

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

July 17, 2014

NOSC Family Day



A family member hits the target and dunks Cmdr. Rodrick Tester, Naval Operational Support Command (NOSC) commanding officer during a command picnic and fun day on board NCBC Gulfport, July 12. The picnic featured food, snow cones, face painting, bounce houses, dunk tanks and a photo booth with a green screen. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

See **FAMILY** page 6 and NCBC Facebook for more

America 'sails away' for maiden transit to San Diego homeport

By MC1(SCW)
Demetrius Kennon
USS America Public Affairs

The future amphibious assault ship USS America (LHA 6) departed in commission without ceremony from Ingalls Shipbuilding in Pascagoula, Miss., July 11 in transit to its homeport of San Diego.

America is scheduled to be formally commissioned during a ceremony in San Francisco, California Oct. 11, witnessed by the friends and family of the ship's 1,100 plankowners. The Navy officially accepted delivery of the ship from Ingalls Shipbuilding during a ship custody transfer ceremony, April 10.

America earned commission status after the crew successfully completed the light-off assessment, anti-terrorism force protection certification and crew certification. These are the three major inspections needed before a U.S. Navy warship can get underway for the first time.

"This is the beginning, but we have a long way to go," said Capt. Robert A. Hall Jr., America's commanding officer, to his crew during an all hands call. "You guys make the foundation. What we do



PASCAGOULA, Miss. - The future amphibious assault ship USS America (LHA 6) departs Huntington Ingalls Shipbuilding in Pascagoula, July 11. Hundreds of well-wishers from the Gulf Coast community gathered on the shore across from Ingalls Shipbuilding to say goodbye. She has been under construction at the shipyard since 2009. America is scheduled to transit the U.S. Southern Command area of responsibility on its way to San Francisco for a scheduled commissioning ceremony Oct. 11. (U.S. Navy photo courtesy of Huntington Ingalls Shipbuilding by Shane Scara/Released)

from this point forward will dictate the kind of ship America's going to be, and I'm excited to get out there and introduce her to the fleet."

America is scheduled to transit U.S. Southern Command's area of responsibility (AOR) throughout the next couple months. During the transit, referred to as "America Visits the Americas," the ship will engage in cooperative maritime security operations with partner nations

in order to maintain access, enhance interoperability and build enduring partnerships that foster regional security in the AOR. In addition, America will embark more than 300 Marines assigned to Special Purpose Marine Air-Ground Task Force (SPMAGTF) South.

The ship will visit Colombia, Brazil, Chile, Peru as well as Naval Station Guantanamo Bay, Cuba

See **AMERICA** page 10

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V2C JOB FAIR COMING TO NCBC
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Legal: Estate planning Wait . . . What estate?

NCBC
Commanding Officer
 Capt. Paul Odenthal
Public Affairs Officer
 Rob Mims
Courier Staff
Editor
 Bonnie L. McGerr
Mass Comm. Specialist
 MCCS(SCW/SW)
 Jeffrey Pierce
Mass Comm. Specialist
 MCC(SCW/SW/AW)
 Ryan G. Wilber
Special Contributors
 CE2(SCW)
 Courtney Demastus
 UTCN Alicia Fluty
 BUCA Elizabeth Mills

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By Lt. Chris Reintjes,
JAGC
 NAS Jacksonville

For most people estate planning seems like something only the rich need to worry about; however, there is more to planning your estate than just deciding who gets your money when you die. For instance, who is going to take care of your children? What if you remarry and you have children from a previous relationship: do you want your ex handling your child's money when you're gone? Do you have step-children you are raising as your own and wish to plan for as if they were your own biological children? Is there someone in your life that would be the last person in the world you would want getting any of your money when you're gone?

All of these issues and more can be discussed, for free, by scheduling an appointment with your local Legal Assistance office and

meeting with an attorney. Most Americans have very little savings in the bank, live paycheck to paycheck, average \$15,000 in credit card debt, \$154,000 in mortgage debts, and \$33,000 in student loans. If your financial situation is like that, you might be thinking that you don't have anything to give away except debts. It is true that the value of your estate when you die is calculated by taking the value of what you own minus the value of what you owe: Estate(\$)
 = Own(\$)
 - Owe(\$). So, that being said, what is the value of your estate?

