



# Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

Vol. 47 No. 1

Naval Construction Battalion Center, Gulfport, Mississippi

January 14, 2010

## NCBC Sailor of the Year

Mass Communications Specialist 1st Class (SW) Sam Spain Jr., Naval Construction Battalion Center (NCBC) Public Affairs Leading Petty Officer was selected as NCBC Sailor of the Year for the second year in a row. Spain's leadership resulted in his nomination for the 2009 Thomas V. Fredian Leadership/Community Service award. He also served as President of the First Class Petty Officer Association where he led more than 50 of his colleagues in volunteering over 1,400 hours of community service. Petty Officer Spain is preparing to leave NCBC temporarily to embark as an Individual Augmentee aboard the USS Samuel B. Roberts (FFG 58). (U.S. Navy photo/Released)



## MCPON to Sailors: Be smart about online threats

By Senior Chief Mass Communications Specialist (SW/AW) Bill Houlihan  
Office of Master Chief Petty Officer of the Navy

Sailors, family members and Navy commands are increasingly relying on social and emerging media to stay connected with those in their personal and professional lives. Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West is chief among them.

More than 13,000 people from around the world have signed up to follow West on his Facebook page. The vast majority are Sailors, Navy family members and military supporters. It is important that the Navy family remain vigilant in not sharing potentially sensitive or secure information by any non-secure means - to include letters, email, telephone conversations or social media.

West has seen reports of potential threats to the Navy and said that while the country remains at war, clearly there are those who would want to glean information from anywhere they can get it to use against the Navy and the na-

tion.

"What we say and where we say it has never been more important," said West. "Operational Security [OPSEC] has to be stressed at every level and I'm going to make sure our Sailors understand that very clearly."

West said that he's consistently surprised at how effective social media has become in terms of getting quality information to the fleet. He's been particularly aggressive in using Facebook and Twitter to make Sailors and families aware of Navy and DoD initiatives such as wounded warrior care, the Post 9/11 GI Bill and Sexual Assault Prevention.

There are threats, though, that he believes are real and potentially very dangerous. "Anyone who thinks our enemies don't monitor what our Sailors, families and commands are doing via the internet and social media had better open their eyes," said West. "These sites are great for networking, getting the word out and talking about some of our most important family

See SMART page 22

## More Seabees deploying to Afghanistan

By Daryl C. Smith  
Commander, 1st Naval Construction Division Public Affairs

Two battalions of Navy Seabees will deploy to Afghanistan in coming months as part of the 30,000 additional U.S. forces deploying to the region.

Naval Mobile Construction Battalion (NMCB) 4 will deploy from Port Hueneme, Calif., and NMCB 133 will deploy from Gulfport. Each NMCB contains

about 580 Seabees.

Seabees are a vital enabler required for the buildup of additional troops in support of President Barack Obama's strategy in Afghanistan. The Seabees' mission is to help provide infrastructure such as bases, berthing facilities, roads and airfields for the increasing number of U.S. forces in country.

See DEPLOY page 13

## Seabee Memorial Chapel dedication

From CBC Public Affairs

A dedication ceremony for the newly renovated Seabee Memorial Chapel and the Dobler Memorial Garden Rededication Ceremony will take place Jan. 24 at 2 p.m. at the Seabee Memorial Chapel.

Rear Adm. Robert F. Burt, Chief of Chaplains/Director of Religious Ministries, office of Chief of Naval Operations will be the featured guest speaker.

For more information on the ceremony, contact the chapel at 228-871-2454.

NMCB 74 Paving the Way

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Tracking NMCB 1

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Sharing an IA Experience

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NCBC/20SRG  
**Commanding Officer**  
 Capt. Ed Brown  
**Public Affairs Officer**  
 Rob Mims  
 Editor  
 Bonnie L. McGerr  
**Mass Comm. Specialist**  
 MC1(SW) Terry Spain  
 MC1 (SCW) Demetrius Kennon  
 MC2 (SCW) Gregory N. Juday

**22 NCR Commander**  
 Capt. Louis V. Cariello  
**Public Affairs Officer**  
 MCC(SCW) Jeffrey J. Pierce  
**Mass Comm. Specialist**  
 MC3 Michael Wright

**25 NCR Commander**  
 Capt. Allen M. Stratman  
**Public Affairs Officer**  
 MCCM (SW/AW) Lynn Levins

**NMCB ONE**  
**Commanding Officer**  
 Cmdr. Stanley W. Wiles  
**Public Affairs Officer**  
 Lt.j.g. Ina Miranda-Vargas

**NMCB SEVEN**  
**Commanding Officer**  
 Cmdr. Jayson Mitchell  
**Public Affairs Officer**  
 MCC (AW/SW) Yan Kennon  
**Mass Comm. Specialist**  
 MC2(SCW) Michael B. Lavender

**NMCB ELEVEN**  
 Cmdr. Michael Monreal  
**Public Affairs Officer**  
 Lt. Jason Lockhart  
**Mass Comm. Specialist**  
 MC1 (SCW) Nicholas Lingo

**NMCB SEVENTY FOUR**  
**Commanding Officer**  
 Cmdr. Bruce C. Nevel  
**Public Affairs Officer**  
 Lt.j.g. Margaret Hansen  
**Mass Comm. Specialist**  
 MC1 (SW/AW) Ryan Wilber  
 MC2 Michael Lindsey

**NMCB ONE THIRTY THREE**  
**Commanding Officer**  
 Cmdr. Christopher Kurgan  
**Public Affairs Officer**  
 MCC (SW/AW/PJ) Ryan C. Delcove

**NCTC Gulfport**  
**Commanding Officer**  
 Cmdr. Stephanie Jones  
**Public Affairs Officer**  
 Chaplain (Lt.j.g.) Rob Guilliams

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# Navy Legal

## Saving for retirement? Know where your money goes

By Lt. Corey Bean, JAGC  
 NLSO Central



"Military personnel are often young and transient, but they earn a regular paycheck from Uncle Sam. That makes them prime targets for shady sales practices and financial criminals," writes Kimberly Lankford, contributing editor from Kiplinger's Personal Finance.

One ongoing scam is to sell insurance as or in conjunction with other investment products so that the true cost of the insurance is disguised. Even if the service member discovers the deception, deployment cycles or simple embarrassment may discourage him from complaining and getting relief.

The National Association of Insurance Commissioners and the Department of Defense advise military members to examine their retirement and savings plans closely to see if any of these "red flags" apply:

- o Were you approached by someone, or did you receive a card or a mailer, offering information on your military or VA benefits, or about a military service organization, only later to receive a sales pitch for insurance, investments, savings or retirement?

This is a deceptive or unfair practice regardless of whether it happens on or off base and violates the law of most states. A similarly deceptive practice is for the agent to use a title such as "Unit Insurance Advisor," "Servicemen's Group Life Insurance Conversion Consultant," or "Veteran's Benefit Counselor."

- o Were you offered free pizza, movie tickets, or some other freebie to attend a meeting on or off the installation where you received a sales pitch for insurance, investments, savings or retirement?

Many states' laws consider this an unfair or deceptive practice regardless of location when the individual being solicited is in a pay grade E-4 or below.

Yes, it is paternalistic to assume junior enlisted lose their capacity for critical thought when given free pizza, but the law could help some service members out of misleading investments.

- o Did the sales pitch focus on tax deferred savings paying a high rate of interest? Was life insurance mentioned? If so, were you asked how much life insurance you needed, or just asked how much you could afford to "save" each month? Some unscrupulous insurance agents will sell life insurance as an investment. While whole life and universal life policies will accrue cash value and can pay a benefit prior to the death of the insured, keep in mind that the insured is also paying for insurance which he may or may not need. The insurance is not free. For someone who already has enough life insurance...

See MONEY page 24

# Skipper's Log

## Change can be an opportunity to excel

By Capt. Ed Brown  
 CO, NCBC/CMDR 20TH SRG

Wow, 2010 and our plans for the year have already changed!

While we continue to adjust our schedules and lives to support the mission, remember that we are not defined by what happens in our lives but by what we do when it happens.

This is what characterizes those of us serving in the military and our families.

Changes in deployments impact our lives and families. They cause us to miss special events and rely more heavily on our strong families.

Now is the time for us to become even tighter and stronger as a community. It's a time of neighbors and FRGs. A time where support networks are as invaluable as mission planners. It's a time to lean forward and provide more support, and not to sit back and wait to be asked.

For those of us on the base, it's time to look ahead and plan. How do we make this troop surge become another story of pride, planning, and



**Capt. Ed Brown**

execution? We will prepare our families and our troops. We will continue our studies and plans of personal improvement. We will execute the mission. We will define our future and we will achieve it.

Rear Adm. Mark Handley's words when he took command at 1NCD were very prophetic. "Our Opportunity, Our Time."

What will you take away from the surge?

For me, it's our time to go further than ever before in our training and support. It really is an opportunity to be more.

Fire Warden Training Jan. 28 at the Fire Department, Building 321, from 2 - 3 p.m. See Inspector Ducote for classroom location.



## Sailor's Creed

I am a United States Sailor,  
 I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me,  
 I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world,  
 I proudly serve my country's Navy combat team with Honor, Courage and Commitment,  
 I am committed to excellence and the fair treatment of all.

### Command Action Line:

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.

# Outstanding work ethic



Navy Gateway Inns and Suites held its annual awards ceremony at the Training Hall on board Naval Construction Battalion Center (NCBC), Dec. 11. Navy Gateway presented awards employees who demonstrated exemplary performance throughout 2009. Gateway Inn employees are lead by Charles Taylor, NCBC Housing Installation Program Manager. (U.S. Navy photo by Mass Communication Specialist 2nd Class Gregory N. Juday/Released)

# Balfour Beatty Communities accepting academic scholarship applications for upcoming year

January 14, 2010

By Dianne Borges  
Balfour Beatty Communities

In 2009 Balfour Beatty Communities, responsible for the privatized family housing at NCBC Gulfport, formed Balfour Beatty Communities Foundation, a non-profit organization committed to honoring military personnel - active, disabled and fallen - and their families.

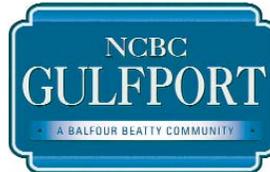
One of the primary goals of the Foundation is to promote the pursuit of education and a commitment to community leadership through educational scholarships to the children of active duty military members that reside in family housing.

The Foundation is again offer-

ing scholarships that reward high school and undergraduate students in need of financial assistance, recognizing their educational and leadership efforts.

Family housing residents with high school and undergraduate students are encouraged to apply for these scholarships for the 2010-2011 academic year; valued up to \$2,500. The application, details and requirements can be found at [www.bbcommunitiesfoundation.org](http://www.bbcommunitiesfoundation.org). The application deadline is April 15, 2010.

Balfour Beatty Communities Foundation was proud to award 17 academic scholarships to students residing in its communities across the country for the



2009-2010 academic year.

According to Bruce Robinson, president and CEO, "Balfour Beatty Communities is committed to providing a quality living environment that supports the diverse interests and needs of our military families. Through Balfour Beatty Communities Foundation, we say thank you for the work that you do and the sacrifices military families make."

## LifeWorks

### January Schedule of Events

Happy New Year!

**Jan. 1- 30:** Super Bowl Shuffle - Stop by the office and put your name on the board! Just make sure your name is the last name left on the board on the 30th, so your Super Bowl Party will have all the supplies needed!!

**Jan. 12:** Women's Night - Ladies it's your night to just lay back and get pampered! Chris' Beauty College has invited the ladies to come back and get pampered again!! Please RSVP at [abradshaw@bbcgrp.com](mailto:abradshaw@bbcgrp.com) or call 228-863-0424.

