

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 54 No. 12

Naval Construction Battalion Center, Gulfport, Mississippi

March 27, 2014

Happy Birthday Chief Petty Officers

Celebrate 121 years of leadership April 1, 1 p.m. at the Training Hall. Ceremony is open to All Hands. Reception to follow

at Anchors & Eagles Club for Active Duty, Reserve, Retired CPOs. CO's, XO's and AOICs are invited.



121ST CPO Birthday Deckplate Leader 5K Run, April 1, 6:30 a.m.

Form up behind Fitness Center. Uniform: Military, Navy PTU; Civilians - appropriate attire. All are welcome!

NMCB 25 rollover training saves lives



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 25 give Naval Construction Group (NCG) 2, N75 instructor Michael Beaver a thumbs up while learning proper Mine Resistant Ambush Protected (MRAP) operating and egress procedures using a MRAP rollover trainer at the Tactical Training Facility (TTF) on board Naval Construction Battalion Center (NCBC) Gulfport, March 24. The Seabees of Reserve battalions NMCB 25 out of Fort

McCoy, Wis., are currently training in preparation for a scheduled deployment. The rollover trainer provides real-world simulations that a battalion could encounter while forward deployed and sustains enhancements in practical fleet training in line with the "Be Ready" tenant of Chief of Naval Operations (CNO) Adm. Jonathan Greenert's Navigation Plan. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Leadership and culture change are

paramount to Energy Conservation Goals

By Vice Adm. Bill French
Commander, Navy Installations
Command

Shipmates, I need your help and your engagement.

Simply put, we're using too much energy throughout the shore enterprise and we need to make reducing energy one of our top priorities. Make no mistake: energy usage reduction is a strategic imperative. Why? Every dollar we spend keeping lights on, powering personal coffee pots and refrigerators, or putting gas in government vehicles is a dollar that we can't spend elsewhere on the shore - pier and runway maintenance, CDCs, base security - or, far more urgently, return to the fleet for operations - flying, steaming, and training.

We've made progress - in the shore enterprise, we used a lot less energy in 2013 than we did in 2003. We're also making progress in where we get our energy; in 2013, we were able to make or buy a lot of the energy we used in facilities from renewable sources. That's encouraging, but we're still

have more work to do to meet the SECNAV and CNO's goals for reducing energy consumption by 2020.

Although we've made progress, we have a long way to go and I need your help. This is an all hands effort: Sailor, civilian and contractor; flag officer and seaman alike; spouses and families - everyone plays a part.

So, what are we doing and what can you do? CNIC, in partnership with NAVFAC, has invested in highly efficient heating and cooling systems, designing and building energy efficient facilities, special training for energy and facility managers, and advanced energy management systems. Those systems, coupled with smart meters, give us a snapshot of how much energy gets used in a given building and lets us monitor energy use in real time. Monitoring energy helps us see whether we're meeting our energy goals, but actually meeting those goals is going to take hard work and a significant change in culture. It's on both fronts where we need you actively engaged.

We need to turn thermostats down in the winter and up in the

summer. We need to charge our personal phones and tablets at home. We need to unplug all the personal appliances in offices throughout the Navy. Just like we employ operational risk management when we embark on missions, we need to employ energy risk management before we plug it in or turn it on.

Another big part of our culture change is engaged leaders and supervisors and a lot of engaged innovation at all levels. Everyone needs to think of - and then implement - their best practices and new ideas to reduce energy usage. I know of a Sailor who buys pizza for his kids when they turn lights off at his house - I can't buy you pizza, but we need to involve everyone; this isn't just a job for the energy managers. Navy Region Northwest is saving significant amounts of energy - and money - by using plasma lighting. These are only two examples but my point is this: we need involvement at all levels and all ideas are worthwhile.

Thanks for what you're doing, stay safe, and remember to think about it before you turn it on!

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

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. navy and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but the Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code NOOP, Gulfport, MS 39501. Phone, 228-871-3662, email: seabeeecourier@navy.mil.

Recently at the Courthouse



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

At a general court-martial in Pensacola, Fla., Aviation Boatswain's Mate (Launching and Recovery) 2nd Class Alonzo Bass was tried for rape, aggravated sexual assault, abusive sexual contact, aggravated sexual contact, wrongful sexual contact, sexual harassment, forcible sodomy and assault consummated by a battery. On Feb. 28, a panel of members returned a verdict of guilty to sexual harassment, wrongful sexual

contact and sodomy. The panel sentenced him to a dishonorable discharge, reduction in rank to paygrade E-1, forfeiture of pay and allowances and confinement for seven years.

At a special court-martial in Pensacola, Fla., Airman Recruit Brandon McKenzie pleaded guilty to unauthorized absence, violation of a general order, wrongful use of marijuana, wrongful appropriation and larceny. On Feb. 11, the military judge sentenced him to a bad conduct discharge and confinement for five months.

