Naval Station Pascagoula's hometown on-line newspaper

Homeport

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A word from our Commanders

An honor and a privilege to serve with you

By Cmdr. Tara LaCavera
Commanding Officer
NAVSTA Pascagoula

My tour here as NAVSTA Pascagoula's commanding officer is wrapping up. I don't know where the time has gone. It seems that just yesterday I was driving across the causeway for the first time. Time has passed quickly, and we have accomplished a great deal.

None of us will ever forget the weapons off-load of the USS Cole. In the dead of winter, in unprecedented bitter cold, we successfully and safely off-loaded more than 86,000 pounds of explosives, and completed the project 24-hours ahead of schedule. It was a herculean effort by all hands, under the scrutiny of the entire country. And although we are by no means a naval weapons station, for that brief moment we operated like one.

We relocated the Fleet and Family Support Center from the Singing River Mall to on-base, facilitating services and support to Sailors. We opened the Navy College Office, and initiated a program to use station assets as training sites for shipboard personnel. All these things improved morale, saved time and money, and kept Sailors closer to home.

We opened the USO on base, giving Sailors a 'home away from home.' The USO was built by Seabees, and the money was raised by the State of Mississippi and the people of Jackson County. The Learning Resource Center, which will enable Sailors to use high tech equipment and interact with instructors in other parts of the country, will open shortly for full use.

We received the CINCLANTFLT Bronze Hammer award for the on-station self-help projects completed by First Division personnel. Our Navy Exchange received the 'Sales Excellence Award' for its Navy pride sales performance of more than 30.9 percent.

We are continuing in our efforts to interact with the community outside the gate, and have increased our housing partnerships to almost 250 properties with more than 250 military participants. Soon we will award a contract to construct 160 new Navy housing units in Jackson County.

Another success was the 4-Star and 3-Star accreditation of the Lakeside and on-station barracks. The Lakeside facility is almost 30 years old, and we have only operated the facility for three years. Although we have committed a tremendous amount of money into the building, only vision and hard work guaranteed our success.

Compared to most Navy bases, NAVSTA Pascagoula is a toddler, still growing, still evolving, with a great future ahead.

This has been a wonderful tour for me. Buildings have been built and awards have been won, but what I will remember most is the people: your warmth, your spirit, and your commitment to the Fleet. Without you, the rest is insignificant. It has been an honor and a privilege to serve with you.

CNO has 'vision for the future'

Editor's Note: *Calling our Navy "the greatest in the world," Chief of Naval Operations Adm. Vern Clark recently published his vision for the future. The following is the first of four installments of the CNO's Guidance for 2002.*

Adm. Vern Clark
Chief of Naval Operations

Fight and Win!

We are the greatest Navy in the world and we are getting even better. The United States Navy will be a highly-skilled, operationally agile, and combat-ready force that enhances stability, deters conflict, and triumphs over all threats in all environments.

Introduction

On 11 September 2001, USS Enterprise was returning from deployment when satellite television provided tragic images of deadly attacks at home half a world away.

Within moments, the "Big E's" rudder swept over and, exploiting the forward presence and mobility unique to naval forces, headed for the Arabian Sea. By the next morning, Enterprise was within reach of Afghanistan, ready to launch and sustain precision strikes against dispersed enemies hundreds of miles from the sea.

Enterprise was not alone in taking prompt action. USS Carl Vinson steamed at high speed to join her on station while surface combatants and submarines prepared Tomahawk missiles for long-range strikes. USS Peleliu's Amphibious Ready Group cut short a port visit to Australia and sailed toward the Arabian Sea. USS Kitty Hawk prepared to leave its homeport in Japan, to serve as an innovative Special Operations support platform. At home, shipmates saved shipmates in the Pentagon and swiftly reestablished command and control. USS George Washington and USS John C. Stennis took station off the east and west coasts of the United States along with more than a dozen cruisers and destroyers, guarding the air and sea approaches to our shores. Shortly thereafter, USNS Comfort and USNS Denebola arrived in New York City to support firefighters and recovery workers.

In the weeks following Sept. 11, naval forces led the way. Carrier strike packages in conjunction with U.S. Air Force bombers and tankers flew hundreds of miles beyond the sea, destroying the enemy's ability to fight. Sustained from the sea, U.S. Marines, Navy SEALS, Seabees, and Special Operations Forces worked with local allies to free Afghanistan from the Taliban Regime and al Qaeda terrorist network.

Presence…Power…Precision. Our Navy's response to the events of 11 September is testimony to the dedicated ser-

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From our Fleet

Decisive CMC wins leadership award

By Stacey Byington
Public Affairs Officer

U.S. Coast Guard photo

The Decisive's EMC Jerome Rider and his wife, Sheryl, pose for a photo with the Secretary of Transportation, Norman Mineta, after he is presented with the first-ever Master Chief Petty Officer Angela McShan Inspirational Leadership Award at U.S. Coast Guard Headquarters, Washington, D.C.

Out of all the chief petty officers in the U.S. Coast Guard nationwide, it was one from Naval Station Pascagoula, on USCGC Decisive, who was chosen as the first recipient of the annual Master Chief Petty Officer Angela M. McShan Inspirational Leadership Award. EMC Jerome Rider, Command Chief (equivalent to a Navy command master chief), has been selected as the one Coast Guard chief, active or reserve, who best exemplifies the Coast Guard core values of honor respect and devotion to duty.