**Jan. 13:** Magnolia Community Huddle - Magnolia Residents are invited to meet at the Community Management Office at 3:30 p.m. to discuss any new ideas for events and make suggestions on various topics!!

**Jan. 1- 15:** National Clean Off Your Desk Day - Bring in a picture of your desk, because if it's not clean we are going clean it for you. Submit pictures to the Community Management Office or email them to [abradshaw@bbcgrp.com](mailto:abradshaw@bbcgrp.com)

**Jan. 18:** Martin Luther King Jr. Day - office closed

**Jan. 20:** Bunko and Game Night - Residents interested in playing Bunko and other board games can meet up tonight at 5:30 p.m. in the Community Management Office! This will also be a Pot Luck event!!

**Jan. 1 - 25:** Spouse's Day - Want to take your spouse to dinner? Movie? Bowling? Skating? Submit a letter or email any time before the 26<sup>th</sup> on why you and your spouse need to celebrate this special day together and what you would like to do. The letter can be hand written or emailed to [abradshaw@bbcgrp.com](mailto:abradshaw@bbcgrp.com). Winner will be announced Jan. 26!!

**Jan. 27:** - Scrapbooking . . . You asked for it so you got it. Residents get out those envelopes of pictures you have put away bring your scrapbooking supplies to the Community Management Office from 5 - 7 p.m. and exchange them with others! Hope to see you there! Free Pizza!!!

Seabee Courier



## NCBC Gulfport

your home  
away from home...

### New homes now available on and off base!

Inquire today for more information.







VISIT OUR LEASING CENTER AT  
**NCBC GULFPORT** CBC 3502 East 8th St. ■ Building 452 ■ Gulfport, MS 39501  
**228.863.0424** ■ [nbcgulfporthomes.com](http://nbcgulfporthomes.com)

*amenities*

- 3 and 4 bedroom townhomes with garages
- No security deposit
- 2 pets welcome (not pet deposit)
- Utilities included in rent
- Located on and off base
- Live only 5 minutes from work

*and much, much more!*

## Area Off-Limit

### Locations

#### Biloxi

Boulevard Night Club  
Blue Note Lounge  
Henry Beck Park

#### Gulfport

Bunk Small Apartments

#### D'Iberville

Guitars and Cadillacs

#### Moss Point

Tony's Lounge

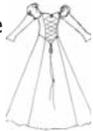
#### Pascagoula

Carver Village  
Bunksmall Apartments  
H&H Hideaway

Current "off-limits" establishments (all on the Mississippi Gulf Coast) are agreed upon and approved by local Armed Forces Disciplinary Control Board, the Staff Judge Advocate and NCBC Commanding Officer

### Here is your chance to help . . .

The Navy-Marine Corps Relief Society and Naval Officer's Spouse Club are planning the Inaugural Seabee Ball Gown Fashion Show and Sale Feb. 5. Call Angie at 228-871-2610 or Nicki at 228-871-2070 for more information.



We need those gowns, jewelry and heels that are collecting dust in your closet. It's your chance to give someone else the opportunity to "gussy-up" and step out at the 2010 Seabee Ball; all at an affordable cost. Gown sales will support NMCRS programs. Call 228-871-2610 to arrange to drop your donation off at the Thrift Shop.

# NCTC Stays Sharp



Naval Construction Battalion Center (NCBC) Fire Department works with Naval Construction Training Center (NCTC) instructors during their annual Emergency Action Plan Drill. The EAP drill tests the instructors and students response to a training emergency. To increase the simulation, the fire department is invited to participate. NCTC is required to conduct at a minimum one annual EAP drill at each of their three High-Risk training locations. (U.S. Navy photo by Greg Werda/Released)



**Seabee Center**



**“Hearts Against Hunger” Food Drive**

**February 1 – 28**

**Drop off location: Building 60, Room 110**

**Monday – Friday, 7 a.m. – 3:30 p.m.**

**All donations go to Twelve Baskets Food Bank in Gulfport for  
distribution to soup kitchens throughout the tri-county area**

**Contact CBC Public Affairs at 228-871-3662 for more information**

Suggested donations include canned food, boxed food, baby food, disposable diapers, cleaning products, shampoo/soap, toothpaste/toothbrushes, and toilet paper.



# NMCB 74 'Paves the Way to Victory' in Southern Afghanistan

By MC2 Michael Lindsey  
NMCB 74 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 have been charged with improving some key convoy routes in Afghanistan's Helmand Province. Their mission is to build short roads where vehicles often get stuck in deep sandy wadis. If left alone, these routes could become impassable for military convoys in the winter months during the rainy season.

Wadis are essentially dried up river beds which are spread throughout the Afghan desert. Five of these areas have been selected for renovation by NMCB 74's road crew detail.

"These roads are going to be a lot better than originally planned," said Lt. j.g. Christopher Waldrop, road crew detail officer in charge. "This is textbook Seabee work. We are self sufficient, heading outside the wire providing our own security and building what we are supposed to build. The Convoy Security Element is finally using their training and the equipment operators (EOs) are doing what they are trained to do."

When the road crew and the CSE arrive at one of the desig-

nated wadis, the first step is to establish a secure perimeter, begin surveying the area, and marking the dimensions of the road. This determines where to build and how much gravel will be needed. The EOs then use bulldozers and graders to remove the thick silt-like sand, which measures from one foot to four feet deep, on average.

"We clear out all the loose sand until we hit the hard surface underneath, and then begin layering gravel, dirt and water to form a cohesive bond. We roll over that to compact it, and then repeat once more until we have a hard surface," said Waldrop.

The gravel being used is provided by locals who are contracted to deliver it to the project site, which presents its own challenge. The trucks entering the project are directed by the CSE and EOs. Waldrop deals directly with the Afghan drivers to check their loads for safety and quality, making sure the U.S. gets what it has paid for.

"The language barrier is huge," explained Waldrop. "I know the [Pashtun] words for 'driver,' 'truck,' 'thank you' and 'slow down,' and they don't speak English. They also

seem to be on their own timeframe. If we agree on an 8 a.m. delivery, they will show up around noon."

Rotating shifts through convoys to and from a nearby forward operating base, bringing their fuel and supplies with them on each rotation, the construction goes on 24 hours a day. The crew transports their earthmoving equipment to each project site and do not leave it unattended while the road is under construction, so there are no days off for these Seabees until they finish at a location.

The CSE spent an extensive amount of time during homeport in Gulfport, simulating running convoys using gun trucks armed with multiple types of crew-served weapons, such as the M-240B and the .50 caliber machine gun.

"We spent a lot of time training in homeport and we can all do each others job, whether it's the gunner, radioman, driver or even vehicle commander," said Construction Electrician 2nd Class Alicia Morgan, a CSE member.

This is the first time a Seabee Battalion's CSE team has been used extensively in Afghanistan, and the team



Construction Mechanic 2nd Class Mike Holzinger, assigned to the Naval Mobile Construction Battalion (NMCB) 74 convoy security element, scans his sector of fire with an M240B machine gun while providing security for a convoy route development project. NMCB-74 has been charged with improving key convoy routes in Helmand Province, Afghanistan. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

demonstrated an eagerness to carry out this mission. Their only request was for more chances to prove themselves in the near future.

"It's good to get outside the wire and do our job like we signed up to do," said Construction Mechanic 2nd Class Mike Holzinger. "I only wish we could have gone with the other convoys when we

pushed our gear out to the forward operating bases and command outposts."

Holzinger suggested that this mission was a perfect example of the first two lines in the "Seabee's Song."

Holzinger recited, "We're the Seabees of the Navy we can build and we can fight. We'll pave our way to victory and guard it day and night!"



## NMCB 74 and fellow service members rock out over holidays

"The Lieutenant Dan Band" starring "Forest Gump's," Gary Sinise, performs for hundreds of U.S. Sailors, Soldiers and Marines assigned to Camp Leatherneck. Sinise and his guests stopped in southern Afghanistan to perform during a USO tour. Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 serving in Southern Afghanistan are providing vital infrastructure by building bases, roads, airfields, dining and berthing facilities for U.S. forces serving in the area. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

# NMCB 1 DET participates in Talon Vision exercise

By NMCB 1 Public Affairs

Seventeen members of Naval Mobile Construction Battalion (NMCB) 1, were chosen to redeploy to the island of Luzon in the Philippines to participate in the annual bilateral amphibious landing exercise Talon Vision 2010.

Lead by Lt. Adam Perrins and Senior Chief Tim Gridley, the planning for this mission began in June and continued until the detachment flew off to the Philippines in September.

Soon after arriving on the island the work was put on hold because of Typhoon Ketsana. Once the weather cleared the crew went to work building a new school house for the Calumpang Elementary School. The Seabee crew paired up with a crew of 13 airmen from the 355<sup>th</sup> Aviation Engineering Wing of the Philippine Air Force as

part of the Engineering Civic Action Program. It appeared as if both crews had been working together for years as they seamlessly completed multiple construction projects

The 27' x 23' concrete and masonry school house was finished with stucco, a metal roof with gutters, one door and four jalousie type windows in a seventeen day period. The school now serves over 50 children. The new school house will help facilitate the growing school population as families displaced by Mount Pinatubo return to their home village.

It was clear from the first day that both crews brought a strong desire to work and improve the impoverished local community. The Calumpang School receives no state or local funding and relies solely on donations and volunteers.

In addition to building the

school house the crew took every opportunity to look for additional projects that would improve life at the school. These side projects included providing running water to two other school rooms and three restrooms, building a new septic tank, enclosing the kitchen with walls and a refurbished roof, repair eroded sidewalks, upgraded electrical lines, new concrete driveway, finished incomplete exterior walls, and a paint of the entire compound.

The crew made extra efforts to recycle material and minimize waste in order to leave the school with as much excess material as possible.

The sense of gratitude by the school and the children created a fun working environment where everyone was able to enjoy each others company and share in cultural exchanges.



CECN Kenneth Norden, BUCN Jackie Minter, BUCN Mathew Hill and BUCN Eric Fairweather, assigned to Naval Mobile Construction Battalion (NMCB) 1, DET Talon Vision, pour the foundation for an elementary school one bucket at a time. The Seabees are participating in an annual bilateral amphibious landing exercise Talon Vision 2010. (U.S. Navy photo/Released)

## 'First and Finest' Bees give a little, gain a lot

By NMCB 1 Public Affairs

More than 44 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1, deployed to Okinawa, Japan, volunteered their time to host a Sports and Fitness Field Day event for the local Tai Chu En Orphanage as part of a community relations project, held in late November.

The day was jam-packed with friendly competition and culture-sharing experiences that have left a lasting seal of mutual respect and admiration between the orphaned children, ages 2-16, and the members of NMCB 1 who volunteered to make this event such a blast.

"This has got to be one of the high points of the deployment thus far," exclaimed Seaman Recruit Dominique Hammonds, a yeoman assigned to Headquarters Company. "It was really something special to be able to play Big Sister for a day and show a little bit of love and affection for these children. It is heartbreaking to know that there are two year-old children here who were deemed not good enough to



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 team up with children from the Tai Chu En Orphanage in a three-legged race competition as part of a community relations project help on board Camp Shields. The race was only one of many field day events that focused on fun and team building to strengthen the relationship between the U.S. Navy and the local civilian populace of Okinawa. (U.S. Navy photo/Released)

be loved by the very people who brought them into this world."

Clearly on opposite ends at first, it

was the boldness of one little girl who immediately scurried toward a Seabee with arms wide open that

quickly melted the hearts of all in attendance as the two embraced in a warm hug.

From there, the tone was set for the fun-filled day that ensued.

To kick-off the events, the children performed a cultural Eisa Dance for the Seabees. Eisa Dancing is a form of folk dance unique to the people of the Ryukyu Islands of Japan. At the conclusion of the dance, many Seabees were anxious to get in on the action.

