block, placed and removed concrete, bent and tied reinforcement steel, cut tree limbs, and fabricated forms for training exercises. They also helped USAG-KA prepare for Tropical Storm Bali, filling and placing sandbags and boarding up windows.

One of the main community engagement programs is ASVAB tutoring at the high school on Ebeye, an adjacent island. Every week, five Seabee instructors present English and Mathematic topics to high school-aged Marshallese students to improve general academic performance. A few students have expressed a desire to join the U.S. Armed Forces and to travel the world.

"Our mission is valuable for the Marshallese and Seabees combined," said Steelworker 1st Class Kenneth Barbour, ASVAB program manager. "I

hope the students of the ASVAB tutoring program will truly seek joining the military to travel the world and enjoy other cultural experiences."

The NMCB 11 legacy in the Republic of the Marshall Islands (RMI) dates back 60 years. In October of 1955, members of Mobile Construction Battalion (MCB) 11 deployed from Port Hueneme, California to Kwajalein. In one year, the Seabees of MCB 11 constructed 78 Department of Defense (DOD) office buildings and 175 one and two-story concrete block homes, which remain occupied today.

Construction Civic Action Details (CCADs) are deployed throughout the Pacific region to provide an enduring U.S. military presence that directly benefits the local community. CCAD missions are ongoing in the Republic of the Marshall Islands, Timor-Leste, the Philippines, Cambodia, and the Federated States of Micronesia. The small details (15 to 25 personnel) draw on the tradition of Vietnam-era "Seabee Teams," versatile 13-man teams that excelled at military construction and civic action projects in remote rural regions of Vietnam. Seabee teams continued peacetime construction throughout the Pacific region for decades after the war, sometimes in locations that now have active CCADs.

## Personal Security

### What is Geotagging?

A new function of many computing devices including smart phones, some digital cameras, and even portable game systems (in some cases)-is the ability to track your location to near-GPS precision. While this feature is for "location services," which can be fun or useful, they also present a risk. In particular, many devices add location data to photos by default.

Called "Geotagging," the data becomes part of the image file and goes wherever the image goes. By uploading or sending such images to the Internet, you may have provided an adversary with critical information.

What to do:

#### ~ Be Aware

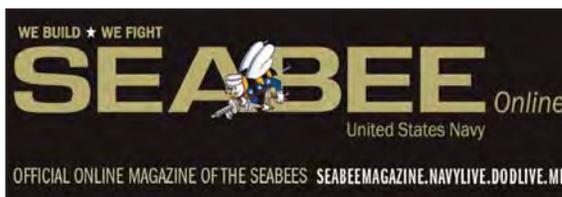
Now that you know about this capability, think twice before taking and sending photos. You can test to see if you have a geotagging capability by taking a photo and checking properties in Windows® Vista, or higher. Some photo editors as several custom programs allow for the viewing and manipulation of location data as well.

#### ~ Evaluate the Need

Do you have a specific point or purpose to tagging photos? If not, it's far simpler to disable the feature instead of trying to remember to "clean the photos later." Instructions for doing so can be easily found by searching for the model of your phone with the keywords "disable" or "geotag". The bottom line is, even if posted briefly, photos can enable the adversary to capture vital information and record exact grid coordinates. Rather than risking "forget-then-regret," consider disabling the feature and thus avoiding the risk entirely.

### See Something, Say Something

Report suspicious activity which is defined as any observed behavior that could indicate terrorism or terrorism-related crime. Public safety is everyone's responsibility. If you see suspicious activity, report it to local law enforcement. Call 228-871-2361 or 911.



# Focus on Education

## Teacher recognition ceremony



The 3rd Annual Educator Appreciation Recognition Ceremony was held on board NCBC Gulfport, May 8. NCBC Gulfport's Commanding Officer, Capt. Paul Odenthal presented awards to 12 teachers. Awards were given to those who were deemed to have gone above and beyond to support military children and the military family counselor program in their schools. These educators also assist military counselors and the school liaison with programs that support children with parents who are in the military. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

## PCS move in your future? Tips to help with the job search

By Military OneSource

Moving to a new duty station can be a great adventure. But, if you're a military spouse, finding a new job each time you move can be a real challenge. Fortunately, most installations offer programs and services to help military spouses reach their career goals. With a little advance planning and creativity, you can find a way to grow your career and do something you enjoy.