First, we have to figure out what you own. If you're like most military members, you have elected the standard \$400,000 from your Service Group Member's Life Insurance (SGLI). If you were to die on active duty, or in certain reserve statuses, the federal government provides an additional \$100K death gratuity to

help provide for the immediate needs of your surviving family members. Thus you're looking at a minimum of a half a million dollars in assets immediately upon your death.

By keeping your SGLI form up to date, you have planned for this to form up to your surviving spouse. However, in the event he/she dies before you, it is directed to go to your children, but wait: can a minor child be given \$400,000? No; your child cannot be given that money directly. And for good reason - think of the havoc you would have wreaked on the world if you had \$400,000 burning a hole in your pocket when you were a teenager! The solution is a trust fund. Meet with a legal assistance attorney and we will see if this is right for you.

Lastly, there is someone out there who has read this far into this article and is thinking, "Oh, I am just going to give everything to my brother, he knows what

I want him to do with my money."

Although your brother is probably very trustworthy, circumstances that neither of you could have foreseen, such as an unexpected illness or hard financial times could befall him and the money you intended your brother to use to care for your children could be subject to your brother's creditors.

Instead, tell your money where to go. Plan your estate today, because yes, you do have one.

This article is not intended to substitute for the personal advice of a licensed attorney. For local assistance, please contact the Naval Construction Battalion Center (NCBC) Legal Office by calling 228-871-2620 for an appointment.

For a listing of legal assistance offices in the Southeast Region, visit: http://www.jag.navy.mil/legal_services/riso/riso_southeast.htm.

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New to military family housing?



Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held in the Seabee Memorial Chapel on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.

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

Seabee Courier



Volunteers from St. John's Evangelist Church youth group in Hopkinton, Mass., prepare food at the Colmer Dining Facility on board NCBC, July 11. The youth group is part of "Camp Hope" at St. Ann's Catholic Church in Gulfport. Their goal is to support residents of the Gulf Coast by volunteering where they are needed. This is the 9th year that Camp Hope has been operating with the goal of assisting with rebuilding of the coast after Hurricane Katrina and providing relief to the community. (U.S. Navy photos by Builder Constructionman Apprentice Elizabeth Mills/Released)



Senior Chief Equipment Operator Alesia Stokes, assigned to Naval Branch Health Clinic (NBHC) Gulfport, sings a gospel song as part of her speech during Naval Mobile Construction Battalion (NMCB) 11's Women's Wellness Conference held on board NCBC, July 10. The conference featured speeches by Stokes and Senior Chief Steelworker Donna Snow, assigned to NCBC Gulfport, and closing remarks by distinguished guest speaker Lt. j.g. Shanique Howard, assigned to Naval Submarine Base Kings Bay, Ga. The conference also covered female hair and make-up regulations, presentation of uniforms and Fleet and Family Support Center resources for domestic abuse, new parent support, counselors and educational workshops. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

Children and their parents attend the last day of Vacation Bible School (VBS) hosted by the Seabee Memorial Chapel on board NCBC, July 10. The 2014 VBS was a four-day program that focused on religious education through Bible verses and songs for children. VBS ended with a fun day that featured a Diversity Fair cookout provided by the Multicultural Diversity Committee, a bouncy house water slide, festival games and a dunk tank. (U.S. Navy photos by Construction Electrician 2nd Class Courtney Demastus/Released)



NCBC Frames

Michael Sweetapple
Morale, Welfare and Recreation (MWR)
Food and Beverage Supervisor



FF: What single experience during your career stands out the most, and why does it stand out?
MS: The single experi-

ence that stands out most to me is Hurricane Katrina and how the CAN DO attitude overcame it all.

FREEZE

FRAME

By UTCN Alicia Fluty
NCBC Public Affairs

FF: What has been your biggest motivation throughout your career?
MP: Without a doubt, it is the troops and their families. My father gave twenty years of service, so I grew up in the community. What these people do for our country deserves everything that we can do to support them.

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

MS: I would say to embrace change. Every part of the service is going through changes. Look for the opportunities and go for it.