Master Chief Angela McShan was the first African-American woman to achieve the rank of Master Chief Petty Officer in the Coast Guard. She is considered a Coast Guard pioneer who served more than 20 years with great devotion. She is remembered as an exemplary leader and professional.

EMC Rider is highly regarded by his fellow shipmates -- both officer and enlisted. In concluding the nomination package, R. Allen 'Mac' McCullough, Decisive's commanding officer said of Rider, "He is today's 'Chief' and on the fast track to become tomorrow's commissioned leader and manager."

Rear Adm. R.D. Sirois, director of reserve and training for the Coast Guard, said in a message naming the winner, "It was extremely difficult to select only one from the superb slate of chief petty officers nominated for this award. Each nominee is a stellar example of inspirational leadership in action, embodying personal integrity, impeccable professionalism and dynamic mentoring skills."

In addition to core values, other nomination criteria included 'keen sense of ethical conduct' and 'high degree of personal integrity;' 'held in esteem by peers, seniors and subordinates;' 'demonstrates sincere interest and concern for junior personnel by helping them reach their full potential;' 'motivates others to excel;' 'is a positive role model and mentor;' and 'promotes diversity within the Coast Guard.'

Rider's nomination package listed several bullets for each criteria. There were words like "trusted to run the ship ..., puts crew first ..., hand-picked ..., crewmembers know to call Chief Rider ..., no finer Chief Petty Officer."

Demonstrating sincere interest for junior personnel by helping them reach their full potential, Rider conceived, planned and executed a widely-popular 'Career Day' for Decisive non-rated personnel. Decisive's 'Career Day' featured speakers in all Coast Guard ratings. Each speaker described his or her rating, the type of work they do, and gave the apprentices a 'remarkable' overview of Coast Guard ratings. Decisive's 'Career Day' is being submitted as a best practice for cutters.

Additionally Rider organized several field trips this past year for non-rated personnel to visit other area Coast Guard units to get a 'flavor' of life and work at different types of operational units.

"Chief Rider is a positive role model," said McCullough. "He consistently receives the highest leadership marks in his enlisted performance evaluations. He is strong, and has a steady demeanor, regardless of his mood, stress level, or unit operations. He serves as a very powerful example for the crew."

U.S. Coast Guard photo

EMC Jerome Rider talks with a Decisive crewmember about career goals. Rider is well regarded by Decisive's crew, officer and enlisted.

From our Fleet

Groves returns from deployment

Ens. J. Hill
USS Stephen W. Groves PAO

After six months away from its homeport at Naval Station Pascagoula, USS Stephen W. Groves (FFG 29) returned home April 10. The guided-missile frigate is returning from a successful six-month deployment to the Caribbean Sea and the Eastern Pacific Ocean.

While deployed, the Groves has been a key asset in the ongoing joint effort with the U.S. Coast Guard to combat the flow of illicit drugs into the United States. The ship was responsible for the seizing thousands of pounds of cocaine with an estimated street value of almost $1 billion.

"This deployment has been rewarding in many ways," said Cmdr. Tim Werre, Groves' commanding officer. "Actually participating and seeing quantitative results in an effort to stop the flow of drugs into the United States is something the crew is very proud of."

In addition to their drug interdiction operations, the deployment was successful in other ways. Crew training was a big part of the deployment, and 55 crewmen are returning home having earned the coveted Enlisted Surface Warfare Specialist qualification pin. The ship has a crew of approximately 220.

"I have been on the Pascagoula waterfront for nine years, and this is the first time I've seen USS Stephen W. Groves fly the ESWS pennant," said Herbert 'Jamie' Marshall, the ship's command master chief. "It is a testimony to the crew's dedication and drive."

Hospital corpsman Charles Moore, the ship's most junior ESWS qualifier said, "I am proud to have attained this milestone so early in my career. It motivates me to move on to bigger and better things."

For many of the crew, the port visits in Central and South America along with multiple transits through the Panama Canal were the highlight of the deployment. During several of these brief stops, crewmembers participated in community relations projects such as repairing and painting the floor in an elementary school in Manta, Ecuador.

There have been changes at home as well. At least four crewmembers are returning to see newborn children for the first time.

After 150 days on station, and having transited more than 25,000 miles of ocean, the crew of USS Stephen W. Groves returned safely to their families, and will forever carry with them the patriotic feeling of accomplishment, service to their country, and know that while they were deployed, they made a real difference in the war against drugs.

Photo by Stacey Byington

Hospital Chief Thomas Gilham holds his two-week-old daughter for the first time after USS Stephen W. Groves returns to Pascagoula following a six-month deployment to the Caribbean Sea and the Eastern Pacific Ocean.

Family and friends stream aboard USS Stephen W. Groves (FFG 29) eager to see their loved ones following the ship's return from a six-month deployment. The ship is credited with interdicting thousands of pounds of cocaine with a street value of almost $1 billion.

Photo by Stacey Byington

Around the Homeport

Rea to relieve LaCavera as NAVSTA CO

By Stacey Byington
Public Affairs Officer

Cmdr. Terry Rea will relieve Cmdr. Tara LaCavera as Commanding Officer Naval Station Pascagoula in a traditional change of command ceremony on the station pier at 10 a.m., Apr. 25.

The guest speaker will Capt. William Marlowe, Commander Destroyer Squadron SIX.

Cmdr. Rea is a native of Oregon and graduated in 1980 from the University of Oregon with a bachelor's degree in Journalism. She was commissioned as an ensign in the Navy in 1983.

