

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

October 24, 2013

35th Annual Coast Salute to Military



Gen. James Amos, commandant of the Marine Corps and guest speaker, addresses guests at the 35th Annual Salute to the Military, where military members, community leaders and civilians of the Gulf Coast gathered at the Mississippi Coast Convention Center, Oct. 22. The event hosted by U.S. Rep. Steven Palazzo, included remarks by Mississippi Gov. Phil Bryant, who proclaimed Oct. 21, 2013 Salute to the Military Day. Master Sgt. Becky Patterson, assigned to Keesler Air Force Base, was awarded the 2013 Thomas V. Fredian Community Leadership Excellence Award, and will accompany Palazzo to Washington, D.C. for the next State of the Union address. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

See Facebook for more 'Salute' photos

Seabees mourn one of their own; motorcycle accident claims life of Builder 3rd Class Devin Patrick Connor

Builder 3rd Class Petty Officer Devin Patrick Connor, U.S. Navy, Active Duty, passed away in Gulfport, Miss., Oct. 16, at the age of 24.

He was born to Tim and Josie Connor, Sept. 15, 1989, and graduated from Aztec High School where he was a New Mexico State wrestler from 2004 until he graduated in 2008.

Well before the start of his military career, Devin was the first person to be baptized on board USS Constitution on Easter Sunday in April 1990.

On March 29, 2010, Devin joined the United States Navy where he completed boot camp at the Recruit Training Command in Great Lakes, IL and shipped off to training and his first duty station with Naval Mobile Construction Battalion (NMCB) 1 in Gulfport. Devin served his country as a Builder in the Navy's Seabee community and promoted to the rank of Petty Officer Third Class. He was a Seabee Combat Warfare Specialist qualified, combat veteran who completed deployments to Afghanistan and Africa while stationed with NMCB 1.

Devin was a member of the Cedar Hill Baptist Church and an avid outdoorsman who loved to hunt and fish.

He married his loving wife, Savannah, Dec. 22, 2010, and they have an unborn daughter, Bellany Raine Connor.

Devin is survived by parents, Tim and Josie Connor; great-grandparents, William and Anna Morgan; paternal grandparents, Jim and Aloha Connor, his maternal grandmother, Subonna Mackenzie and



his maternal grandfather, Bob Mackenzie; his siblings, Christopher Connor, Anjoleen Connor, Shannon Connor and Kyle Clark; his niece, Kadynce Saiz and a host of aunts, uncles and cousins.

He was preceded in death by his great-grandparents, Steve Connor, Elizabeth Connor, Slim Davis, LaNeve Davis, James Mackenzie, Margaret Mackenzie and his great uncle, Jeffery Morgan.

Funeral services were held Oct. 23 at St. Thomas Catholic Church in Long Beach, followed by a memorial graveside service at Biloxi National Cemetery, with full military honors.

Fright Night at the Lake

Oct. 25, 6:30 - 8:30 p.m., Seabee Lake
Fun for the entire family!



CDC Character Parade

Oct. 31, 9:30 a.m.
CDC parking lot. Kids parade for treats provided by costumed staff and family members



Trunk or Treat with BBC

Oct. 31, 5 - 8:30 p.m., NCBC pool parking lot, Holloway Drive. Prize for best decorated trunk! RSVP lladner@bbc.com



Recently at the Courthouse

NCBC
Commanding Officer
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Public Affairs Officer
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Courier Staff
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 Mass Comm. Specialist
 MCC(SCW/SW/AW)
 Ryan G. Wilber
 Special Contributors
 CECN(SCW)
 Lucinda Moise
 UTCN Alicia Fluty

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Courts-martial in Navy Region Southeast recently heard the following cases:

At a General Court-Martial in Jacksonville, Fla., Hospitalman Timethian Grier, pleaded guilty to abusive sexual contact and burglary. On Sept. 3, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade E-2, and confinement for 6 months.

At a General Court-Martial in Mayport, Fla., Machinist's Mate 3rd Class

Andrew Hasley, was tried for sexual assault. On Sept. 20, a panel of members returned a verdict of guilty and sentenced him to be discharged with a Dishonorable Discharge, forfeit all pay and allowances, reduction in rank to paygrade E-1, and confinement for 3 years.

At a General Court-Martial in Jacksonville, Fla., Information Systems Technician 1st Class Brian Hatch, pleaded guilty to possession of child pornography. On Sept. 25, the military judge sentenced him to be discharged with a Dishonorable Discharge, reduction in rank to paygrade E-3, and confinement for 18 months.

At a Special Court-Martial in Jacksonville, Fla., Culinary Specialist 2nd Class Lindell Turner, pleaded

guilty to violating a general order, use and possession of drugs, and assault with a deadly weapon. On Sept. 30, the military judge sentenced him to be discharged with a Bad Conduct Discharge, forfeit \$500 pay per month for 4 months, reduction in rank to paygrade E-2, and confinement for 9 months.

Courts-martial in Navy Region Southeast are tried with few exceptions at Naval Air Station Jacksonville, Naval Station Mayports, and Naval Air Station Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial. Adjudged sentences may be modified by pretrial agreement of clemency.



