

SEABEE COURIER

SAPR Training



Facilitator Mike Domitz performs a stand-up comedy routine with a message entitled "Can I Kiss You?" at the Training Hall on board NCBC Gulfport, July 17. Domitz provides Sailors and Civilians with realistic skills and techniques needed to make better decisions in the areas of consent, intervention and support to survivors of sexual assault. (U.S. Navy photos by Utilitiesman Alicia K. Fluty/ Released)

See **KISS** page 5 and NCBC Facebook for more

NCBC Gate hours are changing

Effective Aug. 11, gate hour changes will occur on board the Naval Construction Battalion Center (NCBC) Gulfport. The Pass Road gate will remain open 24 hours a day. Broad Ave. gate will only be open weekdays from 6 a.m. to 8:30 a.m. The 28th Street gate (commercial gate) will be open from 6 a.m. to 3 p.m. for inbound traffic and 6 a.m. to 6 p.m. for outbound traffic. Both gates will be closed weekends and holidays.

Region Southeast holds Change of Command

By MC2(SW/AW/EXW)
Stacy D. Laseter
Navy Region Southeast
Public Affairs

Rear Adm. Mary M. Jackson relieved Rear Adm. Rick Williamson as Commander, Navy Region Southeast (CNRSE) during a change of command ceremony on board Naval Air Station Jacksonville, July 18.

The time-honored ceremony marked an end to Williamson's leadership of the command that supports and guides 17 installations throughout the Southeastern United States and the Caribbean. Vice Adm. William D. French, the commander of Navy Installations Command, served as the guest speaker for the ceremony.



Rear Adm. Mary Jackson and Rear Adm. Ricky Williamson shake hands following the official turnover during the Commander, Navy Region Southeast change of command ceremony on board Naval Air Station Jacksonville. During the ceremony, Jackson accepted command from Rear Adm. Ricky Williamson. Williamson will be reporting to Norfolk, Va., as Commander, Navy Region Mid-Atlantic. (U.S. Navy photo by Mass Communication Specialist 2nd Class Stacy D. Laseter/ Released)

Williamson is a Jacksonville, Fla., native and a

See **REGION** page 5

You're Invited . . .

NMCB 74

Decommissioning
Naval Mobile Construction Battalion (NMCB) 74 will hold a decommissioning ceremony July 25, at 8:30 a.m., in Warehouse 203. The battalion's decom-



missioning is part of a Naval Construction Force restructuring plan initiated almost three years ago. For more information, contact Lt.j.g. Michael Crum: michael.r.crum@navy.mil

NCTC Change of Command

Naval Construction Training Center (NCTC) Gulfport will hold a change of command ceremony July 29, 10 a.m., in the Training Hall, building 446. Comdr. Scott A. Anderson, commanding officer of



NCTC, will be relieved by Cmdr. Heather J. Walton who is reporting from her position as Executive Officer, Amphibious Construction Battalion (ACB) 1. Anderson is transferring to Naval Construction Group (NCG) 2 to assume Chief Staff Officer duties.

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NJP Results on board NCBC Gpt



An Equipment Operator Constructionman was referred to Captain's Mast held July 27, for Violation of Uniform Code of Military Justice (UCMJ) Article 92, failure to obey a lawful order by violating Joint Ethics Regulation, DoD 5500.7-R, and Article 107, false official statement to senior enlisted by denying

to have received money from a prohibited source. The constructionman was found guilty of both Article 92 and Article 107 by the preponderance of the evidence. The constructionman was awarded reduction in rate, forfeiture of \$858 pay per month for two months, 45 days restriction and extra duty.



FFSC has you covered: Learn how to Keep Cool Under Pressure

By UTCN Alicia K. Fluty
NCBC Public Affairs

Most people experience some level of stress in life. How they handle stressful situations can make the difference. The Gulfport Fleet and Family Support Center (FFSC) on board Naval Construction Battalion Center (NCBC), is offering a Cool Under Pressure (CUP) class to promote an effective and healthy way to respond to angry feelings. The class is open to any adult with authorized access to base.

According to CUP class instructor, Cecelia D. Johnson, a licensed marriage and family therapist at FFSC Gulfport, this class is designed to address issues related to dealing effectively with anger and stress. The focus and purpose of the class is for participants to learn how to manage their anger and stress and to take constructive actions so they can cope with these issues.

"Attendees will learn to manage their responses to angry feelings in an effective and healthy way," said Johnson. "They will come to realize that anger and stress are natural emotional responses to certain life situations. However, they do not have to be harmful to themselves or others and their feelings can be managed in a positive and productive manner."

