

# Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES



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Naval Construction Battalion Center, Gulfport, Mississippi  
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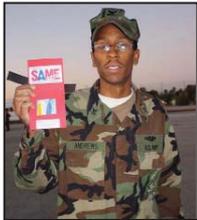
January 29, 2009

## Inside this edition



Municipal Court Judge Maxine Lawson-Conway speaks to NCBC during a ceremony honoring Dr. Martin Luther King Jr. Jan. 15.

See page 4



Recently, ET2 Haven Andrews and all E-5 and below members of NMCB-24 received a \$50 gift card from the Society of American Military Engineers.

See page 7



Seabees use a screed during a NMCB-74 community project at Reeves Elementary School in Long Beach.

See page 14



**New Commander in Chief** DoD photo by MC1 Chad J. McNeeley/Released  
Surrounded by by each services senior enlisted advisor, President Barack Obama addresses the audience at the Commander-in-Chiefs Ball at the National Building Museum, Washington, D.C., Jan. 20. The ball honored Americas service members, families the fallen and wounded warriors.

## Navy PTS expansion includes 'second-termers'

By Navy Personnel Command  
*Public Affairs*

The Chief of Naval Personnel announced plans Jan. 20, to expand the Navy's Perform to Serve (PTS) program from first-term Sailors, to all E-6 and below with 10 years or less of service.

"The Perform to Serve program is a vital element of our Navy's total force strategy providing an opportunity to keep our best and brightest Sailors

in order to meet future fleet and manpower requirements," said Vice Adm. Mark Ferguson, Chief of Naval Personnel.

"The program that empowers our Sailors to perform to serve is now being expanded to include both Zone A and Zone B Sailors."

PTS is a centralized reservation system that helps the Navy manage reenlistments of Sailors with less than six years of service, or Zone A. While most Sailors are permitted to

reenlist in their current rate, Sailors in overmanned ratings may be offered reenlistment in an undermanned rating and Sailors with a poor performance history may not be granted permission to reenlist.

According to NAVADMIN 017/09 PTS will expand Feb. 1 to include Zone B, which is Sailors with six to 10 years of service.

See **PERFORM** page 21

## New President plans to shape military for 21st century

By John J. Kruzel  
American Forces Press Service

As President-elect Barack Obama prepared to assume the role of commander in chief, one of the stated items on his list of priorities was to shape the U.S. military for the 21st century.

Obama has not served in military uniform, but his climb to the U.S. presidency culminates a public service career that began in 1997 as a member of the Illinois State Senate, where he served three terms, followed by a successful bid for the U.S. Senate in 2004.

As a junior U.S. senator, Obama, a graduate of Harvard Law School and the first African-American president of the Harvard Law Review, was a member of the Veterans Affairs Committee. He fought to help veterans get the disability pay they were promised while working to prepare the Veterans Affairs Department for the thousands of veterans returning from Iraq and Afghanistan, according to the president's Web site, [www.change.gov](http://www.change.gov).

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**NCBC/20SRG**  
**Commanding Officer**  
 Capt. Ed Brown  
**Public Affairs Officer**  
 Rob Mims  
 Editor

Bonnie L. McGerr  
**Mass Comm. Specialists**  
 MC1(SW) Terry Spain  
 MC3 Brian McCarthy

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**Public Affairs Officer**  
 MCC(SCW) Jeffrey J. Pierce  
 MCSN Michael Wright

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**Public Affairs Officer**  
 Lt.j.g. Ina Miranda-Vargas  
**Mass Comm. Specialists**  
 MC1 (SCW) Chad Runge  
 MC1 (SCW) Demetrius Kennon

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**Public Affairs Officer**  
 Lt. Jason Lockhart  
**Mass Comm. Specialists**  
 MC1 Nicholas Lingo  
 MC2 Erick S. Holmes

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**Public Affairs Officer**  
 Lt.j.g. Gregg Hazlett  
**Mass Comm. Specialists**  
 MC2 John Hulle

**25 NCR Commander**  
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**Mass Comm. Specialist**  
 MC2 Dale Miller  
 MC3 Jeffrey Militzer

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**Public Affairs Officer**  
 Lt. Shanewit Nopkhun  
**Mass Comm. Specialist**  
 MC2 Michael B. Lavender

**NMCB ONE THIRTY THREE**  
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 Cmdr. Paul J. Odenthal  
**Public Affairs Officer**  
 MCC (SW/AW/PJ) Ryan C. Delcore

**NCTC Gulfport**  
**Commanding Officer**  
 Cmdr. Stephanie Jones  
**Public Affairs Officer**  
 Chaplain (Lt.) Daniel Spies

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# Navy Legal

## Service members can attain citizenship in three steps

By Lt.j.g. Matthew Dursa, JAGC  
 RLSO Southeast



It is difficult to imagine a more effective citizenship test than the simple question that service members answer everyday: "Are you willing to fight for this country?" Accordingly, for those who have answered "yes," but are not yet US citizens, the application process is quick and convenient.

If you are a member of the Armed Forces, you are eligible to apply for citizenship under special provisions of the Immigration and Nationality Act. Not only are there special provisions for applying, the United States Citizenship and Immigration Services has streamlined the application and naturalization process for military personnel. All immigrants who have served honorably on active duty in the US Armed Forces or as a member of the Selected Ready Reserve on or after Sept. 11, 2001 are eligible to file for citizenship under special wartime provisions of the INA.

There are certain requirements and qualifications to become a citizen of the United States. To become a citizen, you must demon-

strate good moral character, knowledge of the English language, knowledge of US government and history, and a personal attachment to the United States by taking an Oath of Allegiance to the US Constitution. Qualified members of the Armed Forces are exempt from other naturalization requirements, including residency and physical presence in the United States.

In addition to those exemptions, there are extra resources available to you during the application process. USCIS has established a toll-free help line dedicated to assisting service members and their families, 1-877-CIS-4MIL (1-877-247-4645). USCIS has also developed a web page, [www.uscis.gov/military](http://www.uscis.gov/military), which contains information and links to services specifically for service members and their families.

You can pursue citizenship regardless of your location or

See **STEPS** page 22

# Skipper's Log

## Trying may not always come across as capable

By Capt. Ed Brown  
 CO, CBC/CMDR 20TH SRG



**Capt. Ed Brown**

One of my least favorite words in the English language is the word "try." It's a good word when used in the context of something new; "I'm going to try the fried artichoke," where you may or may not like it. Most people use the word unknowingly, in their everyday interactions.

When asked to accomplish a mission, "I'll try" doesn't inspire confidence that you will do everything in your power to ensure success. "Can you do this? Yes, I will" means you are committed to the outcome. It doesn't mean that sometimes the river doesn't rise and we fail. Failure when you have given it your all and employed all options is admirable. It means you are stretching your boundaries, pushing yourself to new heights.

So, are you going to try to get in shape, then use the excuse of an-

other holiday to not meet the goal and then say, "Well, I tried?"

Next time say, "I will get in shape, I will pass the test, I will accomplish the mission." Give your word to yourself and others, and then drag yourself out to the gym, pull out your books or get to planning to figure out what will stop you, so you can overcome anything put in your way.

67th Annual Seabee Ball  
 April 4, 6 p.m.

Mississippi Coast Coliseum  
 Guest Speaker: Chief of Naval Operations,  
 Adm. Gary Roughead



Tickets go on sale Feb. 1 - March 20 and are available for purchase from Seabee Ball representatives  
 E4 and below: \$20, E5-E6: \$25, E7-E8: \$30,  
 E9-03: \$35, 04 & above and civilians: \$40  
 Retiree's ticket price is based on retired pay grade

## Sailor's Creed

I am a United States Sailor,  
 I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me,  
 I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world,  
 I proudly serve my country's Navy combat team with Honor, Courage and Commitment,  
 I am committed to excellence and the fair treatment of all.

### Command Action Line:

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, E-mail:  
 CNRSE\_HOTLINE@navy.mil.

## Shields RV Park reopens



U.S. Navy photo by MC3 Brian McCarthy/Released

Cmdr. Chris Laplatney, OICC Katrina, Michele Shaffer, MWR director and Capt. Ed Brown, NCBC Commanding Officer, cut the ribbon to open the new Shields Family Campground, Jan. 16. The new recreation vehicle park has 68 places in which to park RV's. The park has a laundry and shower facility co-located with the office. The resident's who have already moved in said they are pretty happy with their new digs.

## VITA volunteers ready to take on your taxes

By NCBC Public Affairs

The NCBC Gulfport Volunteer Income Tax Assistance site opened for business Jan. 20. Located in room 158 of the Fleet and Family Support Center (building 30), the site is open for business Monday, Tuesday, Thursday, and Friday from 8 a.m. to 4 p.m., and Wednesday from noon until 7 p.m. VITA closes daily from noon to 1 p.m. and is also closed on federal holidays.

