



# Chaplain's Corner

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## Experiencing Freedom

By Lt. Cmdr. Ammie Davis CHC  
NCBC Chaplain

In the book, *Breaking Free: The Journey, the Stories*, author Beth Moore, asks this question: Have You Found Freedom?

The question can be answered in her 10-week study which includes both personal, daily assignments and weekly group session for women at the Seabee Memorial Chapel – “The Chapel of Choice.” The Journey begins, July 16, from noon to 1 p.m.

The *Breaking Free* Bible study is designed to help the overextended woman journey through a study of the Scriptures to discover the transforming power of Christian Freedom.

The study is based on Isaiah 61:1-4 which draws parallels between the captive Israelites and today's believers. The author highlights the idea of enjoying life abundantly as God intends by foster dialogue about:

- ~ **Untying the Cords of the Yoke**
- ~ **That You May Know**
- ~ **Removing the Obstacles**
- ~ **Rebuilding the Ancient Ruins**
- ~ **Binding Up the Brokenhearted**
- ~ **Beauty from Ashes**

- ~ **The Potter and the Clay**
- ~ **God's Unfailing Love**
- ~ **The Steadfast Mind**
- ~ **The Display of His Splendor**

In the video-based study, Moore teaches readers to remove obstacles that hinder freedom by identifying spiritual strongholds in their lives and overcoming them through the truth of God's Word-truth that will set us free.

Moore is a writer and teacher of best-selling Bible studies whose public speaking engagements carry her all over the United States. She is a dedicated wife and mother of two who lives in Houston, Texas where she serves on the pastor's council of First Baptist Church and teaches a coed adult Sunday school class with an attendance of over three hundred. Moore has the respect of many as a prominent spiritual leader; her rise to celebrity status hasn't made life perfect for Moore. Along the way, she's faced deep pain. She gives her testimony on how she was abused by someone outside of her immediate family as a child; Moore's scars ran deep and followed her into adulthood.

In the preface to her *Breaking Free*



**Chaplain Ammie Davis**

workbook, she shares how she felt so violated and ashamed that she didn't even want to wear white on her wedding day.

“I did not feel pure,” she writes. “[There were] scars from being a childhood victim of someone else's problem.”

The *Breaking Free* Women's Bible Study is being sponsored by Protestant's Women of the Chapel (PWOC) and it presents another opportunity for the “Chapel of Choice” to support our warfighter's families and spouses. *Breaking Free* is Beth Moore's life message about freedom in God.



### See Something Wrong, Do Something Right

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

**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](mailto:CNRSE_HOTLINE@navy.mil)

### “Can I Kiss You?”

Featuring Mike Domish



### CBC Gulfport Training Hall

July 17 at 1 p.m.

> Open to All Hands

July 17 at 3 p.m.

> NCTC Students only

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-Michael P. Davis, CMSgt, USAF-

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The Colmer Dining Facility, known simply as the "The Galley," hosted their annual summer kickoff meal on board NCBC Gulfport, July 1. The galley served a three course meal for both military and civilian personnel. The Colmer Dining Facility has recently received its seventh five-star award from the annual inspection given every year by the Naval Supply Systems Command. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



Builder 3rd Class Bryan Naquin, attached to Naval Construction Training Center Builder "C" School, trenches the ground in preparation for construction of a sidewalk on board NCBC Gulfport, June 30. The BU "C" School offers students the chance for hands-on training through projects needed to maintain NCBC Gulfport grounds. The sidewalk project is designed to allow easier access to the new Navy Exchange gas station. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

Feed My Sheep Assistant Director Christina Lipke, right, accepts donations of non-perishable food items from Lt. Cmdr. Charles Roy, NCBC Feds Feed Families (FFF) Coordinator, during a charity delivery in Gulfport, Miss., July 1. The Seabee Memorial Chapel and Commissary have teamed up in the fight against hungry by promoting the annual FFF food drive. The Commissary has put together small and large premade donation bags filled with wish list items needed for local food banks, pantries and charities. Personnel and families can donate through Aug. 27. Anyone interested in donating can contact: Lt. Cmdr. Charles Roy, 702-466-9746 or [Charles.roy@navy.mil](mailto:Charles.roy@navy.mil); or Builder 3rd Class Erin Falls, 228-871-2454 or [erin.falls@navy.mil](mailto:erin.falls@navy.mil). (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



# NCBC reminds Sailors to think before they drink

By UTCN Alicia K. Fluty  
NCBC Public Affairs

Navy leadership coast to coast is hosting "Keep What You've Earned" (KWYE) summer safety events to remind Sailors that drinking responsibly is a key element to having a safe summer.