"Eisa Dancing was awesome," exclaimed Petty Officer 1<sup>st</sup> Class Marco Jackson, a logistics specialist with Headquarters Company. "Seeing them perform, you might think it looks easy - until you try it for yourself. They taught us on the fly, but it's not something you can just learn in a day. We all did a final little performance together, which was fun but hard. This was definitely a great way to start the day and get the interactivity going."

After Eisa Dancing, the day rolled right into its main event - the field activities. The Seabees split up into

See GAIN page 8

teams with the children of the Tai Chu En Orphanage to compete in various activities such as water balloon tossing, soccer dribbling, three-legged races, and a Tug-O-War competition, all capped off with an enjoyable game of Ground Golf. "We [the Seabees] came here to make sure these kids had a good time. In the end, we all ended up having a *great* time as we interacted with each other and broke down the barriers that separated us at the beginning of the day," said Petty Officer 2<sup>nd</sup> Class Jason Braun, a religious program specialist assigned to Headquarters Company and coordinator of the day's events. "I couldn't have asked for a more enthusiastic bunch of 'Bees or a more fun group of kids."

## Did you know?



- Every month, we throw out enough glass bottles and jars to fill up a giant sky-scraper. All of these jars are recyclable!
- The energy saved from recycling one glass bottle can run a 100-watt light bulb for four hours. It also causes 20 percent less air pollution and 50 percent less water pollution than when a new bottle is made from raw materials.
- A modern glass bottle would take 4000 years or more to decompose — and even longer if it's in the landfill.

## Mississippi Gulf Coast Community College (NCBC Campus)

**SPRING 2010**

(1st Session Jan. 11 - Feb. 22)

(2nd Session March 8 - May 11)

**Registration going on right now! Register via the web or contact Alrie' Poillion, MGCCC/NCBC director, 228-865-0675. The MGCCC office is located on the second floor of the Moreell Building, #60.**

**Course offerings include World Civilization I&II, Physical Science I&II, Beginning Algebra, Intermediate Algebra, English Composition I&II, Human Growth/Development, Art Appreciation and Public Speaking I**

# Runnin' Roos' make Seabee history!

By BU3 Jonathan French and  
BU3 Ryan Sparks  
NMCB 133 Public Affairs

Naval Mobile Construction Battalion (NMCB) 133 celebrated the achievements of one Seabee after his success in the Marine Corps Martial Arts Program (MCMAP).

Builder 3rd Class (SCW) Ryan Sparks graduated from the Martial Arts Center of Excellence this fall with the title of Martial Arts Instructor Trainer Black Belt First Degree Red Tab. He is the first and only Seabee to accomplish this feat.

Sparks began the first level of MCMAP in March, to earn the Tan belt under the close supervision of Marine Maj. Justin Ansel, the Military Advisor of the 22nd Naval Construction Regiment.

Ansel approached Sparks about becoming a MCMAP instructor due to his natural talent and interest in martial arts. He first had to complete the Grey belt course in Gulfport under the instruction of two martial arts instructor trainers. In May, Sparks started the Martial Arts Instructor Program that required him to run the Marine Corps' First Class Personal Fitness Test. The following three weeks of training under Staff Sgt. William Callen and Sgt. Oneil Cambell helped him become a certified Green belt instructor after his skills were evaluated.

The class started with 22 students and the remaining 11 who graduated consisted of six Seabees and five Marines. Sparks was recommended to attend the Martial Arts Center of Excellence after he completed the Green belt instructor course. After two months of instructing the Tan belt course alongside Major Ansel, Sparks was offered the chance to attend MACE in Quantico, Va. which would be a first for the Seabees.

He arrived at MACE for training Aug. 7. Before the course even started, he was required to score at least 225 out of 300 on a Marine Corp Fitness Test, run an obstacle course in full gear three times in under 30 minutes and complete a level two swim qualification. He faced many physical and mental challenges over the next seven weeks while training on weapons combat and night operations. He also learned several fighting techniques and their origins. Sparks' class also got the privilege to attend day camps with well-known Jujitsu instructor Lloyd Irwin and Shandoshi instructor Jack Hoban.

At the conclusion of this grueling seven week course he was required to complete the same grueling physical test that was required before the course began, but instead of three times around the obstacle course in under 30 minutes while wearing full gear, they made it five times around in



Builder 3rd Class Ryan Sparks from Naval Mobile Construction Battalion (NMCB) 133 allows Utilitiesman 3rd Class Jonathan Cox to demonstrate the proper technique for applying a choke in front of the students during martial arts training on Naval Construction Battalion Center (NCBC) Gulfport. (U.S. Navy photo by Chief Mass Communication Specialist Ryan Delcore)

under 30 minutes.

At the graduation, four awards were presented to those who stood out through the training. Sparks was recognized with the Dunham-Weatherbee Award which is given to the student who displays the most courage and

willpower during the course. The Dunham-Weatherbee Award consists of a Raider Knife from the Marine Corps Raiders and a certificate.

Sparks is one of only 17 to receive this prestigious award. He was also given a copy of "Valor of

Honor," a book dedicated to Cpls. Dunham and Weatherbee. The award was presented to Sparks by Lt. Col. Joseph Shusko USMC MCMAP director. Sparks has plans to start MCMAP on NCBC Gulfport, Miss. for any interested Seabee or military personnel.

# Above All

By MC2 (SCW) Gregory N. Juday  
NCBC Public Affairs

Mark Twain once wrote, "The dictionary is the only place success comes before work," meaning that you can not succeed without doing the work it takes to get there. Working late to complete the task at hand, volunteering in the local community, taking on challenging assignments outside our area of expertise are a few of the things leading to the current success of Technical Sgt. Wendell J. Snider, Naval Construction Training Center (NCTC) Air Force Instructor Supervisor.

"I have to give credit to the Lord," said Snider. "In this case, it was the extra work that I did as well."

Snider has been selected as the Major General Eugene A. Lupia award winner for Air Education and Training Command (NCO category), and is now competing against the entire Air force. The award recognizes Civil Engineer managers and technicians for their outstanding accomplishments.

"I feel very blessed," said the Washington D.C. native. "I feel that all the

work I put forth is catching up."

While attached to NCTC, Snider volunteered to deploy to Gardez, Afghanistan in support of Combined Joint Task Force 82. While deployed to Afghanistan he conducted over 130 civil engineering quality assurance and site survey missions on over 55 convoy missions, earning him a Bronze Star.

"There were times, while recently deployed to Afghanistan, that I felt like I wouldn't make it home. Traveling outside the wire to manage construction projects with a pregnant wife and baby born while deployed was extremely stressful," said Snider. "It is sacrifices like these that are recognized and help to develop ones character."

Snider's humility and appreciation for life are displayed when he reveals what he considers his biggest accomplishments.

"The biggest accomplishments in my career are getting to know Jesus and the day I married my lovely wife Lashae," said Snider. "I wouldn't be here today if it weren't for God changing my character and my wife remaining my best friend after 11 years of marriage."

Tech. Sgt. Snider was selected for



**Col. Mark A. Correll, Civil Engineer, Headquarters Air Education and Training Command, Randolph Air Force Base, presents Tech. Sgt. Wendell Snider, Naval Construction Training Center Air Force Instructor Supervisor, with the Major General Eugene A. Lupia award at Randolph Air Force Base in San Antonio, Texas. (U.S. Air Force Photo/Released)**

Master Sergeant last May and will put it on in July 2010.

"Now it is about the family and the troops. I am in the process of submit-

ting a package to become an Air Force First Sergeant so I can go out there and lead troops and help to guide them down a successful path."

# Homefront in Focus: 2009 in the Rear View Mirror

By Beth Wilson

Military Spouse Contributor

Happy New Year!

As we usher in a new year, are you looking forward? I joked with my husband that I could not wait to "see 2009 in our rear view mirror."

Our year was full of unexpected changes, challenges and opportunities. I was the first military spouse to imbed on a deployment, I spent a wonderful week reunited with a lost girlfriend in my favorite city, Washington, D.C. We saw Scott's precious, Navy WAVE grandmother featured on the Bonnie Hunt Show. We got a new puppy. Scott battled and beat cancer and a MRSA infection. As I write this column I am surrounded by boxes; that is, packing boxes. We are moving over the Christmas weekend.

Celebrating the new year is a good thing. It is beneficial to have a landmark where we put the past behind us while turning our sights to a new chapter in our lives. The New Year provides this landmark. 2010 is before us and with it are endless possibilities of hope, promise, and opportunity. Yes, in the midst of the current economic challenges, the Global War on Terror and other uncertainties 2010 still presents many opportunities.

The New Year presents opportunities to express our love to our families; our children, parents and spouse. The New Year presents opportunities to do all those things we didn't 'find the time' for in 2009; time for a cup of coffee with a friend, a phone call to a sibling, a special evening with children, a date night with our spouse.

The New Year presents opportunities to express gratitude. Yes, gratitude. I marvel at the warmth and outpouring toward military families during the Christmas season. The many events and opportunities at our base alone were as-

tounding! What love and appreciation has been expressed to us, the military community. Take a moment to list the efforts for our children, our service member and for us as spouses; the gifts for our children, the holiday parties and luncheons, the care packages and calling cards to our service member. What a way to start

the New Year - freshly appreciated and valued! Take a moment to send off a card, letter, or email to the many that made our holiday special.

There is another reason to be grateful. While military service presents challenges, we have something many in our country can no longer claim...job security. I have friends and

family who has lost jobs and their unemployment benefits ran out. While 'deployment' is no fun, secure 'employment' is priceless.

The New Year is full of promise, full of hope, full of opportunities to grab life and live it 'on purpose.' 2009 is in the rear-view mirror . . . what do you see ahead of you? What

will you accomplish in the next 365 days? What opportunity will you seize? What life will you touch? 2010 is yours for the living . . . may you live it to the fullest!

Contact Beth at [beth@homefrontinfocus.com](mailto:beth@homefrontinfocus.com). Check out *Navy Homefront Talk*, the internet talk show for spouses at [www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht).

Both battalions will deploy by March, but may deploy as early as January. As part of their normal rotation cycle, NMCB 4 and NMCB 133 were originally scheduled for deployment in February. NMCB 133 was scheduled to go to Afghanistan, and NMCB 4 was originally scheduled to deploy to the Pacific region.

"Since World War II, the Seabees have supported the Marine Corps in every major conflict. This is our legacy, and we are proud to be part of this important mission," said Rear Adm. Mark Handley, Commander, First Naval Construction Division.

Both battalions had already completed their required homeport training in preparation for deployment.

"Our Seabee battalions receive extensive training in both construction and defensive skills, so this mission is exactly what we have traditionally trained for. Seabees have a vital role to play as they work to provide the infrastructure necessary to complete our country's objectives in Afghanistan," Handley said.

"After a successful homeport training cycle, NMCB 133 stands ready to answer the president's call to surge additional forces into Afghanistan," said Cmdr. Christopher Kurgan, commanding officer of NMCB 133. "We appreciate all the responsive support that we have received from across the Naval Construction Force to finalize our training and equipping. We also deeply appreciate the understanding and support of our families as they continue to sacrifice and allow us to answer our nation's call."

The deployment of these two battalions will require adjustments to the deployment schedule of other Seabee units. These adjustments are currently pending approval by the chief of naval operations.

Various vehicles, equipment, tools and materials are also being prepared to be shipped from Gulfport and Port Hueneme to support their mission. Naval Facilities Expeditionary

Logistics Center (NFELC) and Seabee Readiness Group personnel are breaking out containers and preparing them for shipment from Gulfport, Miss., and Port Hueneme, Calif. Construction equipment is also being broken out from warehouses, de-preserved and operationally checked. This gear will be staged for shipment when it is ready. Some items will be shipped by air, but most will go by ship transport.