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

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

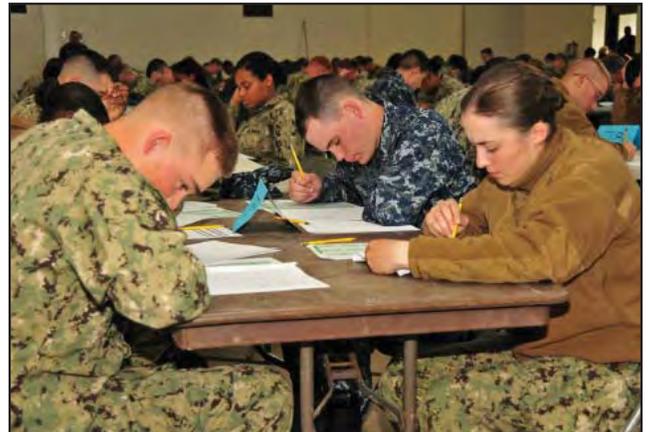
Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.Safe-Helpline.org; Call: 877-995-5247; Text *55-247 (inside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



Charlie Brown, a material coordinator for Equipment Concentration Site (ECS) 149, guides Keith Gautreaux, a supply technician/material coordinator for ECS 149, lifting a stack of Palletized Loading System pallets at warehouse building 215 on board NCBC Gulfport, March 21. ECS 149 is part of Army Reserve 81st Regional Support Command (RSC) headquartered at Fort Jackson, S.C. Their mission is to keep and maintain equipment for Army Reserve and National Guard units in between deployments, and issue the equipment out as needed for deployment. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Sailors from commands attached to NCBC Gulfport take the E-4 Navy-wide advancement exam at the old gym, building 361, on board NCBC Gulfport, March 20. As part of the final multiple, enlisted Sailors E-3 to E-6 must pass the written advancement exam in order to be advanced to the next pay-grade. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Utilitiesman 3rd Class Cherielyn Sabado, a Naval Construction Training Center (NCTC) Utilitiesman "C" School student, checks the flow valve gauges for water flow on a Lightweight Water Purification System (LWPS) at a NCTC training area on board NCBC Gulfport, March 18. The LWPS is capable of purifying any water source, including nuclear, chemical and biological (NBC) contaminated water, and provides sustainable pure water support in expeditionary environments. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

NCBC Frames

Engineering Aide Constructionman (SCW)
Patrese Brockington
 Naval Construction Group (NCG) 2



FREEZE FRAME

By UTCN Alicia Fluty
 NCBC Public Affairs

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

PB: In 2010, I was able to volunteer at an orphanage in Haiti in support of the Humanitarian efforts after the earthquake. Seeing these children and being able to put smiles on their faces was blessing.

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

PB: I enjoy watching

Seabees working hard and working together as a team, as well as gaining knowledge from each other.

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

PB: Everyone should further their education, gain knowledge and take advantage of the programs that the Navy has to offer.

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

PB: As a Seabee I've been to Haiti, Okinawa, Japan, and Kuwait. Being able to see different parts of the world is very fulfilling.

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

PB: Builder 1st Class (SCW) Garnett Whitmire's hard work and dedication to his rate, as well as his excellent leadership have me motivated to be a better Seabee and person.

Run for Relief 5K Walk/Jog/Run April 11, 6:30 p.m. Run-N-Tri in Gulfport



The fastest three person military team takes the 2014 Team Trophy home to their command. Awards: Military Team, Overall Male/Female, Masters Male/Female, Grandmasters Male/Female, Senior Male/Female, Usual Age Group Awards – 3 deep

Pre-registration fee: \$15, Race day registration: \$20 To register, go to: http://www.run-n-tri.com/uploads/run_for_relief_reg_2014.pdf. Make registration fee check payable to: Navy-Marine Corps Relief Society. Mail completed form and check to: Run-N-Tri Company, 9138 Carl Legett Road, Gulfport, MS 39503.

Proceeds benefit Navy and Marine Corps service members. Visit www.nmcrs.org for more information.

Navy-Marine Corps Relief Poker Run

April 19, 9 a.m. registration
 First bike out at 10 a.m., last in at 4 p.m.
 \$250 High Hand, 50/50 Raffles, Food, Drinks & Fun

All Vehicles Welcome - Rain or Shine
 11007 Wolf River Road, Gulfport
 HUA: 228-229-2816

Presented by: The Armed Forces of America
 Motorcycle Club, Miss. Chapter
 Proceeds benefit Navy-Marine Corps
 Relief Society Active Drive

Buzz on the Street



By CE2(SCW)
 Courtney Demastus
 NCBC Public Affairs

“What is the best April Fools’ Day prank ever played on you?”



“A co-worker told me someone had hit my car and I believed it. I was so livid, but ended up laughing afterwards.”