Assignments include duty at Naval Facility, Adak, Alaska; on the staff of the Commander, Ocean Systems Atlantic, in Norfolk, Va.; on the pre-establishment crew of Naval Facility Whidbey Island, Washington; as the fleet support officer for the Navy Space Surveillance System; executive officer of Navy Recruiting District, St. Louis, Mo.; and her most recent assignment as assistant operations officer at Naval Station Guantanamo Bay, Cuba.

She received her Masters degree in Management Science in 1997 from the Naval Postgraduate School in Monterey, Calif. Her decorations include the Meritorious Service Medal, Navy and Marine Corps Commendation Medal (two awards), and the Navy and Marine Corps Achievement Medal (three awards).

Cmdr. LaCavera assumed command of Naval Station Pascagoula in June 2000.

Under her guidance, Naval Station Pascagoula has seen great progress and achievement.

Most noteworthy was the 4-star and 3-star accreditation for transient and permanent party operations respectively to the bachelor-housing program.

Cdr. Tara LaCavera, USN

Cdr. Terry Rea, USN

Additionally, the Fleet and Family Support Center was moved from the Singing River Mall to on base, greatly benefiting all Sailors attached to the station and its tenant commands.

During LaCavera's tenure the Naval Station Pascagoula USO was opened, the new Learning Resource Center was constructed, and an addition was added to the fire station providing better quality of life for station fire-fighters.

Awards the station has received include the Secretary of the Navy Pollution Prevention Award Citation for Superior Achievement for implementing a hazardous waste substance management system saving more than $29,000 in hazardous waste disposal costs; the Chief of Naval Operations Environmental Award for Pollution Prevention for improving the base recycling program by 542 percent over five years, generating more than $22,000 in one year for command recreational programs; and the Commander in Chief U.S. Atlantic Fleet Bronze Hammer Award for the station self-help program.

The Chief of Naval Operations, Adm. Vern Clark, said in his award citation, "Cmdr. LaCavera's exceptional leadership and superb professionalism were the driving force behind the extraordinary success of her command during challenging times… She provided mature guidance, maintaining Naval Station Pascagoula as the premier installation along the Mississippi Gulf Coast."

LaCavera has been selected for promotion to Captain and will be the new Chief Staff Officer for the Commander, Naval Surface Warfare Center, Dahlgren Division, Dahlgren, Va.

Photo by Stacey Byington

***Clean weapon** -- Adm. Robert J. Natter, Commander in Chief U.S. Atlantic Fleet, inspects the weapon of a sentry aboard USS Stephen W. Groves (FFG 29). Natter was in Pascagoula on Apr. 12 to tour the Groves and hold an 'all hands' call at the gymnasium.*

Around the Homeport

Local artists donate mural to USO

By JO2 Renee Johnson
Public Affairs Office

A hand-painted acrylic mural, which stands 16-ft. high and is 10-ft. wide, depicting the guided-missile cruiser, USS Ticonderoga (CG-47) navigating the waters surrounding the Round Island Lighthouse, is now complete and can be seen in the USO. The mural was donated by the Singing River Art Association.

"We wanted to put art back into the community," said Dena Mckee, SRAA president. "That's the reason we decided to paint the mural at the USO," she added.

The mural was painted at no cost to the station and paid for by the art association.

"We used the commissions from the work that was sold throughout the year and hired Sandra Eisler," a member of the association, "to paint the mural at the USO," said Mckee.

"I was honored that the art association put me in charge of painting the mural," said coast artist and muralist, Sandra Eisler.

Eisler does not take all the credit herself, but shares it with several other artists who assisted her -- Pat Bernstein, Judy Gill, Mary-Bet Evans and Evelyn Ring.

"I am astounded with what they have done and wish I could drag them with me everywhere I go," said Eisler. "I feel like I was just one of several great artists working on the project."

"Having a group helping took so much pressure off and it was so much fun working with other talented artists from the association," Eisler added. This was the first time we've ever come together as a group to do a mural."

"Sandra is a fantastic artist who sells paintings all over. She only recently started doing murals and is really good at what she does," said Mckee.

Photo by JO2 Renee Johnson

Sandra Eisler works on the mural, now completed, at the USO. The Singing River Art Association paid for the muralists' time, and also donated three other paintings now hanging in the USO.

Even though Eisler has painted more than 200 feet of murals since October, painting the mural here on base meant more to her than just giving back to the community.

"There were many places we could have painted this mural, but when they called and asked me about the USO at Naval Station Pascagoula, I really thought that would be a great place to put it. It was chosen above several other places," Eisler said.

"I think this mural makes a good background for the stage and provides a great setting for reenlistment and retirement ceremonies," said Lee Lechleidner, executive director of the USO. "We are very appreciative to the Singing River Art Association for choosing us and donating the mural."

The SRAA also donated three pictures that are now hanging on the walls of the USO.

"My son served in Desert Storm, so I have always had a special place in my heart for the Armed Services," said Eisler. "Being born and raised here in Pascagoula, made it even more an honor to be part of this project."

For those interested in seeing other works by these and other local artists, the SRAA is having their annual Spring Art Exhibit, which opened Apr. 7 from 2-4 p.m. at the Jolly McCarty Historic Depot Gallery in Pascagoula.

Naval Station Admin Chief, YNC John Kennedy, retires March 22 after serving 20 years in the Navy.