### Before you move

Update your resume. Be sure to print plenty of copies to hand-carry when you move. That way, you'll be able to hit the ground running when you arrive at your new home. Think about where you might want to work. There may be good opportunities both on and off the installation, but you'll want to consider logistics like whether you have transportation available to get you

to employment away from the installation.

Contact your new installation's employment assistance program by contacting the Fleet and Family Support Center. You may want to email or call them before you move to find out about employment opportunities in your new area.

Speak with a Spouse Employment and Career Opportunities (SECO) consultant. Military OneSource SECO consultants can offer information on education and career opportunities at your new duty station. Consider other opportunities. This might be a great time to go back to school or start your own business. You might also consider volunteer work, which is a great way to learn new skills and network! Find out about transferring your occupational license. If you work in a field that requires a license or other

credential, find out if it will transfer to your new area. The Military Spouse Career Advancement Account (MyCAA) program may help cover costs associated with getting credentialed or licensed in another state.

### Once you've moved to your new duty station

Once you've arrived and have settled in to your new community, there are a number of ways to look for job opportunities:

If you haven't done so already, contact the employment assistance program office on your new installation. Besides information on local employment opportunities, the staff may offer classes in federal employment, resume writing, or interviewing.

Look into federal employment on the installation. Pay attention to deadlines and re-

See JOB page 9

## Education Notes

### "Stress Profiler"

May 21, 6:15 - 7:30 p.m., Fleet and Family Support Center (FFSC). Take the quiz, celebrate your strengths, reduce your weaknesses during this class sponsored by FFSC. Call 228-871-3000 to sign up.

### Ten Steps to a Federal Job

May 28, 11 a.m. - 1 p.m., Fleet and Family Support Center. Learn the steps to a federal job and how to develop the perfect federal resume. This course will cover topics such as veterans preference, spouse hiring, USAJOBS navigation, and conquering KSA's. Call 228-871-3000 to register.

### Connect through Communication

May 29, 11 a.m. - 12:30 p.m., CBC Fitness Center Conference Room. Have you ever felt like your partner just wasn't listening? This FOCUS (Families Over Coming Under Stress) workshop is designed to help both you and your partner. Sign up by May 26 by calling 228-822-5736 or [dthomas@focusproject.org](mailto:dthomas@focusproject.org). Class size limited to five couples - so hurry!

### Parent with Love & Logic

June 3, 9 - 11 a.m., Fleet and Family Support Center (FFSC). Want to raise responsible kids, have more fun and reduce the stress in your parent/child relationship? Sign up now by calling FFSC at 228-871-3000.

### Coastline Community College Registration

Registration for Coastline Community College summer term is now going on through June 8. The summer term begins June 15 and ends Aug. 9. Additional information may be obtained by calling Dr. David Drye, 228-871-3439 or [DDRYE@COASTLINE.EDU](mailto:DDRYE@COASTLINE.EDU) or visiting the Navy College office in Building 60, room 239.

### Free Troops to Teachers Seminars

The Southeast Region Troops to Teachers program has scheduled a series of free seminars to be held on the first Tuesday of each month, in the Navy College Office, building 60, room 239 at 10:30 a.m. Seminars are the first Tuesday of the month for the remainder of the year. Seminars will be conducted by Chris Carey, Mississippi State Program Manager.

NCBC Gulfport School Liaison Officer  
Kevin Byrd, MWR, Building 352  
1706 Bainbridge Ave. Phone: 228-871-2117,  
email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

### JOB FAIR

Fleet and Family Support Center (FFSC)  
May 20, 10 a.m. - 2 p.m., Building 30  
Shell Oil will have a representative at the Fair and at 2 p.m., the Shell employment test will be given at FFSC to anyone interested in an oil industry position.  
Phone: 228-871-3000 for more information



# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## The Duke and Duchess of Prom

"Oh, Mom," my daughter Anna crooned dreamily on the way home from Junior Prom last Saturday. "We went outside for a walk, and he gave me his jacket and held my hand ... it was so romantic!"