KAFB offers prescription drug disposal Saturday

By Master Sgt. Shawn Kraus
 81st Diagnostics and Therapeutics Squadron

The 81st Training Wing and the Drug Enforcement Administration are giving the public an opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs from 10 a.m. - 2 p.m., Oct. 26.

Medications may be brought for disposal to the Keesler Base Exchange main entrance. The service is free and anonymous for all Department of Defense beneficiaries, and no questions will be asked. Controlled, non-controlled and over-the-counter medications will be accepted. Exceptions are syringes, needles, opened vials or anything that may have blood-borne pathogens.

In April, the DEA reported that 742,497 pounds - 371 tons - of prescription drugs were turned in at nearly 5,829 sites operated by the DEA and more than 4,312 state and local law-enforcement partners. When added to the collections from DEA's previous five take-back events, more than 2.8 million pounds --1,409 tons -- of prescription medications have been removed from circulation.

Officials note that this initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as

See **DRUGS** page 12

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

Live 1-on-1 Help Confidential Worldwide 24/7

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

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

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

NCBC Gulfport Commissary hours: Sunday, 11 a.m. - 6 p.m.; Monday, CLOSED; Tuesday, 9 a.m. - 7 p.m.; Wednesday, 9 a.m. - 6 p.m.; Thursday, 9 a.m. - 7 p.m.; Friday, 9 a.m. - 6 p.m. and Saturday, 9 a.m. - 6 p.m.

Buzz on the Street

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

"What is one of your favorite Halloween memories?"



"Growing up in a different culture, I never celebrated Halloween, but this year for the first time I am going to give out candy to the kids."

CE3 Mark Gabriel
NMCB 1

Hometown: Sarrat, Philippines



"I really liked the haunted house we had on base two years ago at the old gym with the scary stuff and the blood, and the kids seemed to like it too."

Scyvonda Bradshaw
NGWIS

Hometown: Gulfport, Miss.



"My 6-year-old son and I dressed up like Dr. Evil and Mini Me."

BU3 Juan Moreiravelez
NMCB 133

Hometown: Chester, N.Y.



Peggy Garland, a licensed practical nurse (LPN) for Naval Branch Health Clinic (NBHC) Gulfport, gives an immunization to Builder Constructionman Apprentice Petro Yaremchuk as part of his Naval Mobile Construction Battalion (NMCB) 74 check-in process in the Immunization Clinic at the NBHC on board NCBC Gulfport, Oct. 18. Operating hours for the Immunization Clinic are: Mondays-Thursdays, 7 a.m.-3:30 p.m. and Fridays, 7 a.m.-noon. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Navy Counselor 1st Class Amie McCollum, command career counselor (CCC), NCBC Gulfport, discusses orders with Construction Mechanic 3rd Class Patrick Ryan, temporarily assigned to Naval Construction Group (NCG) 2, using the Career Management System (CMS) Interactive Detailing (ID) system in the CCC office in building 1 on board NCBC Gulfport, Oct. 17. CMS-ID, a web-based system allows Sailors to view available jobs and make their own applications online or through their Command Career Counselor. McCollum is located in room 225, and can be contacted at: (228) 871-2890. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Capt. Paul Odenthal, commanding officer, NCBC Gulfport, presents Kimberlie Guillemette, an education technician for the Gulfport Navy College Office, with a certificate of appreciation in the Navy College Office on board NCBC Gulfport, Oct. 18. After serving the education needs of military members and their spouses attached to NCBC Gulfport for the past five years, Kim and her husband, Senior Chief Builder Brian Guillemette, are transferring to Norfolk, Va. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



NCBC Frames

BU3(SCW) Alexander S. Khlystov
Fire Team Leader, Material Liaison Officer,
Central Tool Room Yard Boss, Community
Service Coordinator
Naval Mobile Construction Battalion (NMCB) 1

FREEZE FRAME

By UTCN Alicia Fluty
NCBC Public Affairs

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

ASK: Africa 2013 – Being a crew leader for six personnel as well as MLO/CTR Rep and SCW coordinator and accomplishing 100 percent SCW qualification of the Det.

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

ASK: Believing that hard work day in and day out will be rewarded.

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



ASK: Your attitude will influence the mood and work ethic of the Sailors around you.

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

ASK: The work we do is physical. You can see it and touch it, as well as give others the opportunity to enjoy it.

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

ASK: Chief Builder Montes taught me that if you take care of your troops and are fair to them, their motivation to work for you is limitless.

DON Sexual Assault Survey . . . The 2013 DON-Wide Sexual Assault Survey is available for all service members survey through Jan. 6, 2014. The survey is short and completely anonymous,

and it can be accessed from any web-enabled computer, tablet or Smartphone at www.donsapro.navy.mil/donsas.html. The password for all military participants is 2013Survey.