Many of the pieces of heavy construction equipment will be armored before they are deployed. NFELC has active contracts to armor construction equipment in Gulfport and Port Hueneme. Mobile Tactical Vehicle Replacements (MTVRs) are

also being armored at other locations in California, North Carolina and Florida.

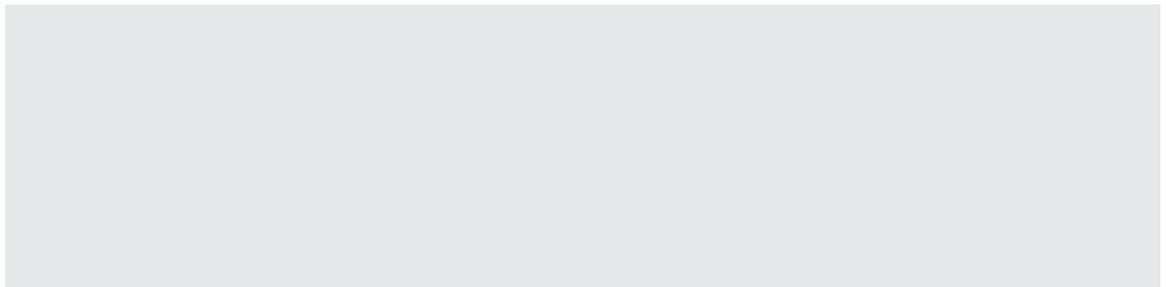
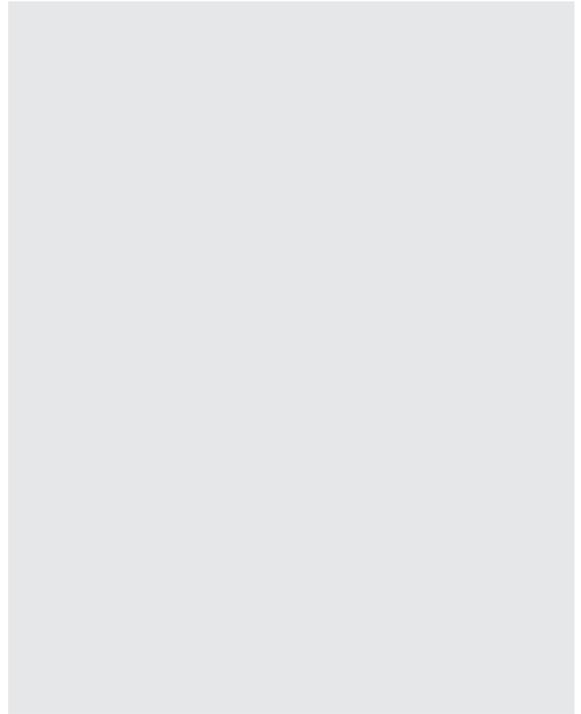
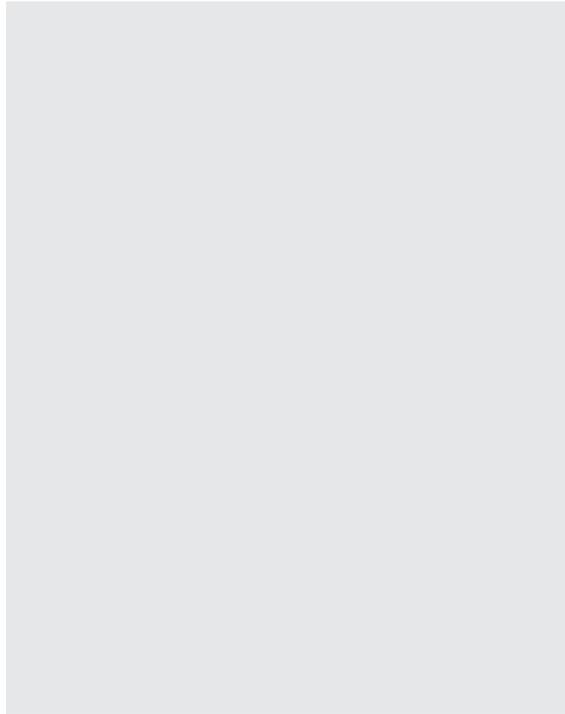
Troops are being outfitted with the latest in Personal Gear and Combat Equipment including ballistic protective eyewear, body armor, hydration systems, extreme cold weather gear and fire resistant clothing.

About 2,600 Seabees are currently deployed to about 20 different countries around the globe supporting a variety of humanitarian missions and contingency operations.

Seabees were among the first forces in Afghanistan after the Sept. 11 attacks to upgrade and repair airfields. Portions of two battalions have been deployed there since January 2009.



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 palletize an eight by six-and-a-half foot tricon at Upper Nixon on board the Seabee Center, Jan. 8. NMCB 11 is assisting the 20th Seabee Readiness Group (20 SRG) in the embarkation of Civil Engineer Support Equipment (CESE) for battalions preparing to deploy. (U.S. Navy photo by MCI Demetrius Kennon/Released)



# NMCB 11 teams with Lowes and D'Iberville Elementary School

Story & photos by  
MC1 (SCW) Nicholas Lingo  
NMCB 11 Public Affairs

Through family ties, a group of Seabees found themselves at the heart of a very unique project to help as well as an entire school.

Construction Mechanic 1st Class Luis Garcia, Naval Mobile Construction Battalion (NMCB) 11, was extremely interested when he heard from his mother-in-law, also a Lowes employee, about a project that had been in the works for just over a year to build a Pergola at the D'Iberville Elementary School. A pergola is a garden structure normally used to provide shade in an open terrace.

This particular pergola will also provide a better environment for outdoor classes for the students including the

schools gifted program "Journey."

"It's going to help both the students and the teachers. This will give them a chance to get some sunshine and a change of scenery," said Terry Roberson, Human Resources Manager at Lowes in D'Iberville.

The pergola will also provide a serene environment for D'Iberville Elementary schools two autistic children who are currently enrolled in their school's special needs program.

"I had a child that was in a special needs class last year, so anything we can do to help, we're going to," added Roberson.

The pergola will also provide something a lot of the schools children may not have at home. "We have a

See TEAM page 19



Builder 1st Class Robert Watson from Naval Mobile Construction Battalion (NMCB) 133 displays the two Garrett GT2871R turbochargers before welding them to the exhaust pipes on his Pontiac G8. The G8 made 525 horsepower at the rear wheels with the addition of the twin turbochargers, intercooler and electronic control unit adjustments. Watson enjoys modifying his vehicles when he's not on deployment. (U.S. Navy photo by Chief Mass Communications Specialist Ryan C. Delcore/Released)

## 'Hot Rod' 'Roo with NMCB 133

By MCC Ryan C. Delcore  
NMCB 133 Public Affairs

Builder, that's right, Builder, not Construction Mechanic, 1st Class Robert Watson of Naval Mobile Construction Battalion (NMCB) 133 is a self-made mechanic who has pushed the limits of his automobiles and made them go faster than many could imagine.

Watson didn't grow up working on cars but has learned through trial and error along with a little bit of the Seabee's "CAN DO" attitude.

"I was scared to change my own oil when I first started driving," said Watson. That's hard to believe given that he's accomplished some highly technical feats in the world of car modifications.

Watson bought a 2000 Ford Explorer that came with a 302 cubic inch engine and had Kline's Muffler in Gulfport, Miss put an exhaust system on it. He knew he had been bitten by the modification bug as soon as he heard the growl of the 302 bellowing out of

the new exhaust. The sound was there, but Watson knew he wanted it to go faster.

Installing a shift kit so that the transmission would shift at a higher RPM allowing the Explorer to accelerate quicker was his first project. He went on to install a performance cam in the engine to allow the engine to make more power at certain RPMs. He also installed a Powerdyne Supercharger to force air into the engine to burn fuel at a higher rate creating more horsepower. The supercharger works the same way blowing on a fire to make it burn faster does.

Watson bought a brand new 2003 Ford Explorer off the showroom floor with the sole purpose of turning it into one of the fastest if not the fastest stock Explorer in the world by modifying and utilizing as many of the vehicles stock parts as possible.

Watson began by adding as many performance parts to the Explorer's 4.6 litre engine as possible to include CNC ported heads

and a Kenny Bell 2.2 liter blower. The engine made 625 horsepower but is built to withstand 1,000 horsepower. Watson was forced to replace the stock transmission with a purpose built racing transmission to handle the power from the monster engine. The only problem with the new transmission was that there were not any wiring harnesses available to plug it into the Explorer's computer, so he bought a transmission wiring harness from Ford Racing that was made for cars and took it apart. Watson used his understanding of DC current to modify the harness in order for the Explorer's computer to tell the transmission when to shift properly.

Watson could not find any other's who had attempted these modifications before which make him a pioneer in the Ford Explorer performance world.

He has a total of more than \$35,000 put into his 4,400 pound,

See MOTOR page 19



Seabees from Naval Mobile Construction Battalion Eleven pose with civilian volunteers and the fourth grade class from D'Iberville Elementary School that have adopted this community relations project. The Seabees built a pergola to provide an outdoor classroom environment for the children. Naval Mobile Construction Battalion Eleven is currently in their homeport training phase. They will deploy to the Pacific Command Area of Operations in 2010. (U.S. Navy photo by Mass Communication Specialist First Class (SCW) Nicholas Lingo/Released)

January 14, 2010

Seabee Courier

# NMCB 7 Seabees deploy to Virginia during homeport

By MC2 (SCW) Michael Lavender  
NMCB 7 Public Affairs

A small detail of 20 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 departed from Gulfport to Naval Air Station (NAS) Oceana, Va. Nov. 30 to participate in a 21-day week construction project.

"Our mission is to erect two tension-fabric structures, which are essentially two permanent circus tent-like structures, which will be used as a physical training compound," said Chief Builder (SCW) Juan Campos, the detail officer in charge.

With NMCB 7's upcoming deployment to Europe and Africa, many of the Seabees see the mini-deployment as an opportunity to enhance the training they received throughout homeport.

"This is a good chance to go out there and show our fellow Seabees and Sailors how we can impact their lives," said Steel-

worker Constructionman Gregory Koch, a Seabee assigned to the detail. "Many of us should take advantage of work opportunities like this, because it builds up our confidence and allows us to get into a different area. It also gives us a small taste of what deployment will be like."

"It's a great opportunity for our junior guys to go out and build their required skill sets for the future," added Campos. "Homeport detachments aren't uncommon, but they are usually manned by personnel E-4 and below to build their skill sets so that they will be able to use them either two months from now, when they're in Africa or Europe, or years down the road when they train their junior guys."

The project, which took three months to plan, will also give the Seabees a chance to work alongside civilian contractors.

"The work will be a joint venture with Department of Defense civilian contractors," explained Campos. "The initial request from the customer went to NAVFAC (Naval Facilities Command), who in turn, has the option to contract the project out or utilize NCF (Naval Construction Force) assets. This time, they decided to go both routes. Joint venture projects between services and civilians are becoming more of a common occurrence. In some cases, it helps expedite some projects."

While on the detail, the Seabees will be able to take advantage of liberty hour programs.

"We have set liberty schedules, just like a deployment would," said Campos. "There will be a couple of short trips to historical sites in the area and possibly even visit an aircraft carrier. But most importantly, our troops will get a special chance to work with the other major compo-



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 board their flight at the Gulfport Air National Guard flight line to deploy to Virginia for 21 days. The Seabees will be working on a joint project with civilian contractors to prepare two high-tension fabric tents for use by personnel based at Naval Air Station Oceana as a physical fitness facility. NMCB 7 is preparing its equipment and personnel for an upcoming deployment to several locations throughout Europe and Africa. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael B. Lavender/Released)

nents of our field and build our working relationships so we can

continue to be a major part of a global force for good."