The VITA site offers tax assistance that is free of charge to active duty service members and their families. Anyone who desires tax assistance but does not meet the above criteria can stop by the VITA office for a list of VITA sites in the community.

In order to best serve those most in need of tax assistance, the site will initially be open only to taxpayers who qualify to file a 1040EZ. This policy will remain in effect until Feb. 9. On Feb. 9, the site will be open to service members who need assistance with filing other tax forms.

Customers should keep in mind that the site is not a full-service tax program. The VITA volunteers cannot prepare any business returns (Schedule C's), returns for rental properties, or returns with complex Schedule D's for buying and selling of stocks and bonds. As the site is intended to primarily serve junior active duty service members and their families, some taxpayers may be referred to professional preparers based on income and complexity of tax return.

Active duty service members are also encouraged to use the free tax filing service provided at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com). Stop by the VITA site for further information on this service.

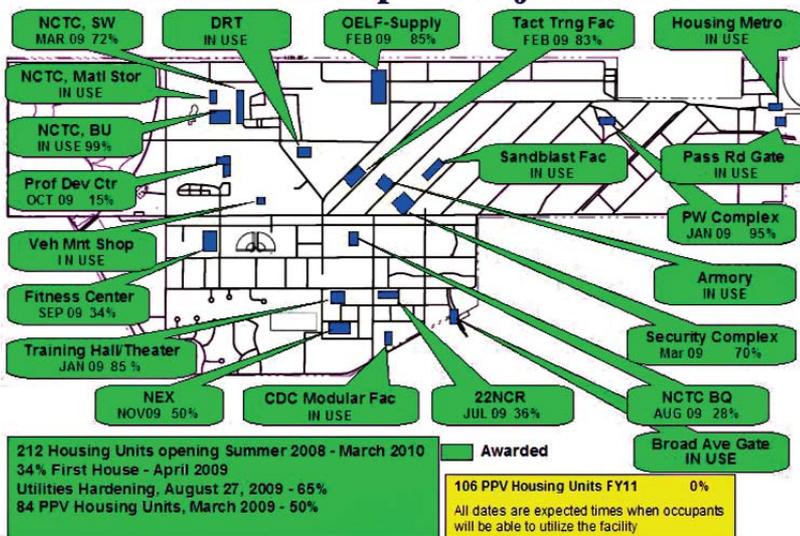
VITA services are provided by appointment only. Customers should prepare for appointments by bringing relevant documents such as social security cards, dependent identification cards for all family members, W-2's, 1099's, 1098's, checkbooks (for direct deposit of refund), and receipts for Schedule A and adjustment items with them when they come to VITA. A copy of last year's tax return is also helpful.

If your filing status is Married Filing Jointly, both taxpayers must be present to "sign" the return or present a signed Power of Attorney for taxes.

Those who wish to make an appointment or who have questions about the VITA program can call CM2 Michelle Eckstein at (228) 871-2620.

## Update on Center construction

### Katrina Recap – Project Dates



**Military OneSource offers  
FREE tax consultation  
and E-filing**

**Maximize your refund; simple, easy**

**Visit: [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)**

# Seabee Center unites to pay tribute to Dr. King



U.S. Navy photos by MCI (SW) Terry Spain/Released

Left: Capt. Ed Brown, commanding officer of Naval Construction Battalion Center (NCBC) Gulfport, and Municipal Court Judge Maxine Lawson-Conway, cut the cake during a Martin Luther King Jr. ceremony at the Seabee Memorial Chapel. Lawson-Conway was the guest speaker of the event. Highlights of the ceremony included a vocal performance, an essay reading and a dramatic reading from King's famous, "I Have a Dream" speech. Right: Students from Gaston Point Elementary perform a selection of songs at the Martin Luther King Jr. celebration Jan. 15 at the Seabee Memorial Chapel.

## Local wife may win 'Military Spouse of the Year' title

Mrs. Christy Kuriatnyk, wife of Lt. Cmdr. Alex Kuriatnyk from 22 Naval Construction Regiment was notified by Military Spouse Magazine of her selection as the Navy Spouse of the Year. She now competes against the four other branch winners for overall for Military Spouse of the Year. That voting started Jan. 22 and runs through March 4. You can participate in the selection of the Military Spouse of the Year by voting at the web-site: [www.msoy.milspouse.com](http://www.msoy.milspouse.com).



**WANTED: SeaBee Divers!**  
**Underwater Construction Team ONE**  
 Contact S1/CCC @ (757) 462-3986/3988

Save gas and catch the new Route 26 NCBC Navy Express bus which stops every Saturday and Sunday on-board NCBC Gulfport to take passengers to locations throughout the community. The Route 26 Coast Transit Authority bus picks up passengers at three locations on the Center - NCTC, Pinewood Housing and by the Housing Welcome Center at the Pass Road gate. Regular adult fare: \$1.25., monthly passes are available.

Join us for the Thrift Shop  
**RIBBON CUTTING and GRAND OPENING**  
 Feb. 3, 9 a.m., Bldg. 29



*Light refreshments and shopping will follow the ceremony.*

*Special Grand Opening discounts will be available for all shoppers and the opportunity to enter a drawing for door prizes.*

THE HARD WORK OF MANY INDIVIDUALS HAS BROUGHT THE THRIFT SHOP BACK TO THE "CENTER OF TOWN" AND NOW IT IS TIME TO CELEBRATE AND RECOGNIZE THOSE EFFORTS.

**PLEASE JOIN US:**

CONTACT 871-2610 FOR MORE INFORMATION



**TUESDAY, FEBRUARY 3, 0900**  
**BLDG 29 (THE OLD HOUSING OFFICE)**

# CPX is a success, 25NCR ready to deploy

By MC3 Jeffrey R. Miltizer  
25NCR Public Affairs

At 10:32 a.m. a class four fire breaks out in the Material Liaison Office. While a battalion fire party works to extinguish the flames, another group takes immediate action to determine further courses of action.

Questions abound as to how the fire will affect mission readiness and its impact on future planning. Was the fire an enemy attack or an accident? Are there enough supplies remaining to continue the current missions or will more need to be requisitioned? Was anyone injured in the fire? If it was an accident, what "lessons-learned" training can be implemented to prevent future occurrences? If it was an attack, who or what group is responsible, and what reaction or countermeasures were or should be employed?

This is just one scenario occurring during the recent Command Post Exercise conducted by the First Naval Construction Division

(INCD) on board the Naval Construction Battalion Center (NCBC). The CPX was designed to train and evaluate Twenty-Fifth Naval Construction Regiment (25NCR) personnel in response to various events that can occur to deployed Seabees. 25NCR participated in this exercise in order to be certified by 1NCD as 'ready to deploy' in the near future.

"I think we have the right people in the right places with the right support," said Senior Chief Navy Career Counselor James Brady, the command career counselor for 25NCR and the Watch Chief Oversight during the CPX.

"The training allowed the 25th to operate at high levels of contingency," said Brady. Brady explains that the overall purpose of the CPX is to train regimental staff to respond to various emergent situations that have occurred in the past, or are likely to occur in the future.

"The CPX highlights the fact that everyone has to come to the table with the



U.S. Navy photo by MC3 Jeffrey R. Miltizer

Chief Electronics Technician Rusty Peterson, Communications Leading Chief for the 25th Naval Construction Regiment (NCR), processes correspondence sent to the R6/Communications watch during a Command Post Exercise conducted at the "Round House" on board the Naval Construction Battalion Center. The CPX is designed to test a command element's ability to accomplish its mission of troop command and control in a hostile environment.

willingness to learn and adapt to achieve mission success," said Lt. Cmdr. Cameron Geertsema, the

25NCR Operations Officer. "We are ready to deploy based on our ability to receive missions" added Geertsema.

25NCR successfully completed the CPX, evaluated as "mission ready" for their upcoming deployment.

## Military Saves Week runs Feb. 22 - March 1

Feb. 22 to March 1, is Military Saves Week which is a part of the America Saves campaign. Military Saves is a marketing campaign to persuade, motivate and encourage military families to save money every month and to convince leaders and organizations to be aggressive in promoting automatic savings. The campaign is a growing network of organizations and individuals committed to helping and supporting military members and their loved ones build personal savings arsenals to provide for their immediate and long-term financial needs.

Military Saves was developed by its non-profit sponsor, Consumer Federation of America and the military services from 2003 to 2006 and launched throughout the Department of Defense Feb. 25, 2007.

A wealth of resources to help those who are just beginning to save to experienced savers is available at

[www.militarysaves.org](http://www.militarysaves.org).