FF: What is your favorite



part about being/working with the Seabees - why?
MS: My favorite part would have to be the sense of community. That feeling that you belong.

FF: Who was your most

influential mentor during your career, and why?
MS: That would actually be two people, my parents. They are the ones that set me on a good foundation to take on anything.

Stop Pilferage!

Pilferage is theft of contents from a package, usually by an employee who acts alone and requires little or no planning to complete action. If you think this is happening in your department, call 228-871-2361, Option #3.



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.

Buzz on the Street

By CE2(SCW) Courtney Demastus
NCBC Public Affairs
and
BUCA Elizabeth Mills
NCBC Public Affairs

"Who did you chant to win the World Cup? Did the game turn out the way you expected?"



"Germany all the way! It was even better than I expected."

BM2 Christopher Stamps
NCBC Gulfport
Hometown: Indianapolis, Ind.



"I was for Argentina. They played a good game; however, it did not turn out the way I expected."

Jorge Delgado
NCBC Gulfport
Hometown: Queens, N.Y.



"Germany! The last four games ended as I had hoped they would. I was a little surprised Brazil lost the third place game, though."

EACN Elizabeth Prudhomme
NCBC Gulfport
Hometown: Jackson, Mich.



Alicia Olsen, Core45 class instructor at the Fitness Center, leads participants on jump squats as part of the exercises included in the Core45 class on board NCBC Gulfport, July 10. Core45 helps develop and strengthen the core muscles to help with body posture and provides more strength in other exercises like running and walking. Class Core45 meets at the Fitness Center on Tuesdays and Thursdays at 10:30 a.m. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

Strengthen your core with the new Core45 class

By UTCN Alicia K. Fluty
NCBC Public Affairs

Research is showing that doing some core stabilization training every day can help treat and prevent back pain.

The Fitness Center on board Naval Construction Battalion Center (NCBC), is now offering a resistance training class called Core45.

Core45 teaches specific exercises to develop and strengthen all the muscles attached to the spine and the midsection, including shoulder, upper back, mid back, lower back, abdominals, oblique and hips.

Alicia Olsen, Core45 class instructor at the Fitness Center, said that her class is about working on the core and keeping it tight.

"It's only 45 minutes long. I know people are busy in today's world so you can come in and out and get a good core workout," said Olsen. "For the Core45 class all you need is a mat. You'll be doing some stuff on your stomach, some stuff on your back, different jumps and you'll be flipping all the time."

According to Olsen, the Fitness Center came up with the idea of offering this class because keeping up with a beat of the music is not required. Since some people do



Alicia Olsen, Core45 class instructor at the Fitness Center teaches specific ab exercises to develop and strengthen all the muscles attached to the spine and the midsection, including shoulder, upper back, mid back, lower back, abdominals, oblique and hips during a workout class on board NCBC Gulfport, July 10. For more information call the Fitness Center at 228-871-2668. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

not like to keep up with the speed and tempo of music they can join the class without feeling discouraged.

"I want the participants to have fun during the class and leave wanting to come back to it," said Olsen. "The next day, the biggest compliment I can get is hearing that they were sore from it."

Michael McLaughlin, NCBC Fitness Coordinator, encouraged Command Fitness Leaders (CFLs) to participate in the class, learn the techniques and to share it with

their respective commands during their physical training (PT). He added that by keeping these core muscles strong it can do wonders for the person's posture and will provide more strength in other exercises like running and walking.

McLaughlin expressed that the Fitness Center is adding more group classes besides Core45, like Zumba. Starting Aug. 5, they will offer a Strength and Conditioning class which is similar to Core45 but will implement medicine balls, weights and bands.

"We have been waiting for our trainers to become group class certified. Now that they are we are trying to offer many different aerobic classes as we can," said McLaughlin.

Arlin Stasick, participated in the class for the first time and said she really liked it and would recommend others to participate.

"This class is really great. It's a really good cardio workout and at the same time a good core workout," said Stasick.

Melyssa Sanchez, another Core45 class participant said the class was very intense and what she like the most was how motivated the instructor was.

"When people come in to workout, they are so intimidated and sometimes they don't want to do it because they feel like the instructor may be a perfectionist, but she [Olsen] allows you to be comfortable, make mistakes, go on your own pace and I like that," said Sanchez.