Barbara Jones, FFSC Gulfport director, said they offer two types of anger management classes.

Level I is a two-hour

presentation taught by the FFSC Educator Paula Ingram, and is designed to provide a condensed version of stress and anger management for individuals looking to deal with minor anger issues. Level II is the "Cool Under Pressure" course consisting of four, two-hour classes which provide a more detailed approach to address anger and stress that is negatively affecting individuals in some or all areas of their lives.

"Participants are taught stress relaxation techniques," said Jones. "Anyone interested in improving their response to anger and stress will be assisted by Ms. Johnson to determine the appropriate level of intervention needed by the individual."

The CUP class is offered monthly at the FFSC. The class meets every Wednesday for two hours. Commands, individuals or groups may also request a class to be taught.

Johnson added that anger and stress are completely normal human emotions, but when the results of an individual's anger causes harm to self or others, it needs to be addressed.

"When they get out of control, however, they can turn destructive and can lead to problems at work, in their personal relationships, and in the overall quality of their life," said Johnson.

For further information, contact the Fleet and Family Support Center at 228-871-3000.

OFF LIMITS

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of June 25, 2014.

Permanent Off-Limits Establishments:

- Biloxi:** YaYa's, 2751 Pass Road
- Gulfport:** Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Sensations Night Club, 1809 30th Avenue.
- Pascagoula:** Bunksmall Apartments, 708 South Pascagoula Street.



Temporary Off-Limits Establishments:

Biloxi: Club Veaux, 834 Howard Avenue.

Gulfport: Rooney's Irish Pub, 1316 27th Avenue.

Service members are ordered not to enter or patronize these off-limit establishments of their locations. This restriction does not

apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

This letter supersedes the previous Off-Limits List of May 29, 2014.

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

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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.



Builder 3rd Class Remie Acosta, assigned to Naval Mobile Construction Battalion (NMCB) 11's Air Detachment, tightens down a cargo net for their 48-hour mount out exercise (MOX) on board NCBC Gulfport, July 16. The Air Detachment is evaluated on the ability to prepare equipment and personnel for air transport to and from their deployed areas of operation. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



Construction Electricians 2nd Class Dylan Zelker, left, and Zach Snyder, Naval Construction Training Command (NCTC) Gulfport "C" school students, install a power distribution system on a power pole at the school's pole field on board NCBC Gulfport, July 18. NCTC "C" school is an advanced training facility where 3rd class petty officers and above enrich their job knowledge to help obtain higher qualifications. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

Logistics Specialist 3rd Class Billie Watkins, assigned to Naval Mobile Construction Battalion (NMCB) 74, returns his personal gear issue (PGI) to Reginald Robey, contractor of Patriacio Enterprises, at one of the supply department warehouses on board NCBC Gulfport, July 21. Sailors can turn in their PGI gear Monday through Friday, 7 a.m. to 3:15 p.m. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



CPO 365 Senior Leadership Field Trip



Culinary Specialist 1st Class Michael Morel, left, Naval Construction Battalion Center (NCBC) Command Master Chief Mark Thomas, enter, and Chief Boatswain's Mate Stanley Weaver along with veterans, watch a video of the attack on Pearl Harbor at the D-Day Museum in New Orleans. (U.S. Navy photo by Chief Mass Communications Specialist Ryan Wilber/Released)



Senior enlisted and first class petty officers from NCBC Gulfport visit the D-Day Museum in New Orleans as part of NCBC's CPO 365 field trip July 18. (U.S. Navy photo by Senior Chief Mass Communications Specialist Jeffrey Pierce/Released)

Want To Make Your PCS Move Smoother? Help Household Goods With Their Survey

The Navy's Household Goods (HHG) directorate at NAV-SUP Global Logistics Support (GLS) launched an all-Navy customer survey in a continuing campaign to gauge the moving experience and provide a better quality household goods move in the future.

All service members and their spouses who moved recently, or within the last year, are encouraged to log on and take the short survey. The online survey is quick, easy and can be completed in less than 20 minutes.

The survey is located at: https://www.surveymonkey.com/s/dps_pcs_move

CPO Car Wash Fundraiser

July 25, 11 a.m. - 2 p.m.
Anchors & Eagles Parking Lot

Donations accepted and appreciated!



July 24, 2014

Buzz on the Street

By BUCA Elizabeth Mills
NCBC Public Affairs

"Are you looking forward to going back to school?"



"Yes, I get to learn more and do new things."

Elizabeth T.



"Yes, I'm excited to go to school cause I'm going to be in the first grade!" - Eli

"No, it's so boring at school!" - E.J.