## NMCB 11 completes weapons training



Seabees assigned to Naval Mobile Construction Battalion 11 attempt to qualify on the Navy's M9 course in preparation for their upcoming deployment. NMCB-11 will deploy to Southwest Asia, Horn of Africa and Afghanistan in support of Operation Enduring Freedom.

U.S. Navy photo by MC1 Nicholas Lingo/Released



U.S. Navy photo by CS1 Mary Phillips/Released  
**Cmdr. Ronald Gruzsky (left), NMCB-24 Commanding Officer and Command Master Chief John Bonaccorso give Christmas gift cards to UT2 Travis Christensen and all E-5 and below Seabees from Naval Mobile Construction Battalion 24.**

## Deploying Seabees of NMCB-24 receive special gift from Society of American Engineers

By CS1 Mary Phillips  
NMCB-24 Public Affairs

All second class petty officers and below serving with Naval Mobile Construction Battalion (NMCB) 24, currently located at the Navy Mobilization Processing Site Port Hueneme, Calif., received an early Christmas gift from the Society of American Military Engineers.

The Kentuckiana Post of the SAME decided to support the recently mobilized Reserve Battalion, with Visa cards worth \$50.

Hospitalman Third Class Johnny Murray was very surprised to receive the gift card.

"It makes me feel great to know that there are some people that still support the military and the freedoms we protect," Murray said.

Lt. Michael James of NMCB-24 explained the gift cards.

vide support to the troops in a meaningful way. When they were informed the battalion was to mobilize prior to Christmas and that a large number of enlisted would be either separated from their families during Christmas or required to pay for a plane trip back from their mobilization site in Port Hueneme, the SAME wanted to do something to help," James said.

The mission of the Society of American Military Engineers (SAME) is to promote and facilitate engineering support for national security by developing and enhancing relationships and competencies among uniform services, public and private sector engineers, and related professionals.

The battalion owes a great thanks to SAME Post President Clay Kelly as well as the entire Kentuckiana

See **GIFT** page 24

## Practicing to save lives



U.S. Navy photo by MC3 Brian McCarthy/Released  
**NCBC Firefighters Jeff Gavitt (instructor), Frank Koger, William Ducote and Jeff Snowden participate in acute extraction training here, Jan. 15. The training prepares firefighters to assist crash victims in an emergency situation. The participants practiced on three different vehicles over a three day period with vehicles purchased from a local junkyard.**



A reminder from  
NCBC Public Safety

The Naval Construction Battalion Center commanding officer can authorize the elevation of Force Protection Conditions locally.

The Crisis Management Team determines the nature and extent of threats and makes recommendations to the commanding officer. Plans are evaluated for implementing higher Force Protection Conditions.

All personnel are reminded to report all suspicious or unusual incidents to NCBC Security at (228) 871-2361.

Online CBC Motorcycle Course Registration available at:  
[https://www.cnbc.navy.mil/gulfport/Service\\_Organizations/NCBCSafety/MotorcycleSafety/index.htm](https://www.cnbc.navy.mil/gulfport/Service_Organizations/NCBCSafety/MotorcycleSafety/index.htm)

## Off Limit Locations

### Biloxi

Boulevard Club, Blue Note Lounge,  
Henry Beck Park

(Henry Beck is off-limits except during daylight hours or during official organized or sponsored fraternal, charitable, religious, educational, civic or federal events.)

### Pascagoula

Carver Village, Bunksmall Apartments,  
and H&H Hideaway

### Moss Point

Tony's Club

Recycling Saves, Recycling Pays

# NMCB-1 teams up with Keesler AFB to brighten young lives



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 and Air Force Airmen assigned to Keesler Air Force Base organize toys at a Salvation Army location in Biloxi, Miss. The Seabees and Airmen are helping the Salvation Army hand out food and toys to the local community.

U.S. Navy photo by MC1 Demetrius Kennon/Released



EO1 Robert Kendall, assigned to Naval Mobile Construction Battalion (NMCB) 1, organizes bicycles at a Salvation Army location in Biloxi, Miss. NMCB 1 Seabees and Air Force Airmen assigned to Keesler Air Force Base volunteered to help the Salvation Army hand out food and toys to the local community.

U.S. Navy photo by MC1 Demetrius Kennon/Released



## Free anti-virus software offer for DoD workers

By MC2 (SW) Christopher Koons  
Naval Network Warfare  
Command Public Affairs

As cyberspace has become an increasingly active battlefield for the United States military, the need for effective anti-virus programs has grown.

Anti-virus software is found on every Department of Defense computer to fight against common threats that often spread via e-mail and the Internet. DoD employees are vulnerable at work, and because many people bring work home, their home computers require protection to ensure that malicious files are not inadvertently transferred from an unprotected home system. To that end, several government Web sites offer free anti-virus software intended for use on service members' home computers.

The software is licensed for DoD employees, both military and civilian, courtesy of the Defense Information Systems Agency (DISA). According to Information Systems Technician 1st Class (SW/AW) Angela Moffett, leading petty officer for Navy Cyber Defense Operations Command's (NCDOC) infrastructure department, recent cyber attacks have highlighted the importance of having this software available to DoD members.

"Because of the security challenges the Navy is currently experiencing and the growth in interconnected

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# All the Runnin' Roos are Home at Last

As the last 187 Seabees of Naval Mobile Construction Battalion (NMCB) 133 stepped off the plane at the Trent Lott national Guard Training Complex in Gulfport Jan. 18, so came an end to the Battalion's eight month deployment in the Pacific Rim.

U.S. Navy photos by Rob Mims/Released



## NMCB-21 completes 'Cool Breeze'



U.S. Navy photo by MC2 Ron Kuzlik/Released

Seabees from Alfa Company of Naval Mobile Construction Battalion (NMCB) 21 inspect and clean their M-16 rifles Dec. 7 during Operation Cool Breeze, a four-day long mini field exercise designed to develop effective company-level Command and Control and Communications in accordance with battalion tactical standards and operating procedures.

# Add one positive fitness change at a time

By *Chris Halagarda*  
U.S. Navy Fitness Dietician

I love the quote, "A year from now, you'll wish you started today." What do you wish you could have started

a year ago? For many folks, New Year's means yet another resolution to start an exercise program, eat healthy and lose weight. If this rings true to you, try making a

small change to your lifestyle in 2009 that, although it won't put you on the cover of a fitness magazine, will help you feel better, look better, function better and make you

healthier.

One of the first things I like to suggest to folks is to add to their diet. Don't get preoccupied with what you can't have, but focus instead on

what you can have. Remember, you can find all of the following items in your local commissary at savings of 30 percent or more. Start by adding one or two of these ideas to your diet or lifestyle:

Add fruits and vegetables. Promise yourself you will eat five servings of fruit and vegetables every day. By filling up on the extra fiber and water, you should eat less food the rest of the day and hopefully lose weight. Worst case is that you don't lose weight, but you will be much healthier because of all the additional vitamins and minerals in fruit and veggies.

Drink tea. Green, black, flavored, any kind of tea. Teas are loaded with antioxidants, flavanoids, vitamins and minerals and may help prevent tumors and promote weight loss. Much more research needs to be done to pinpoint all the benefits of tea drinking, but there are very few downsides to drinking it.

Spice it up! Don't let a meal go by without sprinkling some type of herb or spice on it. Sprinkle cinnamon on oatmeal; garlic powder on salads; paprika on hummus; chili powder, onion, pepper, dry mustard and cayenne into chili. Don't hesitate to try new spices. There are so many great flavors with so much nutritive value and best of all they don't have many or any calories! Every time you go to the commissary, try a new spice.

Drink more water. Aim for about half your body weight in fluid ounces each day. If you weigh 120 pounds you should consume about 60 fluid ounces of water per day. Keep in mind, water-

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See **DIET** page 21

# Focus on Education

## Earn a 2 year associate degree by taking only 7 college courses

By David R. Drye, Ed.D.  
Coastline Community College

This statement, earning an Associate Degree by taking only seven college courses seems like a smooth marketing tool. However, it is not as far fetched as it may appear, provided a service member has the required number of college credits earned through military training. Coastline Community College, a Navy Partnership Institution for Distance Learning, home based in Fountain Valley, Calif. provides the opportunity to meet those Associate Degree requirements through a variety of ways.

Since the Coastline Associate Degree requires only 60 semester hours of credit and allows a maximum of 40 semester hours from military credit, the resulting requirement is only 20 semester hours of credit (seven) college courses). The seven courses include five required areas: Speech/Communications (3 SH), English Composition (3 SH), Natural Science (3

SH), Social Science (3 SH), and Arts and Humanities (3 SH). To complete the seven course requirement, students select two Elective Courses (6 SH). Elective courses may come from any subject area. Additionally, students must meet a Math Competency Requirement. This requirement is automatically met if a student has a high school Algebra course (or higher Math) with a grade of "C" or better. If not, students can take a Math course from a variety of Math course offerings.