## Seabees work to keep Christmas spirit alive

By MC2 (SCW) Gregory N. Juday  
NCBC Public Affairs

Every Christmas there are families who are not able to celebrate the holidays due to financial circumstances.

With the current state of the economy, more and more families are not able to provide for their children with gifts. Here on the Gulf Coast, the Seabees 'Can Do' Christmas.

This year marks the 4<sup>th</sup> Annual 'Can Do' Christmas, with meeting a goal of reaching more families than in years passed. With the help of Boy Scout Troop 228 out of Vanleave, the Seabees were able to procure, wrap and

distribute gifts to three families in the local community.

"It was a humbling experience for Troop 228 to see those less fortunate than them and be able to provide them with a Christmas," said Builder 1<sup>st</sup> Class Steve Byers, 20<sup>th</sup> Seabee Readiness Group and Troop 228 Scout Leader.

With the help of the 20<sup>th</sup> Seabee Readiness Group (SRG) First Class Association and multiple bake sales the Seabees were able to raise money to provide each child with a wide assortment of gifts.

"I want to give a special thank you to the 20<sup>th</sup> SRG FCA, ABC Pawn Shop and those who provided for the

bake sales for their generous donations," said Utilitiesman 1<sup>st</sup> Class Daniel Clowser. "With out their generous donations, none of this would have been possible."

This year the Seabees dressed as Santa Clause when delivering the gifts, showing that the spirit of Christmas was alive within all those who partook in the event.

"I truly enjoyed the experience," said Byers. "Hearing the little girls say 'Bye Clause' was very heart warming and seeing her mother cry, overwhelmed with appreciation was worth all the time and effort we all put in to make this happen."



Builder 1<sup>st</sup> Class Ina Bacca, Utilitiesman 1<sup>st</sup> Class Dan Clowser and Builder 1<sup>st</sup> Class Steve Byers sit with a grateful family while delivering gifts for Can Do Christmas Dec. 23. U.S. Navy photo by MC2(SCW) Gregory N. Juday.

"We are hoping to be able to assist more families next year," said Clowser. "This year we were able to help three families, so we are not only shooting to increase the number of families but the

quality of the gifts. Toys are getting more expensive and we are planning on holding a base wide bake sale along with a few other events to help increase donations to meet these goals."

Seabee Ball coins and glasses are now on sale from your Seabee Ball representative. Visit the Seabee Center Fitness Facility to see what they look like. They are in a trophy case inside the facility. For more information, call Lt. Robert Rutherford at 228-871-3277.

January 14, 2010

Seabee Courier

## Fitness Center

Wally ball is now available for play on racquetball courts. Most reserve court so that the staff can set up net before play begins.

Single Person Racquetball league sign-ups start Jan 11. The league begins Jan. 25.

**Mission Nutrition** course is available by appointment. Contact Xavier for details at 822-5108.

**Massage Therapy with Julie Blackner** (to make an appointment, call 228-871-2667). Massage can help release chronic muscular tension, reduce mental and physical fatigue. Massage and body work is also known to promote better sleep and reduce anxiety and create a sense of well being. To experience these benefits call to make an appointment and you can be well on your way to a healthier way of living.

**Replenish:** Give your body a respite from the toils of stress on those busy days. \$30 for 30 minutes

**Hot Stone:** Smooth stones are heated, oiled and gently massaged over your entire body. This therapy treats health condition such as Arthritis, Fibromyalgia, Stress,

Anxiety and more. \$85 for 75 minutes

**Swedish:** A variety of techniques designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returns to the heart. This therapy shortens recovery time from muscular strains and circulation without increasing heart load. \$60 for 60 minutes

**Deep Tissue:** Focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders. \$75 for 75 minutes

**Chair:** A short massage done through the clothing. It focuses on key tension areas in the back, neck, shoulder and arms. \$20 for 20 minutes

**Facial:** A balancing and deep cleansing treatment for your skin. This technique is also used to relieve stress, migraine headache and sinus pressure. \$40 for 60 minutes

**NMT (Neuromuscular Therapy):** Trigger points are areas in

the muscle that become irritated. When they are pressed upon they trigger referred sensations that may feel like pain, tingling, or numbness, just to name a few. Trigger points may be released through this method of massage therapy to eliminate pain and discomfort elsewhere in the body. \$95 for 60 minutes

**New Year's 5K:** Bundle up and join us Jan. 20 at 6:30 p.m.

**Liberty Center**  
Happy New Year! As we kick off 2010 come join us for lots of exciting events! Start off with Paintball Wars Jan. 16 in Covington, La. for only \$25 (transportation, gun, paintballs and lunch included). Or maybe Skydiving on Jan. 17 sounds more like fun to you - for only \$150 experience the thrill of a lifetime and we'll depart at 9 a.m. ! Or perhaps a day at the Bass Pro Shop in Mobile, Ala. sounds better - for only \$2 enjoy an entire day departing at 10 a.m. Don't miss out on Skeet Shooting Jan. 31 either - for only \$13 you'll get to shoot 25 clays and hopefully not get too cold!

If you're looking to help out the local community then join us Jan. 23 as we help Habitat for Humanity with one of their local projects! We don't know what we'll be doing but lunch will be included!

Come into Liberty every day to warm up for a bit, shoot some pool, check your email or just relax and watch a movie. Or join us Jan. 25 to really get rid of the chill with Hot Chocolate and Cookie Day - starting at 11 a.m. - FREE while supplies last.

Don't forget that you've got a three day weekend coming up and Liberty has a great trip planned! Over President's Day weekend, Feb. 12-15, we'll be heading over to Nashville, Tenn. Transportation, 3 nights lodging at the Ramada Inn & Suites Opryland Airport is only going to cost you \$110! You can't get a better deal than that. But we need you to sign up by Feb. 1! Don't miss out on getting out of Gulfport for a fun filled weekend in Nashville! Call 228-871-4684 or come see us in Liberty for more information.

If you've got ideas for trips that you'd like to see Liberty go on come in and let us know! We are ALWAYS looking for suggestions!  
**Information Ticket and Tours (ITT)**

**Disney Military Salute - 4 Day tickets** are available starting at \$96. Eligible patrons can purchase up to six tickets; one for the mili-

tary member (Active Duty, Retired, Reserve, 100 percent DAV, Coast Guard, National Guard, etc) and five family and friends.

Hurry...don't miss out...offer expires Sept. 30, 2010 . . . last day to purchase tickets is July 31! Your ITT Office can help you with all of your lodging needs as well! For more info, stop by the ITT Office, Bldg 352, or call 228-871-2231/2126.

**Attention race fans . . .** that time of year will once again be upon us! Yes, the 52nd running of the Daytona 500 is quickly approaching! Join ITT on Feb. 12-15. Trip includes round-trip deluxe motor coach transportation, two night's hotel accommodations at the Radisson World Gate Resort. Race tickets may be purchased separately.

**Let's get ready to go to the Orlando Theme Parks one more time!** ITT is taking a Spring Break trip March 27 -April 2! Trip includes round-trip deluxe motor coach transportation, four night's accommodations at the Radisson World Gate Resort. Tickets can be purchased separately. It's not too early to sign up! Payment plans available. Sign-up deadline is March 15 with final payment due by March 25.

Universal Studios/Islands of Adventure in Orlando is offering a free Two-Park Unlimited ticket good for up to seven consecutive days to military members. In addition, you can purchase an unlimited quantity of the same ticket for \$94 for family/friends. Hurry, though, as these tickets expire March 26, 2010!

**Base-Wide Yard Sale** will take place on March 20, 8 a.m.-1 p.m. on the Grinder. For a \$10 booth purchase you get your choice of either two tables + two chairs or a 10 x 10 canopy. For \$15, you can get both (rain date March 27).

**ITT now has Early Bird Season Passes for Gulf Islands Water Park** available thru Jan. 15! Purchase a Family 4-Pack for \$205/additional passes can be purchased for \$41.95! Hurry . . . these prices will increase to \$55.95 each after Jan 15!

**NEW! NEW! NEW! - ITT is going tropical!** Come with us and enjoy a three-night cruise to the Bahamas! We will be sailing on Royal Caribbean Cruise Lines May 27 from Port Canaveral, Fla. for three days/three nights of tropical breezes, tropical music, sandy beaches and FUN! Must have a minimum of 8 cabins (minimum 16 people) to sail. Cost is \$480/per



person with a \$200 per cabin deposit due by Feb 17. Balance due by March 17. Pricing is all-inclusive. We can book as many cabins as we need, so there is no chance of overselling! Bring your spouse, your sweetheart, your kids, your mom and dad . . . just come along! Transportation will be provided to and from the cruise terminal with payment plans available!

**Disney's Give a Day Get a Day** (Great volunteer opportunity with perks)  
[http://disney.parks.disney.go.com/disney.parks/en\\_US/WhatWillYouCelebrate/index?name=Give-A-Day-Get-A-Disney-Day](http://disney.parks.disney.go.com/disney.parks/en_US/WhatWillYouCelebrate/index?name=Give-A-Day-Get-A-Disney-Day)

We want to inspire one million people to volunteer a day of service to a participating organization in their communities. So we're celebrating these volunteers' good works by giving each of them a one-day, one-theme park ticket to the DisneyWorld Resort or Walt Disney World Resort, free. Find out all the details at the site.

## Vehicle Storage

**Deployment Special!** Free storage for the 1st vehicle and 50 percent off each additional vehicle this includes all RV's for all deploying troops. Must present a letter of deployment from your command. Just call Auto Hobby at 228-871-2804.

## Auto Hobby Shop

**Free Tire Rotation** every Thursday - Saturday, 10 a.m.-3:30 p.m. and Saturday 9:30 a.m.-1:30 p.m.

## CBC Lake Pavilion

**Due to road construction** on 11th Street the CBC Lake Pavilion area will be closed until further notice. We apologize for any inconvenience this may cause.

## MWR Vehicle Resale Lot

**Have a Vehicle, Motorcycle, RV, Boat or Utility Trailer you want to sell?** Put it in the MWR Vehicle Resale Lot located on 5th Street. Location is in a high visibility area and is lighted for extra security.

## Car Wash

**MWR has made several upgrades to the car wash.** Vacuums have high suction power, stain remover, shampoo and fragrance selection. The MWR car wash is located off Marvin Shields Blvd. and Rodgers Ave.

## Heading for the Dome!



(U.S. Navy photo by Nicole Dunn/Released)  
National Guard Recruiter, Sgt. 1st Class Donovan Whitfield displays his tickets to the New Orleans Saints NFL divisional playoffs Saturday. Football fans stood in line at ITT Jan 5. for the chance to purchase discounted tickets to see the pros battle it out at the New Orleans Superdome.

# Focus on Education

## High School Educational Opportunities . . .

### Mississippi School for Mathematics and Science (MSMS)

The Mississippi School for Mathematics and Science is a public, residential, co-educational high school for academically talented juniors and seniors.

MSMS is located on the campus of the Mississippi University for Women (MUW) in Columbus, Miss., and is governed by the State Board of Education.

Since MSMS is a public high school, the admissions process is open to all Mississippi

tenth-grade, academically-talented students with mathematics, science, and technology interests.

Students who apply should have a record of school performance that is above average in most subjects (B or higher) and must demonstrate clear evidence of interest in mathematics and/or science and be noted for intellectual curiosity.

Applications are due by Feb. 19 for the class of 2012.

For more information go to: <http://www.themsms.org/> **Mississippi School of the Arts (MSA)**

The Mississippi School of the

Arts (MSA) is a residential school that provides advanced programs of study in music, theatre, visual arts, dance, literary arts, and media arts for artistically gifted eleventh and twelfth grade students from districts across the state.