Eli W. - left
E.J. W. - right



"No, I don't like school. It's hard; I'm going into the second grade."

Chad R.

Seabee Courier

NCBC Gulfport hosts 'Can I Kiss You' training

By CE2(SCW) Courtney Demastus
NCBC Public Affairs

Mike Domitrz, founder and executive director of the Date Safe Project presented his "Can I Kiss You?" program held at the Training Hall on board NCBC Gulfport July 17.

Domitrz discussed interactive trends of communication during his program to reflect on what sexual consent, bystander intervention, healthy dating and sexual assault means. He used humor and audience participation as tools to open the minds of those in attendance.

"Each partner should ask before touching the other person because body language can easily be misread. Asking 'Can I kiss you?' can eliminate unwanted advances resulting in hard feelings and possible guilt," said Domitrz.

Construction Electrician 3rd Class Tiffany Taylor, assigned to Naval Mobile Construction Battalion (NMCB) 74, was one of the Sailors in the audience chosen to participate in a role play scenario. According to Taylor, Domitrz made her and fellow role player, Steelworker Constructionman Claude Ravenell, also assigned to NMCB 74, feel at ease on stage.

"I was so comfortable on stage; I didn't even feel nervous. The training was fun and very beneficial to me," said Taylor. "I learned new ways to reach out to my family and loved ones without shutting doors and making them feel scared to talk to me."

Domitrz began researching sexual assault after hearing of his sister's rape in 1989. He started laying out



Construction Electrician 3rd Class Tiffany Taylor and Steelworker Constructionman Claude Ravenell, both assigned to Naval Mobile Construction Battalion 74, engage in role play while Mike Domitrz, founder and executive director of the Date Safe Project, provides the scenarios during a "Can I Kiss You?" program on board NCBC Gulfport, July 17. Domitrz provides Sailors and civilians realistic skills and techniques they need to make better decisions in the areas of consent, intervention, and support to survivors of sexual assault. (U.S. Navy photos by Utilitiesman Alicia K. Fluty/ Released)

a program that would later become the "Can I Kiss You?" program. He felt the urge to do something during a time no one wanted to speak about such a sensitive topic.

After 24 years of dedication, his program is now one of the most pursued educational resources available. The program is geared for all audiences, young or old, married or single. He and his team members of the Date Safe Project have provided the program to elementary, middle and high schools, college campuses, community centers and military installations.

Aviation Structural Mechanic 3rd Class Mabel Benson, assigned to NCBC Gulfport and mother of two, liked that the training could be appealing to children and teenagers.

"I thought it was well played out. It's a clever way to present it to your kids. Most kids feel uncomfortable talking about such a sensitive topic but I believe he introduced it in a great way so that everyone is comfortable," said Benson.

For more information about the "Can I Kiss You?" program or the Date Safe Project, visit: <http://www.datesafeproject.org/ciky-mil/>.

From **REGION** page 1
1985 graduate of the United States Naval Academy, where he earned a bachelor's in computer science. He also holds a master's in business administration from the Naval Post Graduate School and is a graduate of the Armed Forces Staff College. Williamson reported to CNRSE from his previous assignment as Commander, Navy Region Midwest, Great Lakes, Ill. "I have had such an incredible experience leading an CNRSE outstanding team," said Williamson. "I will always cherish the relationships that I have built during this tour." Williamson will be reporting to Commander, Navy Region Mid-Atlantic, Norfolk, Va., in August to assume command.

Originally from Wimberley, Texas, Jackson entered the United States Naval Academy in July 1984, earning a Bachelor of Science degree in physics with an emphasis in oceanography. She later went on to earn a graduate degree from George Washington University in engineering management and became qualified as a joint specialty officer.

She has served on board five U.S. Navy ships, in both the Atlantic and Pacific fleets with deployed operations in the Atlantic, Caribbean, Arabian Gulf, Indian Ocean, Mediterranean Sea, Black Sea, and Western Pacific areas of operation. Her command tours including serving as commanding officer, USS McFaul (DDG 74) and commanding officer, Naval Station Norfolk, the world's largest naval installation. Most recently, she served as chief of staff to Commander, Navy Region Mid-Atlantic, Norfolk, Va.

"It is an honor and privilege to become a part of such a dynamic team of Sailors and civilians," Jackson said. "And I look forward to challenges we'll tackle together."

Jackson will be the region's 44th commander.