New support group for survivors of sexual assault starting at FFSC

From Fleet and Family Support Center Gulfport

Fleet and Family Support Center (FFSC), Gulfport will begin offering the Audra Group, a support program for active duty female victims who have been sexually assaulted as adults. The program was developed to provide a safe, open atmosphere for female victims of sexual assault to facilitate the healing process. The group will meet once a

week, for eight weeks, starting and finishing with the same group members. Audra was chosen as the name of the group for its meaning, in French it stands for "nobility and strength".

For more information, please contact Fleet and Family Support Center, 228-871-3000, Jamie Williams, Ph.D., LMFT: jamie.l.williams2.ctr@navy.mil, or Melinda Harthcock, Ph.D., LCSW: melinda.harthcock.ctr@navy.mil.

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

You don't have to walk this path alone

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

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000



Left: Master-at-Arms 2nd Class Gabriel Alvarez, assigned to NCBC Gulfport, Security, and a member of Naval Construction Group (NCG) 2's team, "Young Guns," sets up for a passing play during a game against Naval Mobile Construction Battalion (NMCB) 74's team, "That Squad." Young Guns went on to win the game 27 to 21. Right:



Construction Mechanic 3rd Class Brandall Parks, assigned to Naval Mobile Construction Battalion (NMCB) 133's team, "2 Turnt Up!," runs the football during a game against another NMCB 133 team, "Headquarters." 2 Turnt Up! went on to win the game 18 to 7. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Flag football and Captain's Cup competition going strong on NCBC

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

Football is in the air around the country and on board Naval Construction Battalion Center (NCBC) Gulfport. But, rather than rooting for their favorite professional or college team from the living room, or displaying their favorite team's colors on their vehicles, Seabees and Sailors are picking up a pig skin, donning their own colors and going head-to-head against their opponents for Intramural Flag Football.

Whether it out of a love for the game, a way to get in shape or a place to decompress, teams from numerous commands attached to NCBC Gulfport are meeting during their off-duty at the Fitness Center Athletic Fields to practice and compete.

"I've pretty much always had a love for the game of football, said Master-at-Arms 2nd Class Gabriel Alvarez, assigned to NCBC Gulfport, Security, and member of Naval Con-

struction Group (NCG) 2's team, "Young Guns." I've played since middle school, so it's fun. I like to come out here and get a good workout, burn some time."

"I used to play football in high school and a little in college, and I just like staying around the game, added Builder Constructionman Xavier Knowlesball, assigned to Naval Mobile Construction Battalion (NMCB) 133 and member of the NMCB 133's team, "2 Turnt Up!." "It keeps me a little bit involved, and also it's a great way to get in shape, especially with the PRT (Physical Readiness Test) coming up."

Flag football started in August and the regular season runs through Nov. 14. Following the regular season is a single-elimination tournament, the winner of which will play the winner of Keesler Air Force Base's tournament. Sam Perkins, a Morale, Welfare and Recreation (MWR) sports coordinator said one of the biggest advantages to a command participat-



NCBC Gulfport proudly displays The Captain's Cup traveling trophy in building 1 spaces after NCBC/20th SRG won the 2012 competition. Each year the cup is re-engraved and awarded to the winning team, traveling from command to command. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

ing in flag football or any other sporting activity is the off-duty relationship that it can build between the officer and enlisted communities that often has a positive impact on the workplace.

"It's a good thing, and we need more of it, said Perkins. "It builds a trust foundation, from the officer community and the enlisted community, so they can get to know each other, not just their military standards, but also their behavior as individuals."

The players agreed with Perkins, and added camaraderie, unit cohesion, and good old fashioned competition and sportsmanship to the list of things they thought were benefits of participating.

"My favorite thing about being out here is first of all is that its team ball," said Chief Boatswain's Mate Stanley Weaver, assigned to NCBC Gulfport and a member of NCG 2's "Young Guns." "It's a good time for us to come together, boost morale and everything, forget about the day's work, whether it was a hard day or long day and we come out here and have fun."

"We play together out here, and once we create a relationship out here,

that relationship is going to carry over to work and even deployment," added Builder 3rd Class Creadell Burns, assigned to NMCB 74 and member of NMCB 74's team "That Squad." "It just creates that bond that most units don't have."

Flag football is not only a stand-alone intramural league, but along with basketball, softball and volleyball, it is one of the core sports that go toward the base Captain's Cup competition. Based on the players' responses, and Perkins' ideas, the football league is accomplishing what is set forth in the Captain's Cup standard operating procedures (SOP).

The Captain's Cup competition starts Jan. 1 and ends Dec. 31, and according to its SOP is designed to serve as a means of promoting leadership, teamwork, camaraderie, mental health, physical fitness and morale within and between commands on board NCBC Gulfport.

See CUP page 7

NMCB 74 Seabee awarded Patriot of the Month by Daughters of the American Revolution

By EO3(SCW) Laura Trommer
NMCB 74 Public Affairs

Thanks to the Missouri State Society Daughters of the American Revolution (DAR), the Gulf Coast Chapter of the National Society of DAR has been given the opportunity to present the "Patriot of the Month" award to one of their own local Seabees. This month, Maulene Sperko of the Meyongo Chapter DAR, Missouri, proudly nominated her son, Chief Builder (SCW) Wayne Sperko Jr. of Naval Mobile Construction Battalion (NMCB) 74 Air Detachment in recognition of his 14 years of dedicated service to the United States of America.