Darlene Pullen
 Travel Claims Auditor, PSD
 Hometown: Columbus, Miss.



“Some co-workers from another unit had us convinced we would be getting some Ipads to work with, when in actuality, we were getting shipped eye pads.”

HM3 Timothy Dandridge
 NMCB 133
 Hometown: New Orleans, La.



“I went to start my bath water, not knowing my previous husband had pulled the shower lever up, and I got completely soaked as soon as I turned the knobs.”

Sarah Childress
 Registered Dental Hygienist, NBHC
 Hometown: Paris, Texas

NMCB 1 'Bees come to aid of USS North Carolina Sailors involved in car crash

By MCC(SW) Kim Martinez

NMCB 1 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 1 in Guam served as first responders to a vehicle accident involving three Sailors from Los Angeles-class fast-attack submarine USS North Carolina (SSN 777) March 18.

The Sailors, who were driving back from a jobsite, witnessed the accident and rendered first aid to one of the injured Sailors.

"During a stop which seemed like a routine red light, I noticed smoke, a car flipped over, and another white car that was smashed up and emitting fumes into the air approximately four cars ahead of our truck," said Builder 3rd Class Eric Millisor, NMCB 1. "Without thinking, I just hopped out and told the guys in the car that we should go see if these guys need help. I ran to the scene and noticed two passengers crawling out of the flipped over vehicle.

Millisor said that one of the victims was responsive, but couldn't get out, so he helped him out of the vehicle and moved him to the sidewalk away from the four lane road.

"I checked for airway breathing and circulation on the third passenger and he was responsive in all areas. I began scanning for cuts up and down the body. I also assessed for glass and life-threatening injuries."

Millisor said that at the same time he began rendering first aid to the victims, Builder 1st Class Patrick Smith, Builder 2nd Class Carl Watson and Builder 2nd Class Rickey Sims arrived on scene.

According to Sims, when the Sailors arrived to the accident site, there were about 20 people there, who seemed unsure of how to aid the injured submariners, but the NMCB 1 personnel, who receive combat lifesaver training, quickly went into action until an ambulance arrived on the scene.

"Bystanders had removed one victim from the car and placed him into the street, but Petty Officer Millisor quickly assessed the situation and moved the victim to the sidewalk out of dangerous traffic," said Watson.

While Millisor performed first aid on the injured victim, Watson wrote down pertinent information about the patient, such as his name, his ship and the time of the accident.

"I helped direct the flow of traffic because the Ambulance and Fire Department were trying to get through the traffic jam surrounding the accident scene," said Sims. "We treated the victim for shock by talking to him and by also making sure the other Sailors were ok."

The Seabees stayed with the accident victims until the EMTs, police and fire department came, and drove two of the three victims to the U.S. Naval Hospital Guam and assisted in contacting their chain of command.

"BU2 Watson and myself started talking with the two passengers of the vehicle. This is when we found out the three people in the car were Sailors from the USS North Carolina," said Smith. "BU2 Watson started taking notes so we could contact the chain of command (COC) at the USS North Carolina. I then contacted the NMCB 1 chain of command to inform them what had happened and that we were going to transport the two less critical Sailors to the hospital while the ambulance took the critical patient to Naval Hospital Guam."



GUAM - Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 served as first responders to a vehicle accident involving three Sailors from Los Angeles-class fast-attack submarine USS North Carolina (SSN 777), March 18. The Sailors, who were driving back from a jobsite, witnessed the accident and rendered first aid to one of the injured Sailors and transported two of the three victims to nearby U.S. Naval Hospital (USNH) Guam. (U.S. Navy photo by Builder 3rd Class Jennifer Cruz/Released)

The trio's chain of command applauded the group's efforts in aiding the injured Sailors, attributing their ability to effectively help the injured motorists to the combat lifesaving skills every Seabee receives throughout their career.

"We are constantly required to complete training for first aid, but never know when we will be called to use it. Today these four Sailors were able to recall their training and assist brothers in arms with their selfless acts of heroism," said Chief Builder Mary Montigny, NMCB 1 Detail Guam platoon leading chief petty officer. "Bravo Zulu!"

NMCB 1 provides combat-ready engineer forces in response to Combatant Commander and Naval Component Commander requirements and provides planning and operational support for Seabee employment. The continued operations in the Pacific Command help demonstrate the U.S. commitment to developing enduring relationships, and strengthening local institutions and communities throughout the region. At U.S. locations, Seabees will perform missions to prepare for disaster support and civic assistance missions. NMCB 1 is homported out of Gulfport, Miss. and has 13 global details deployed throughout the United States and Pacific area of operations in Japan, Korea, Diego Garcia, Cambodia, Philippines, Timor Leste and Guam.