July 24, 2014

Seabee Courier

Reduce Reuse Recycle



Pvt. Donald Gamble, left, Pvt. Nick Brown, middle, and Builder 3rd Class Lateaf Bush, Builder "A" School students assigned to Naval Construction Training Command (NCTC) Gulfport, demolish extra and unused concrete blocks at an NCTC training area on board NCBC

Gulfport, July 17. Concrete blocks not used by the class are demolished so that upcoming Builder classes can reuse the material as they learn how to make their own concrete blocks. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

Have an opinion?

The Navy Exchange (NEX) is looking for input regarding food options on board NCBC Gulfport.

Love 'em? Hate 'em? Let them know by taking a short survey at: https://www.nexresearch.com/nex_food

A pump away: Seabees perform Water Well Operations in Kabul

By MC1 Patrick Gordon
NMCB 25 Public Affairs

A flurry of activity is occurring in the heart of Kabul. At the New Kabul Compound (NKC), specially trained operators work around the clock to ensure mission accomplishment in a delicate operation for the future of Afghanistan. Their target: hiding underground; their mission: locate and obtain the target.

These individuals are not SEALs or Green Berets. They are the "Rough-necks" of Naval Mobile Construction Battalion (NMCB) 25, tasked with digging a new water well to support future NKC operations. And their mission goes until completion; three shifts a day, seven days a week.

"Working on the derrick mixing the chemicals, everyone has just been working really hard and really well as a team 24-hours a day," said Equipment Operator 1st Class John Cargill, NMCB 25 Water Well Team lead. "I couldn't be happier with the way these guys are operating and the way things are going. Our turnover is really good; there is no stop in progress."

Digging a well to support an installation like NKC is highly technical and involved process, far more complicated than simply drilling until water is found and calling it a day. Once a site is chosen by the command and a drilling location is decided upon, equipment — such as the drilling rig, the "Mud Puppy" mud filtration system, and various material-moving vehicles — are brought in and drilling can begin.

"Next thing you do is you drill a larger hole 20-feet down, then we set our surface casing, then we'll grout or concrete that in," explained Chief Equipment Operator Chad Strauser, NMCB 25 Water Well officer in charge. "Then you come back with

a smaller drill bit and drill for your actual well casing, minimum of a 2-inch annular space around the pipe; so if you're going with a 6-inch casing you would need a 10-inch hole, bare minimum."

"With the swelling of the clay around here — because some of it is reactive clay to moisture — it's very dehydrated," continued Strauser. "So we use chemicals to prevent that, and we also mitigate risk by taking a larger bit than what would technically be required."

Strauser explained that drilling goes until the aquifer is found, and then slightly beyond that to provide a sump for the well, though water is usually found at a much shallower depth.

"Typically, being that far under the surface there's ground pressure, so it's pushing the static water level up higher," said Strauser. "We may have a static water level of 70-feet here, even though we found water at about 800 or 900-feet. It'll actually push the water up the casing pipe and it will sit."

"It's like a juice box — if you squeeze a juice box, the pressure pushes the liquid up the straw; that's exactly what the ground pressure is doing with the aquifer," said Strauser. "The earth is pressing down on the aquifer and it's pushing the water up our tube like a straw and then the water evens out at a static level in the well, and we set our well pump below that."

The well casing is then packed with sand and gravel to support the structure of the well while simultaneously adding an extra level of filtration for the ground water to pass through before reaching the well screens. Additionally, air is pumped into the well formation to organize the sand packing around the screens and push out the finer silt to further clean the well.



Steelworker 2nd Class Holly Robinson, of the Naval Mobile Construction Battalion (NMCB) 25 Water Well Team, adds gravel to the well at New Kabul Compound to maintain the well's shape and structure. The Water Well Team is conducting water well drilling for the New Kabul Compound in Kabul, Afghanistan. (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon/Released)

In addition to providing a clean water source for NKC, the NMCB 25 Water Well team is also using the project as a teaching tool. This deployment is the first for many of the junior Sailors on the team, and leadership is ensuring that every bit of experience can be gained in the process.

"What I like to do on my shift is make sure everyone gets a chance to rotate, so all these guys have had a chance to do some actual drilling," said Cargill. "What we also do is make sure all of these guys are using their in-rate training. For example, my derrick is Steelworker 3rd Class [Robert] Pyse, and since he's our steelworker, he's also doing all of our iron work and steel for us. It's really great to see these guys out here doing what they do, because this is what we trained for, and we're happy to do it."

According to Cargill, progress continues just ahead of schedule because of the hard work by all three shifts of the NMCB 25 Water Well team, and this infectious energy is felt up and down the chain of command.

"We started off a little rough, but ended up succeeding," said Builder 3rd Class Eric Lockett, NMCB 25 Water Well team member. "It was like a perfect transition from training to reality. What I'm going to walk away from this most proud of is we got to where we need to be as far as depth, and everything ran smoothly. I mean, honestly, this crew rocks."