"During the summer months the number of accidents and alcohol incidents increase significantly," said Dorice Favorite, Director of the Navy Alcohol and Drug Abuse Prevention Office (NADAP). "In keeping with the Navy's recently launched Keep What You've Earned campaign, we urge Sailors to drink responsibly during the summer months—and always—to stay on track with their careers."

On July 1, Naval Construction Battalion Center (NCBC) Gulfport hosted its own summer safety event featuring a photo booth at the base's Navy Exchange where Sailors could get

their pictures taken with speech bubble props showing a personal reason for choosing to drink responsibly. Some of the reasons Sailors indicated why they choose to drink responsibly included: family, health and career. You can see photos from the event on NADAP's Flickr page, available at: [http://www.flickr.com/photos/nadap\\_usnavy/](http://www.flickr.com/photos/nadap_usnavy/)

"Drinking responsibly saves lives," said Chief Yeoman Rhonda Pearson, assigned to Navy Cargo Handling Battalion (NCHB) 13. "You have to protect your family, protect those around you, have a designated driver and whenever you go out don't be careless when you are drinking."

After getting their photos taken, Sailors signed a "Play to Live" pledge to commit to practicing responsible drinking habits this summer, and others at NCBC Gulfport continue to do so as word gets out.

To take the "Play to Live Pledge," visit <http://www.surveymonkey.com/s/drinkresponsibly>

"Irresponsibly drinking can lead to the destruction of your career, your family and everything else that is important to you," said Equipment Operator 1st Class Christopher Harrison, assigned to Naval Construction Group (NCG) 2.

To further promote their "Keep What You've Earned" message directly to Sailors before the holiday weekend, NCBC Gulfport KWYE campaign committee members held signs along the outbound lanes of the Pass Road Gate reminding Sailors of their accomplishments and how much they have to lose if they make poor choices regarding alcohol.

"I really like the Keep What You've Earned message," said Chief Mass Communication Specialist Ryan Wilber, NCBC Gulfport KWYE Campaign coordinator. "Every Sailor has



From left, Chief Mass Communication Specialist Ryan Wilber, NCBC Keep What You've Earned (KWYE) campaign coordinator, Culinary Specialist 1st Class Gloria Medina, NCBC KWYE co-coordinator, and NCBC KWYE committee members Culinary Specialist 2nd Class Edwaurdo King and Culinary Specialist 3rd Class Phillip Cotoio, display signs and hand out informational flyers to personnel arriving at the Pass Road gate as part of a KWYE 4th of July Summer Splash Event on board NCBC Gulfport, July 1. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

worked hard for the things they have earned in the Navy, and I am happy to be part of a campaign to remind them not to let an irresponsible decision or abuse of alcohol take away those achievements and

destroy their success."

For more information on how to host a summer safety event at your installation, you can access materials and resources from the NADAP website at: [www.nadap.navy.mil](http://www.nadap.navy.mil).

July 10, 2014

## NCBC Resident Advisory Board (RAB)

July 14, 6 - 7:30 p.m.

Isiah Fredericks Community Center, Gulfport

### Topics:

1. World War II Landfill (site 2) areas of contamination and possible cleanup approach
2. Environmental Restoration Program update
3. Northwest Landfill (site 3) cleanup update
4. History of Dioxin at the Seabee Center

## Buzz on the Street

By CE2(SCW) Courtney Demastus  
NCBC Public Affairs

*"What is your favorite part about working for NCBC Child Development Center (CDC)?"*



"Working with children and watching them grow."

**Kimberly Tatman**  
CDC teacher (2 year olds)  
Hometown: Mahomet, Ill.



"Getting to meet new parents and their babies/newborns."

**Shannon Deduaux**  
CDC teacher (infants)  
Hometown: Gulfport, Miss.



"The children; the joy that comes from taking care of little ones daily. They seem to teach us something new every day."