Around the Homeport

Local Sailors 'Read Across America'

By JO2 Renee Johnson
Public Affairs Office

Sixty-five years after Theodor Seuss Geisel published his first children's book, his stories like 'The Cat in the Hat' and 'Sam-I-Am' are still being read by millions, and are also used as tools to encourage children to read.

Three Sailors from Naval Station Pascagoula recently joined other volunteers from the community to read stories written by Dr. Seuss to students at College Park Elementary School, in Gautier, as part of the school's annual "Read Across America Day."

BM1(SW) Derrick Henry from Port Operations, HM1 Eddie Couillard and HM2 Thomas Laliberte, who both work at the Branch Medical Clinic, were among those who participated in the day's events.

National Education Association's "Read Across America" is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading on March 2, Dr. Seuss's birthday. Teachers hope this will encourage children to continue to read..

"The volunteers read Dr. Seuss books to the third- through fifth-grade students first. Then, the same group of children chose different books from the school's library and read to the lower grades," said Linda Felton, a third-grade teacher.

According to the National Education Association, reading to children is a crucial component of becoming a good reader. Providing children with motivation to read is an important factor in student achievement and may create successful, lifelong readers. Research has shown that children who are motivated and spend more time reading do better in school.

"I think the children benefited greatly," said Couillard. "They experienced being read to through different unique story-telling techniques and styles."

"This is meant to encourage children to read not only Dr. Seuss books, but other books as well," said Felton. Most importantly, "the children all seem to really enjoy it."

This read-all-day event gave some children an opportunity to bring in a pillow, beach towel and even bean bag chairs.

"They could read on the floor or anywhere in the room, just as long as they were comfortable," said Felton.

"It was fun and interesting," said Stephanie McElroy, one of the third-grade students. "He read very well and it was a good book called 'Oh, the places you will go'." This was Dr. Seuss's last book, written in 1990.

Not only did the children get a kick out of this read-a-thon day, but aso did the Sailors.

"I love kids," said Coiullard. "I coach two under-eight soccer teams and all of the students attend College Park. They ask specifically about the Navy and the ribbons on my chest. I think our presence created an interest for them about the Navy community."

Photo by JO2 Renee Johnson

HM1(SW) Eddie Couillard reads a Dr. Seuss story to children at College Park Elementary School in Gautier as part of the school's 'Read Across America' day.

***Salute** -- School children from Bethel Christian Academy in Pascagoula help station personnel commemorate Women's History Month. Each child did a separate biographical vignette of a famous woman in history. Cmdr. Tara LaCavera, NAVSTA Pascagoula's commanding officer was the guest speaker for the event.*

Photo by Stacey Byington

Around the Homeport

Sailors rehab local fitness trail

By JO2 Renee Johnson
Public Affairs Office

Pat Wilson Park, part of the city of Pascagoula's parks and recreation system, is no longer just a one-half mile jog/walk trail, but now it also offers local students an opportunity to get hands-on experience while studying the wonders of nature.

Phoebe Sones, a Biology teacher at Pascagoula High School thought it would be a great idea to enhance her students learning experience with 12, four-ft. podiums that had information about different species of nearby trees that could be easily read by all who transit the trail.

Several sailors from Naval Station Pascagoula were happy to assist in building the podiums when asked.

"I was glad to assist, because I knew the nature trail would benefit children not only this year, but years to follow," said BM1(SW) Derrick Henry, the volunteer coordinator for Naval Station Pascagoula.

Henry was not alone. DC2(SW) Cardel Hill, RP3 Jason Mullenix, STG3 Chadrick Poole, EN3 William Baker III, and Seaman Jason Buckingham each volunteered their services.

"It feels good giving back to the community," said Hill.

"This is no different from any of the other community services we provide throughout the year," said Henry. "We volunteer our services to the community at least 10 times each month. I was just happy to be part of it."

Sones was so pleased with the work of the Navy volunteers that she already has ideas for future projects in which she will seek the assistance of volunteers from Naval Station Pascagoula.

"I think they have done a marvelous job," she said.

Photo by JO2 Renee Johnson

EN3 William Baker tightens screws adhering plexiglass to a wooden podium and DC2 Cardel Hill, holds the piece steady.

Easter -- Alyssa Saylor, 5, was one of approximately 75 children who participated in the annual MWR Easter Egg hunt held at Lakeside.

Portraits -- The Easter Bunny is always popular with youngsters. Many children had their portraits taken with the famous bunny.

Photos by JO2 Renee Johnson

About the cover:

Tigger, one of the Winnie-the-Pooh characters, was a big hit at the annual MWR Easter Egg Hunt, held March 23 on the grounds of the Lakeside barracks complex.

Around the Homeport

Health promotions program updated

By JO2 Renee Johnson
Public Affairs Office

With all that has happened recently in our nation, a great deal of importance has been placed on readiness and worldwide deployability, causing an even greater need for the Navy's National Health Promotions program. With this in mind, the Branch Medical Clinic at Naval Station Pascagoula has begun revamping it's current health promotions program.

"Health promotions is about prevention and keeping our population healthy," said Lt. Dondria Smith-Hollis, assistant officer in charge at the clinic.

Smith-Hollis heads the program, which is under the medical advisory of Naval Hospital, Pensacola.

"Patients were not always aware of the services that we provide and what was available to them. Since Sep. 2001 we have been more proactive in our health promotions program," she said.