VITA Tax Assistance

VITA services are limited to: Active duty military; Retired members entitled to retired/retainer pay or VA compensation; Dependents of those listed above; Reserve military on active duty for 30 days or more; Emergency cases only for Reservists on active duty less than 90 days; Reservists during pre-mobilization; Reservists up to 30 days after demobilization; 20/20/20 spouses/dependents receiving transitional compensation; dependents of members separated for abuse consistent with 10 U.S.C. 1059. Call 228-871-3597/2301 for an appointment. VITA is located in building 60, room 116Z, and is open Monday - Friday, 9 a.m. - 4 p.m., and Saturdays, 8 a.m. - noon, closed Sundays.



PWD to host Building Managers Training

April 17, 9 - 11 a.m.

NCBC Gulfport Training Hall, building 446

For questions, contact Octavia Scott, 228-871-4288 or your respective Facilities Management Specialist.



Andrea Newborg takes overall female winner in Biggest Loser competition

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

Andrea Newborg, site security manager for Personnel Support Detachment (PSD) Gulfport, was announced the 2nd Annual Naval Construction Battalion Center (NCBC) vs. Keesler Air Force Base (AFB) Biggest Loser completion female overall winner at PSD on board NCBC Gulfport, March 19.

This is the second 5-week long weight loss competition between the two bases, with this year's overall female winner from NCBC and the overall male winner from Keesler AFB. According to Joan Hudson, fitness director for Gulfport Morale, Welfare and Recreation (MWR), the competition was designed to be a kick start to a new year of individual health and fitness, and ran from Jan. 20 to Feb. 21.

During the competition, Newborg lost 7.1 percent of her body weight, while PSD Gulfport Administration Officer Rick Hudson, who was the top NCBC Gulfport male, lost 1.6 percent. Both Newborg and Rick Hudson said they decided to sign up for the competition when their PSD co-workers were talking about participating.

"I just went and weighed-in that Friday afternoon, and then when I saw how much I weighed I knew I had to get serious, said Newborg."

Newborg said she was inspired by her co-workers, but found the

most success by hiring a personal trainer at the base Fitness Center, eating better, using the "My Fat Secret" application and exercising regularly.

"I trained with Ashley, a personal trainer at the gym, once a week and went to the gym six days a week," said Newborg. "Ashley also took my measurements every other week. To have her [personal trainer] there and to report to her, that really helps a lot. She really kept my workouts interesting, and gave me new things to do."

Excitement, coupled with a little bit of bashfulness, is how Newborg described her feelings about winning.

"I'm pleased to have won," said Newborg. "I wanted to win, but it's a little embarrassing, because the only thing I've ever won was acknowledgement for being a heifer."

Newborg said the competition was the catalyst she needed to get started on a weight loss program, but now that she has seen such positive results the temporary program has become a long term part of her daily routine.

"It's a lifestyle change," said Newborg. "I don't go to the fast food places anymore. They don't attract me anymore, especially knowing what they do to me and how they make me look. It's just not worth it. They say 'anything in moderation,' but I just couldn't moderate."

Joan Hudson said one of the



Capt. Paul Odenthal, commanding officer, NCBC Gulfport, announced Andrea Newborg, Personnel Support Detachment (PSD) Gulfport, site security manager, the overall female winner of the recently completed Biggest Loser competition, and Rick Hudson, PSD Gulfport, administration officer, the NCBC male winner at PSD on board NCBC Gulfport, March 19. The Biggest Loser, a 5-week weight loss competition, was between NCBC Gulfport and Keesler Air Force Base (AFB), with Newborg as the overall female winner. Hudson won for the NCBC males, but the overall male winner was from Keesler AFB. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

most difficult things she sees when people want to make fitness changes is simply getting to the gym. Newborg agreed that it was the initial getting started that was the difficult part for her, but now she plans to continue her new lifestyle, lose another 80 pounds and keep feeling good.

"Making that decision to lose the weight, that's the difficult part, realizing that what you've been

doing isn't going to work," said Newborg. "You have to make the decision to change your whole lifestyle."

As a follow up to the Biggest Loser competition, as well as the Couch to 5K program currently running at the fitness center, MWR will be hosting a 5-kilometer foot-race at the base Fitness Center, May 2. All with base access are welcome to participate.

Trying to save time can cost you your life; slow down!

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

Rock-n-Roll Easter Event™

JESUS IS ALIVE! COME CELEBRATE!