She floated off to her room, her head swimming with fresh memories of Prom Night that will stay with her forever.

In fact, 21 years of attending military balls as a Navy wife have not clouded my own memories of Junior Prom.

It was the spring of 1983. Despite a disappointing first kiss the year before, I couldn't quell my teenage optimism and believed that I'd soon meet the boy of my dreams.

But three weeks before Junior Prom, I was still dateless. I was so desperate, I threw a note with my name and address on it out the track team bus window at an away meet, in hopes that some athletic stud from another school would find it and write to me. A few days later I got letters from two pitiful geeks who had fished my note out of a mud puddle on their way to the library.

The following week, a boy in my science class followed me to

my locker. He was nice enough, but had a seemingly perpetual sinus infection. A mouth-breather, the bottom of his upturned nose was always red and chapped. Speaking in a nasal tone through a full set of metal braces, he asked, "Woodyu wan do go wid me do da prom?"

Caught off guard, I stuttered, "Uh, wow, great, but I might be going with someone else, I'm not sure, I need to check ... I'll let you know ..."

I had no idea what I was talking about. I had to come up with another date fast, unless I wanted photos of me and Mr. Crusty-Nose arm in arm under the balloon arch.

I thought of a football player I knew -- well, actually, he was the water boy who got promoted to 3rd string lineman. A likable, husky kid with a jolly disposition, he was a mascot of sorts to the team, who had nicknamed him "The Duke." He seemed the perfect candidate to be my prom date -- not popular enough to reject me, and free of excess nasal mucus.

I cornered The Duke after school and proposed that we go to

the prom together "as friends." "Excellent!" he responded with a smile.

The next day, I broke the news to Mr. Crusty-Nose. I felt like schmuck lying to him, but good thing I did, because he asked another girl who ended up becoming his wife. So, I guess you could say, he owes me.

My cousin and I swapped dresses -- I gave her a violet taffeta monstrosity with huge puffy sleeves, and she gave me a pink lace number that wasn't much better.

The Duke showed up in a thoughtfully coordinated rental tux -- a mauve poly blend with matching velour around the cuffs and collar, a ruffled shirt, and an enormous mauve bow tie. Although there was no romance in our arrangement, we both felt like a million bucks, and were hopeful for a fun night.

We sat with The Duke's football player friends at dinner. They had always intimidated me, and I was glad to have the Duke as my buffer. Halfway through the cordon bleu, the boys were exchanging insults and inside jokes, when suddenly one of them pointed at my date and me and



shouted, "Hey, it's The Duke and The Duchess!" I swallowed my humiliation and faked a laugh.

Later at the dance, The Duke requested his favorite song, "You dropped the bomb on me" by The Gap Band, and we danced a mauve streak. All in all, my Junior prom was a pretty good time. I might have sacrificed the romance that all teenage girls dream about, but not everyone gets to be The Prom King and Queen.

Some of us have to settle for being The Duke and Duchess.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

requirements for any listings you find. If you miss any required paperwork, applications, or deadlines, you will not be considered for the position.

Attend a spouses' club meeting. This can be a great opportunity to meet new people and to network. Let the other spouses know you are looking for a job.

Go to a job fair on your new installation. These can be great sources of information. Be sure to bring plenty of resumes.

Learn as much as you can about your new community. Explore the neighborhoods, looking for places you might like to work. Talk to local shop owners and ask whether they know of any available positions.

Check the local community websites for job listings. Don't forget to check out employment opportunities posted in local newspapers.

Find out if there are any training or educational opportunities available. For example, are there any local colleges or technical schools that offer training for military spouses? Consider volunteering. If you can afford it, this can be a great way to gain valuable skills that may lead to a paid position.

Sign up with a temp agency. A temp agency can be a great way to network in the community. Temp jobs also give you an opportunity to meet new people in your new community.

Contact local school systems. They may be looking for substitute teachers.

Consider starting your own home business. Check with installation regulations first if you live in installation housing. You should also check with the local chamber of commerce for information and resources.