To make this Associate Degree even more attractive, all courses are Internet based, no classroom meeting at all. Over seventy-five courses are available each term. If students do not have Internet access; for example, while deployed, courses are offered on a hand held Palm Pilot device; an entire course is on a SD card. Classes are offered in eight week terms and there are five terms in each calendar year. Service members who are eligible for Tu-

ition Assistance (TA) can have 100 percent of the tuition paid for each course taken. The only out of pocket expense is for textbook purchases. There are no application or registration fees required. Additionally, transfer credit from regionally accredited colleges or universities can be applied toward these requirements, reducing the required number of courses that must be taken.

A recently developed "Spouse Program" allows dependents to earn an Associate Degree following the same guidelines. However, the tuition rate is reduced to \$59 per semester hour of credit with "free" textbook usage.

Coastline's next registration cycle runs from Feb. 16 - March 15 with the eight week term beginning on April 6 and ending May 31.

Interested service members or spouses should come by the Navy College Office, Building 60, Room 239 and meet with the Coastline Representative or call 871-3439 for details.

Scholarships for Military Children is accepting applications through Feb. 18. Applications are available at the NCBC Commissary or on line at: [www.commissaries.com](http://www.commissaries.com) or [www.militaryscholar.org](http://www.militaryscholar.org). Scholarship award: \$1,500 Eligibility: Active duty, Reserve, National Guard and retired military dependents (under age 23).

## Military spouses eligible for \$3,000 to develop careers

By CNIC Millington Det

New Year, New You! Military spouses; make a New Year's resolution to pursue the career you've always dreamed of and receive financial assistance for books and tuition too! For a limited time, military spouses can take advantage of a Pilot Program to begin or advance their career skills and earn credentials required for in-demand jobs nationwide.

Career Advancement Accounts is a Department of Defense and Labor program, available to military spouses for a limited time. Qualified applicants can receive up to \$3,000 over a 12-month period for training and education within 10 fields of study. The program has been introduced locally by Navy Region Southwest, Fleet and Family Support Programs Sandra McElfresh, whose husband, an Operations Specialist on Naval Base Coronado, says that the CAA Program gave her the incentive to return to the education she started many years ago.

"As my children got older and started school, I consid-

ered returning to college, but at my age I felt unsure of the idea. This program has pushed me to overcome my fears and pursue my medical degree," said McElfresh.

After seeing information about the program on the Fleet and Family Support Center (FFSC) website, Sandra called for additional information and attended the CAA Orientation held at the Center's Murphy Canyon location.

"During the orientation I was able to fill out all the paperwork for the program that day. Everyone I needed to speak to was there including counselors and advisors to assist me," said McElfresh. "After I found out about the program, I told everyone I knew about it. One of the spouses that attends school with me is in my military housing."

To sign up for CAA today and start working towards that job you have always dreamed about contact Leo Padilla at (619) 572-8678, William Hooper at (858) 663-0545 or visit: [www.militaryone-source.com](http://www.militaryone-source.com).

## Free SAT/ACT prep course available

Attention Parents of 10th and 11th Grade Students! Is your child preparing for the SAT or ACT?

Register now at [www.SoarAtHome.org](http://www.SoarAtHome.org) and your child will be entered in a drawing to win one of 25 free SAT or ACT prep courses valued at \$400 from The Princeton Review.

SOAR is a free program for all military families that allows students access to assessments and tutorials to improve Math and Reading skills for students in grades 3 through high school. All 10th and 11th grade students who are registered in SOAR before Feb. 6 will be eligible for the drawing. Parents of selected students will be notified via e-mail in mid-February. Email [info@soarathome.org](mailto:info@soarathome.org) with any questions.

# Students owe dry feet to Seabees of NMCB -74

By MC2 John Hulle  
NMCB -74 Public Affairs

Seabees from NMCB-74 went to work Jan. 8 to bridge the sometimes muddy gap between school-time and play-time.

Thomas L. Reeves Elementary School of Long Beach has nearly 450 children in kindergarten through fifth grade, who want to play.

"The problem is every time it rains the area between the playground and front door floods out and gets muddy," said crew leader for the project, Builder 2nd Class Matthew Speece, assigned to NMCB-74.

With donated materials from the parent-teacher organization, the crew of ten Seabees poured four-cubic yards of cement for a 60-ft sidewalk so students can frolic, walk and skip their way to the playground without ruining clothes and shoes stomping through mud.

"I think it's fantastic," said Lori Price, principal of Thomas L. Reeves Elementary School. "The teachers are already excited about



U.S. Navy photo by MC2 John Hulle/Released

**BU2 Matthew Speece (foreground), works with other Seabees assigned to Naval Mobile Construction Battalion 74, to adjust an expansion joint during a concrete pour at the Thomas L. Reeves Elementary School in Long Beach, Miss.**

it and the kids are excited. I know the parents will be happy."

"It's just a small, three day project, but hopefully we are making a difference," said Speece, a Stafford, VA native. During 2008, Speece was deployed with NMCB-74 to Africa, improving the quality of life for students by building a new school in Moroni, Comoros. He said it's especially rewarding to be able to do the same thing, albeit on

a smaller scale, in his own country.

"Any way we can give back the community and help out the kids is great," he said.

According to Chief Builder Mark Gerard, NMCB-74 Quality Control Chief, the project is a great way to for the Seabees to get training and gain leadership experience, "but ultimately if we can keep the kids dry on the way to playground we are doing a good thing."



U.S. Navy photo by MC2 John Hulle

**BU2 Matthew Speece, assigned to Naval Mobile Construction Battalion 74, uses a bull float during a concrete pour at the Thomas L. Reeves Elementary School in Long Beach, Miss., Jan. 8. NMCB 74 poured a 60 foot sidewalk to improve the quality of life for students here.**

## Navy makes preparing for selection boards easier

By MCC (SW) Maria Yager  
NPC Public Affairs

A new program announced by Navy Personnel Command (NPC) Jan. 14 makes reviewing records and preparing for selection boards easier by providing online access to their official military personnel file..

Web Enabled Record Review, announced in NAVADMIN 011/09, allows Sailors to review documents in their OMPF, which are the same documents reviewed by selection board members when considering candidates for of-

ficer advancement, selection for chief, senior chief and master chief, and other selection boards.

"There's no substitute for empowering Sailors with the benefits of personalized access to their official military personnel file," said Jim Laundermilk, head, Military Personnel Records Management and Policy at NPC.

Sailors can now access their WERR through Bupers on Line at: <https://www.bol.navy.mil>. All active duty and selected Reserve personnel with a BOL account and a

CAC-enabled computer with appropriate certificates can now view their OMPF online by selecting the WERR option on the BOL main menu page. This application also allows Sailors to download and print service-record documents for personal and professional use.

"[It is] very impressive, user friendly and offers easy access. I was extremely pleased with the availability of my personnel files in WERR and my ability to access and print copies of the things that I needed," said Lt. Cmdr.

Ricky Small, assigned to NPC.

Since WERR mirrors what is uploaded to the Electronic Military Personnel Records System, recently submitted documents may not yet appear in the record. If documents have been sent to NPC within the past 12 months, there is no need to resend them. They are still being processed.

"The projected goal of WERR tool is to empower Sailors. Offering almost instantaneous viewing of service-record documents and

providing the opportunity to notify NPC of official corrections online improves records management for the entire Navy and ensures records are selection-board ready," said Dwight Stanton, director, Military Personnel Records Management Division.

WERR is an improvement because it eliminates the wait Sailors previously faced.

"There are unnecessary time-lags caused by waiting days or weeks to receive the CD version of the OMPF in regular mail," he added.

## MWR celebrates grand opening of new Shields RV Park



The new modern 68 site RV Park welcomed its first residents when they moved in Jan. 13. The Ribbon Cutting and Resident Luncheon Appreciation was held at the new facility. The ceremony began with the MWR Director, Michele Shaffer and NCBC Commanding Officer, Captain Ed Brown welcoming the guests to the new and improved site which includes 16 additional RV pads. MWR was excited to welcome guests to the new RV Park after the three long years they have been at the FEMA lot. MWR provided lunch for about 75 residents and guests. The new RV Park offers a list of amenities such as: cable, Wi-Fi, water, sewer and electric. The park also has a shower facility, a laundry room, and mail service. To reserve your space today, call 871-5435.