**Chandria Fuller**  
CDC teacher (infants)  
Hometown: Moss Point, Miss.

Seabee Courier

# Age not a factor as NCBC families join service members for a morning of PT



Family members joined NCBC Gulfport Sailors for Family Day Physical Training (PT) at the Fitness Center on board NCBC Gulfport, July 2. As a fun, camaraderie-building event, the command's assistant command fitness leaders (ACFLs) lead the group in calisthenics followed by several games of dodge ball. (U.S. Navy photos/Released)

More photos available on NCBC Gulfport Facebook

## Just in time for peak grilling season . . . a guide for grilling veggies from NCBC Commissary



**Asparagus** - Trim off the tough lower ends and soak in cold water for 30 minutes to an hour if the stalks are a bit wilted. Pat dry, then place directly over the coals, turning every minute or so. Remove when the tips begin to turn brown.

**Bell Peppers** - Cut peppers in half, top to bottom. Remove stems, seeds and whitish ribs. Cut into strips about 2 inches wide; brush lightly with oil and grill 2-3 minutes per side. OR, leave the peppers whole and grill until completely blackened. Close the hot peppers in a plastic bag while they cool for 10-15 minutes, then peel off the blackened crust. The crust comes off easily, but it's a messy job. Split open and remove seeds. Eat as antipasto with oil and vinegar or use in any recipe that calls for roasted peppers.

**Cabbage** - Cut a large head of green cabbage into 4-8 wedges and remove the core. Sprinkle wedges with garlic powder, salt, and pepper, and generously dot with butter. Arrange wedges back together, as if a whole head again, and wrap tightly in heavy-duty aluminum foil or a double layer of regular foil. Grill over medium coals for 45 minutes to an hour, or until tender.

**Carrots** - Use full size carrots, but not too big - the smaller ones are best. Brush with olive oil and cook over medium to low coals until tender, or brown over higher heat and move to a cooler portion of the grill to finish. They will take at least 10 to 15 minutes.

**Corn on the Cob** - Gently pull back the husks, but don't remove them. Remove the silks and cut off the very tip of the cob. Soak in cold water for about 30 minutes. Dry, and brush generously with butter. Fold the husks back down and tie



or twist the ends to secure. Place over medium coals for about 5 to 8 minutes, turning often to avoid burning.

**Eggplant** - Slice larger varieties into rounds about 3/8 inch thick, smaller versions can be sliced in half lengthwise. Brush with olive oil and grill until they start to brown, about 5 minutes per side. Drizzle with balsamic vinegar or serve with an Italian salsa verde (garlic, basil, parsley, and tomatoes - all fresh and all chopped; add salt and extra virgin olive oil to taste.)

**Garlic** - Take whole bulbs and cut off the root end. Brush with olive oil and place cut side down over a hot fire. Grill for about 10 minutes, or until the skin is brown.

**Mushrooms** - Clean and remove stems. Toss in a bowl with oil, then thread on metal or wooden skewers, or if they are large enough not to fall through the grate spread them loosely over the grill. Grill 4-5 minutes for small mushrooms and 6-8 minutes for larger ones.

**Onions** - Sweet varieties such as Vidalia onions are best, but any onion will do. Peel and slice onions about 1/2 inch thick, brush with oil and grill about 3-5 minutes per side. Drizzle with balsamic

vinegar, if desired. Onions can also be quartered or chunked and threaded on a skewer with other vegetables for a nice kebab.

**Tomatoes** - Cut in half top to bottom. Grill cut side down about 2-3 minutes.

**Potatoes** - Wash and dry whole potatoes. Rub with vegetable oil. Wrap in aluminum foil and grill 35-40 minutes or longer, turning occasionally. To test for doneness, squeeze gently with a hand protected by an oven mitt. When they give to gentle pressure, they are done. Or, place small new potatoes and fresh green beans on a large square of aluminum foil, dot generously with butter, and season with salt and pepper. Wrap tightly, folding edges of foil securely to prevent butter leaking. Grill for 35-40 minutes. Thick slices of potato can also be grilled directly on the grate. Brush with oil, season with salt and pepper, and cook for about 3 minutes per side.