DATE: APRIL 20TH, EASTER SUNDAY
TIME: 11:00AM – 1:00PM
PLACE: BASE CHAPEL

Events for Kids: Games, Puppet show, Easter Egg Hunt, & Prizes
Volunteers needed, contact the chapel 228.871.2454

Spotlight on NCG2



Left: Naval Construction Group (NCG) 2 Commander, Capt. John Adametz, presents Jessica Sitter with a letter of appreciation for her work as NCG 2's ombudsman. The ombudsman program provides a vital link between the command and family members. (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)



Top: Chief Steelworker Christopher Sterner and Construction Mechanic 1st Class Paul Alumbaugh of Naval Construction Group (NCG) 2 pick up trash alongside Big John Road in Woolmarket, Miss. NCG 2's Chiefs and First Class Petty Officers adopted the road for the Group's CPO 365 program as part of an aggressive community relations project. U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

Above: Gunnery Sgt. Kris Korreck, working with Naval Construction Group (NCG) 2, reviews range card information with Seabees assigned to Detachment 4 of Naval Mobile Construction Battalion (NMCB) 25 during the battalion's field training exercise. NSG2 is currently training NMCB 25 in preparation for the battalion's upcoming deployment. U.S. Navy photo by Mass Communication Specialist 2nd Class Mark A Martinez/Released)

The NCBC Thrift Shop, building 29, is open Tuesday, Wednesday and Friday from 9 a. m. - 1 p.m. and NOW Thursdays from 4 - 7 p.m.

NMCB 25 Exercise Bearing Duel 01-14



Members of detachment 2 from Naval Mobile Construction Battalion (NMCB) 25 clear an area to establish a forward operating base (FOB) during field training exercise Bearing Duel 01-14. Bearing Duel 01-14 allows Naval Construction Group (NCG) to evaluate NMCB 25 in tactical and professional skills prior to their upcoming deployment to Afghanistan. (U.S. Navy photo by Mass Communication Specialist 2nd Class Anthony R. Martinez/Released)

Focus on Education

Attention all TEENS!!

Come join us at the Teen Center on **Friday, March 28th at 6pm** to learn about the Summer Camp *Counselor in Training Program*.

You will have the opportunity to:

Learn about the program, job requirements, expectations, responsibilities, training, application process, and be able to ask questions you may have.



Are you a teen looking for a great opportunity to gain leadership experience? The Teen Employment Program is a job opportunity for teens 14-17 years old who are interesting in working with an enthusiastic MWR team. Those who are interested may contact Ms. Jennifer at 228-871-2251 for additional information. See you at the meeting!

Education Notes/Scholarships

BABY-SITTING CLASSES
Back by popular demand on TWO different dates to accommodate area Spring Break schedules. Baby-sitting classes for youth (11 years old and up), will be held at Fleet and Family Support Center (FFSC), April 14, at 9 a.m. and April 21, at 9 a.m. Please call FFSC at 228-871-3000 to preregister.

NAVY WIVES CLUB OF AMERICA SCHOLARSHIP
The Scholarship Foundation of Navy Wives Club of America (NWCA) gives 30 annual scholarships of \$1,000 to \$1,500. Applicants must be a dependent son/daughter of an active duty, retired with pay or deceased ENLISTED member of the Navy, Marine Corps, or Coast

Guard with a valid Dependent ID card. Download details and an applications from the NWCA website - www.navywivesclubsofamerica.org or request an application from Linda Hedden – NWCA Scholarship Director, 1300 Hampton Drive, Summerville, SC, 29483. Scholarship applications must be postmarked by May 31.

HARRISON CENTRAL ELEMENTARY
Field Day volunteers are needed April 11, 7 a.m. - 2 p.m. for the school's Field Day. Volunteers are needed to assist and supervise the student while they do scheduled sports events. Contact Pam McInnis at PMcInnis@harrison.k12.ms.us to help.

LONG BEACH SCHOOL DISTRICT - Track & Field volunteers are needed to help with three rounds of the State Track

and Field Play offices, April 15, 24, and May 3. To volunteer, contact Chief Ryan Wilber, 228-871-3663 or ryan.wilber@navy.mil.

NORTH GULFPORT 8TH GRADE SCHOOL Career Day volunteers are needed April 11, 8 a.m. - 3:10 p.m. Volunteers are invited to present career information or a place of employment. To volunteer, contact Chief Ryan Wilber, 228-871-3663 or ryan.wilber@navy.mil.

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

NMCB 74



Left: Members of Naval Mobile Construction Battalion (NMCB) 74 Detail Fort Campbell learn how to exit and survive a helicopter crash over water in training provided by Special Operations Aviation Training Battalion (SOATB). Members were placed in a Shallow Water Egress Training (SWET) chair from which they had to escape once plunged upside down in the water. (U.S. Navy photo/Released) Middle: Equipment Operator 3rd Class Jeremy Gates, left, Steelworker



Constructionman Claude Ravenell, center, and Builder 3rd Class Amanda Miller install formwork for a sidewalk. NMCB 74 DET Panama City Beach is in the process of demolishing and replacing 1,600 linear feet of concrete and asphalt sidewalk as well as demolishing and replacing fixtures, tile and walls during the renovation of a restroom while deployed to Naval Support Activity Panama City. (U.S. Navy photo/Released) Right: Utilitiesman Constructionman

DEPLOYED



Alred Rutowski, left, Builder 3rd Class Erryl Roaches (middle) and Builder Constructionman Anthony Paolo use the trailer-mounted radial arm saw to cut 2X12s into 2X4s in order to support Detachment Kalaf medical center construction. NMCB 74 Det Horn of Africa (HOA) is deployed to Camp Lemonnier, Djibouti in support of Combined Joint Task Force (CJTF) HOA. (U.S. Navy photo by Equipment Operator Constructionman Chelsea Blasko/Released)

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Welcome to the Jungle

"Dinner!" I wail up our old base house staircase like some kind of aproned howler monkey, hoping it will carry under closed bedroom doors, around earbuds, and through rap songs.