### Liberty Center (871-4684/4683)

**Looking for something fun to do either on or off base?** Do you think you've got what it takes? Every Tuesday night at 6 p.m. test your skills in a Ping Pong Challenge and every Thursday night at 6:30 p.m. enter the Pool Tournament. SUPER BOWL PARTY at the NEW THEATER Feb. 1. Come and watch the Super Bowl on 10\*12\*screens. Calling all X-BOX 360 Lovers! Madden '09 Tournament with prizes at 3 p.m. and Super Bowl Kickoff at 5 p.m. There will be free food, games, fun, and more! Valentine's Party at the Liberty Center Feb. 11 from 6-9 p.m. with a Grand Prize of a dozen roses, a large box of chocolates, and \$100 gift certificate to a local fine dining restaurant for you and your sweetie. The Alternative Rock group Better than Ezra will be performing live at the House of Blues in New Orleans on Feb. 20 with tickets for \$30. The ventriloquist and stand up comedian Jeff Dunham will be at the Miss. Coast Coliseum Feb. 28. Tickets are only \$35 and are going fast so stop by the Liberty Center today to sign up for this trip!

### Anchors and Eagles (871-4608)

**Make the right call and join us for the Super Bowl Party** Feb. 1 from 3 - 11 p.m. with free food, games, and door prizes! To reserve Anchors and Eagles for your special event just call the Food and Beverage Supervisor at 424-6892.

### Bee Hive Lounge (871-4268)

**Stay on Base. Stay Safe! Football, football, football!** Plan now to watch Super Bowl XLIII here Feb. 1 from 3 - 10 p.m. along with drawings for prizes all night, snacks, and games. Hours of operation are Monday - Thursday, 3 - 9:30 p.m., Friday, 3 - 11:30 p.m., Saturday 5 - 11:30 p.m., Sunday, by reservation only.

**Information Tickets and Tours (ITT) (871-2231)**  
**Attention race fans . . .** that time of year is once again upon us! Yes, the 51st running of the Daytona 500 is quickly approaching! Join ITT on our second annual "running", Feb. 14 -16. Trip will include round-trip deluxe motor coach transportation, 2 nights' hotel accommodations and race tickets! The last day to sign up is Feb. 2!!

**Attention Hockey fans!!** ITT has 2-for-1 vouchers in the gold and platinum levels that can be used for any game throughout the regular season. Gold vouchers are \$8.50 and platinum are \$10. They are on sale now! Stop by the ITT Office for a copy of the Seawolves schedule or to purchase your vouchers.

**More Great Deals... The 2009 Gulf Island Season Passes** are only \$74.95 (adults and children). Chuck E. Cheese Gift Cards valued at \$50 are on sale for only \$40. If you thought that was good, ITT also has Island Strikz and Fun Factory Gift Cards on sale for only \$40 with a \$50 value. Pick yours up today before they are sold out! **Free Multi-Day Admission to Disney's U.S. Theme Parks** Tickets are In! Active and Retired U.S. Military personnel, including Active Members of the United States Coast Guard and activated members of the National Guard or Reservists can enjoy complimentary, multi-day admission into Disney's U.S. theme parks, great rates at Walt Disney World and Disneyland Resort hotels, and additional special ticket offers for family members and friends.

### Pine Bayou Golf Course (871-2494)

Stop by today and start your punch card! Use the Pine Bayou Golf Course five times and on your sixth visit get a 50 percent Greens

Fee on us. Pine Bayou Membership Prices Available for Military and Retirees for as little as \$125



per quarter. Don't worry DoD Employees we haven't forgotten about you, you can join for as little as \$150 per quarter! Bring the entire family and check out our yearly family membership deals.

### Fitness Center and Intramural Sports (871-2668/2353)

**Unite the mind, body, and soul with free Yoga classes** held Tuesdays in the Aerobics Room of the Gym from noon -12:45 p.m. Yoga has become so popular that starting in February, Yoga will be held Mondays and Wednesdays from noon and also from 5:30- 6:15 p.m. CFL Certification Course will be Jan. 26-30, be on the look out for more details. NCBC's Kickball League's sign-ups will run Jan. 26 - Feb. 6, with the season beginning Feb. 17. The Punt, Pass and Kick Challenge will be held on the softball fields Feb. 13 at 7:30 a.m. Softball League Sign-Ups are Feb. 20 through March 5. For more information please contact Sam Perkins at 871-2353/2668.

### Pizza Brothers (871-4705)

Open Monday - Saturday, 10:30 a.m. - 8 p.m. Serving pizza, wedgers, soup, salads, and wings. We Deliver!  
**The Grill (871-2494)**  
 Open for breakfast and lunch Monday - Friday. Call ahead so you don't have to wait in line at the Grill and at the Pro Shop.



## NCBC, Gulfport, Miss.

### Youth Activities Center (871-2251)

**Mardi Gras Holiday Camp** signups will begin Feb. 2 for the annual Mardi Gras Camp. Many exciting activities, games and crafts are planned. Parents please don't forget to pack your child a lunch each day. If you would like more information please call Ms. Jennifer at 871-2251. Camp Dates are Feb. 23 & 24 for Long Beach and Gulfport School Districts.

**Spring Break Camp Registration coming soon!** Spring Break Camp sign-ups will begin March 16 for all Military Dependents and DoD Civilians. The Camp Program will run April 13 - 17 for Gulfport City Schools and April 6 - 10 for Long City Schools. Camp hours are 6 a.m. - 5:30 p.m. and children will need to bring a sack lunch.

**Summer Camp Can Do Registration coming soon!** Program registration for Military Dependents begins March 2 with DoD Civilian registration beginning April 1. Come to the Youth Activities Center (Building 335) between the hours of 9:30 a.m. -5:30 p.m. each Monday-Friday.

**Goals for Graduation!** This is for Teens only and is a home work and tutoring program. This is available to all teens that are enrolled in the Youth Recreation Program. It will help raise academic proficiency for Club members ages 13 and up. Youth can earn great prizes while doing your homework at the same time! Homework Tutoring & Technology Time will be offered from 3:30 - 5 p.m. Monday through Friday. Call for details.

**Before & After-School Program** We still have a few remaining spaces for the Before-School Program and After-School Program. At the time of registration you will need to bring the following items: Current LES or Pay Stub, Family Care Plan for Dual or Single Active Duty, and Proof of age (5-12) and dependant status. Weekly fees for the Before & After-School Program are based on gross Total Family Income.

**School-Age Care Drop In Services Are Now Available** Are you a parent who needs some time to yourself for doctor appointments, shopping, etc? Then you will love this affordable option at only \$3 per hour. Call 871-2251 for available dates or more information.

### Auto Hobby and Outdoor Recreation (871-2804)

**What a great Auto Hobby Deal!** Rent a stall for two hours or more and the first hour is FREE! In honor of President's Day Outdoor Recreation is offering a President's Day Special. Rent a motorized boat on Feb. 13 and return on Feb. 18 for only \$70.

# Community Notes

## SUPPORT

### Family Readiness Groups

**NMCCB 1 FRG** invites friends and family members of NMCCB 1 Seabees to attend NMCCB 1 FRG meetings the first Thursday of every month at 6:30 p.m. in the CBC Chapel Fellowship Hall, preceded by a potluck dinner at 6 p.m. Children are welcome and baby sitting is provided. For more information, contact FRG President Angela Sourwine at: (228), 323-0036 or e-mail: a.sourwine@yahoo.com or FRG Vice President Rashelle Geddis at: (228) 224-1475 or e-mail: racechick40@hotmail.com.

**NMCCB 7 FRG** invites friends and family members of NMCCB 7 Seabees to attend NMCCB 7 FRG meetings the third Wednesday of every month at 6:30 p.m. in the CBC Chapel Fellowship Hall. Children are welcome and baby sitting is provided. For more information, contact FRG President Kayci Murrell at: seabee\_wife\_05@yahoo.com.

**NMCCB 74 FRG** welcomes all friends and family members of NMCCB 74 Seabees to join the NMCCB 74 FRG. While the battalion is in homeport, the FRG will not be meeting on a regular basis. For more information, contact FRG President Torell Coquet at: (931) 338-8420, or Secretary Amy Tamplin at: (937) 570-0353.

**NMCCB 11 FRG** welcomes all friends and family members of NMCCB 11 Seabees to attend NMCCB 11 FRG meetings the second Tuesday of every month at 6:30 p.m. in the CBC Chapel Fellowship Hall. Bring a dish to take part in the potluck dinner at 6 p.m. Children are welcome and baby sitting is provided. For more information, contact FRG President Tessa Grimes at: tgrimes730@hotmail.com or (228) 229-9579.