There are several target areas that are part of the program such as tobacco cessation, injury prevention, sexually transmitted diseases, weight management, nutrition and blood pressure awareness.

Each month there is a specific health promotion's topic observed at the clinic, usually with a display set up in the patient waiting area depicting the theme for a given month.

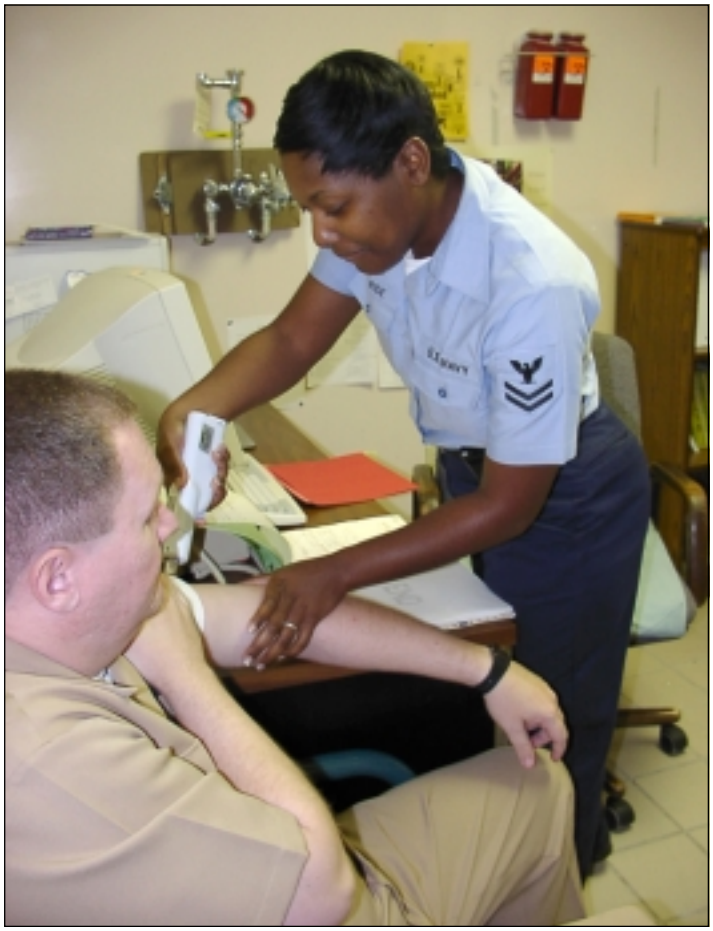


Photo by Stacey Byington

Keeping inoculations up to date is part of the overall health promotions program. Above, HM2 Sandra McBride administers a routine injection.

"This month's topic is 'Men's Health and Fitness'," said Smith-Hollis. "The clinic may give participants the opportunity to earn points or even receive an award, depending on the month's topic."

Members can gain information on any of these topics several ways, including picking up the various informative brochures and pamphlets available that individuals can take home to read.

"I will continue to advertise when and where these specific topics will be taught in the Plan of the Week," said Smith-Hollis. "Patients can also seek information from their health providers during their clinic visits," she added.

The program's goal is to teach healthy lifestyles for both military and their dependants.

"I think this program is important for active-duty military members because it teaches how to prevent injuries," said Smith-Hollis. When a family member has a medical problem that could have been prevented, this too may cause an adverse affect on the military member by preventing them from being mentally ready for their job."

One of the biggest improvements to the health program at the clinic was the addition of material to teach individuals about sexually transmitted diseases and provide information on how to prevent the disease. Additionally, condoms are readily available in every single exam room. People don't have to ask for them, they can get them anonymously, said Smith-Hollis.

The new health promotion program involves everyone at the clinic.

"Since the care at Naval Station is continuously growing and the doors have opened to retirees and dependants, we want to continue providing quality care, as well as keeping individuals informed," said HM3 Jillian Nelson. "We all have different topics that we usually teach. My topics are sexually transmitted diseases, diabetes and suicide prevention. Two of the places we provide this information are at general military training and during our pre-deployment briefings."

"We have also been putting the word out during the scheduled INDOC classes provided by IT1 Mary Quinones at Naval Station,and used that as an opportunity to make people aware of the program," said HM1 Ray Sprouse.

For more information on the program, contact any of the five program team representatives: Dr. Hernandez, Lt. Smith-Hollis, HM2 Smith, HM3 Nelson and HM3 Holdiness at Naval Station Pascagoula Branch Medical Clinic.

Around the Homeport

Crabs are fun to catch, great to eat

By Tom Sarros
Public Works Department

One of the great bounties of the Mississippi Gulf Coast is the Blue Crab (Callinectes sapidus). The Latin name is a combination of Callinectes, meaning "beautiful swimmer" and sapidus, meaning "savory".

Blue crabs live a portion of their lives in the brackish-water of the Mississippi Sound and rivers emptying into it. They feed on both plants and animals, eating worms, snails, fish, seaweed and marsh grasses. They will eat anything they can catch (if it doesn't eat them first) and anything that is dead in the water.