The Core45 class meets every Tuesday and Thursday at 10:30 a.m. for 45 minutes. Class is open to all with authorized access to NCBC. For more information call the Fitness Center at 228-871-2668.

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Feds Feed Families - Your participation makes a difference!

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



NCBC food donations as of:

July 11 - **1,379 pounds!**

Points of contact:

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



Active and reserve personnel, and their families from Naval Operational Support Center Gulfport gather for a command picnic and fun day at Seabee Lake on board NCBC Gulfport, July 12. An awards ceremony kicked off the command picnic with the frocking of two Sailors and one reenlistment. The event featured food, snow cones, face painting, bounce houses, dunk tanks and a photo booth with a green screen. (U.S. Navy photos by Builder Constructionman Elizabeth Mills/Released)

NOSC hosts Family Day

Courtesy of NOSC
Gulfport Public Affairs

Navy Operational Support Command (NOSC) Gulfport hosted a "Family Day" July 12. According to Lt. Cmdr. Rick Tester, commanding officer NOSC Gulfport, family day events provide families with resources to answer military-related questions and to allow families to get to know one another.

"It was a great way to incorporate dedicated reservist Sailors and their families into our own, as well as to achieve a few other goals," Tester said. "These events are meant to develop that support system for our Reservists. By incorporating their families into the fold, we can provide the families with resources, information and other useful tools to help navigate their loved one's military service and the needs of their family."

The morning's events started with resource briefs by Fleet and Family Support Center, American Red Cross and the Region Legal Services Office South East (RLSO SE) Branch Gulfport where questions about healthcare, legal issues, financial planning, childcare services and other military-related questions from Sailors and their family members can be answered. "It is no exaggeration

to say that the support of family members is one of the key ingredients in maintaining the mission-readiness of our Sailors," Tester said. "Without a strong family support system and without knowing who and where to get help from, both the family and the Sailor can face extreme hardship."

After concluding the resource briefs, the events moved to Seabee Lake where a photo booth, face painting, snow cones, bouncy houses, dunk tanks and tug-o-war were waiting. Shortly after the morning events kicked off, the NOSC staff reenlisted Master Chief Boatswain's Mate John Gurba from the Volunteer Training Unit and frocked Hospital Corpsman Thomas Shaw and Construction Electrician 3rd Class Daniel Shaw to the next higher pay grade.

Throughout the day numerous door prizes (donated by the NOSC Wardroom and CPO Mess) were given out while personnel manning the barbeque grill kept hunger at bay by providing a steady supply of hamburgers, chicken and hot dogs.

"Although this day is about developing that support system, it's also about having fun and cultivating an atmosphere that connects families with other

Sailors and their families. Many Sailors in the Reserve community cultivate life-long relationships due to careers often taking a path that doesn't require PCS moves," Tester said.

The day ended with the Chief Petty Officers Association winning the final door prize; a pair of navy blue and gold corn hole boards with bean bags, which were handcrafted and donated by the commanding officer.

The NOSC CO noted, "Whether we've raised our right hand and made an oath to serve, or we are the family member supporting that service member, we are all connected by service to our country. In a way, that fact makes us all one family. And what do families do? They take care of one another."

NOSC Gulfport is the supporting NOSC to 18 Selective Reservist (SELRES) units, which consists of approximately 370 Sailors. These Sailors mobilize in support of surge and operational requirements for the Navy and Marine Corps team as well as Joint Forces throughout the world. Units vary between Seabee and Cargo Handling Units; Navy Meteorology and Oceanography (METOC); Medical, Intelligence, Security, Administrative Units; an Operational Support Unit and a Special Forces Unit.