**Zucchini** (or any other summer squash) - Small squash can be halved lengthwise, large ones should be cut into 1/2 inch thick rounds. Brush with olive oil and grill 2-3 minutes per side. Use a hot fire so they cook quickly and stay firm, but watch carefully so they don't burn.

### 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.

# Stars and Stripes wave in Rota, Spain



U.S. service members and civilians stand at attention July 2 during the annual U.S. flag-raising ceremony at Rota Naval Station, Spain. While raising the flag is a daily occurrence on most U.S. military installations around the world, the Spanish navy base permits the U.S. flag to be raised only

once a year, usually to celebrate Independence Day. Seabees from Naval Mobile Construction Battalion (NMCB) 133 were part of this year's flag raising and are pictured on the right side of the photo in Type 3 NWU's. (U.S. Navy photo by Chief Mass Communications Specialist William Clark/Released)

July 10, 2014

## Seabees teach capabilities to counterparts in Japan

**By James Johnson**  
Naval Facilities Engineering Command Far East Public Affairs

Seabees from Public Works Department Misawa, Japan trained Japanese Ground Self-Defense Force (JGSDF) personnel in the familiarization with Seabee capabilities at Misawa Air Base, July 2.

Host-nation personnel built relationships while learning U.S. Navy skills in physical fitness, active shooter scenarios, and Seabee combat warfare.

"The Japanese Ground Self-Defense soldiers enjoyed the interaction and training topics we have instructed," said Chief Builder Billy Harger, who led part of the training.

"So many times there are walls or barriers between our allies, even in contingency areas during actual

missions. By building a bridge during training sessions such as this English program and exchanging combat skills, in the event of an actual contingency those walls will not be there. We'll have more team unity, and a more capable military movement with the same objectives."

Members of the JGSDF have attended joint-training with the U.S. Air Force at Misawa Air Base for several years. Last year, the JGSDF expressed interest in learning what the Seabees do. Since the first session in September 2013, class size has grown to two units and 34 students.

"The objective of the training is to explain and demonstrate current operational and mission essential tactics that may be used in the event of

an actual conflict requiring the Seabees and Army units to respond to," said Harger. "The training also enhances the Japanese soldiers English-language skills."

Seabees demonstrated current U.S. Navy exercises during the physical fitness session. It was so popular that the host nation participants requested a copy of the exercises with descriptions to they can implement in their training.

Plans are being made for JGSDF units from Sendai and Sapporo to host Seabees at their installations to teach Japanese language skills and show how they conduct training and operations.

"These training days have significantly improved relationships between our Seabee unit here and the



Builder 2nd Class James Delacruz instructs an embarkation class with the Sendai and Sapporo Japanese Ground Self-Defense Force, explaining proper loading of a 463L pallet and securing the loads in preparation for loading onto a C-17 or C-130 aboard Naval Air Facility Misawa July 2. The instruction is part of an expanding joint training and team-building program the Seabees and Air Force conduct aboard Misawa Air Base. (Photo by Master Sgt. Ichiro Nishizawa, JGSDF)

Japanese Ground Self-Defense Forces," said Lt. Jeremy Gerrard, public works officer, Public Works Department Misawa.

"We've learned as much as our host nation counterparts and look forward to continued joint-training opportunities."

Seabee Courier



Photo 1 - Sailors from Naval Mobile Construction Battalion (NMCB) 1 prepare for the arrival of Super Typhoon Neoguri on board Camp Shields in Okinawa, Japan. Typhoon Neoguri is forecasted to be one on the most powerful storms to hit Okinawa in the past 15 years. NMCB 1 Sailors spent July 6 and 7 preparing for the onset of the storm. Photo 2 - A bird's eye view of Typhoon Neoguri from the NMCB 1 chief petty officer barracks. The photo is the cover of a video post-

ed by the battalion as the storm hammered the area. Photos 3 and 4 - Sailors from NMCB 1 head back to work and assess damage to Camp Shields, Japan as a result of Super Typhoon Neoguri which hammered Okinawa, Japan July 8. Typhoon Neoguri, the strongest typhoon so far in 2014 Pacific season, triggered flash flooding and emergency warnings for landslides throughout Okinawa. (U.S. Navy photos by Chief Mass Communication Specialist Kim Martinez/Released)

# NMCB 1 'Bees dodge wrath of Typhoon Neoguri

By Chief Mass Communication Specialist Kim Martinez  
NMCB 1 Public Affairs

OKINAWA, Japan – Sailors from Naval Mobile Construction Battalion (NMCB) 1 were prepared for the impact of Super Typhoon Neoguri, when it arrived in Okinawa, Japan July 8.