Consider virtual work. These opportunities include bookkeeping, computer programming, graphic design, database management, call center services, and more. If you are looking for virtual work online, watch out for work-at-home scams. Be suspicious of anyone who asks for money up front.

Be flexible. You may not find work in the same industry as your last job, but you may still be able to use many of the same skills while gaining valuable new ones for the future.

**Energy Savings Tip:** Use fans in summer, even if you have air conditioning. Circulating cool air makes it feel cooler. Using an air conditioner and fan together means you can set the thermostat at a higher-than-normal setting to save energy. Keep in mind that it does little good to run fans when you are not around. Similar to an outdoor breeze on a hot summer day, air moving across your body is what makes you feel cooler.



# NCBC Helping Hands

**BEAUVOIR UNITED METHODIST CHURCH, BILOXI-** Volunteers are needed to construct and install two hand rails to connect to the church altar rails. Materials will be provided and/or reimbursed. Please call Marilyn at 228-832-6545 or 228-806-1544 to discuss and view project area.

**ZOMBIE APOCALYPSE MAZE** – Volunteers are needed to help construct a maze, assemble temporary walls and doors, and perform minor electrical and air conditioning work for a Zombie Apocalypse event June 5 in Gulfport. Volunteers are also needed for the event to serve as makeup artists, “zombies” and other support roles. Point of contact is: Dave, 708-203-6971.

**READING TUTORS** - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@

gulfportschools.org or call 228-865-1933 to volunteer.

**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.

**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.

**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.

**BUILD HANDICAP RAMPS** - Volunteers are needed to build handicap ramps for the disabled. If you would like to help, please contact Susan Smith at Fleet and Family Support Center, 228-871-3000.

**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.

**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](http://www.usovolunteer.org).

**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

## NCIS Crime Prevention Program

As part of its Crime Reduction Program, Naval Criminal Investigative Service (NCIS) will conduct briefs on Sexual Assault Awareness for all civilians and military personnel at the Training Hall,

building 446 from 2 - 3 p.m., on the following dates:



May 14, 28; and June 11, 15. Everyone is welcome to attend. Point of contact for more information is NCIS Investigator Michael Bryan, 228-822-5315.

# Seabee Memorial Chapel

## What's happening at the chapel?

### Protestant

#### Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)  
10:30 a.m. - Services

#### Weekdays

Wednesday 11:30 a.m. - Praise Break (20 minutes of praise and worship through music)  
Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

### Catholic

#### Sunday

8:30 - Rosary/Confession  
9 a.m. - Mass  
10 a.m. - CCD (Pre-K through 12th Grade)

#### Weekdays

Monday, Tuesday & Friday - 11:15 a.m. - Mass

#### Thursday

5 p.m. - Holy Hour  
6 p.m. - Mass  
6:30 p.m. - Fellowship  
7 p.m. - Bible Study

*The Chapel is currently undergoing renovations and events schedule are subject to change. Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at [gulfport-chapel.fct@navy.mil](mailto:gulfport-chapel.fct@navy.mil), or call us at 228-871-2454.*

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

# MAY 15-21

## LIBERTY

May 15, All Day, National Chocolate Chip – Free while they last!

May 16- 9 a.m., Pensacola Naval Aviation Museum Trip, Free

May 19- 6 p.m., Tournament Tuesday's Ping Pong Tournament, 1<sup>st</sup> Place Prize

May 20- 6:30 p.m. Guitar Lessons in the New Music Studio, Free

May 21- 6:30 p.m. Free Movie Thursday at the Digital Cinema, Pick up coupon at Liberty

### Fitness

Join us for relaxing Yoga M/W/F at 9 a.m. & T/Th at 5:15 p.m.

5/18- Indoor Volleyball Tournament Begins

5/19-5/21- Aquatics Freestyle Clinic

5/26- Memorial Day 5K 6 a.m.

Call 228-871-2668 for details!

### CDC

Transition to Kindergarten Ceremony will be held 5/21 at 10 a.m. Training Hall

## Digital Cinema at the Training Hall

May 15

6 p.m.

Paul Blart:  
MallCop 2 (PG)  
8 p.m.  
It Follows (R)

May 16

2 p.m.