Sperko, a native of Buffalo, Mo., enlisted straight out of high school in 1999 and has since been attached to four sea and one shore commands. His career has taken him around the globe with deployments to Diego Garcia; Tunis, Tunisia; Sigonella, Sicily; Rota, Spain; Kerbala, Al Kut, Afghanistan; Djibouti, and Iraq. Throughout his career, Sperko has been awarded the Joint Commendation Medal, Navy and Marine Corps Commendation Medal, Joint Achievement Medal, Navy and

Marine Corps Achievement Medal (four awards), Good Conduct (four awards), and is an Expert Pistol and Rifleman.

Each month, Missouri DAR acknowledges our living American Veterans who have served past and present in the Armed Forces of the United States. Initiated by Honorary State Regent Sally Napier Bueno in 2004, Missouri Daughters nominate men and women who have fought to preserve and protect the freedom and values of our American way of life.

Incorporated in 1896 by an Act of Congress, DAR is a non-profit, non-political lineage-based membership service organization for women who are directly descended from a person that was involved in the Revolutionary War. They promote patriotism by recognizing past and present heroes of America, help to preserve American history by purchasing old houses in an effort to maintain their historical value, and aid in securing America's future through better education for children by means of scholarships.

For more information about the National Society of Daughters of the American Revolution, visit their website at www.dar.org.



Chief Builder (SCW) Wayne Sperko Jr., of Naval Mobile Construction Battalion (NMCB) 74 is presented with the Patriot of the Month award by Margaret Marasco, Regent for the Gulfport Coast Chapter of the Daughters of the American Revolution (DAR) in recognition of his 14 years of dedicated service to the United States of America. U.S. Navy photo by Equipment Operator 3rd Class Laura Trommer/Released)

Change in seasons calls for change in safety awareness

From Balfour Beatty Communities

Known for pumpkin pie and crisp nights, fall is undoubtedly a favorite season among many. With lower temperatures, longer nights, and flu-season right around the corner, a change in season calls for a change in safety awareness. Below are tips to fight the flu and keep our community safe so everyone can enjoy a festive autumn.

Stop the Spread: Fall Cold and Flu Prevention

Cold and flu season generally lasts between October and May. Following these healthy habits can help you fight off cold and flu symptoms.

~ Avoid contact with people exhibiting flu-like symptoms and if you are the germ culprit

experiencing symptoms, do yourself and those around you a favor—rest up and keep to yourself until symptoms are gone.

~ Can't help the coughs and sneezes? Cover your nose and mouth with a tissue or your sleeve; wash your hands regularly to keep the germs at bay and use disinfectant to clean contaminated surfaces.

~ Give your immune system the support it needs by sleeping well and checking your stress at the door. Seven to nine hours of sleep every night is suggested to maintain a healthy schedule. Physical activity and a diet complete with healthy foods and plenty of fluids have been known to boost the immune system.

Car and School Bus Safety

Colder morning temperatures can create fog and frost for morning drivers. Be sure to add a few extra minutes to your schedule in the morning to ensure windows are clear before driving. In addition to fog and frost, fall brings with it bright sunsets and longer nights. To combat sun glare, keep a pair of sunglasses in

your car.

Now that the kiddos are back in class, it is important for everyone to familiarize themselves with School Bus safety. To view the BBC guidelines for school bus safety as well as other helpful safety tips, visit our safety page at: www.ncbcgulfporthomes.com. Children, parents, and drivers can all benefit from reviewing these guidelines.

Heater Preparation

Rather than wait until the weather requires the use of a heater, now is the perfect time to test your heater to make sure that it is working properly. If you are concerned about the effectiveness of your heating system, please contact the Balfour Beatty Communities Maintenance Department directly at 228-284-1637.

At Balfour Beatty Communities, we wish all of our residents a healthy, safe fall. Be on the lookout for autumn LifeWorks activities by checking our website for upcoming events: www.ncbcgulfporthomes.com or like us on Facebook "NCBC Gulfport Homes."



Want to know what's on sale at the NCBC Commissary? Keep up with sales and special events by sending an email to gulfportnbc.commissary@deca.mil with subject line, "Store Sales Flyer", and in the body, your name. Your email and name are kept confidential and not shared outside of store management.

From CUP page 5
 Other physical activities hosted by NCBC's MWR and Fitness Center personnel, such as pickle ball and 5K footraces, along with command physical readiness test (PRT) scores contribute to a command's overall points in the competition, and to make things even, commands are given a multiplier based on number of personnel.

Perkins encouraged everyone to come out and participate in one way or another. "Take a strong look at anything I have going on sports-wise," said Perkins. . . . I want everybody to at least try something. If you come out, it will be more participation and more fun for everybody."

Historically, many small commands have won the Captain's Cup. NCBC/20th Seabee Readiness Group (SRG) currently holds the traveling cup, but this year Naval Branch Health Clinic (NBHC) Gulfport is in the lead. But, they are in danger of losing that lead due to the fact that they do not have a football team.