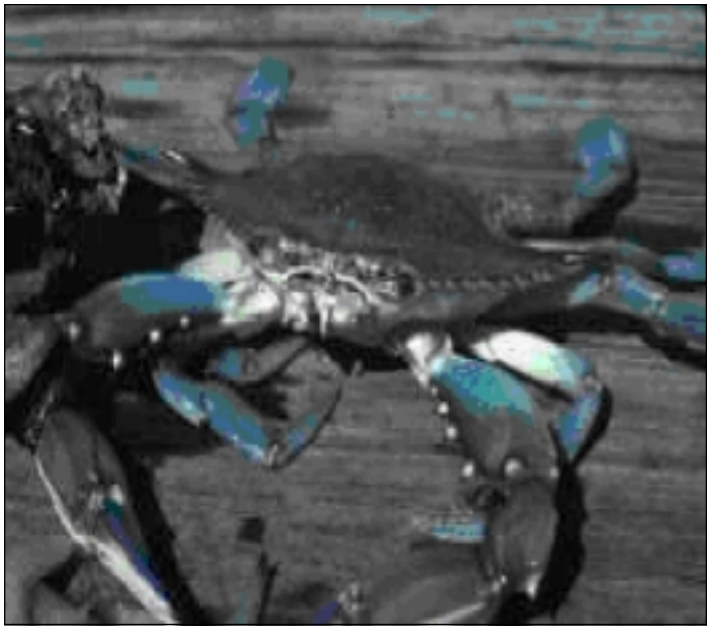
The male crab has a long "T" shaped abdomen and the female has a triangle-shaped abdomen (sometimes called an apron).

You have to pick them up and turn them over to tell the difference. Be careful because they will pinch you with their claws. This will hurt and can cause blood poisoning.

When the female has mated and eggs are fertilized, a large spongy lemon-colored mass appears on the abdomen of the crab extruding out under the apron. These crabs are commonly called "Sponge Crabs" and must be released when caught. As the embryos mature and get ready to hatch the mass will darken.

Fishing for crabs, or "crabbing" as it is known locally, is a great pastime and can provide a real treat for the table. Remember though, you should not place any crab trap where the buoy line could interfere with commercial boat traffic, such as in the main channel.

The simplest and least expensive way to crab is to use a string baited with a piece of fish, chicken or other meat. The bait is tied on the end of the string, placed in the water, and allowed to set for awhile. It is then pulled very slowly, up to the surface and the crab is scooped up with a dip net or basket.



Blue crab (Callinectes sapidus)

Another way to catch crabs is to use a string net. This net resembles a basket made from string with a small ring at the top and a large ring at the bottom. The rings are tied together with string and the smaller one collapses into the larger one. A piece of bait is tied in the net and the net lowered into the water and allowed to sink to the bottom. When the net reaches the bottom it collapses flat and the crab swims or crawls into it to eat the bait. When the net is raised to check if any crabs are in it the net sides raise up and form a basket and the crab cannot escape.

A third way to catch crabs is to use a crab trap or pot. This method is used by commercial and recreational crabbers and is most often conducted from a boat.

A buoy is tied to the trap, the trap is baited, placed on the bottom and is usually left overnight. It is checked the next day and is not unusual to find it full of crabs.

When you cross the causeway to the station you can look out over the water and see these crab trap buoys placed in a long line a couple of hundred feet apart. Sometimes these lines of traps can be as much as a mile long.

When you catch crabs you should put them in a cooler, basket, or bucket with a wet towel over them. Don't put water in the container because the crabs will die. Sounds strange, but it's true. They actually live longer out of water than in a bucket of water. When you put them in a bucket of water they use up all the oxygen in the water and suffocate.

Now for the legal jargon...of course you can't have this much fun for free without the law being involved...so...here's the legal disclaimer in easy-to-read print. Those of you using nets and string from piers or the bank do not need a license. A commercial or a recreational crabber must have a license to use traps or pots. Recreational crabbing licenses are $5 and are available at the Department of Marine Resources in Biloxi. All crab pots must be visibly marked with the owner's name, as well as the registration number of the boat used. All crabs, with the exception of soft shells, (soft shells are a story in themselves), must be five inches or larger measured from the tip of one literal spine across the back of the shell to the tip of the opposite lateral spine.

"Hey, now I've been crabbing all day and I got all these crabs what the hey am I gonna' do with them."

"Well you know me, I'm gonna tell ya."

Cooking crabs is a passion in South Mississippi (and some of our neighboring states) and is sometimes considered an art form. But don't be fooled, anyone can do it.

First fill a large pot with enough water to cover the crabs. Get some crab boil (it comes in powder, liquid or a bag which looks like a bag of seeds), add salt (lots of it... many folks use rock salt), pepper, onions, garlic, celery, lemon, potatoes, and corn. Huh? "Potatoes and corn?" Yeah, that's right potatoes and corn. When boiled with crabs they taste terrific.

Oh yeah!! You need to add some hot sauce to really spice it up (kick it up a notch... BAM!).

Bring the water to a boil, put in all the ingredients except the crabs, potatoes and corn and boil for 10 minutes or so to release the spices into the water. Dump in the crabs, potatoes and corn, bring the water to a boil again and maintain for 10 to 20 minutes. Remove the crabs, taters, and corn, allowing them to cool for awhile (aka "set a spell") then eat 'em up.

Yum!!!

Homeport People

St. Patrick's Day celebrations at NAVSTA Pascagoula

Judy Hill, top Leprechaun.

Bystanders search for treasures thrown from the USO float.

Great costumes.

One of the big crowd-pleasers was the golf-cart races.

LT Jon Jeffreys in his kilt.

All St. Patrick's Day celebration photos by JO2 Renee Johnson

Homeport People

Irish musicians Charles Bratt, Elizabeth Campbell and Jack Lander.