Home 3D (PG)  
4:20 p.m.  
Paul Blart:  
Mall Cop 2 (PG)  
6:30 p.m.  
Unfriended (R)

May 17

2 p.m.

Paul Blart:  
Mall Cop 2 (PG)

4 p.m.  
Home (PG)  
**\$1 SHOWING**

May 21

6:30 p.m.

The Longest Ride (PG13)

*Date Night*  
*2 for 1*  
*Admission!*

**24 Hour Movie Hotline**  
**228-871-3299**

**Bldg 446, Marvin Shields Blvd.**

### Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours: Tu-Th 2-6p
Auto Skills Center	871-2804	Hours: <b>W-Fr 12-8p</b> , 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: <b>M-F 5:30a-7p</b> <b>NEW HOURS</b> <b>Sat-Sun 9a-4p</b>
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

### Navy Outdoor Recreation

May Special- Rent a lawn mower, weed-eater/edger and 100 ft extension cord for **ONLY \$10!**

Limited supplies.

Call 228-871-2127 for info

### Auto Skills

Take advantage of the longer days with Summer Hours:

**W-F 12-8 p.m. Sat 9 a.m.- 5 p.m.**

Call 228-871-2804 for info

### The Grill

Cool off with a refreshing Breaker Salad this month!

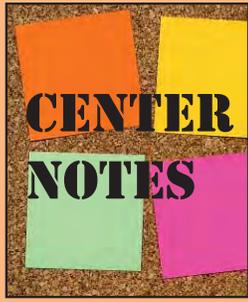
Roasted chicken on a bed of lettuce with cucumber, feta cheese, strawberries, blueberries, red onion & tomato for just \$7.25.

Order yours today!

Call 228-871-2494 for more details

### ITT

Enjoy your summer with discounts on local attraction tickets- Gulf Islands Water Park, Ship Island Excursions, Audubon Attractions & more! Call 228-871-2231 for info & prices.



**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 Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

**NMCB 11 FRG** invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

**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 Activities 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 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@focusproject.org

**Gulfport Officer's**

**Spouse 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.,** is interested in reestablishing 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](http://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 nationwide 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](mailto: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, HM3 Aterberry, 228-871-4033 for more information.

**VFW Post 3937 Long Beach**

— Open Monday – Thursday, noon – 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. – 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 – 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

**Ladies Auxilliary to the VFW 3937 Long Beach**

Are you eligible? The Ladies Auxilliary to the Veterans of Foreign Wars 3937 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 service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more 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 of the month at 7 p.m. All are welcome and encouraged to at-

tend. Call 228-832-0017 for more info.

**NMCB 62 Alumni Group**

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

**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](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto: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](http://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. For info, contact the museum at [www.seabee-museumstore.org](http://www.seabee-museumstore.org) or call gift store at 228-871-4779.

**OFF LIMITS**

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of April 21, 2015.

**Biloxi:** YaYa's, 2751 Pass Road; Club Veaux, 834 Howard Avenue.

**Gulfport:** Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Rooney's Irish



Pub, 1316 27th Avenue; Ice Daiquiri and Ultra Lounge, 1909 East Pass Road.

**Pascagoula:** Bunksmall Apartments, 708 South Pascagoula Street.

Service members are ordered not to enter or patronize these off-limit establishments of their locations. This restriction does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

This letter supersedes the previous Off-Limits List of Sept. 30, 2014.

**Commissary hours of operation:**

Sunday, 11 a.m. - 6 p.m.; Monday, **CLOSED**; Tuesday, 9 a.m. - 7 p.m.; Wednesday, 9 a.m. - 6 p.m.; Thursday, 9 a.m. - 7 p.m.; Friday, 9 a.m. - 6 p.m. and Saturday, 9 a.m. - 6 p.m. The Commissary will be **CLOSED** May 25 -26 for the Federal Memorial Day holiday.

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!



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.lindlemcgerr@navy.mil](mailto:bonnie.lindlemcgerr@navy.mil). Check out the website at: [http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc\\_gulfport.html](http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html). Anyone with Cable One can also view the Commanders Access Channel on Channel 100.