"Do you have to yell like that?" my husband winces, unbuttoning his Navy cammies after a long day at work wrangling with personnel issues.

Sitting down at the rickety kitchen table that we inherited from my mother's basement after our last move to Rhode Island, I know he wishes I was more ladylike.

But at 47 years of age, walking up the stairs is only done as a last resort.

June Cleaver would have delicately rung a bell to signal Beave and Wally to dinner. Donna Reed would have gracefully ascended the stairs while wearing kitten heels and a crinolined skirt to genteelly summon the children for a family meal. Carole Brady would have delicately pressed a manicured finger to the NuTone intercom system to muster her bunch to the formica kitchen table for Alice's Swiss Steak.

But they certainly would not bellow up the staircase.

As I dart frantically from fridge to stove to cabinet to drawer assembling the



necessary dinner accoutrements, my husband grimaces at his newspaper, either because he forgot his reading glasses or because he is comparing me to his mother.

Buttering the beans, I wonder, has 20 years of military life and household drudgery squelched my feminine allure? Does my husband find me attractive anymore? Have I completely let myself go? Just as I consider walking up the stairs, I realize that if we don't eat, the pork chops will soon double as hockey pucks.

"Kids! I know you can hear me! I said, DINNER!" I roar as the mashed potatoes transform into wallpaper paste.

"We're going to cut your allowance!" I shout through cupped hands as the gravy solidifies into a gelatinous sludge.

"I'm getting angry!" I snarl as curdles appear in the milk glasses.

"You're all about to be grounded!" I threaten as the green beans sprout roots.

"ONE! ... TWO! ... THREE! ..." I bawl in a final screech of desperation.

Mercifully, we hear a scramble of stocking feet in the upstairs hallway.

I plop into my seat just as my husband lifts his head out of the sports page. He looks at me across our table, furrows his brows, and focuses intently. Obviously perturbed, I know he is about to say something. I pray that he compliments the fluffiness of my mashed potatoes, but I'm sure he will announce that he has filed for separation on the grounds that my bellowing is cruel and inhumane treatment. As he inhales deeply and opens his mouth wide enough to reveal fillings, our 20 year marriage flashes before my eyes.

"KIDS! GRAB MY READING GLASSES FROM THE NIGHTSTAND, WOULDYA?!" he blares the loudest.

Howler monkeys alike, we're a perfect match.

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

Health Watch

Have medical questions? Call the TRICARE Nurse Advice Line

From the Defense Health Agency

Sometimes it is difficult to know if and when to seek medical help for acute health problems, so having professional help at a moment's notice is invaluable. The Military Health System's (MHS) new Nurse Advice Line (NAL) for TRICARE beneficiaries does just that.

TRICARE beneficiaries enrolled at Naval Hospital Pensacola and its 10 Naval Branch Health Clinics, including Naval Branch Health Clinic Gulfport, will be able to call the NAL toll-free 24 hours a day, seven days a week starting March 28. TRICARE beneficiaries in the continental United States, Alaska and Hawaii will be able to begin using the NAL in late April.

The NAL is a team of registered nurses who are available to answer a variety of urgent healthcare questions. They can help you decide whether self-care is the best option, or if it is better to see a healthcare provider. There will always be a live-person on the line to address beneficiary concerns.

The NAL offers a variety of solutions for all TRICARE beneficiaries. For pediatric issues, the NAL will route the beneficiary to a pediatric nurse. If follow-up is necessary or requested, the NAL will call the beneficiary back to check the child's status a few hours later. The NAL will make same-day appointments with the beneficiary's primary care manager (PCM) for TRICARE Prime beneficiaries who are enrolled to Military Treatment Facilities (MTFs). If a same day appointment is not available, the NAL will re-direct the beneficiary to the closest urgent care center, and advise the PCM that an urgent care referral is needed so the patient does not have to worry about paying any point of service co-pays. All other TRICARE beneficiaries who are not enrolled to a MTF will receive professional health advice about their urgent health concern and when to seek urgent care.

When calling the NAL, a customer service representative will verify the beneficiary's eligibility through the Defense Enrollment and Eligibility Reporting System (DEERS). Beneficiaries with an acute health care concern or question will be connected with a registered nurse that will ask the beneficiary a series of very standard questions to determine the next steps and allow the NAL nurse to provide the best advice possible.