NMCB 133 Civic Action Team attends Coast Guard course



Construction Mechanic 3rd Class Eric Christopher and Equipment Operator 3rd Class Matthew Loper of Naval Mobile Construction Battalion (NMCB) 133 plot out grid coordinates on a map of the Gulf of Mexico during a two-day boater safety course held at Coast Guard Station Gulfport. (U.S. Navy photo/Released)



Equipment Operator Constructionman Ronald Ling navigates his way through the Gulfport harbor near Coast Guard Station Gulfport, Miss. After spending a day in the classroom learning about boat safety, Seabees took to the water for some hands on training during the boater safety course. (U.S. Navy photo/Released)

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NMCB 133 volunteers in Gulf Coast community



Following the 4th of July holiday weekend festivities, members of Naval Mobile Construction Battalion (NMCB) 133 helped clean up a half mile of beach outside of the Center; an area covering over 237,000 square feet. (U.S. Navy photos by Religious Petty Officer 3rd Class Jacob Valle/Released)

Seabee Courier



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

Pacific Partnership 2014

Philippine Army Corps of Engineers and U. S. Navy Seabees, lift a form in place during a Pacific Partnership engineering project at San Fernando Elementary School Tacloban, Philippines. Pacific Partnership is in its ninth iteration and is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Asia-Pacific region. U.S. Navy photo by Chief Mass Communication Specialist Greg Badger (Released)



Pacific Partnership began as a humanitarian response to one of the world's most catastrophic natural disasters, the 2004 tsunami that devastated parts of Southeast Asia. Known at the time as Operation Unified Assistance, the U.S. government's swift response to the needs of the region resulted in extraordinary humanitarian aid. This year, a special emphasis will be placed on knowledge transfer. Every medical, dental, veterinary and engineering project will be conducted side-by-side with the host nations, ensuring that the mission's impact will continue long after its conclusion. (U.S. Navy photo/Released)



Equipment Operator 3rd Class Eduardo Ellorin, left, and Steelworker Constructionman Cory Migneault place mortar in the gap of a brick wall during a Pacific Partnership engineering project at San Fernando School in Tacloban, Philippines. Pacific Partnership is in its ninth iteration and is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Asia-Pacific region. (U.S. Navy photo by Chief Mass Communication Specialist Greg Badger/Released)



Builder 3rd Class Matthew Spence and Philippine navy Equipment Operator Seaman 2nd Class Johnson Ramales shovel sand onto a sifter during a Pacific Partnership 2014 community service project for a Tacloban City Hospital outpatient maternity clinic. Pacific Partnership is in its ninth iteration and is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Asia-Pacific region. (U.S. Navy photo by Chief Mass Communication Specialist Greg Badger/Released)

NMCB 74 Decommissioning Ceremony
July 25, 8:30 a.m., Warehouse 203
Point of contact: Lt.j.g. Michael Crum at Michael.r.crum@navy.mil

Focus on Education

Military OneSource Blog Brigade Special: Saved from the BRINK and 7th Grade Math!

By Amy - an Army Spouse

Any military spouse who has held down the home-front during a deployment will know what I'm talking about: It is that moment that pushes you to the brink ... the one that makes you realize that you just can't do it ... that surrender is imminent ... that you are completely and utterly unable to ... do seventh grade math.

You may have been able to do it at one time. Heck, you probably even passed seventh grade math. But, not now. No way. No how.

What you do know is if you can't figure out that not only do two halves equal a whole, but figure out WHY they equal that and how you FEEL about it, then your relationship with your child will be forever altered.

So, in a moment of panic you beg the powers that be for your deployed service member to magically appear on video chat. "Oh please, please Dad! You've got to call home NOW!"

And then, there he is. "Yes! Your dad can help you with this. Mamma out."

But wait, he can't help. He doesn't know how he's supposed to FEEL about two halves equaling a whole either; he only knows that they just do.

All kidding aside, math is a whole new adventure, and most parents just don't know the right way to do it. It's not about right and wrong anymore. Rather, it's

about students being able to explain how they got their answer using logic and deductive reasoning.

Personally, I think that's a good thing. I want my daughter to be able to intelligently and logically explain why and how she gets her answers. In my book, that's an important life skill.

So, this is where Tutor.com for Military Families comes in. This is a service offered free to military families including active-duty, National Guard, reserve, wounded warriors and Gold Star families.

More importantly, according to my daughter in a Fort Campbell Courier interview, Tutor.com literally saved our mother-daughter bond from ruin. Jane, my intrepid seventh grader, was quoted in the article as saying, "Tutor.com actually saved my Mom and I from completely ruining our relationship a few times."