NMCB 25 is one of five active Reserve battalions. It is a routinely deployable unit standing ready to provide construction support for the Navy, Marine Corps, and other organizations.

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The Associated Builders and Contractors (ABC) and the Associated General Contractors (AGC) from Alabama, Georgia and Mississippi are sponsoring a Veterans2Construction Job Fair at the Naval Construction Battalion Center, NOSC building 114, Aug. 6.

The goal of the Veterans2Construction initiative is to create a permanent pipeline for separating military service members to enter the construction industry. In doing so, the Veterans2Construction program will help veterans find meaningful, construction related careers and serve as a key workforce development strategy for the construction industry.

Naval Construction Battalion Center Gulfport was chosen as the first site for a construction specific job fair as it is the homeport for the Atlantic Seabees, the Navy's construction force.

Find out more about Veterans2Construction at:
<http://www.veterans2construction.org>

Fleet and Family Support Center (FFSC) Gulfport job fair key partner.
For more information, contact Judith Bradshaw, 228-871-3000.



Veterans2Construction Job Fair

Aug. 6

10:30 a.m. to 2:30 p.m.

Bldg. 114

Naval Construction Battalion Center Gulfport

For more info contact

Judith Bradshaw at 228-871-3000

NMCB 11 Seabees get all charged up in the Bahamas

By **CECA Keith Spoon**
 NMCB 11 Public Affairs

Over the course of six weeks, Seabees from Naval Mobile Construction Battalion (NMCB) 11 installed 34 golf cart charging stations at five different locations on board Atlantic Undersea Test and Evaluation Center (AUTEC) on Andros Island, Bahamas.

The seven Seabees deployed from Gulfport to Andros Island in June for the construction project.

As Golf carts are the main mode of transportation for the civilians and military personnel on the installation, the new charging stations are a much needed commodity that will improve the quality of life for nearly every person at AUTEC.

The project also provided

valuable construction experience for the Seabees, who will deploy early next year to complete projects around the globe.

The charging station project consisted of excavating trenches, installing PVC conduit, pulling wire, painting and installing parking curbs, as well as installing circuit breakers to connecting power sources. While on the project, the crew worked 12 hour days, six days a week in order to get the job done properly.

"I think it's a great opportunity for our construction electricians to further their in rate knowledge," said Construction Electrician 2nd Class Anthony Williams, project supervisor, Det. Andros. "Each phase of the project requires a unique skill set. By the end of the project

we will be well rounded Seabees."

The project was organized by Williams along with the rest of his crew.

Several of the CE's had never deployed before.

"It's a great opportunity for our guys who haven't deployed yet to get their feet wet," said Construction Electrician 3rd Class Justin Orner, project leader. "The skills they learn on this project will pay dividends on their next deployment."

Construction Electrician 3rd Class Steven Rovik expressed his satisfaction with the project, "This project is good for in rate training and breaks up the homeport," said Rovik.

Construction electricians weren't the only Seabees to learn valuable electrical skills on the project.

"Being an Equipment



Operator working with the CE's has been a good learning experience," said Equipment Operator 3rd Class Lashonda Bridges. "When we return to Gulfport I will have more to offer the battalion than my operating skills."

The Naval Construction

Force is a vital component of the U.S. Maritime Strategy. They offer deployable battalions capable of providing contingency construction, disaster preparation and recovery support, humanitarian assistance, and combat operations support.

BLOG BRIGADE



**Do you have stories about your military life challenges?
 Can your experiences help other military spouses by providing perspective and encouragement?
 Are you ready to share your stories online?**

Military OneSource's Blog Brigade gives military spouses a chance to post their stories, offer useful information and inspire others by writing about military life from a "boots on the ground perspective." We invite you to share your stories and helpful advice with other military spouses by submitted posts to Blog Brigade!

Highlights

- ✔ **Share your stories** and provide helpful information and advice on military life topics common to all military spouses, like moving, marriage, friendship, deployment, homecoming, retirement, grief and stress.
- ✔ **Check out our existing posts** for inspiration, including titles such as "Saving Tips from a Shopaholic," "PCSing for Newbies" and "10 Things Never to Say to a MilSpouse."
- ✔ **Follow our monthly themes** and suggested topics and submit posts giving them your own unique spin.
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Get inspired by the Blog Brigade or learn more about becoming a guest blogger by visiting <http://blog.brigade.militaryonesource.mil>

Feds Feed Families Your participation makes a difference!