Beneficiaries are still encouraged to contact their Medical Home Port Team or PCM, but the NAL is another option for beneficiaries to access the care they need and want in a timely fashion. To access the NAL, once it launches, dial 1-800-TRICARE (874-2273); Select option 1.

The Naval Branch Health Clinic (NBHC) Gulfport wants to ensure you receive the best care possible. Contact them at 228-822-5792/5793 if you have questions about your health care.



Call
1-800-TRICARE (874-2273); Option 1
24 hours a day,
7 days a week

See Something Wrong, Do Something Right

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put

you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



NCBC Helping Hands

ART IN THE PASS

Volunteers are needed April 4 - 6 for Art in the Pass at War Memorial Park in Pass Christian. Volunteer positions include set up, food distribution, ticket sales, park maintenance and stage set up. Shifts are Friday, 11 a.m. - 4:30 p.m., Saturday, 8 a.m. - 5 p.m. and Sunday, 8 a.m. - 5 p.m. To volunteer, please contact Martha Hawkins at mhawkins01@cableone.net. For more information on Art in the Pass, visit www.artinthepass.com

C4AC - Costumes for a Cause, a local nonprofit needs volunteers for the Spring Mayhem Festival at the Harrison County Fairgrounds, April 4-5. Volunteers will assist with games and concessions. For more information, please contact Julie at 228-861-9270.

HARRISON CENTRAL

ELEMENTARY Field Day volunteers are needed April 11, 7 a.m. - 2 p.m. for the school's Field Day. Volunteers are needed to assist and supervise the student while they do scheduled sports events. Contact Pam McInnis at PMcInnis@harrison.k12.ms.us to help.

LONG BEACH SCHOOL DISTRICT TRACK & FIELD

Request for volunteers to work events at home track & field meets. Long Beach School District is hosting three rounds of the MHSAA State Track & Field Play-offs April 15, April 24 and May 3. All competitions take place at the Long Beach track

& field complex located at the L.B.H.S. football stadium. The April meets begin at approximately 3:45 p.m., and conclude around 8:15 p.m. The May 3 meet begins at 10:30 a.m. and will conclude at approximately 3:30 p.m. To volunteer, please contact Chief Ryan Wilber at 228-871-3663 or ryan.wilber@navy.mil.

CAREER DAY - North Gulfport 8th Grade School is planning a career day April 11. The event is planned for 8 a.m. - 3:10 p.m. Volunteers are invited to present information on a career or place of employment. If you are interested, please contact Chief Ryan Wilber, 228-871-3663 or ryan.wilber@navy.mil.

BILOXI VA - Two opportunities to volunteer at the Biloxi Veterans Hospital. **April 10:** Volunteers are needed to escort patients from between buildings at the Biloxi Veterans Hospital April 10 at 10:15 a.m.

April 18: Biloxi Veterans Hospital is having an awards ceremony for their volunteers and they are looking for volunteers who would come to the ceremony and show off their talents by doing a skit, sing or dance. If you are interested in this unique opportunity to volunteer, please call Susan at 228-871-3640.

SMOKIN' THE SOUND
SMOKIN' THE LAKE Smokin' The Sound, April 25 - 27 and Smokin' The Lake, (May 3 - 4) boat racing events return speed, thunder and excitement

to the Mississippi Gulf Coast. This non-profit organization needs volunteers for both events to sell and attach wrist bands to event spectators, direct spectators to viewing areas and direct vehicle and pedestrian traffic in a safe and courteous manner. For more information on the events, visit www.smokinthesound.com. CBC personnel who are interested in volunteering should email Chief Ryan Wilber at ryan.wilber@navy.mil. Personnel from other commands on board NCBC who would like to volunteer, should contact their command volunteer representative to fill out needed paperwork and determine a date and time slot to volunteer.

PASS CHRISTIAN MIDDLE SCHOOL

- Pass Christian Middle School needs volunteers to serve as proctors for the MCT2, tests May 13-15. A test administrator (teacher) and a proctor are needed in classrooms and hallways. A mandatory brief training will be held for volunteers May 6, at 3:15 p.m. or May 7, at 8 a.m., where volunteers will be advised on duties and given test security information. Alternate training times are possible. To volunteer, please email Tisha Posey at Tposey@pc.k12.ms.us or 228-452-5220 with contact information and training preference time.

LYNN MEADOWS DISCOVERY CENTER - Lynn Meadows Discovery Center is

hosting the Bear Creek Music Festival May 3, 10 a.m. - 10 p.m. The festival will attract vendors and musicians from all over the Gulf Coast. Volunteers are needed to work morning, afternoon or night shifts to help with all facets of the event. For more information, please contact Chelsea Dillon at ChelSwan09@gmail.com.