When asked about what NBHC Gulfport's plan to regain the lead was, Lt. Adam Susmarski, a medical doctor assigned to NBHC Gulfport, said the plan is to move past the football and simply get back in the next event.

"We look forward to the next activity or sport to get involved in," said Susmarski. "We're a very athletic and competitive group of people here in the clinic, and we're looking forward to the next event and get back in the chase."

Like all military programs, if it is not used it is in danger of being lost, and Perkins said he does not want that to happen to this beneficial program and encouraged everyone to participate, so that a good program does not go away. The next core sport for Captain's Cup is basketball. Sign-ups are happening now through Nov. 5. at the NCBC Fitness Center.

For more information on Captain's Cup, intramural sports or any other physical fitness activities, call 228-871-2668.

BILOXI, MISSISSIPPI



INTEGRITY FIRST
SERVICE BEFORE SELF
EXCELLENCE IN ALL WE DO



THIS WE'LL DEFEND



SEMPER PARATUS
"Always Ready"



SEMPER FIDELIS
"Always Faithful"



HONOR
COURAGE
COMMITMENT

2013 GULF COAST

Veterans Day Parade

SATURDAY, NOVEMBER 9TH 11:00 AM

THE 2013 PARADE IS DEDICATED
TO ALL PAST AND PRESENT VETERANS

PARADE ROUTE:
 BEGIN AT CAILLAVET STREET AND BAYVIEW, SOUTH ON
 CAILLAVET, EAST ON ESTERS BOULEVARD, SOUTH ON
 LAMEUSE STREET ENDING AT THE BILOXI TOWN GREEN

RED WHITE & BLUE on the Green FESTIVAL

NASA and Stennis Space Center
 NCBC Gulfport Marching Units
 Joppa Shriners Marching Units
 Keesler AFB Marching Units
 Junior ROTC Marching Units
 Antique Military Vehicles
 Military & School Bands
 Motorcycle Groups
 Displays and More!

GRAND MARSHAL
 PHYLLIS A. LUTTMAN
 COLONEL, USAF, NC (RET)



JOIN US IN THIS CELEBRATION OF VETERANS
 FOR A MAP OR MORE INFORMATION, VISIT OUR WEBSITE www.msveteransparade.com

Underwater Construction Team (UCT) ONE

UCT 1 is searching for highly motivated Seabees and CEC officers looking for a career and lifestyle change. Join an ELITE force and travel as a small, professional team. Execute specialized construction diving and demolition skills with the latest and greatest technology and equipment. Contact Dive Motivators at 757-462-4313/3982 or email SWC Bryans at sean.bryans@navy.mil and SW1 Hefner at christopher.hefner@navy.mil.



Focus on Education

Education Notes

Tuition Assistance Payments Resume

By Cmdr. Kelly Brannon
Naval Education and Training
Command Public Affairs

Following passage of continuing resolution authority (CRA), Navy is in the process of resuming funding of voluntary education programs, including tuition assistance.

Effective immediately, all Military Tuition Assistance applications for courses starting on or after Oct. 17 may be submitted.

All previously approved TA requests for courses which began on or after Oct. 17 will also be honored.

CNP has received inquiries regarding classes that began during the dates of the government shutdown, Oct. 1-16. Any authorization for such classes that came prior to Oct. 1 will still be honored. However,

Navy will follow guidance from the DoD Instruction which states "All Military TA must be requested and approved prior to the start date of the course." Since funding cannot not be awarded retroactively, classes that started Oct. 1-16 which were not authorized prior to Oct. 1 will not be paid for.

According to Navy officials, the service will resume close to normal pre-shutdown operations, with no changes to TA execution anticipated for 2014. The bottom line for sailors is, if you have a TA voucher printed from the WebTA site, you may present this to your educational institution in lieu of payment.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

NCBC School Liaison Officer Kevin Byrd is located in MWR building 352, 1706 Bainbridge Ave on board NCBC Gulfport. He can be reached by phone at 228-871-2117 or email: kevin.r.byrd@navy.mil

Calling on all Ready Navy Kids to accept the Zombie Challenge

From Commander,
Navy Installations
Command Ready
Navy Program

Children ages five to 17 years old to make a Zombie Escape Plan and be ready for a "Zombie Apocalypse."

Ready Navy Kids are invited to draw, write out, or create a video of their Zombie Escape plan and send it to readynavy@navy.mil.

Winning plans will be displayed on the Ready Navy website in November.

Children are encouraged to work with their parents to make a plan that includes:

- * a written escape plan
- * meeting places both inside and outside the neighborhood,
- * a communication plan, to contact each other if separated,
- * plans for family pets

* an emergency supply kit.

Once ready to face Zombies, you are ready to face other emergencies like hurricanes, tornadoes, or wildfires.

Be a Ready Navy Kid! Click for more information on the Zombie challenge and disaster preparedness, and follow us @ReadyNavy.

Ready Navy is a CNIC-sponsored emergency preparedness program.