NCBC food donations as of:

July 23 - **1,753 pounds!**

Donated to five different food banks and pantries along the Gulf Coast

NCBC donation drop off locations:

NEX, Chapel, Commissary, Housing Fleet and Family Support Center, All Quarterdecks, Medical/Dental, Liberty Center
FFF campaign runs through August

Points of contact:

Lt. Cmdr. Roy: 720-466-9746 or charles.roy@navy.mil and BU3 Falls: 228-871-2454 or erin.falls@navy.mil

Focus on Education

Learn to be a Reliable Babysitter

By **BUCA Elizabeth Mills**
NCBC Public Affairs

As children get older many want to earn their own money. Many can do that through babysitting?

The Fleet Family Support Center (FFSC) is offering their second Latchkey Kids class for youth ages 10 and 11 as well as a babysitting class July 31, at FFSC on board Naval Construction Battalion Center (NCBC) Gulfport.

NCBC's policy regarding child supervision states that anyone babysitting in base housing must be

at least 12 years old and must have completed the babysitting class. However, children who are 11 years old may take the class in advance.

Instruction includes child development, infant care, accident prevention, how to influence children's behavior, how to entertain children, how to be a positive role model, general dos and don'ts of babysitting, and the importance of and methods for saving money.

Students who attend the Latchkey class will learn about fire protection and

response, basic first aid, when to call for help, why to call 911 instead of the Poison Control Center and how to develop a code of communication with parents to increase safety.

The classes will be instructed by employees from the FFSC, Child Development Center and the Center's Fire Department.

According to Paula Ingram, FFSC work and family life consultant, the goal of these classes are to promote safety, security, and a sense of competence among our youth while ensuring that all mili-

tary families living in base housing or off base, are in compliance with the child supervision guidelines.

"Parents should always use good judgment to determine a good babysitter that works with their child," said Ingram.

According to NCBC policy, parents are ultimately responsible for the safety and supervision of their children. Parents should leave a list of numbers for the child and or the babysitter to notify the police, fire department, and the parent responsible for the child in case of emergency.

Parents who do not abide by these rules are subject to intervention by base authorities and agencies.

The Latchkey class will run from 9 - 11 a.m., and the babysitting class will start immediately afterward and end at 1 p.m.

Children who meet the age requirements, have base access and want to participate in the class should contact FFSC at 228-871-3000.



Back to School: Health/Wellness Fair

Run to Read-Fun Run

08/02/2014
9am-12noon
Barksdale Pavilion
Jones Park

EXCEL BY 5
CANDIDATE
EARLY CHILDHOOD COMMUNITY
GULFPORT

1 mile Fun-Run/Walk
Registration: Bam
*No fee to participate, just bring a new or used book to donate to the Harrison County Children's Shelter when you check-in on race day!
*Registration forms can be found at:
www.gulfport-ms.gov

Community Health
Safety/Education
Free Health Screenings
Humane Society Pet Adoptions
Free Handouts /Drawings
Children's Activities

WINGS Performing Arts Summer Camp will be presenting songs from "Seussical the Musical" at 11am

For more info contact:
228-868-5881

Additional Parking north of HWY 90 (cross by foot at the 20th Avenue entrance)

Education Notes

Coastline Community College Registration

Registration for Coastline Community College's Fall "A" term is now open until Aug. 19. The Fall "A" term begins Aug. 25, and ends Oct. 19. Additional information may be obtained by calling Dr. David Drye, 228-871-3439. DDRYE@COASTLINE.EDU or visiting the Navy College Office in Building 60, room 239.

Latchkey Kids & Babysitting Class

Fleet and Family Support Center (FFSC) is sponsoring a Latchkey Kids class for children 10 - 11 years old and a BabySitting class for youth, aged 11 years or older July 31. The class begins at 9 a.m. At 11 a.m., latchkey participants will be dismissed, and the remainder of the babysitting course given for an additional two hours. Preregister by calling FFSC, 228-871-3000.

Mississippi Sales Tax Holiday Friday, Saturday

The annual Sales Tax Holiday begins 12:01 a.m. July 25, and ends Midnight July 26.

The items exempt from sales tax during the Sales Tax Holiday are identical to those items exempt in prior years. Clothing and footwear items, meant

to be worn next to the body and cost less than \$100 per item, are exempt from sales tax during this period.

For a complete list of eligible and exempt items, visit: <http://www.tax.ms.gov/docs/2014SalesTaxHoliday>

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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Airing dirty laundry while on vacation

"Whose are THESE?" my slim sister-in-law says with a laugh, holding up a large pair of underwear from a basket of warm laundry from the dryer. Voices ring out from around our vacation beach cottage. "Whoa! Not mine!" comes from the couch. "Me neither!" broadcast from the staircase. "Mine aren't THAT big!" emanates from the hallway.