FFSC took second place in the golf cart race.

First place, float contest

The climbing wall

MWR's Gina Olmande, left, and Tamara McDonald, show off their dance steps with Lt.Cdr. Shri Stroud.

Female winners of the 1.5-mile Leprechaun run were Cmdr. Tara LaCavera, left, Levon Carroll of SupShip, and MS2 December Smith of Lakeside.

St. Patrick's Day Contest Winners

Float Contest:
1st place - Public Works
2nd place - SIMA
3rd place - FFSC

Gas Golf Cart Race:
1st place - SIMA
2nd place - Port Ops
3rd place - CHET

Electric Golf Cart Race:
1st place - PWD
2nd place - FFSC
3rd place - NAVSTA XO

Leprechaun Contest:
1st place - Judy Hill
2nd place - MWR

SIMA Happenings

Rhoades retires, Hurd new CO at SIMA

By Stacey Byington
Public Affairs Officer

Photo by Stacey Byington

Lt.Cmdr. Victor Rhoades, left, shows off his shadow box, presented by the officers and enlisted personnel at SIMA, as part of the change of command and retirement ceremony. He is assisted by Lt.Cmdr. Paul Spohn, former executive officer of SIMA Pascagoula.

In a formal change of command and retirement ceremony, Lt.Cmdr. Raymond Hurd Jr. relieved Lt.Cmdr. Victor Rhoades as Commanding Officer, Shore Intermediate Maintenance Activity, Pascagoula, on Mar. 1

Lt.Cmdr. Hurd is a native of Worcester, Mass., and received his commission in May 1988 upon graduation from Norwich University in Vermont. Sea duty tours include assignments on the USS Patterson (FF 1061), USS Comte de Grasse (DD 974), and USS Samuel B. Roberts (FFG 58). Other assignments include duty as the systems integration and testing officer at the Fleet Combat Direction Support Systems Activity in Dam Neck, Va., and the combat systems officer for Commander, Destroyer Squadron 23, in San Diego, Calif.

He has participated in many diverse operations including counter-narcotics operations in the Caribbean, NATO operations in the Mediterranean, Operation Desert Storm in the Red Sea, maritime interdiction operations in the North Arabian Gulf, Operation Desert Fox in the Arabian Gulf, and rescue operations for the Alaska Airlines crash off the coast of northern California. He has taken part in and helped coordinate numerous multinational exercises with Bahrain, Egypt and Jordon.

Just prior to assuming command at SIMA, Lt.Cmdr Hurd was serving as SIMA's executive officer.

Lt.Cmdr. Rhoades has had a long and varied career spanning more than 26 years.

A native of Clarksville, Tenn., he enlisted in the Navy in 1975. Throughout his enlisted tenure, he participated in cold war operations and was deployed to the Persian Gulf during the Iran-Iraq War. Ships he served on included the USS Nimitz (CVN 68), USS Samuel Gompers (AD 37), and USS Long Beach (CGN 9).

Following seven years of enlisted service, he was advanced to the rank of Hull Maintenance Technician Chief Petty Officer in September 1983, and subsequently commissioned as a LDO Ensign in April 1985.

Sea-going commissioned assignments include duty as the repair officer for USS Saratoga (CV 60) deploying to the Mediterranean and Arabian Gulf is support of Lebanese peace-keeping and Libyan Freedom of Passage operations; on USS Mobile (LKA 115) as damage control assistant; on USS Peleliu (LHA 5) where he was part of a series of military operations and disaster relief missions including Operation Desert Shield following the Iraq invasion of Kuwait, the Mount Pinatubo disaster relief evacuation of Subic Bay in the Philippines, and the U.N joint task force operation United Shield during the withdrawal of U.N. forces from Somolia.; and as engineer aboard USS Boxer (LHD 4), where he made two deployments to the Arabian Gulf in support of Operation Southern Watch.

Shore duty assignments include repair officer for Shore Intermediate Maintenance Activity, Long Beach, Calif.; operations officer and director of engineering and damage control training at Afloat Training Group Middle Pacific, Pearl Harbor, Hawaii. Just prior to assuming command of SIMA Pascagoula, he was the commanding officer at SIMA Earle, Leonard, N.J.

His accomplishments as commanding officer of SIMA Pascagoula include a 30 percent increase in productivity, quality control and customer satisfaction. He substantially improved core proficiency and added new capabilities including corrosion control and powder-coating facilities, infrared imaging, and shear wave nondestructive testing.

Under Rhoades leadership, the command received countless accolades for quality work and responsiveness to emergent demands.

Navy News

Scott to succeed Herdt as MCPON

By Chief of Naval Operations
Public Affairs Office

Special from Chief of Naval Operations Public Affairs

WASHINGTON (NNS) — Chief of Naval Operations Adm. Vern Clark has announced that he has selected Master Chief Petty Officer (SS/AW) Terry D. Scott to succeed Master Chief Petty Officer (SS/SW/AW) James L. Herdt as Master Chief Petty Officer of the Navy.

Scott currently serves as the CNO-directed command master chief for Naval Forces Central Command and 5th Fleet.

"Master Chief Scott follows a legacy of tremendous service in MCPON Jim Herdt," said Clark. "Master Chief Scott has the fleet experience and is singularly qualified to represent Sailors around the world. I look forward to working with him in the future on the important issues facing our Sailors and their families."