NMCB 1 Sailors spent July 6 and 7 storing items, sandbagging ground-level entrances subject to flooding and staging tactical vehicles, water dispensers and Meals-Ready-To-Eat throughout Camp Shields.

"Right now we're finishing up securing the camp, tying up and putting away anything that is not immobile so that nothing will become a projectile hazard throughout Camp Shields," said NMCB 1 Command Master Chief Dean Fischer.

Although Super Typhoon Neoguri was forecast to develop into a 'once in a lifetime storm', with winds gusting at more than 250 km an hour

(150 mph) according to the Joint Typhoon Warning Center, the Seabees are adept in natural disaster preparation and the relief efforts, which may be needed in the storm's aftermath.

"Typhoon season pretty much aligns with hurricane season back home in Mississippi, so Gulfport Seabees have a very long history of dealing with TCCOR [tropical storm condition of readiness] conditions," said Fischer. "All of the engineering assets on Okinawa will be in contact before, during and after the storm coordinating anything they would need," said Fischer. "For us, the primary mission would be to support the Navy bases, the Marine Corps and the Air Force bases."

Typhoon season officially runs from June 1 through Nov. 30. NMCB 1 Sailors made the best of a stormy outlook, as they bunkered down in their barracks waiting for the all-clear notice from their chain of command.

"I will take accountability of all of the personnel in my building continue to maintain their safety throughout the storm and make sure they have food and water. Our mustering point will be in our lounge area where we will meet and get accountability to the command mustering point of contact and while we ride out the storm, it will be an opportunity for us to bond, relax after working hard to secure the base," said Yeoman 1st Class Johnny Turner.

Camp Shields Officer-in-Charge Utilitiesman Master Chief Benno Lederer said that because of NMCB 1's diligent efforts in preparing for the typhoon, Camp Shields is braced for the storm well ahead of schedule. "All NMCB 1 and 30th Naval Construction Regiment typhoon preparations are done and we are prepared for the storm," said Lederer. "We will begin lock down for TCCOR I late [July 7 or early July 8] and are expected to be in that state

until late Wednesday or Thursday. NMCB 1 has done an exceptional job in camp preparation well ahead of CNRJ/CNFJ requirements. Bravo Zulu to them!"

NMCB 1 is currently deployed to Okinawa as part of its 2014 deployment. Aligned with Secretary of The Navy Ray Mabus' four priorities of people, platforms, partnerships and power, the battalion will deliver the Navy's forward presence through its work with several host nations at its Civic Construction Action Details in the Pacific and will continue to conduct construction operations in the Northern Command.

**Editor's Note:** This article was written in advance of Typhoon Neoguri. A post from NMCB 1 on their Facebook page after the typhoon came ashore July 8 reads:

*"Good morning from Okinawa. Our NMCB 1 Sailors weathered Typhoon Neoguri and are back at work assessing damage and conducting business as usual."*

# Focus on Education

## USNA 2014 Summer STEM program:

*Rotary Wing Engineering and Flight demo of Chinook Model Helicopter*

By Lt. Teng K. Ooi, PhD

U.S. Naval Academy and

Capt. Linda J. Beltra, MD, USN (Ret)

Each year in June, the United States Naval Academy Summer Science, Technology, Engineering, and Mathematics (STEM) Program launches a variety of programs to expose young people to STEM concepts and technologies. This program is designed to encourage 8th to 11th graders to pursue a course of study in STEM subjects throughout high school, college, and beyond. This year's Summer STEM theme is "Exploring Navy Technology on All Fronts."

Project-based modules are a major component of the STEM curriculum. Students participate in these modules using a hands-on, real-world approach to solving design and analysis problems in the Naval Academy's world-class laboratory facilities. This unique learning environment promotes engineering "habits of mind" such as critical thinking, optimization, innovation, creativity, and team work. It exposes students to a problem-based environment, outside the traditional classroom.