Curriculum at MSA focuses on the arts and humanities.

The Mississippi School of the Arts is located on the historic Whitworth College Campus in Brookhaven, about sixty miles south of Jackson.

Applications are due by Feb. 1 for the Class of 2012.

For more information go to: <http://www.msa.k12.ms.us/>

**Calling all young artists . . .** The Military Child Education Coalition is looking for children's artwork. For more information and a complete set of rules, visit the MCEC website at [www.MilitaryChild.org/child-student/arts](http://www.MilitaryChild.org/child-student/arts), or call Denise Montana-Graham at 254-953-1923.

## 2010 CPO Scholarship Applications are now available . . .

The Chief Petty Officer Scholarship Fund was established solely for the purpose of generating and distributing funds to provide educational opportunities for qualified family members of Chief Petty Officers. Candidates eligible for scholarship awards are spouses and children (natural born, adopted or stepchildren) of all Chief Petty Officers.

For more information, requirements and application, visit: <http://www.cposf.org/>

Contact the School Liaison Officer  
at 228-871-2117

## Academic Achievement



NCBC Gulfport Navy College representative Dr. David Drye presents Builder 1st Class (SCW) Troy J. Stocking with his associates degree in Construction Technology from Coastline Community College, Jan. 14. Stocking is serving with Naval Mobile Construction Battalion (NMCB 11). (U.S. Navy photo by MC2 Gregory N. Juday/Released)



Ensign Stanley Worthington from Naval Mobile Construction Battalion (NMCB) 133 is pictured with fourth and fifth grade students of West Elementary in Gulfport, who NMCB 133 sponsors through their "Adopt-A-School" partnership. (U.S. Navy photoby Ensign Stanley Worthington/Released)

## Runnin' Roo Robotics

### By Ensign Stanley Worthington NMCB 133 Public Affairs

The Seabees of Naval Mobile Construction Battalion (NMCB) 133 are always willing to help out their friends at West Elementary School in Gulfport who they sponsor through their "Adopt-A-School" partnership with the school. When word got to NMCB 133 that the school needed help with robotics, Alfa Company quickly stepped up to the plate.

Wanda Allen's fourth and fifth graders needed some help getting their robots ready with less than a month to go before an annual robot competition.

The competition challenged area elementary school students to build vehicles capable of playing a modified version of football. The vehicles, constructed of specifically designed materials, could not be larger than a fourteen-inch cube but needed to carry a Nerf football over obstacles. The robots would earn points by putting the football through uprights eighteen inches off the ground.

Ensign Stanley Worthington of NMCB 133's Alfa Company, Second Platoon commander, read the battalion chaplain's email asking for assistance and knew right away that he wanted to help. He spent two hours

per week with the students in the month leading up to the competition. The battalion was given one day off during the workweek and Worthington spent his day off working with the students.

On Nov. 14, more than 20 teams converged on Bayou View Middle School including three teams from West Elementary; Vex Fusion, The Loch Vex Monsters, and The Dragonators, who surprised Worthington with a personalized t-shirt so everyone would know where his loyalties lie.

Students from Gulfport High School volunteered their time to help out as well and together with the Team Fusion Robotics staff they orchestrated this complex event. Six robots competed simultaneously in each round of the competition and with six to eight screaming students on each team, the excitement was intense.

By popular vote among the high school robotics students, West Elementary took the prestigious and coveted Fusion Award. The real success of the evolution lies in the lessons of mechanics and practical problem solving which the students learned, not to mention the student's newfound association between properly functioning robots and the Seabee.



Children crowd around a Cougar talking and laughing as MCI Nelson eats her MRE. After about three bites of her chicken pasta, she passed it off on a teenager in the back of the crowd, and an elderly woman passing by left with her bottle of water. (U.S. Navy photo by MCI Monica R. Nelson/Released)

## Individual Augmentee recalls Afghanistan experience

By MCI (AW) Monica Nelson  
Navy Region Southeast  
Public Affairs

My first trip outside the wire was to a refugee camp near Bagram, Afghanistan. Our party of volunteers with the International Security Assistance Force (ISAF) was told that about 10 percent of the children wouldn't survive the harsh winter ahead. My job was to photograph the distribution of food, blankets, clothing and toys.

I watched two young boys come to fists over a ball. Not 10 minutes later, two grown men did the same over a blanket. The fighting and the selfishness turned me off – yet I had to put it in context. For years, Afghans had been beaten down, trampled on and taken advantage of from the outside as well as within. To survive, they must scrounge and fight.

Was I surprised they hadn't learned to share? Isn't sharing based on the trust that good is intended for us and will be ours despite what we give up?

At what point along the way will they learn to trust, to believe that long-term good is intended for them – one that goes beyond a ball or a blanket – a real commitment to their well being?

Two weeks later, still in the scorching summer heat, I was at Kabul's children's hospital. A multi-storied building with many wards, the hospital received only \$400 per month from the Afghan government. Bandages were often reused because funds weren't available for new ones. Nowhere was this more atrocious than in the burn ward, where windows were open for lack of air conditioning. Flies buzzed in and around open flesh wounds. These burned children, their pain, the condition of their care . . . it was all terrible.

Whenever I'm asked about Afghanistan, I see in my mind the pain-filled eyes of a particular baby in the burn ward. It remains with me throughout the day.

People ask how I took pictures without crying that day. I don't know except that sometimes reality demands you be wholly present – not to dwell on your own feelings, but to act and give meaning to those situations. As a photographer, I do my job to the best of my ability in hopes that the images motivate relief for the situation.

Shortly after visiting the hospital, I boarded a plane with Army Tech. Sgt. Laura Deckman for the Italian and Spanish "Camp Arena" in Herat, the capital of ISAF's Regional Command West.

An Army captain met us at the airfield and assigned the rooms we would forward deploy for the next five months. Our orders were to email to Kabul one story and a minimum of five photos per day. We had no vehicle, no supervisor in the area, no point of contact for what was happening, and only a Spanish Internet café, known for its deadly viruses, from where we would send in our articles



Young girls outside Gorg Village in Farah Province, Afghanistan, pose for a photo after receiving pens from American troops. Originally the girls stayed away from the troops and crouched down, hiding under their scarves when the female troops approached them. It took the okay from an Afghan man for them to show their face and receive their pens. (U.S. Navy photo by MCI Monica R. Nelson/Released)

and photos.

There were five other Americans in our building and an additional 30 Special Operations Forces Marines who would become our immediate American family. We lived on the Italian side of the camp that was separated by a running track from the Spanish side.

Laura and I learned quickly that Italians and Spanish start work late and only after coffee. Our success was found networking at the coffee shop on the Italian side, closest to the airfield. We befriended the internation-

als on the camp and asked each person passing through the area where they were headed and what their mission was.

Capt. Alex Wymore, the Army public affairs officer down the road at Camp Stone, wasted no time recruiting us to do his work for him. In return, we got story leads and the use of his Humvee. We nicknamed him "Papa Wymore" because he was so fond of being a father. His daily Skype chats with his wife and

See EXPERIENCE page 18

three children kept Laura and me entertained on every mission. Laura was the truck commander, while I drove and Papa Wymore manned the gun turret.

He introduced us to the Afghan National Army (ANA) 207th Corps public affairs element, where we met the man who would be our fourth and sleep in the backseat on all our convoy missions - despite our attempts to keep him awake. Fahte Noori, 22, showed up for our first team mission without body armor, a weapon, a video or still camera. He said he didn't like guns and his Kalashnikov was broken. We asked him what he brought along to do communications work for the 207th and he replied simply, "I brought a notebook."

Noori became Peter Pan to us, the leader of the lost boys in the ANA public affairs and we brought him along on nearly every ANA mission. He nicknamed Laura, "Sam," which he said was for love, and then said it was for a flower, before returning to his original meaning of love.

He called me "Mariam," explaining, "You have the eyes of the mother of Christ." I found that amusing coming from the man who prayed to Allah every day and ate bacon in American chow halls.

Laura and I also earned the nickname, "The Angels" in official emails and traveled from Bala Morghab in the north down to Bala Baluk and Farah in the south. Our Humvee took us on all humanitarian missions, while the Italians and Spanish would take us to Bala Morghab or Farah by Chinook, C-27J or C-130.

We reported the opening of a women's center, a teacher's training center and the security wall being built around it. We were guests at Farah's free medical clinic, interviewed poppy farmers watching their fields get eradicated, visited numerous new school sites and saw the Navy's embedded training team at work mentoring the ANA medical staff.

We covered a number of local Afghan kidnappings by Taliban, followed combined joint missions providing medical care to villages which had never seen a

doctor, recorded progress on voter registration, as well as ANA and Afghan National Police barracks. We went on humanitarian aid missions outside of Adraskan, Bala Baluk, Herat and Farah.

Before I knew it, my IA deployment was up and I returned stateside, where adjusting was

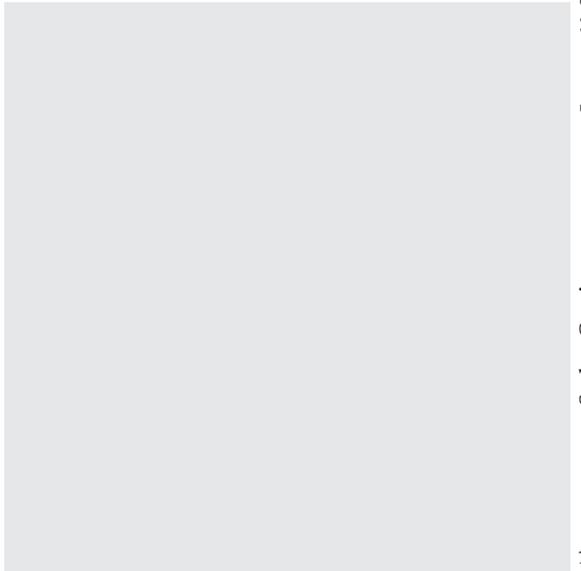
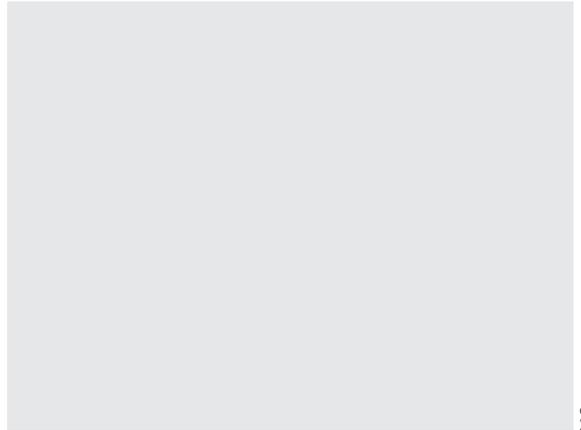
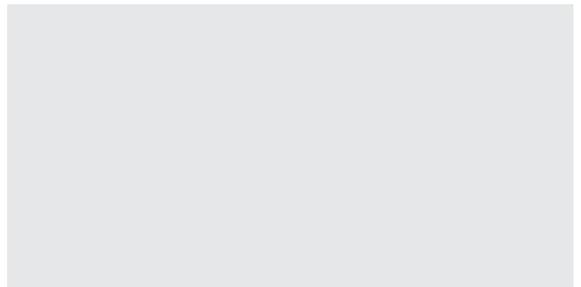
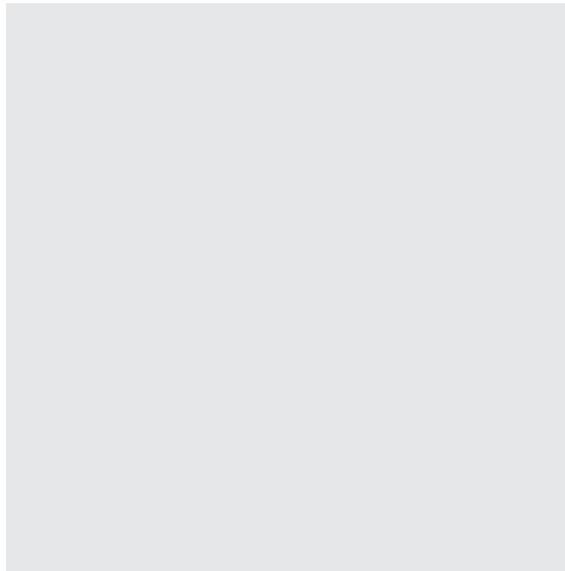
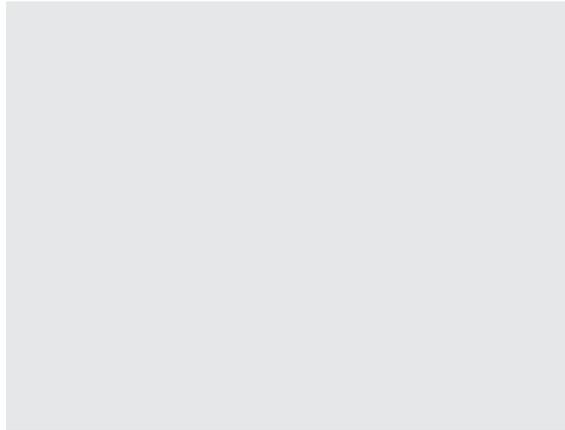
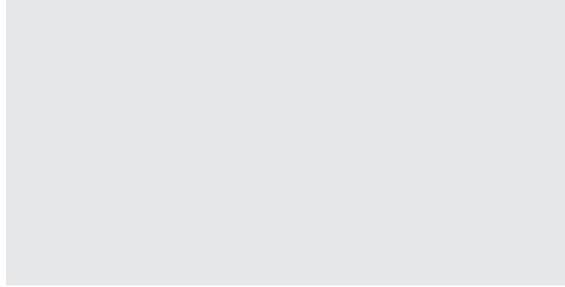
mentally draining. I went back to work six days after my arrival because time off only proved frustrating - I needed a purpose to help me adjust.