28th STREET ELEMENTARY

28th Street Elementary needs approximately 25 volunteers to proctor tests the week of April 29 - May 2 and May 13-15. To volunteer, contact Jill Conwill, jill.adams@gulfportschools.org.

ANNISTON ELEMENTARY

Anniston Elementary, 2314 Jones Street, Gulfport, is in need of proctors for May 13-15, for the Mississippi State Test - MCT2. There will be a short training regarding test protocol and security before these dates that can be scheduled on a case by case basis. Volunteers will need to be at the school on testing days at 7:15 a.m., and remain until all students in their assigned room have completed the test. Please contact Rebecca Pacher at 228-896-6309 or rebecca.pacher@gulfportschools.org if you can help.

BOOST READING PROGRAM

- 28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteers time is in 30 minute intervals from 9 a.m. -

2 p.m., Monday - Thursday. To volunteer, please call Samantha Benson, 228-867-2140.

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. To volunteer, please contact 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. Contact Shawna_Tatge@uss.salvationarmy.org if you have a bit of spare time.

HELP SENIORS AND DISABLED CITIZENS

Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/ women. To volunteer, call Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY

The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Those who are interested in volunteering at the store are asked to call 228-871-2610.

Seabee Memorial Chapel



Religious Services

Sunday:

Contemporary: 8 a.m.

Catholic Mass: 9:30 a.m.

Protestant: 10:30 a.m.

Weekday Mass:

Tuesdays at 11:15 a.m.

NCBC Center Chaplain:

Lt. Cmdr. Ammie Davis, Chaplain

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

What's happening at the Chapel?

Sundays

- Contemporary (Gospel) Service: 8 a.m. (childcare available via volunteers)
- 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.
- Contemporary (Gospel) Praise and Worship Team Practice: 5 p.m. (childcare/nursery available via volunteers)
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Prac-

tice: 6 p.m. (childcare available via volunteers)

- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

Wednesdays

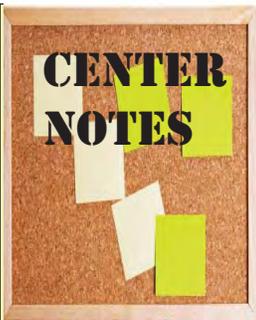
- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

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 Feb. 3, May 5, 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 Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime

Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

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

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

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

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday

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

Gamblers Anonymous

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

TRAINING

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

PMI Membership Drive

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

or Len Krapcha at lkrapcha@aol.com for more information.

SOCIAL

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

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held 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 attend. Call 228-832-0017 for more info.

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

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

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

HERITAGE

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

Free Concert!
6-9 p.m. April 4
Triangle Parade Field
 Concessions available.
 Bring your own lawn chair.
 No personal coolers allowed.
<http://www.ltdanband.com/>
Keesler Air Force Base

LT. DAN BAND
 Gary Swise
 Date: April 4 Time: 6-9 p.m. Place: Triangle Parade Field

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.

NAVY-MARINE CORPS RELIEF SOCIETY

GOT DONATIONS?

Call 871-2610
 and donate to the
BASE THRIFT SHOP

Kayaking at Okatoma Creek

Sunday, March 30th

Trip departs Liberty at 9 a.m.
\$27 for kayak and shuttle!

Must sign up by Friday, March 28th!



Laser Tag and 3D Glow Golf Trip

Saturday, March 29

FREE shuttle departs at 6 p.m.



GRAND SLAM Intramural SOFTBALL LEAGUE

Call Sports Coordinator @ 822-5109 for details

Sign Up	POC Meeting	Season Runs
March 17- April 1	April 4	April 15- June 19

The MWR Information, Tickets & Travel office invites you to

Live it Up Locally

Explore your discounted attraction options
FREE food and prizes!

Wed, April 2nd 10 AM- 2 PM

In the Navy Exchange Courtyard

FIRST CLASS

Couch to 5K

FREE 8 Week program designed to train the normal COUCH POTATO into a RUNNING MACHINE!

Begin March 3, End May 2nd
Run the 5K on May 2nd @ 0630
and receive "I survived the Couch to 5K" T-Shirt

Signup @ the Fitness Front Desk from February 10th - February 26th

Available to ALL HANDS-!

Contact Michael McLaughlin @ 822-5108 for details

Free Movies at the Training Hall

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

Movie Hotline: 228-871-3299

Friday, March 28: 5 p.m., 12 Years a Slave, R; 7:30 p.m., Hunger Games: Catching Fire, PG13

Saturday, March 29: 2 p.m., Walking With Dinosaurs, PG; 4:30 p.m., Frozen, PG; 7 p.m., The Hobbit: The Desolation of Smaug, PG13

Sunday, March 30: 3 p.m., The Secret Life of Walter Mitty, PG; 5:30 p.m., The Grudge Match, PG13

March 27, 2014

Seabee Courier