One of the 2014 modules is titled "Spinning Wings- Exploring Helicopter Technology." The technical objective is to teach students about rotor aeromechanics of vertical lift aircraft. The students learn how to assemble and build a model rotor and test the operations of the rotor in vertical and forward autorotation. Then they optimize the rotor performance by experimenting with different rotor blade pitch settings.

The helicopter module also features a flight demonstration of a Syma Chinook Model Helicopter. This remote-controlled twin coaxial rotor Chinook can takeoff vertically, hovers, fly in all directions, and land vertically on its own. The students use an infrared controller to pilot the Chinook. The demonstration helps to enhance the understanding of the rotor aeromechanics concepts, as well as the engineering technology and flight operations of the Chinook.

Midshipman First Class Jason McGinty, a Midshipman



**U.S. Naval Academy 2014 Summer STEM students participate in piloting the Chinook Model Helicopter.** (Photo courtesy of Lieutenant Teng Ooi/Released)

working with the STEM program said, "We want to give the students a basic understanding of how helicopters fly and how they are different from airplanes. We try to give them a hand-on experience so that they can see firsthand what affects the amount of lift on the helicopter rotors."

"My experience at the USNA Summer STEM program challenged me in different areas of science, technology and math. I enjoyed meeting people and I will cherish my new friendships. Summer STEM is great for students that enjoy completing tasks that require hard thought and skill," said Emma Frye.

"Hopefully, this flight demonstration will get students excited about the dynamics of vertical flight and allow them to experience an interesting real-life application through hands-on practical learning. We hope this will provide them with the critical chain to latch onto as they begin to consider their majors at colleges and beyond," said visiting Professor Scott Davids, the creator of the Helicopter Technology module.

For more information on USNA STEM Program, visit: [www.usna.edu/Admissions/STEM](http://www.usna.edu/Admissions/STEM).

NCBC School Liaison Officer Kevin Byrd  
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Phone: 228-871-2117  
Email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

River Oaks Elementary Dedication  
The Harrison County School District will hold a ribbon cutting for the new River Oaks Elementary School on Three Rivers Road, Aug. 3, at 2 p.m. Dr. Shelly Holmes will be the school principal.

## 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](mailto:DDRYE@COASTLINE.EDU) or visiting the Navy College Office in Building 60, room 239.

### Student Aide Information Webinar

A free Federal student Aid Information Webinar will take place July 16 or July 17, 4:30 -6 p.m. (EST). Topics include: Title IV Programs, Loan Repayment Programs, Public Service Loan Repayment Program, Federal Student Aid Resources, FAFSA 101 and the Armed Forces. The webinar also features a question and answer session. You must pre-register to take advantage of this opportunity. Register at: <http://fsaregistration.ed.gov/d/k4q3f1>. This event is open to everyone, especially members of the Armed Forces stationed around the world.

### Command Financial Specialist (CFS) Training and refresher course

Fleet and Family Support Center (FFSC) is sponsoring Command Financial Specialist (CSF) Training and refresher for personnel E-6 and above. The training will take place at the FFSC, July 22 - 25, 8 a.m. - 3 p.m. Contact the FFSC to register: 228-871-3000

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# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Mom's mandatory summer lecture series

A couple of weeks ago, my husband came home after running errands on base with our daughter and said, "Wait 'til you hear this one." Knowing my 16-year-old's goofball tendencies, I knew that anything was possible. "Go on, tell her," my husband ordered our daughter, who was giggling uncontrollably.

Eager to relay the story, he took over. "So, I'm driving down Peary Street, and I pull up to that mailbox that's by the coffee shop there ..." He shook his head for maximum effect. "Then I give Anna the exterminator payment envelope and tell her to go mail it ..." So far so good, I thought. "And do you know what your 16-year-old daughter does?"

"What?!" I demand impatiently.

"She gets out, and proceeds to walk around the mailbox three times, looking totally confused. I am motioning to her to open the little door and deposit the envelope, but she just stands there holding the envelope, shrugging her shoulders ... at 16-years-of-age mind you! Who knew, our daughter has absolutely no clue how to put an envelope into a flipping mailbox!"