EFMP and Child Find

Family Fun Day!

SAVE THE DATE
NOV. 2 10 a.m.-3 p.m. at Lynn Meadows Discovery Center

Family Fun Day is a free event for military families from any branch of service who have children with special needs. Come play, gather information and connect with other families.

Child Find is a program that identifies and evaluates children with disabilities from birth to age 21 in an effort to provide them the best possible care and education support.

Please bring a picnic lunch; beverages provided.
RSVP by Oct. 30, 376-8728.

Thank you to our partners:

Airman & Family Readiness Center
Keesler Air Force Base

The Plan & Family Support Center

YP
youth programs

CDC
child development center

FSS

Federal endorsement not intended. www.keesler81fss.us

TRICK OR TREAT!

NCBC Housing
Oct. 31,
5 - 8 p.m.

Unless otherwise posted, the speed limit on board NCBC is 25 m.p.h. The speed limit in all housing areas is 10 m.p.h. Pay attention at all times and please exercise caution!

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Parent tricks for Halloween Treats

Right about now, parents across this country are calculating, planning and scheming. Their minds are racing with clandestine plots, subversive strategies and covert operations. They're not talking, because their plans are on the "DL," very hush-hush, absolutely top secret.

You see, it's Halloween, and as much as we won't admit it, we parents are just like our sticky, chocolate-smearing, sugar-mongering little rug rats.

We want candy too, and lots of it.

The only problem is, unless we want to be involuntarily committed to the local mental ward, parents aren't willing to dress up in Ninja and Princess costumes, carry plastic pumpkin buckets, and knock on neighbors' doors begging for treats. And we certainly can't walk into stores and buy bags of candy for ourselves. Aside from the embarrassment of publicly exposing a fondness for sinking our crowns into copious amounts of snack-sized candy bars, we know that, as long as we sneak the candy without anyone knowing, we won't gain 10 pounds on Halloween.

In order for us to enjoy Halloween treats without unwanted stigma and calories – we must resort to fraud, trickery, embezzlement, and occasionally, bold-faced lying; and here's how to do it:



Before buying Halloween treats, ascertain which candy your kids will NOT eat, and then go out and buy it. Generally, that candy will be something with coconut, nuts, or some other kid-offending substance, which, ironically, tends to be exactly the kind of candy we adults love to stuff into our gullets. Personally, I fancy Almond Joys, so I always mix several dozen of them together with the Pixie Sticks, Kit Kats, Laffy Taffy and other candy I give out to Trick-or-Treaters on Halloween night.

Interestingly, those Almond Joys parents give out on Halloween night will get traded, recycled back into other treat bowls, and eventually end up in our own kids' treat bags. When our kids sort through their candy at the end of the night, we will be there to kindly accept their discards.

It's a win-win for everyone!

Additionally, once the sugared-up little goblins have toddled off to bed, parents may get a hankering for pumpkin-shaped peanut butter

cups or bat-shaped chocolate bars. What to do?! Just tiptoe right on over to your kids' pumpkin buckets and take what you want, silly!

However, be mindful that some kids take inventory of their Halloween booty, so parents must be discreet when poaching kids' treats. If there is only one Crunch Bar, leave it and take one of the seven Baby Ruths and a couple of stray Tootsie Rolls instead. Also, keep bags of bulky fruit snacks or raisin boxes on hand to pad your kids' treats in the event that your thievery noticeably depletes their supply.

If the kids become suspicious that someone is eating their candy, act offended while flatly denying the accusations, and for Goodness Sakes, do not leave wrappers lying next to your bed! If pressed, blame it on the dog, the accuser's sibling, or Grandma. This usually works.

Now, I know some of you might be thinking, "But we can't steal from our own children, right?"

Wrong!

It's not only acceptable for parents to pilfer candy from their kids' treat bags on Halloween, it is arguably our God-given parental duty to reduce our children's sugar consumption.

Yea, that's the ticket.

Get more wit and observations from Lisa at her blog, <http://www.themeatandpotatoesoflife.com>

Health Watch

Tricare auto alerts

From Naval Branch Health Clinic Gulfport

Are you wondering whether a referral has been processed? Let us call you! We encourage you to sign up online for "auto-authorization alerts." Auto-authorization alerts are automated phone calls notifying you that a referral has been processed.

You may sign up for this feature after registering on the TRICARE website. www.myTRICARE.com Once registered, go to My Account and then Edit Website Settings. You may then choose to turn on or off auto-authorization alerts.

How It Works: After your referral has been processed, an automated phone call is made to the telephone number listed on the referral by the provider. The purpose of the phone call is to let you know the request has been completed, but will not include any status information.

Did You Know? October is Breast Cancer Awareness Month



In recognition of Breast Cancer Awareness Month, Health Net Federal Services has created a web page dedicated to support the fight against breast cancer!

They will be posting educational tips and resources approximately twice per week focused on breast cancer awareness, prevention and survival to promote the health and well-being of all women.

You may visit their website directly via the link below: <https://hnfs.com/content/hnfs/home/tn/common/res/campaigns/breast-cancer-awareness-2013.html/pp/content/hnfs/home/tn/bene>

Or if you prefer you can visit them on Facebook as well!