**NMCCB 133 FRG** invites all friends and family members of NMCCB 133 Seabees to attend NMCCB 133 FRG meetings the first Wednesday of every month at 6 p.m. at the CBC Chapel Fellowship Hall. Children are welcome and baby sitting is provided. For more information contact: NMCCB133FSG@gmail.com

### Naval Officer's Spouse Club

**The Naval Officer's Spouse Club** holds monthly meetings the fourth Thursday of every month at 6:30 p.m. in the Building 1 conference

room. For more information contact: noscgulfport@yahoo.com.

### Navy-Marine Corps Relief Society

**The Navy-Marine Corps Relief Society Thrift Shop** is located in Building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers. Child care and mileage are reimbursed. Retail hours of operation are Tuesday, Wednesday and Friday, 9 a.m. - 1 p.m. New volunteers are always welcome. Visit the Navy-Marine Corps Relief Society offices at the Fleet and Family Support Center, Building 30, Suite 103, or call (228) 871-2610 to obtain information about becoming a part of the NMCRS volunteer team!

### Gamblers Anonymous

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

**Retired Activities Office** is located in the Fleet and Family Support Center and staffed entirely by volunteers for the retired military community. RAO's services are free and are intended to assist customers in obtaining their entitled rights, benefits, and privileges as a retiree, dependent, or survivor of a military service member. Hours of operation are Monday - Friday, 9 a.m. to noon. Call for an appointment at 871-3000 ext. 35 or just drop in.

### TRAINING

**COMPASS** is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The 12 hour, three-day course is offered the last week of the month (Tuesday, Wednesday and Thursday) from 9 a.m. - 1p.m. in the CBC Chapel Fellowship Hall. The course and child care are FREE! Please R.S.V.P. (228) 871-3000 ext. 7444 Ask for COMPASS!

**Naval Sea Cadets - Gulfport branch** 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., Bldg. 60, Room 105. For more information contact Lt.j.g. Bowling at: (228) 313-9035 or coachcb\_yahoo.com; or AGC Enrique Acosta-Gonzalez at: (228) 871-3787 or enrique.acosta@navy.mil.

### SOCIAL

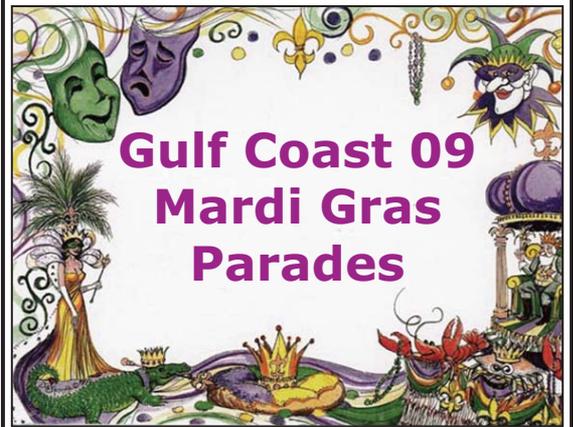
**Miss. Gulf Coast First Class Association** is seeking new members. Meetings are every Wednesday at 2:30 p.m. at CBC's Beehive, Building 352. Call MC1 Terry Spain at: 871-3663 or EO1 Denise Demontagnac at: 871-2970 for more information.

**VFW Post 3937 Long Beach** is open every Friday from 6 - 8 p.m. for a seafood, steak, or pork chop dinner. Weekend breakfasts are served from 7 - 10 a.m. on Saturdays and from 9 - noon on Sunday. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. For more information contact Post Commander Lew Fountain at (228) 863-8602.

**VFW Post 4526 Orange Grove** is open daily from noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. VFW meetings are held the first Wednesday each month at 7 p.m. Old and new members alike are welcome and encouraged to attend. For more information call Post Commander Bill McNicholas at: (228) 832-0017 or Sr. Vice Commander Ben Barker at: (228) 832-3798.

### HERITAGE

**The Seabee Gift Store** is located in Building 1, on the first floor. Hours of operation are: Monday - Friday, 10 a.m. to 4 p.m., (open weekends upon request), phone: (228) 871-3619. The shop has several command exhibits depicting the history of the Seabees. Our gift shop carries a variety Seabee related memorabilia, DVD's and books. Gift store proceeds support the construction of our new museum in Port Hueneme, Calif. Our web address is: www.seabeesmuseumstore.org/shop/index.php.



## Gulf Coast 09 Mardi Gras Parades

**Saturday, Jan. 31**  
2 p.m., Orange Grove Krewe of Kids

**Saturday, Feb. 7**  
1 p.m., Elks Lodge Parade in Ocean Springs  
1 p.m., Biloxi Second Liners  
2 p.m., Orange Grove Carnival Association

**Friday, Feb. 13**  
6:30 p.m., Krewe of Selene in Diamondhead

**Saturday, Feb. 14**  
11 a.m., Krewe of Kids in Bay St. Louis  
7 p.m., Gautier Men's Club

**Sunday, Feb. 15**  
1 p.m., Nereids Parade in Waveland  
2 p.m., Carnival Association of Long Beach

**Saturday, Feb. 21**  
11 a.m., Wiggins-Stone County Chamber Parade in Wiggins  
Noon, Krewe of Diamondhead  
1 p.m., Jackson County Carnival Association in Pascagoula  
1 p.m., Krewe of Legacy, Pass Christian, intersection of Cable Bridge Road and Vidalia Road  
1 p.m., Biloxi Children's Walking Parade  
2 p.m., Krewe of Gemini in Gulfport

**Sunday, Feb. 22**  
1 p.m., St. Paul Carnival Association in Pass Christian  
1:30 p.m., North Bay Area Association Parade in D'Iberville

**Tuesday, Feb. 24**  
1 p.m., Krewe of Diamonds in Bay St. Louis  
1 p.m., Gulf Coast Carnival Association/Krewe of Neptune in Biloxi  
5:30 p.m., Krewe of Gemini in Gulfport

## Pine Bayou Golf Course ready for play



U.S. Navy photo by Rob Mims/Released

Gary Mull, Pine Bayou Golf Course Superintendent (left), and Chad Baldwin, MWR Operations Manager, cut a ribbon to re-open the newly renovated Pine Bayou Golf Course Jan. 23. In conjunction with the reopening, MWR held their annual Winter Classic Golf Tournament. Twelve four-person teams competed in the scramble type event to earn bragging rights for another year. The course which has undergone extensive improvements, is now able to compete with some of the best courses on the Gulf Coast.

From FREE page 9

computer systems, the threats to information technology have become more sophisticated and diverse," said Moffett. "Anti-virus software is a tool we use in order to combat system vulnerability to malicious attacks."

To obtain anti-virus software, visit <https://www.infosec.navy.mil>, and select "Anti-Virus Information."

"The INFOSEC Web site has a large variety of tools to gain knowledge on how to use anti-virus software and offers advice on how to deal with virus risks," said Moffett. "It also has descriptions of policies on how to protect DoD equipment and information. The other branches of the armed forces also have sites that offer these resources."

Members can either download via file transfer protocol (fast connection) or go to the INFOSEC FAQ page for slower downloads, then choose the software. Anti-virus software from McAfee is available, in addition to Symantec and TrendMicro, plus regular signature updates to keep PC workstations current.

Mac users can download McAfee Virex software and signatures for OS X, as well as earlier Mac operating systems. The sites even offer VirusScan for UNIX and DOS users.

"You should keep the software in a secure place such as your external hard drive or your local drive," said Moffett.

# CNRSE Quality of Life director visits Gulfport to check on troop programs

By MC3 Brian McCarthy  
NCBC Public Affairs

The Quality of Life director for Navy Region Southeast, Bruce Grenier, visited here Jan. 12-15 to help assess what's needed to make the lives of the men and women stationed here a little better after the devastation of Hurricane Katrina in 2005.

"He wanted to see how we're doing; what our needs are," said Michele Shaffer, MWR director here.

Grenier toured several MWR facilities including the fitness center, the auto skills center and the Colmer Dining Hall. He also paid a visit to Stennis Space Center and SUP-

SHIP Gulf Coast in Pascagoula.

"He came into the base galley as part of his site visit, but also to look into what's needed there and how he could help," said Lt. jg. Lloyd Regas, food service officer for the Colmer Dining Hall. "They discussed the day to day business of the galley and also talked about some areas where they need more support."

Shaffer said that right now there's a lot of emphasis on creating more facilities that cater to families and the younger troops. One of the major Quality of Life projects in the planning stage is a recreational mall on base.



Bruce Grenier, director of the Quality of Life program for Navy Region Southeast, and LTJG Lloyd Regas tour the scullery at the Colmer Dining Hall here, Jan 14. The tour was part of a four day visit by Grenier to check up on MWR facilities and Quality of Life programs here.