Jeez! I didn't realize it was that bad ... at least she was laughing when she said it.

So, here's what's so great about Tutor.com for Military Families. Jane has access to an expert tutor anytime of the day wherever she may be in the world. She can use it by logging in on a computer, laptop, smart phone or tablet. The Tutor.com application and classroom make it all so easy.

After she logs in, Jane usually takes and uploads a photo of her homework using her tablet computer. Then, she and the tutor spend the time needed to sanely

— and oh so very quietly — work through the problems. If she needs to, she can then upload a picture of her answers and explanations to make sure that she's on track. The site even saves her files and conversations for her to reference later.

Jane has had some tutors that she really likes. They are able to explain things to her in a way that she understands. By using the site's Favorite Tutors feature, she can contact them again when she needs more help. And, don't think that this has let Dad off the hook.

He is able to stay engaged in his daughter's education because she can email her tutoring session transcripts to him.

And that's it. Jane completes her homework calmly and on time. I have now retired to drinking coffee and reading the paper instead of trying to do math that my English major brain just can't process. And, even better, deployed Dad (he's home now!) was no longer ambushed by math via video phone.

Moral of the story? If any of this is familiar to you and you yearn for homework peace, I recommend visiting Tutor.com ... and soon. Students in eligible military families can sign in at www.tutor.com/military for help 24/7, no appointment necessary. They just choose a subject and ask a question. The expert tutor takes it from there ... it couldn't be any easier!

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.

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.

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. 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.

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

Mississippi Sales Tax Holiday July 25, 26

From the Mississippi State Dept. of Revenue

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.

Accessories such as jewelry, handbags, wallets, watches, backpacks, and similar items do not qualify for the Sales Tax Holiday.

Cleats and items worn in conjunction with an athletic or recreational activity are other sample items not eligible.

School supplies and computers are not included.

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



Blogger biography: Amy is an 18-year Army spouse who had no idea what she was in for when her husband came home one day and said he was going to reenlist in the Army. It's been a wild ride since then. Sure, she's not in the running for President of the United States like she had once planned, but her military life has taken her to places she never dreamed of going. Now, she's a child advocate, military family advocate, career woman, volunteer-aholic, Army spouse and the mamma to two great Army BRATs (Born Raised and Traveled ... thank you very much).

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

College orientation and other alien mind tricks

My son was recently abducted by aliens. These strange creatures from a far off land lured him to their institution, garbed him in their apparel, and claimed him as their own.

To make matters worse, our son went with them willingly.

Even worse than that, my husband and I have agreed, through a complex combination of loans, financial aid, the GI Bill and possibly human sacrifice, to pay these aliens \$64,000 a year to keep him.

No, we have not fallen prey to a Vulcan mind warp. The Galactic Empire has not injected us with the RNA brainwashing virus. We have not been hypnotized by Sleestaks. We merely took our son to his college orientation.

When we arrived, they separated us from our son immediately, whisking him off with the other stary-eyed newcomers to "start a memorable and important time in their academic and professional journeys." We knew that they were really intending to erase our son's memory. Eighteen years of our hard work, down the drain.

In order to placate the parents, they pumped us full of coffee, plied us with shiny new pens, and herded us around to "informative sessions" such as "Letting Go" and "Money Matters" in a suspiciously space ship-shaped building they referred to as "EM-PAC" -- The Experimental Media and Performing Arts Center.

While the parents were locked in the EMPAC motherhood with the institution's leaders, our children were off playing "ice breaker" games with legions of bub-



bly upperclassmen dressed in matching college t-shirts and well-worn sneakers. The incoming freshmen were encouraged to become "independent," i.e., to make all decisions without involving their parents other than to send them the bills. The institution's leaders tried to allay our fears, characterizing the terrifying experience of handing over our flesh and blood to complete strangers as a "normal rite of passage." They told us not to be concerned, because our children would have all sorts of "advisors" to guide them. There would be Student Orientation Advisors, Resident Advisors, Academic Advisors, Graduate Assistants, Learning Assistants and Peer Tutors. But all we were thinking was, "Yea, but who's going to tell him to wear his retainer?"