I knew how to adjust in the outward sense. I knew how to do my job, pay my bills, return phone calls - but how would I reconcile the differences be-

tween the countries? As an American, raised on Biblical and Constitutional truths that stress liberty and justice for all, it was difficult to accept the current lack of both for the non-Taliban Afghans.

Going back to work was my way of living in the present, rather than bemoaning unan-

swered questions. I found it was trust that enabled my adjustment. I know my fellow Americans and the mission they perform in Afghanistan takes into consideration the long-term good and well-being of her innocent people. That continues to make me exceedingly proud and thankful.





**WANTED:  
Seabee  
Divers!  
Underwater  
Construction  
Team ONE**

**Contact:  
S1/CCC@  
(757) 462-  
3986/3988**

From **TEAM** page 13

lot of students who live in apartments, so they don't have green space. This fills that void. In the future we hope to build a butterfly house too," said Pam Moreland, "Journey" program teacher at D'Iberville Elementary, "The fourth grade students have adopted this project and will care for the flowers the Seabees planted here." The students will also

add bird feeders they built last spring.

After the month long planning and coordination period between the school, Lowes and the Seabees of NMCB 11 the project was completed and provided Garcia with a strong sense of pride in his junior Seabees.

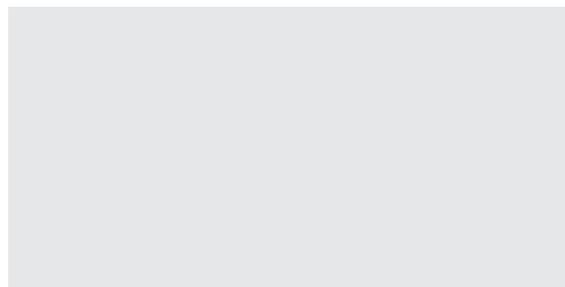
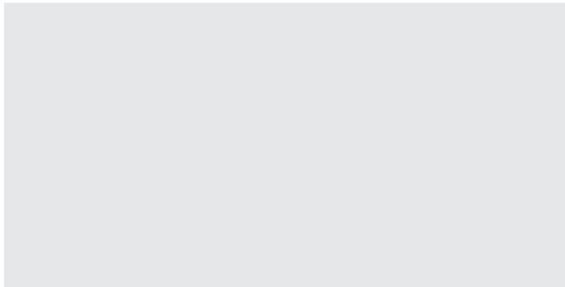
"This provided a great chance for some of my junior guys to not only volunteer, but also to gain some practical training experience build-

ing. Normally on Fridays, kids are thinking about their weekend plans, but these guys volunteered to come out and put something back into the community," said Garcia.

This project, a community outreach program for the school as well as Lowes own community outreach program "Lowes Heroes," may also wind up earning this Nationally recognized Blue Ribbon School another

\$10,000 in addition to the \$1,200 already donated for this project. The work done here will be submitted to a national competition through Lowes department store.

"This means the world to these kids and our teachers, we have a great opportunity to create a better learning environment and possibly win some money which can be used for similar projects around the school," added Moreland.



From **MOTOR** page 13

625 horsepower Ford Explorer that rockets down the quarter mile raceway in about 11.5 seconds. It's only been driven 7,000 miles.

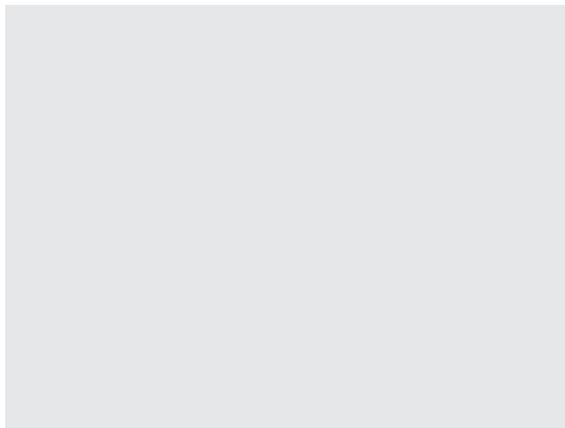
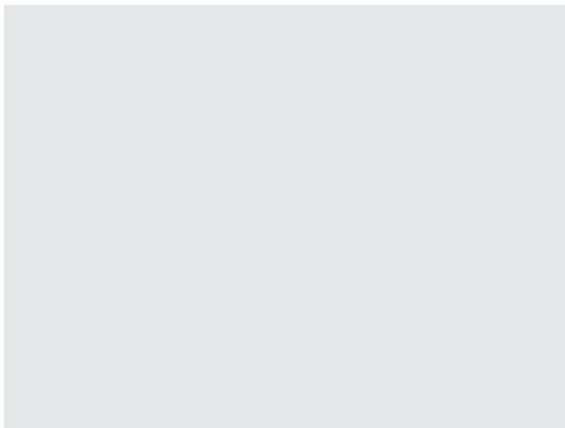
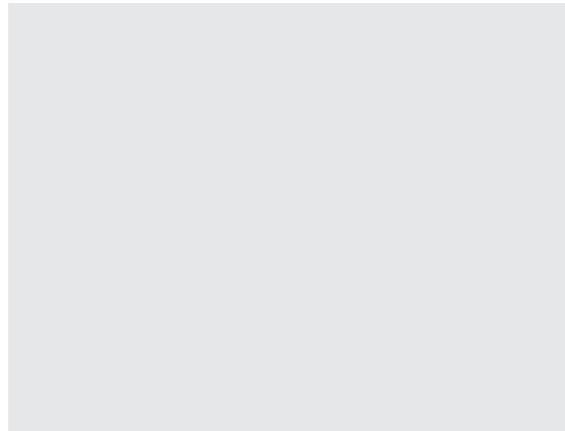
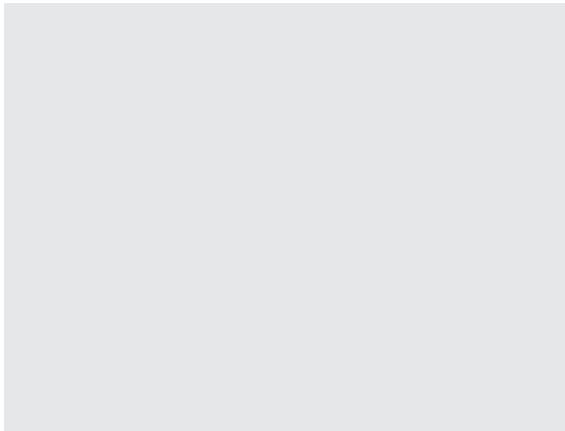
Watson has a fascination with forced air induction and has become a certified dealer for Squire's Turbo Systems and uses his skills in mechanics, electronics and welding to do custom installs for his customers from his garage. He's also an online performance parts dealer.

Watson's latest project was installing a twin turbo system on his new Pontiac G8. The car originally produced 330 horsepower at the wheels. It's now making 525 at the wheels while maintaining it's daily drivability.

Why make a car so fast? Watson enjoys flying them down the local drag strip and appreciates not needing a pilot's license to do it.

One of the most amazing aspects of Watson's hobby is the fact that his wife allows him to do it. "I told her that I spend a lot of money on my cars and that I really love working on them before we even decided to get married . . . she knew what she was getting into," said Watson.

Watson's dream is to one-day build cars with his son in Lake Villa, Ill.



# Community Notes

## SUPPORT

### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a 6:30 p.m. meeting. Children are welcome and baby sitting is provided during deployment. For more information, contact FRG President Angela Sourwine, 228-323-0036 or FRG Vice President Rashelle Geddis, 228-224-1475 or e-mail nmcbonefrg@gmail.com.

**NMCB 7 FRG** welcomes friends and family members to attend FRG meetings the third Monday of each month at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. To receive FRG information, send an e-mail to nmcb7frg@gmail.com or contact FRG President Deanna Salter at 228-206-0377.

**NMCB 74 FRG** welcomes all friends and family members to join the NMCB 74 FRG. Meetings are the third Monday of every month at 5:30 p.m. at the Fleet and Family Support Center. Bring a covered dish to take part in a potluck dinner. For more information, contact FRG President Torell Coquet at torellcoquet@yahoo.com or Vice President Annie Gundy at anniegundy@gmail.com. To receive updates, log on to the FRG website at <http://www.orgsites.com/ms/nmcb-74-fgr/index.html>.

**NMCB 11 FRG** welcomes all friends and family members to attend FRG meetings the second Tuesday of every month at 6:30 p.m. in the Navy Operational Support Center (NOSC), building 113. For more information contact FRG President Liz Stocking at 717-491-2900 or Vice President Sarah Edwards at 336-215-2211 or email nmcb11frg@gmail.com. Visit the ombudsman and FRG website at <http://nmcb11.webs.com>.

**NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information contact FRG President

Kelli Clarke at 727-504-4408 or e-mail hansonk154@yahoo.com. To receive updates, log on to the FRG website at

<http://www.orgsites.com/ms/nmcb133fsg>

### Naval Officer's Spouse Club

The Naval Officer's Spouse Club meets the fourth Monday of every month at 6 p.m. in the Youth Center. Children are welcome and child care is provided. For more info, e-mail noscgulfport@yahoo.com. Visit [NOSCGulfport.org](http://NOSCGulfport.org) for more information.

### Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers. 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 obtain information about becoming 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 more 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 or Amanda at 228-328-1352 to sign up.

**Naval Sea Cadets** - Gulfport branch 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 60, room 105. For more information contact Lt.j.g. Bowling at 228-313-9035 or coachcb\_yahoo.com; or AGC Enrique Acosta-Gonzalez at

228-688-5288 or [enrique.acosta@navy.mil](mailto:enrique.acosta@navy.mil).