"Seriously?" I ask my daughter whose giggling had escalated into convulsions of silent laughter.

I walked away from



the amusing exchange chuckling to myself, but midway through folding a basket of laundry it dawned on me: I have completely failed as a mother.

My eyes bugged out as panic gripped my soul. If our 16-year-old can't even figure out how to mail a letter, then how on earth can our 19-year-old son be expected to survive when he goes off to college at the end of the summer?

In an instant, I knew I had to act fast. With only six weeks left before Freshman Orientation, I instituted a mandatory practical education class, much to the consternation of our three teenagers. Knowing that there was no way to sugar coat what would surely be received with eye rolling and long sighs, I bluntly named my crash course "Mom's Summer Lecture Series."

The children mustered for their first lesson – "How to launder your clothes without turning every garment into a pastel pink size 00" -- reluctantly as expected.

But before the excruciating half hour was up, we covered detergent measurement, water temperature, color-fastness, stain removal, and the perils of dryer lint. I was going to go over folding as well, but the kids looked like they might internally combust if they heard another word, so I decided to save that for another day.

This week, I have planned a stimulating tutorial on how to boil spaghetti, and next week's topic is all about warding off fungal growth. I'm keeping it a surprise, but future lessons will cover balancing checkbooks, reading bus schedules, disinfecting bathrooms, and my personal favorite: making your bed and lying in it. Oh, what fun!

Thank goodness I realized the error of my ways, and have been given this chance to make amends. I may have failed my children over the course of the last decade, but I am now completely dedicated to helping my kids to help themselves.

As someone once said, "If at first you don't succeed, do as your Mother told you."

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

NCBC GULFPORT  
**SEABEE VOLKSLAUF  
MUD RUN**

**SATURDAY, OCTOBER 4 AT 8AM**

REGISTRATION BEGINS:  
April 15 AT

[www.active.com](http://www.active.com)

For more information, follow us on FACEBOOK.  
[www.facebook.com/seabeevolkslaufmudrun](http://www.facebook.com/seabeevolkslaufmudrun)

### VICTIM LEGAL COUNSEL

The Navy Victims Legal Counsel (VLC) Program is fully operational in Navy Region Southeast. The Navy is implementing the VLC Program to provide a military attorney free of charge to eligible victims of sexual assault.

VLCs can assist eligible victims with a decision to make a restricted or an unrestricted report of sexual assault; advocate on their behalf to investigators, commanders, and prosecutors; advance and protect victim rights and interests during the court-martial process; and provide other legal advice and assistance connected to the sexual assault. It is never too early or too late for an eligible victim to seek the assistance of a VLC. All communications between eligible victims and VLCs are confidential.

Navy judge advocate attorneys assigned to VLC Program offices at NAS Jacksonville, NS Mayport, NAS Pensacola, NCBC Gulfport, and Joint Base San Antonio will provide these legal services throughout Navy Region Southeast.

Active duty Sailors, adult dependents, and certain Reservists are eligible for the program. Victims of sexual assault are encouraged to contact the local Sexual Assault Response Coordinator (SARC) or assigned Victim Advocate for a referral to the nearest VLC Program office. You may also contact the VLC Program directly. A list of VLC Program offices and more information can be found at [www.jag.navy.mil](http://www.jag.navy.mil).

To reach the VLC who supports Naval Construction Battalion Center (NCBC) Gulfport, please call Lt. Marcus Lawrence at 850-452-5760 or via e-mail at [marcus.s.lawrence@navy.mil](mailto:marcus.s.lawrence@navy.mil).

### Military Consumer Protection Day is right around the corner

Military Consumer Protection Day is July 16. Since military families face unique situations in today's marketplace, a special day has been designated to raise awareness. Throughout July, the Department of Defense will join forces with many organizations to distribute resources geared to empowering military families to avoid scams, invest wisely, manage money and credit, and deal with debt. On Military Consumer Protection Day, and throughout the year, the Fleet and Family Support Center (FFSC) offers tips on protection against scams, information on making sound decisions in the marketplace, and where to go to get more information or to file complaints. Everyone is invited to come to FFSC and gather the information that will allow them to make informed financial decisions!