Your Naval Branch Health Clinic Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account to contact or follow-up with your provider.

See Something Wrong, Do Something Right

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



Lunchtime League

Pickle Ball Counts towards Captain's Cup!

November 8 - Dec 12, 2013
Time: 11am-1pm

Mon - Thurs @ The Fitness Center
 Signups: Oct 15 - Nov 4

Singles matches for awards and trophies
 Demo matches Oct 23rd and 30th, and participant meeting on Nov 4th @ 11:30am on basketball courts



Questions? Contact Sam Perkins samuel.perkins2@navy.mil or 822-5109

IM Basketball League

Sign up Oct 15-Nov 5
 Coach's/POC Meeting Nov 8
 Season runs Nov 27 - Feb 5

Open to all Military, Dependents, Retirees, and DOD Employees



Register at Fitness Center front desk or call 228-822-5109.

Free Movies at the Training Hall are back on the big screen!

And, don't forget about the fresh buttered popcorn and cold drinks at that sweet price that won't break your wallet!

Friday: Hotel Transylvania, PG, (Playing at Seabee Lake during Fright Night!)

Saturday: The Wolverine, PG13, 1 p.m.; World War Z, PG13, 3:45 p.m.; The Heat, R, 6:30 p.m.

Sunday: Pacific Rim, PG13, 3 p.m.; Man of Steel, PG13, 6 p.m.

Be sure and plug the Movie Hotline number in your phone, 228-871-3299 and call any time! If you have a comment or question, please send to michael.sweetapple@navy.mil.

MWR program contacts

Anchors and Eagles, 228-871-4607
 Auto Skills Center, 228-871-2804
 Beehive All Hands Club, 228-871-4009
 Child Development Center, 228-871-2323
 Fitness Center, 228-871-2668
 Information, Tickets & Travel, 228-871-2231
 Liberty Center, 228-871-4684
 Seabee Heritage Center, 228-871-3619
 Navy Outdoor Recreation, 228-871-2127
 Shields RV Park, 228-871-5435
 The Grill, 228-871-2494
 Training Hall, 228-871-4750
 Youth Activities Center, 228-871-2251
 Main Office, 228-871-2538

The Beehive Veteran's Day

DART CHALLENGE

November 6, 2013 at 6:30pm

- ✓ FREE entry and snacks
- ✓ 1st, 2nd and 3rd places win a Bud Trophy!
- ✓ ALL PLAYERS entered to win door prize (over \$100 value)
- ✓ Spaces are limited
- ✓ No experience required!

Budweiser girls will be giving out trophies to winners!

Open to all eligible patrons & their guests



Participants should register before Nov 6 for chance to win door prize by emailing Mike Sweetapple at michael.sweetapple@navy.mil
 For more info call The Beehive: 871-4009



NCBC Helping Hands Volunteer Opportunities

NATIONAL NIGHT OUT AGAINST CRIME - LONG BEACH - The city of Long Beach needs volunteers to help with National Night Out Against Crime Oct. 26, 5 - 8 p.m. at the Long Beach Town Green. If you are interested, please contact Susan Smith, 228-871-3640 or susan.smith2@navy.mil.

FRIGHT NIGHT SEABEE LAKE - Volunteers are needed to help with the 2nd annual Fright Night at the Seabee Lake Oct. 25, 6:30 to 8:30 p.m. to participate as haunted maze actors, assist with game booths, escort participants, as well help with decorating the haunted maze two days prior to the event. More than 2,000 guests are expected, so there are plenty of opportunity to get involved. For more information, contact Kirk Kelly, 228-871-4684, kirk.kelly@navy.mil or John Humphries, 228-871-3418 or john.humphries@navy.mil.

HALLOWEEN FAMILY NIGHT AT THE LIBRARIES - Biloxi (Oct. 25, 6 - 7 :30 p.m.), Woolmarket (Oct. 26, 6 - 7:30 p.m.) and D'Iberville (Oct. 29, 6:30 - 7:30 p.m.), libraries need volunteers for their respective Halloween Family Night activities. Kid-friendly teens and adults are needed to help with arts and crafts, games and a Halloween costume contest. If you are interested in helping at the Biloxi Library, call Liz, 228-436-3095; Woolmarket Library, call Donna, 228-234-9464; D'Iberville Library, Missy, 228-392-2279.

LONG BEACH TRUNK OR TREAT - The city of Long Beach is hosting a Trunk or Treat Oct. 31, 5 - 9 p.m., at the Town Green on Jeff Davis Ave., and is asking for 30 volunteers to help make the event a success. Responsibilities include crowd control, security and parking. If you would like to volunteer, please contact Mag Holland, 228-861-0007.

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

USS ALABAMA NEEDS HELP - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Work includes, but is not limited to: constructing 10 picnic pavilion covers, roofing a 40-by-20 maintenance shed, fabricating display cases. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

BILOXI VA AMBASSADORS - The Biloxi VA is trying to get volunteers in uniform from 7 a.m. to 2 p.m. on a daily basis to help with a new program. The volunteers will provide assistance to Veterans entering the medical center with directions and general information and whenever possible, escort the Veterans and family members to their destination. Point of contact for more information is Sharon Ladner at 228-523-5786 or Susan Smith 228-871-3640.