Photo by MC3 Brian McCarthy

"Anything that we need is patron driven, so we listen to our customers," said Shaffer.

According to Joan Hudson, the fitness director at the base gym, the mall will be similar to what the liberty center is now, except larger and with a more family friendly atmosphere.

Other facilities under construction include a new Training Hall, a new and improved liberty center and a new gym.

January 29, 2009

Seabee Courier

From **SHAPE** page 1

Obama's early exposure to military culture came from the maternal grandparents who helped to raise him during his adolescent years in Honolulu. His grandfather, Stanley Armour Dunham, enlisted in the Army during World War II and served under Gen. George S. Patton while his wife, Madelyn Lee Payne Dunham, worked on a bomber assembly line.

The president-elect has said that America's greatest military asset is the men and women who wear the uniform of the U.S. armed forces.

"When we do send our men and women into harm's way, we must also clearly define the mission, prescribe concrete political and military objectives, seek out the advice of our military commanders, evaluate the intelligence, plan accordingly, and ensure that our troops have the resources, support, and equipment they need to protect themselves and fulfill their mission," he told the Chicago Foreign Affairs Council in April 2007.

One of the stated goals of Obama and Vice President-elect Joe Biden is to "invest in a 21st century military." To this end, the incoming administration has laid out the following focal points on its Web site:

Rebuild the Military for 21st Century Tasks: Obama and Biden plan to build up special operations forces, civil affairs, information operations and other units and capabilities that remain in chronic short supply; to invest in foreign language training, cultural awareness, and human intelligence and other needed counterinsurgency and stabilization skill sets; and to create a more robust capacity to train, equip, and advise foreign security forces so allies are better prepared to confront mutual threats.

Expand to Meet Military Needs on the Ground: Obama and Biden support plans to in-

crease the size of the Army by 65,000 soldiers and the Marine Corps by 27,000 Marines to help units retrain and re-equip properly between deployments and decrease the strain on military families.

Leadership from the Top: Obama and Biden plan to in-

spire a new generation of Americans to serve their country, whether it be in local communities in such roles as teachers or first responders, or serving in the military to keep the nation free and safe.

Lighten the Burdens on

Troops and Their Families: The administration plans to create a Military Families Advisory Board to provide a conduit for military families' concerns to be brought to the attention of senior policymakers and the public. They've promised to end the

"stop-loss" policy that allows service members to be retained beyond the term of their enlistment and to establish predictability in deployments so that active duty and reserve service members know what they can and must expect.

The Navy-Marine Corps Thrift Shop is actively seeking gently used ball gowns for distribution in the local community. The donated gowns will go on sale March 1.

# Seabee Center helps inside and outside the gate

By Rob Mims  
NCBC Public Affairs Officer

Every day people at Naval Construction Battalion Center (NCBC) clean out their closets, storage rooms and garages to get rid of unwanted items. They could easily throw them in the garbage and fill up the local landfill; however, most people choose to donate those gently used items to the Navy-Marine Corps Relief Society Thrift Shop on base.

The Thrift Shop sells the goods for pennies on the dollar; but, that dollar goes a very long way in helping Sailors, Marines and their families in a time of need. Each dollar made can typically be distributed and redistributed nine times.

"The mission of the Navy-Marine Corps Relief Society Thrift Shop is to provide Sailors and Marines and their eligible family members with an inexpensive source for clothing, uniform items, toys, small appliances, and other household items," said Alice Huffman, Gulfport NMCRS director. "All items sold at the Thrift Shop have been donated."



U.S. Navy photo by Rob Mims/Released

**Kelli Beck, Thrift Shop Chairman, hands Suzen Schantz, Operations and Transportation Manager of Goodwill Industries of South Mississippi, a bag of donated items Jan. 23. The Thrift Stop donates unwanted items to Goodwill in an ongoing effort to help the community surrounding the Center.**

Donating used items is not only good for the environment and military members, but it is also good for local residents as well. As the Thrift Shop takes in items, the volunteers go through the merchandise and pick out the most suitable for the base populace. The rest is donated to Goodwill Industries of South Mississippi.

"NMCRS Gulfport was able to arrange an agreement with the Goodwill Industries of South Mississippi for a

weekly pickup of those unusable items," said Huffman.

"This agreement provides Goodwill Industries an opportunity to obtain donated items that have been previously sorted and eliminates the need for NMCRS staff to transport them."

Suzen Schantz, Operations and Transportation Manager of Goodwill Industries of South Mississippi said she prefers to pick up the donations so she can distribute them equally to the various Goodwill Stores in the area.

Although Goodwill is the biggest off base recipient, the Thrift Shop has also provided uniform items, on loan, to local theater groups who have a production with a nautical theme and recently sent a surplus of uniforms to a new organized Sea Scout group from Florida.

Helping others is nothing new to the Seabee Center and this is just another example of how everyone can pitch in to help onboard NCBC and off.



U.S. Navy photo by Rob Mims/Released

**Alice Huffman (far right), Navy-Marine Corps Relief Society Director, and staff show off a cake celebrating the NMCRS' 105th Birthday Jan. 23.**

From **PERFORM** page 1

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Additionally, beginning Feb. 1 all Sailors with an approved PTS application must sign a page 13 within 30 days of message receipt to accept or decline their PTS reservation.

According to statistics from the Center for Career Development, in 2008 almost 90 percent of Sailors who applied for PTS remained in their current rating.

Controlling the number of Sailors in specific ratings provides better advancement opportunities for Sailors, while helping the Navy manage manpower requirements.

“When we started PTS in 2003, there were a lot of Sailors whose promotion opportunities were severely degraded because their rating was overmanned. PTS has helped the Navy to balance its ratings and where there is more balance, there are better promotion opportunities,” said Senior Chief Personnel Specialist Ron Miller, PTS Branch, Enlisted Community Management Branch, Navy Personnel Command.

Sailors should consult their career counselors about 15 months before their end of active obligated service (EAOS) to fill out the paperwork to have the command submit a PTS application, regardless of their intentions to re-enlist.

Sailors should read NAVADMIN 017/09 available at the NPC Website for complete details.

For more information regarding the submission process, application format or other PTS issues, please visit the NPC website or contact NPC’s Customer Service Center by calling 1-866-U-ASK-NPC (1-866-827-5672).

From **DIET** page 12

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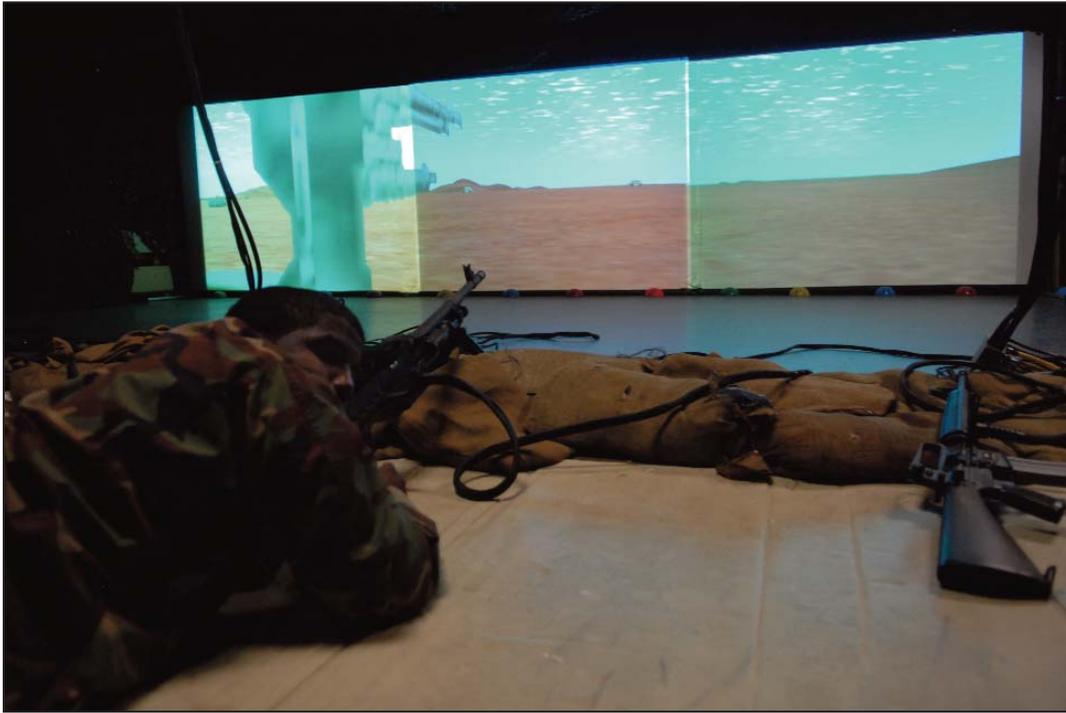
dense foods such as fruits and vegetables will contribute to this total and high levels of physical activity will increase daily fluid needs above this amount.