"Uh, yea," I admit sheepishly, "those would be mine, thank you very much." I claim my stack of folded clothes and slink off to my room. One might think that this annual joke would get old, but I suffer this humiliation every summer while vacationing with my extended family.

Someone typically announces they're throwing in a load of hot whites, and a couple hours later, whoever decides to fold the dry clothes becomes privy to the size of everyone else's underwear, setting up perfect opportunities to crack jokes. Admittedly, my Jockey's for Her are ample enough to fold over several times, while my thinner relatives' teeny-weensy skivvies are constructed with so little material, I once mistook a pair of my niece's underwear for a hair scrunchie. So I am an easy target for any laundry-related ridicule.

One year, I tried to combat the unavoidable ribbing by secretly planting a humongous quadruple hook E-cup bra and a massive pair of flowered briefs in the laundry, thinking that my tomfoolery might make me the joker rather than the butt of the joke. But when I found the planted



my dresser, the realization that my relatives honestly believed that I wore underwear that big only served to further assault my battered ego.

In actuality, my relatives and I would prefer to not know intimate details about each other, much less the size of our undergarments. However, when you are packed into a summer beach cottage with your extended family for two weeks, embarrassing personal secrets are inevitably revealed.

For the first few days, we try to maintain a facade of virtuousness, cleanliness, and self-control. But eventually, we give in to our natural tendencies, forcing us to acknowledge that we are not, by any means, perfect.

In our summer beach cottage, the crude realities of life are exposed. We place our toiletry bags in the shared bathrooms, where our relatives can see that we need embarrassing pharmaceuticals such as stool softeners and anti-fungal ointment. We share meals, so that everyone sees that we eat too much mayonnaise on our sandwiches, we dip into the chips every couple of hours, and we get caught taking another

brownie from the pan. We doze off on the couch in front of everyone, showing the unflattering way that our mouths fall open and our chins multiply when we are asleep. And yes, we commingle our laundry, allowing everyone to bear witness to the sometimes alarming size of our undergarments.

Exposing imperfections to relatives wouldn't be a problem if everyone is compassionate enough to mutually ignore each other's foibles while vacationing together. However, families like mine consider taking pot shots at each other to be a kind of vacation-time sporting event, like corn-holing or ladder ball.

So, in order to withstand the inevitable barrage of insults that will be hurled like bocce balls, you must develop a thick skin. When vacationing with relatives, harassment, brow-beating, rude sarcasm, relentless needling, and verbal abuse should be taken as nothing more than "playful banter." And when your brother says he thinks your mole is growing an eye, or when your cousin offers to put Metamucil in your daiquiri to help out with your constipation, or when your sister imitates your dance moves to make the kids laugh, you must try to appreciate their witticism.

Oh... and always fold your own laundry.

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

Health Watch

Did You Know? Time for back to school physicals

Courtesy of Naval Branch Health Clinic Gulfport

No matter what grade your child is about to enter, there's the yearly back-to-school checklist of to-dos: shopping for school supplies, filling out permission forms, and the pediatric checkup. Although it may not seem like an urgent matter, your child may only be seen once this year for their back-to-school physical so this check-up could be very important. Back to school physicals give the pediatrician a chance to give the child a thorough physical exam. It's also a good chance to address important questions, especially with teenagers, including adolescent issues of drinking, smoking, drugs, sexual activity, and depression.

During the school year some children may need an additional physical for a sport they are interested in but these physicals do not cover the overall health of a child. Having a long-term history with a child or adolescent

gives the doctor the awareness of the child's progress and development over time. This helps the doctor detect emerging problems, as well as being informed by the detail of the patient's history, such as important past illnesses or injuries the child may forget to mention on the sports physical questionnaire.

A healthy childhood and adolescence calls for balancing home life, school, sport, social, and extracurricular activities. So stop by NBHC Gulfport today to book an appointment with our pediatrician for a back-to-school physical.

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 (www.relay-health.com) to contact or follow up with your provider.

NBHC Gulfport
5501 Marvin Shield Blvd
Gulfport, MS 39501
Telephone: 228-822-5792

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.



NCBC Helping Hands

CASA (COURT APPOINTED SPECIAL ADVOCATES) for CHILDREN are asking for five – 10 volunteer to move furniture and paint offices spaces at 47 Maple Drive, Gulfport, Aug. 1 or Aug. 8, 8 a.m. – 4 p.m. Point of contact is Dory Heesch, 228-865-7078 (office) or 713-494-9747 (cell).