## 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.

**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 - 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. For more information contact Post Commander Bill North at 228-863-8602.

**VFW Post 4526** Orange Grove is open daily from noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. VFW meetings are held the first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. Call Post Commander Bill McNicholas at 228-832-0017 or Sr. Vice Commander Ben Barker at 228-832-3798 for more information.

### NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. Anyone interested in becoming a member of the Alumni Group may go to <http://nmcb62alumni.org> for more information. The website also contains links to hundreds of Seabee military historical sites as well as reunion information.

### HERITAGE

**The Seabee Gift Store** is in the new Training Hall, building 446 and is open Monday - Friday, 10 a.m. to 4 p.m., phone 228-871-4779. The shop has several command exhibits, as well as a variety of Seabee related memorabilia, DVD's and books. Gift store proceeds support the construction of the new museum in Port Hueneme, Calif. Contact the museum through the web address at [www.seabeesmuseumstore.org/shop/index.php](http://www.seabeesmuseumstore.org/shop/index.php)

## NEX adjusts hours for inventory. . .

On Jan. 29 and 30, the NEX will close early to conduct inventory.

Mini Mart hours Jan. 29: 6 a.m. until 3 p.m.

Main Store hours Jan. 30: 9 a.m. until 3 p.m.

# Get your game on with good nutrition

By Col. Karen E. Hawkins  
DeCA Dietician



Children love to play Internet games, and promoting healthy choices through gaming is a great way to teach them. With childhood obesity continuing to rise, the U.S. Department of Agriculture has created a contest to accept fully developed Web-based games in the spring of 2010. This challenge is open to entrepreneurs, software developers and students to design a creative and educational game targeted at children, especially “tweens,” aged 9-12. The Web-based games will help motivate kids to learn about healthy dietary habits and the importance of eating more nutritional foods. So if you are a game designer or want to be one and possibly win a prize, go to <http://www.MyPyramid.gov> for the latest details.

The Web Games for Healthy Kids Contest is the first part of the Innovations for Healthy Kids Challenge created by the USDA. This challenge is designed to address the issue of childhood obesity through community efforts and partnership. Using the USDA data, Web games need to be designed to include educational messages that emphasize one or more key nutrition concepts from the Dietary Guidelines for Americans (<http://www.DietaryGuidelines.gov>) and the MyPyramid Food Guidance System (<http://www.MyPyramid.gov>).

**Who can enter the contest?**  
Applicants must be U.S. citizens. The contest is not open to employees of the USDA or the White House, or their families.

General nutrition topics to include in the game:

- o Teach kids to eat more whole grains.
- o Eat more fruits and vegetables.
- o Drink more low- or non-fat milk.
- o Choose lean sources of protein (meat and beans).
- o Making food group education fun.
- o Understanding calories is important.
- o Increasing foods with high nutrition value and decreasing amounts of solid fats and added sugars (“extra” calories), and decreasing amounts of sodium.
- o Identifying and consuming proper portion size.
- o Being more physically active is important.
- o Balancing physical activity and food intake is important.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian’s Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay’s Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

Interested in volunteering?  
Check out [www.volunteermisssissippi.org](http://www.volunteermisssissippi.org) for information on volunteer opportunities in your community.

readiness issues, but our Sailors and their loved ones have to be careful with what they say and what they reveal about themselves, their families or their commands."

West said the Navy family needs to avoid discussing information about their units, such as location, schedules and specific missions or assets.

"That's standard OPSEC," said West. "But we're not talking about 'loose lips sinking ships' anymore, it's more than that. Our enemies are advanced and as technologically savvy as they've ever been. They're looking for personal information about our Sailors, our families and our day-to-day activities as well as ways to turn that information into maritime threats."

Sailors are getting it, said West. He said he bases that opinion on the feedback he receives at all hands calls and via social media, itself.

"If you have to wonder whether what you're about to type could be used against you or your shipmates and your family, you probably shouldn't say it," West said.

Information on the appropriate use of social media within the Navy is available at <http://www.chinfo.navy.mil/socialmedia.html>. DoD's social media hub has created videos and articles on the best practices for service members and their families when using social networking sites. These can be found at <http://social-media.defense.gov>. Likewise a short presentation by Navy Public Affairs on privacy and safety of personnel participating on line can be found at <http://www.slideshare.net/USNavySocialMedia/us-navy-safe-and-effective-use-of-social-media>. More information regarding OPSEC can be obtained by Navy command personnel at <https://iweb.spawar.navy.mil/depts/d017/>.

ance and wants to save for retirement, a growth oriented investment not bundled with life insurance may be the better option.

o Did anyone say or imply that SGLI might not always pay or that the TSP isn't a good investment? SGLI pays even if you die in combat. Although commercial insurance policies have not typically included war exclusion clauses since the Vietnam War, it is always a good idea to read a policy carefully. The clause excuses the insurer from

paying the death benefit if the insured is killed in a war.

The Thrift Savings Plan offers low cost equity, bond, and money market funds in a tax deferred account. Deferring taxes can be a significant advantage because it allows the fund holder to earn a return on a portion of his account that would otherwise have gone to taxes and therefore not earn a return.

o Were you pressured to sign up or rushed through an application without time to understand the details, ask questions, or read the information? Common sense alone should

tell you this is a bad idea. If someone is pressuring you to sign an agreement that you do not understand, especially when the one applying the pressure stands to gain, the agreement is rarely in your best interest.

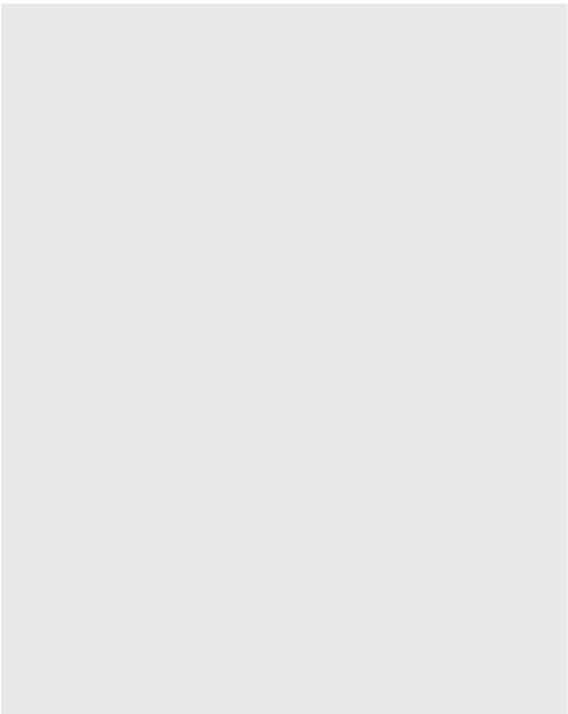
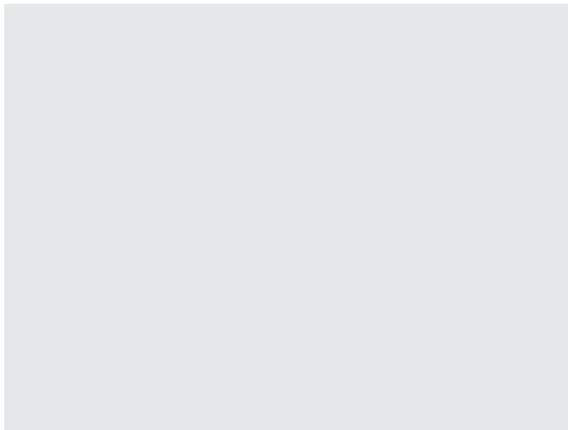
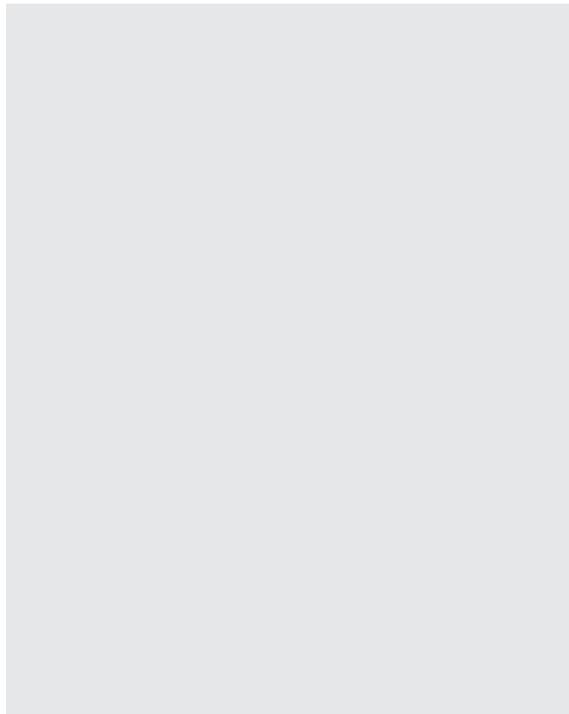
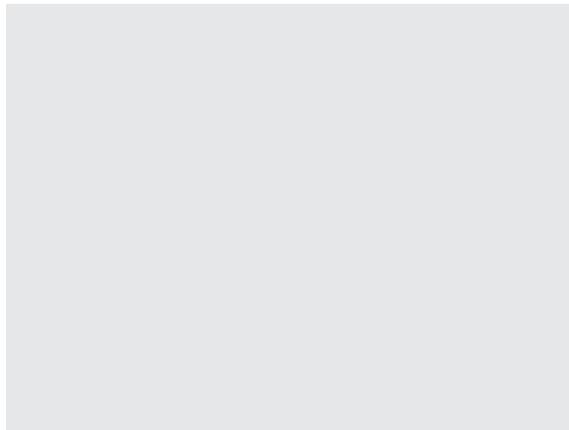
o Were you asked to show your CAC or access your myPay account to set up payments to a bank or someone you have never done business with? Many states' laws consider this an unfair or deceptive practice regardless of location.

o Did they fail or refuse to give you copies of your paperwork and infor-

mation clearly describing what you just bought? If the sale is conducted face to face and the agent knows the purchaser to be a service member, many states' laws require the agent to provide an explanation of any free look period and instructions on how to cancel and a copy of the application or written disclosure.

Legal assistance attorneys are available to help. The Gulfport RLSO can be reached at 228-871-2620.

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



## GULF COAST USO



3001 6th St., Bldg. 306, (228) 575-5224  
Office hours: Monday-Friday, 8 a.m. - 5 p.m.,  
Saturday, 11 a.m. - 7 p.m., (Closed Sundays)



# Seabee Memorial Chapel

### Services:

**Protestant: Sunday School, 9:30 a.m.  
Sunday, 11 a.m. Divine Worship**

**Catholic: Sunday, 9:30 a.m.,  
Family Choir Mass  
Sunday, 10:40 a.m., Religion Education**

**Monday - Friday, 11:35 a.m.,  
Daily Mass**

**Gospel Service: Sunday, 8 a.m.**

**Center Chaplains:  
Cmdr. Macgregor McClellan,  
Protestant Chaplain  
Lt. Leticia P.J. Rouser,  
Protestant Chaplain**

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

# NEX Fashion Show



Associates with the Navy Exchange (NEX) Gulfport model their latest clothing during a fashion show held at the store Dec 11. The fashion show is a way to promote NEX sales on base. (U.S Navy photo by EO3 Elizabeth Saranto/Released)

## NCBC Gulfport Navy Exchange has new hours starting Jan. 19 . . .

### Main Store

Monday - Saturday: 9 a.m. until 8 p.m.

Sunday: 10 a.m. until 6 p.m.

### Mini Mart

Monday - Friday: 6 a.m. until 9 p.m.

Saturday: 9 a.m. until 9 p.m. Sunday: 10 a.m.  
until 6 p.m.