Add calcium. Aim for 1,000-1,200 milligrams of calcium each day. This is equivalent to three to four, 8-ounce cups of milk, preferably low-fat milk, each day. Not only will calcium help keep bones and teeth strong, but it may also help with weight loss. Dietary supplements may provide some benefit, but try to reap the rewards of low-fat milk’s muscle-building protein and health-promoting vitamin D. Don’t like milk? Try low-fat yogurt, soy milk or low-fat cheese to get more calcium.

Add steps. Get a pedometer and shoot for 10,000 steps a day or, for a more practical approach, record how many steps you take each day for seven days. Divide that total by seven and try to go above and beyond that number each day. For example, if you average 5,000 steps a day, try to reach 5,500 steps every day of the following week, then 6,000 steps the next week. Ultimately, you want to achieve and maintain 10,000 steps each day.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian’s Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay’s Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

# Weapons training



U.S. Navy photo by MC2 John Hulle/Released

**CE2 Devin Smith, assigned to Naval Mobile Construction Battalion 74, shoots a M16 rifle at a firearm training simulator aboard Naval Construction Battalion Center, Jan. 21. The training improves communication and firearms skills to improve operational readiness.**

From **STEPS** page 2

financial concerns. All aspects of the naturalization process, including applications, interviews and ceremonies are available overseas to members of the Armed Forces. Service members are not charged a fee to file an Application for Naturalization.

The process of naturalization for service members is straightforward - (1) apply, (2) standby and (3) verify.

First, apply. Find your command's designated point-of-contact to help you with your application. If you need help locating yours, contact your legal assistance office. Your POC will help you submit three documents: an application for naturalization, a request for certification of military service, and biographic information. These three documents are sent to a central Service Center in Nebraska.

Second, standby. The Service Center reviews your application and performs the necessary security checks. The Service Center sends your application to the district office closest to you. If there is a specific location where you would like to be interviewed, you can indicate that when you submit your application.

Third, verify. The district office sets up a date to verify your proficiency in English and knowledge of civics through an interview and examination. If naturalization is granted, USCIS informs you of the day you can take your oath of allegiance.

Apply, standby, verify - it's that easy!

The Gulfport Region Legal Service Office Southeast can be reached at (228) 871-2620. This article is not a substitute for the personal advice of a licensed attorney.

# Naval Safety Center strives to prevent bird strikes

By April Phillips  
Naval Safety Center  
Public Affairs

When US Airways Flight 1549 crashed into the Hudson River Jan. 15, people learned about the dangers of bird strikes to jet engines for the first time. The Navy has long been aware of this danger in aviation. Bird and other hazards have cost money and lives.

However, the Navy's Bird-Aircraft Strike Hazard program is helping to create the awareness needed to reduce these mishaps and save lives and assets. The Naval Safety Center (NSC) has recorded mishap information regarding wildlife strike

events with naval aircraft since 1979 and BASH programs are inspected as part of NSC's safety surveys throughout the fleet.

The BASH program is currently conducted at the installation level. Kimball Thompson, a retired naval aviator who works in the Aviation Directorate at NSC, said the Safety Center is working to help institute a Navy-wide BASH mitigation program across the fleet.

When it comes to BASH mishaps, bird strikes are most common, but, said Thompson said BASH includes a surprising array of animals.

"It's broader than just

birds. It's anything that could cause harm to a naval aircraft. In the runway environment we've seen deer strikes. In places like Key West there's a salt water crocodile population and occasionally they'll wander up to the runways to sun themselves," he said.

In fact, deer, fox, bats, moose, coyotes and more have been reported as BASH hazards. Reporting animal activity and identifying remains is key to reducing strikes. The Navy has a contract with the Smithsonian Institute for biological remains analysis.

"It's important to know what kind of animal

struck and aircraft because it becomes part of the mitigation effort," Thompson explained. "For example, with birds we can determine whether it's a migratory bird or part of the resident population."

If the bird is migratory, Thompson said researchers will study its habits and patterns. That way, aviators can avoid the location, altitude or time of day when the birds are active. If the birds are non-migratory, the researchers study the airfield environment and look to see what is attracting the birds. In many cases, they can take the attraction away and encourage the birds

to feed or nest elsewhere.

"The Navy walks a fine line between ensuring the safety of air crews and aircraft while being good environmental stewards of the places where our installations are located," Thompson said.

Reporting animal activity, strikes and near-misses is an all hands responsibility, and the information gained from these reports will go a long way toward making necessary changes that reduce the threat of aircraft strikes with animals – making aviation safer for pilots and air crews, as well as the bird population.

SAME post. Construction Mechanic Second Class Michael Duckworth summed up the battalion's feelings about the generous donation.

"Your graciousness and gratitude are greatly appreciated. Thank you!, Duckworth said.

NMCB-24 is a Reserve battalion home-based in Huntsville, Ala., and consists of detachments throughout the Southeast United States as well as Individual Augment personnel throughout the country. Advanced Party personnel from NMCB 24 recently arrived at the NMPS site to begin the mobilization process and subsequent training before forward deploying for Operation Iraqi Freedom IX.

Watch out for pedestrians . . . Remember, they have the right of way! Unless otherwise posted, the speed limited on board NCBC is 25 m.p.h.



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 (Closed Sundays)



### Seabee Memorial Chapel

#### Center Chaplains:

Cmdr. Macgregor McClellan, Protestant Chaplain  
 Lt. Leticia P.J. Rouser, Protestant Chaplain

For more information concerning other faith groups,  
 call the chapel office at (228) 871-2454

#### Services:

Protestant: Sunday School, 9:30 a.m.  
 Sunday, 11 a.m. Divine Worship

Catholic: Sunday, 9:30 a.m., Family Choir Mass  
 Sunday, 10:40 a.m., Religion Education  
 Monday- Thursday, 11:30 a.m., Daily Mass

Gospel Service: Sunday, 8 a.m.

# Preparations complete on Seabee Heritage Center

By Rob Mims  
NCBC Public Affairs Officer

Over the years, termites and age severely deteriorated the Seabee museum on-board Naval Construction Battalion Center (NCBC) Gulfport; Hurricane Katrina finished the job in 2005. Just



U.S. Navy photo by Rob Mims/Released  
**Lara Godbille, director, U.S. Navy Seabee Museum Port Hueneme, Calif. arranges exhibits in the Heritage Center inside of the Training Hall.**

over 41 months later, a brand new Heritage Center has sprung up just in time for the Navy's Year of the Seabee. Lara Godbille, Director, U.S. Navy Seabee Museum, visited NCBC Jan. 20 to 23 to move exhibits from their temporary home in Bldg 1 and set them up in their new home in the Heritage Center located inside the new Training Hall.

"I wanted to come to Gulfport to ensure that Seabee heritage was well represented in the new Heritage Center," said Godbille. "This display represents only a small piece of the history of the Seabees."

A much larger display of exhibits and artifacts will come together in the new 35,000 square foot U.S. Navy Seabee Museum in Port Hueneme, Calif. No clear date has been established for the opening; however, Godbille assures it

will be a place for Seabees young and old to visit.

Many of the exhibits at the Seabee Museum and the Heritage Center were donated by former Seabees who wanted to ensure their story was told. Other artifacts were collected over the years from regiments and battalions who no longer needed the items. In the Heritage Center, which is collocated with the Seabee Store, visitors can see a hundreds of items on display. There are artifacts of all shapes and sizes which tell the Seabee story since their inception. But, this current display is only temporary. At the end of the Year of the Seabee in Feb. 2010, Gulfport will be the recipient of a much larger exhibit from the Navy Memorial in Washington, D.C. The Training Hall and Heritage Center are slated to open around mid-February.



U.S. Navy photo by MC1 Terry Spain/Released  
**Seabees onboard NCBC steer a vintage jeep Jan. 21 as it is towed from CBC/20th Headquarters to its home at the new Heritage Center located in the brand new Training Hall. The 600-seat Training Hall will be open in early February and will also be the new home to the Seabee Gift Store.**



## OIC NBHC Gulfport awarded commendation

Melinda McMillon Darby, Executive Director of the Wounded, Ill and Injured Senior Oversight Committee, presents Lt. Cmdr. Gregg Gellman, Officer in Charge of Naval Branch Health Clinic Gulfport, a Joint Service Commendation Award Jan 23. Gellman also conducted a dress blues inspection and both he and Darby passed out service coins to a few of the high performers.

U.S. Navy photo by MC3 Brian McCarthy/Released