HARRISON CENTRAL HIGH SCHOOL – Volunteers are needed to build lockers for the HCHS volleyball team's locker room. Plans, tools and supplies will be provided. Project needs to be completed before the season begins in August. Point of contact is Lisa Sigworth, 228-326-7674.

CITY OF GULFPORT BACK TO SCHOOL HEALTH/WELLNESS FAIR/FUN RUN - The City of Gulfport is looking for volunteers for the Back to School Health and Wellness Fair and Fun Run at Jones Park, Aug. 2. Anyone interested in setting up a booth to demonstrate health and/or wellness associated with the military, or possibly set up a military-style obstacle course contact Katie King at: 228-868-5883.

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

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport

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

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

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

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

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

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

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.

Energy \$avings Tip: Postpone activities that require hot water and large energy use – such as washing dishes or clothes – to early morning or late evening. This will keep from adding more heat and humidity to the home. Use the dishwasher and clothes washer late in the evening. When used during the day, these appliances produce additional heat, causing your air conditioner to work harder.

Seabee Memorial Chapel

Religious Services Sunday:

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



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

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

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

What's happening at the Chapel?

Sundays

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

Tuesdays

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

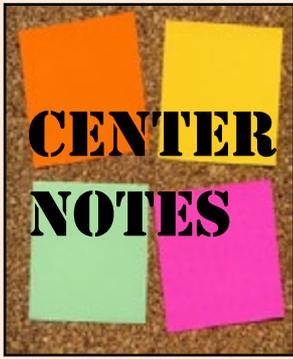
Wednesdays

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

Meetings:

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

Quarterly "State of the Chapel" meetings
The Chapel will hold State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The meetings will be at 5 p.m., for approximately 30 minutes Aug. 4 and Nov. 3.



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 Cen-

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

FOCUS

Families OverComing Under Stress

provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@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 nationwide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center class-

room. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

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

The Ladies 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 located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to at-

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

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

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

HERITAGE

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

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

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901 CBC 3rd Street,
Building 114
228-575-5224
Free services:
FAX, Send and Receive:
228-575-5225, Copies,
United Through Reading program, Computers with web cams, Internet/email access, X-Box
Office hours: Monday - Friday, 8 a.m. - 4 p.m.

Colmer Dining Facility **NEW**
Weekend Brunch Hours
Beginning Aug. 2
Colmer Dining Facility
Weekend Hours
Brunch: 9 a.m. - Noon
Dinner: 4 - 5:30 p.m.

DRUNK DRIVING
OVER THE LIMIT. UNDER ARREST.



**FITNESS CENTER
EXTENDED POOL HOURS!**

Call (228) 871-2668
for more information.

Monday-Friday
5:30 a.m. – 7 p.m.
Saturday-Sunday
9:30 a.m. – 4 p.m.

**AUTO HOBBY SHOP
6 NEW OPERATIONAL LIFTS**

Call (228) 871-2804
for more information.

**VEHICLE STORAGE
11 NEW 40' SPOTS!**

Call (228) 871-2804
for more information.

FITNESS CENTER

**CORE45 CLASS
TUES/THURS @ 10:30AM**

**ZUMBA CLASS BEGINS JULY 14
MON/WED @ 6PM**

AQUATICS

SWIM LESSONS ALL MONTH

**SWIM FT4KIDS
TUESDAYS AND THURSDAYS
11:30-12:30 P.M.**

CDC

**WATERPLAY
EVERY TUES & THURS
(WEATHER PERMITTING)**

CONTACT US!

Program Telephone Numbers & Hours

Anchors and Eagles	871-4687	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 12a-7p, Sat 9a-3p
Beehive	871-4009	Hours:	W-Th 4:30-10:30p, Fr 4:30-10:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	W-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	871-5185	Hours:	W-Fr 5:30a-7:30p, Sat-Sun 9:30a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2331	Hours:	M-Fr 20a-4:30p, Sat 18a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th 10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p & 4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2127	Hours:	M-F 7:30a-3:30p
Shields Rte Park	871-5435	Hours:	W-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	W-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	6-7:30a & 2:00-5:30p
SAC		Hours:	6-7:30a & 2:00-5:30p
Teen Center		Hours:	W-Th 1:30p-8:30p, Fr 3:30p-8p
Rec Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-8p

OUTDOOR RECREATION

**JULY SPECIAL
BOAT RENTAL PACKAGE
15' FOR \$44 17' FOR \$49**

LIBERTY

**7/26 – NEW ORLEANS ZEPHYRS
7/27 – USS ALABAMA
7/30 – GULFPORT DRAGWAY**

ITT

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