# 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).

**28TH STREET ELEMENTARY** - The United Way Summer Reading Program at 28th Street Elementary in Gulfport is looking for volunteers to tutor kindergartners - 3rd graders in reading. Volunteers are asked to donate one hour per week, Monday - Friday, between July 7 and Aug. 7. Point of contact is Mary Tell, 228-896-2213 extension 24.

**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.

**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 volun-

teers 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](http://www.usovolunteer.org). This will allow you to keep track of your hours. Point of contact is Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org).

## SEE SOMETHING SAY SOMETHING



### Report Suspicious Activity to:

Roy.wertz@navy.mil, 228-871-2105  
 Ronald.perry1@navy.mil, 228-871-2104  
 On Base call, 228-871-2361, prompt #3  
 Off Base call, 911

National Night Out . . . National Night Out on board NCBC Gulfport will be held Aug. 5, 4 – 7 p.m. Balfour Beatty Communities has limited spots available for residents who would like to set up a booth. Please email Leah at: [lladner@bbcgrp.com](mailto:lladner@bbcgrp.com) for more information.

## 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. (child-care 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

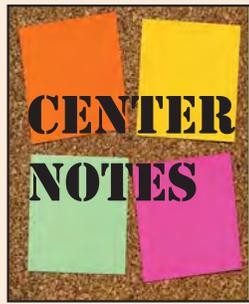
- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

### 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. (child-care 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.



# CENTER NOTES

## SUPPORT

### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. 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](mailto: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](mailto: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.navywivesclubofamerica.org](http://www.navywivesclubofamerica.org)

for more information on NWCA. **NMCRS** The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

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

## TRAINING

### Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nationwide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

## SOCIAL

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

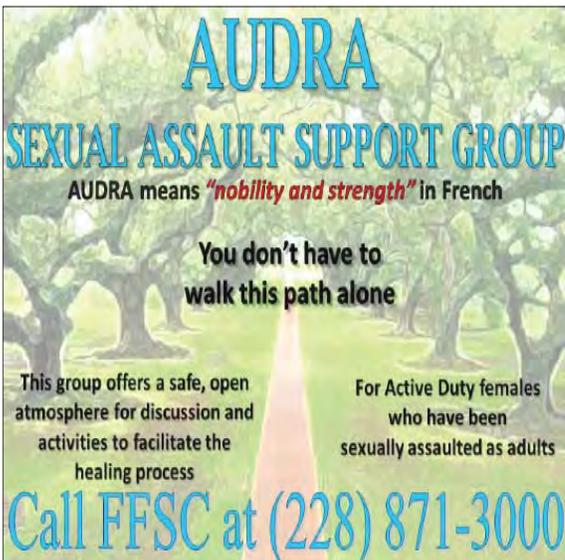
tend. Call 228-832-0017 for more info.

**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](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://www.nsva.org).

## HERITAGE

**The Seabee Gift Store** is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabeesmuseumstore.org](http://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



GULF COAST USO  
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.

**Your participation will make a difference**

**NCBC Drop off Locations**

NEX  
Chapel  
Commissary  
Housing  
Fleet and Family  
All Quarterdecks  
Medical/Dental  
Liberty Center



Points of contact:  
Lt. Cmdr. Roy: 720-466-9746 or [charles.roy@navy.mil](mailto:charles.roy@navy.mil)  
BU3 Falls: 228-871-2454 [erin.falls@navy.mil](mailto:erin.falls@navy.mil)



**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 FIT4KIDS  
TUESDAYS AND THURSDAYS  
11:30-12:30 P.M.**

**CDC**

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

**SUMMER READING PROGRAM  
PAWS TO READ, ALL MONTH**

**CONTACT US!**

**Program Telephone Numbers & Hours**

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-7:00p, 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	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th 10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p & 4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	
SAC		Hours:	6-7:30a & 2:00-5:30p
Teen Center		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Rec Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p

**OUTDOOR RECREATION**

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

**BEEHIVE**

**WORLD CUP SHOWING  
JULY 13 12-6 P.M.  
FREE NACHO BAR**

**ITT**

**CUSTOMIZE YOUR OWN  
ATLANTA AWAKENING TRIP!**