They said our kids would be well-nourished with a variety of meal plans ranging from the "unlimited access" plan, otherwise known as the "Fast-track-to-morbid-obesity" plan, to the "custom plan", commonly referred to as the "Go-broke-on-take-out-after-you-expend-your-dining-hall-allotment" plan. Rest assured, they told us, the students would never go hungry thanks to an impossibly confusing supplemental system of "flex dollars"

and "student advantage dollars" which could be used to buy an endless array of well-balanced meals (READ: pizza, chocolate milk, and potato chips) all over campus, 24/7.

They paraded a series of experts from the health clinic and campus security before us, telling us that, without our adult children's express consents, we were not permitted to know if they got arrested or pregnant. And lastly, we were informed that we had no right to access our children's grades, despite the fact that we had to take second mortgages on our homes to pay their tuition.

Finally, we were released into the blinding sunlight to find our newly-indoctrinated children milling about the quad. In order to squeeze every last dollar from our increasingly shallow pockets, we were funneled through the campus bookstore, where we bought our son a lanyard with a hook large enough to hold his student ID, his military ID, his room key, his bike lock key, his asthma inhaler, a bottle of hand sanitizer, a stick of lip balm, a thumb drive, and -- most importantly -- a framed eight-by-ten photograph of me, his mother.

In six short weeks, we will surrender our son to this alien academic institution for good, and hope that he will heed the words of one well-known extra-terrestrial and always remember to "Phone home."

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

Ball cap wear policy to expand

From Chief of Naval Personnel Public Affairs



The Chief of Naval Personnel (CNP) announced July 11 a change to uniform regulations giving commanding officers discretion to authorize the wear of command ball caps with Navy Working Uniforms (NWU) Type I, II and III beginning Sept. 1.

Initiated by Secretary of the Navy Ray Mabus, this change is a result of Sailor feedback received at all hands calls and is part of Navy's efforts to further empower command triads.

Currently ball caps can only be worn with the physical training uniform, coveralls and flight suits; with NWUs only when standing bridge watch and by command training teams during a training

evolution.

The 8-point cover remains part of a Sailor's sea bag.

The change in wear rules for the ball caps, which will include Fleet leadership input, will be released in a NAVADMIN later this summer and will include occasion of wear rules.

Sailors can provide feedback on uniforms to umo_cmc@navy.mil or usnpeople@gmail.com.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.



From AMERICA page 1

while also conducting engagements with other valued partners in the AOR. These nations are valued friends and partners and the visits to these ports will enhance these partnerships. During these port visits, the ship's military and civilian crew may have the opportunity to experience the rich culture of their host nation and to serve as goodwill ambassadors. Additionally many of America's Sailors and Marines will have the chance to volunteer for enhancement projects at local schools, orphanages, and other facilities.

America is the first ship of its class, replacing the Tawara-class of amphibious assault ships. As the next generation "big-deck" amphibious ship, America is optimized for aviation, capable of supporting current and future aircraft such as the tilt-rotor MV-22 Osprey and F-35B Joint Strike Fighter.

U.S. Naval Forces Southern Command / U.S. 4th Fleet and U.S. Marine Forces South support U.S. Southern Command's joint and combined military operations by employing maritime forces in cooperative maritime security operations in order to maintain access, enhance interoperability, and build enduring partnerships in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

NCBC Helping Hands

WEST ELEMENTARY SCHOOL - Short-fuse West Elementary School Paint Project. West Elementary school needs help with painting four classrooms before school resumes in August. They have already painted 10 classrooms, but are running out of time. The work would be done Monday through Friday. Paint and other supplies will be provided. Point of contact is Kenny Hudson, principal, 228-870-1025.

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 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.



Energy Savings Tip: Install shades, awnings or sunscreens on windows facing south and/or west to block summer light. Replace old windows with new high performance dual pane windows.

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

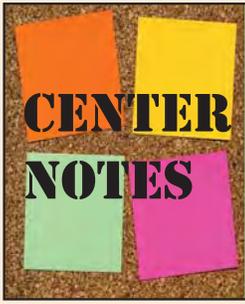
- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

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.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 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 re-commissioned 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

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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.



**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)**

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

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

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ATLANTA AWAKENING TRIP!**