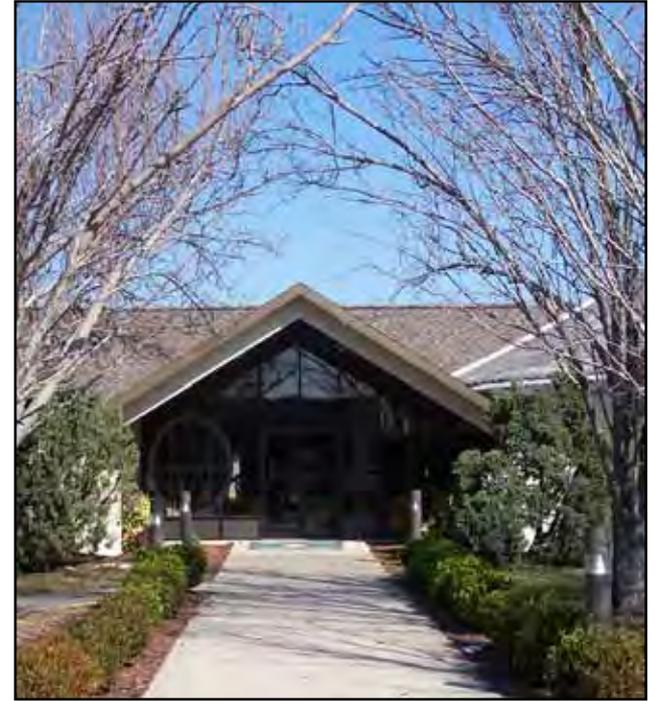
VETERAN ESCORTS NEEDED - The Biloxi VA Hospital needs 10 - 12 volunteers to escort residents from building 15 to building 17, Nov. 8 at 9:15 a.m., for a celebration and fish fry in honor of Veterans Day. If you are interested, please contact Susan Smith, 228-871-3640 or susan.smith2@navy.mil.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military community. Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments the USO Gulf Coast has a special opportunity for you. We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to create a volunteer profile through www.uso-volunteer.org. This website allows you to keep track of your hours and if you move to another location your hours will transfer with you to any USO in the world. If you have any questions please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at nlewis@uso.org. We look forward to having you on our volunteer team!

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Contact Shawna_Tatge@uss.salvationarmy.org if you have a bit of spare time to help out.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/ women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

Seabee Memorial Chapel



NCBC Center Chaplains:
Lt. Cmdr. Ammie Davis, Chaplain
Lt. Yoon Choi, Chaplain

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

Religious Services
Sunday: Contemporary: 8 a.m.
Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass: Tuesdays at 11:15 a.m.

Chapel Offerings

Looking for a church?

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Contemporary Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m., on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

Seabee Pantry

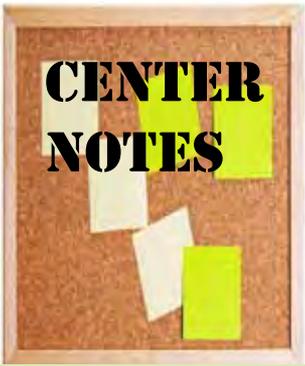
The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items

as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center (FFSC) and Armed Forces Retirement Home.

Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are invited to share your gift.

Contact the chapel at 228-871-2454 for more information.



SUPPORT Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.
NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.com.

NMCB 74 FRG All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for details.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please

bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families OverComing Under Stress (FOCUS), provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focusproject.org

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

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

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and

child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

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

TRAINING

Naval Sea Cadets The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for more information.

PMI Membership Drive The Project Management Institute (www.pmi.org) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature

the profession. Contact Mike Saunders at saundersmt@earthlink.net or Len Krapcha at lkrapcha@aol.com for more information.

SOCIAL

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

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

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

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

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and locat-

ed at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

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

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more about our organization.

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

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



GULF COAST USO

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

Free services: FAX - Send/Receive: 228-575-

5225, Copies, United Through

Reading program, Computers with web cams,

Internet/email access, X-Box

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

From DRUGS page 2

are the number of accidental poisonings and overdoses due to these drugs.

Recent studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that disposing of unused medicines by flushing them down the toilet or throwing them in the trash may pose potential safety and health hazards.

Four days after the first take-back event in September 2010, Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an "ultimate user" of controlled substance medications to dispose of them by delivering them to entities authorized by the attorney general to accept them. The act also allows the attorney general to authorize long-term care facilities to dispose of their residents' controlled sub-

stances in certain instances.

The DEA is drafting regulations to implement the act, but until new regulations are in place, local law-enforcement agencies and the DEA will continue to hold prescription drug take-back events every few months.

In addition to the DEA take-back programs, the Keesler Pharmacy accepts non-controlled medication throughout the year. For more information, contact a member of the pharmacy staff.