Scott was born in Buffalo, Mo., and raised in Louisburg, Kan. He entered the U.S. Navy in 1976 and has served on board USS John Adams (SSBN 620), USS James Madison (SSBN 627), USS Jacksonville (SSN 699), and Strike Fighter Squadron 192 (VFA 192) deploying on board USS Independence (CV 62) and USS Kitty Hawk (CV 63).

Scott's shore tours have included Fleet Ballistic Missile Submarine Training Center, Charleston, S.C., and Commander, Submarine Squadron 14 in Holy Loch, Scotland. Scott attended the Navy Senior Enlisted Academy in Newport, R.I., graduating with academic honors. He subsequently served as the senior enlisted nuclear weapons technical inspector to Commander, Submarine Force U.S. Atlantic Fleet, and as the command master chief of Naval Security Group Activity, Winter Harbor, Maine. He reported to his current position of CNO-directed command master chief for Naval Forces Central Command and 5th Fleet in November 2000.

Master Chief Petty Officer (SS/AW) Terry D. Scott will succeed Master Chief Petty Officer (SS/SW/AW) James L. Herdt on April 22.

Master Chief Scott is a graduate of the U.S. Navy Senior Enlisted Academy, and holds a bachelor of science degree in vocational education from Southern Illinois University.

Being chosen to serve as the 10th MCPON is the beginning of some great changes for both Scott and for the Navy.

"Some of the things we're going to be seeing in the future are incredible," Scott said. "[For example] Task Force EXCEL, and new ways to train and educate Sailors — I'm really excited about getting in and rolling up my sleeves and start working on those issues."

Scott said that following in the footsteps of nine other MCPONs is something that he never expected, or planned for; but he is up to and ready for the challenge that awaits him.

"Those guys are legends, and I've never though of myself this way; but here's my opportunity," he said. "I do believe I am up for the challenge; but at the same time, I'm humbled by the selection as well."

Scott believes the role of the MCPON is to represent every Sailor, while working to improve their quality of life. As a 25-year Navy veteran with 15 deployments behind him, Scott said he understands those needs and can get the job done.

The change of office will be held April 22.

U.S. Northern Command debuts Oct. 1

By Jim Garamone
American Forces Press Service

WASHINGTON (NNS) — Defense officials announced April 17 the establishment of U.S. Northern Command as part of the changes in the Unified Command Plan.

Defense Secretary Donald Rumsfeld and Air Force Gen. Richard Myers, chairman of the Joint Chiefs of Staff, called the plan the most sweeping set of changes since the unified command system was set up in 1946.

"(The plan) realigns and streamlines U.S. military structure to better address 21st century threats," Rumsfeld said. For the first time, commanders' areas of operations cover the entire Earth.

The biggest change is U.S. Northern Command. The new command will stand up Oct. 1, at Peterson Air Force base, Colo.

The NORTHCOM commander will be responsible for homeland defense and also serve as head of the North American Aerospace Defense Command, a U.S.-Canada command.

NORTHCOM's area of operations will include the United States, Canada, Mexico, parts of the Caribbean and the contiguous waters in the Atlantic and Pacific oceans.

"The new commander will be responsible for land, aerospace and sea defenses of the United States," Rumsfeld said. "He will command U.S. forces that operate within the United States in support of civil authorities."

CNO details 'vision for the future': 'fight to win ...

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vice of our Sailors. It also underlines the mobility, lethality, and reach of naval forces. Most importantly, it shows our dedication to mission accomplishment. We stand ready to fight and win!

Where We Are Today

Before charting the way ahead for 2002, let us take a fix of our current position. The readiness of our Fleet rests on innovative leaders focused on improving five key areas: Manpower, Current Readiness, Future Readiness, Quality of Service, and Organizational Alignment. Impressive progress made in each of these areas serves as the foundation of our operational success.

Manpower. Our Navy needs talented young Americans who want to serve their nation and make a difference. The key words here are "serve" and "make a difference!" In return for their service, we offer them rich opportunities for leadership and growth. We have repeatedly challenged Navy leaders to recruit, retain, and motivate such professionals. The results have been encouraging:

* More and more young Americans want to join our Navy. Recruiting goals were met in 1999, 2000, and 2001, allowing Battle Groups to deploy with record levels of manning. The "Accelerate Your Life" recruiting campaign is outperforming the previous recruiting web site by 24 percent. Record numbers of A-School seats are filled, providing better trained Sailors to the Fleet.

* Our Sailors are staying Navy. Last year was a record year for retention. We are retaining 57% of all eligible Sailors at the end of their first enlistment, 68% of Sailors with 6-10 years of Service, and 84% of Sailors with 10-14 years of Service.

* More Sailors are being advanced. 1,512 more Sailors were advanced last year than the year before.

* Our leaders are making progress in combating attrition. There were 8.5% fewer first-term attrites in FY01 than the previous year.

* We are reaching out to our valued professionals. A BUPERS initiative, the Detailer Communications Program, has a goal of contacting 100% of Sailors entering a 10-month window for orders. Last year, we successfully contacted 92%. Additionally, 35 Career Decision Fairs were sponsored by the Center for Career Development, engaging over 20,000 Sailors and family members.

*We are steadily improving force protection. We will increase the number of force protection-related professionals in the Fleet (MAA, EOD, Mobile Security Force, etc.) from 9,800 today to nearly 13,000 by the end of FY02, working toward a goal of nearly 17,000 by 2007, thereby easing the burden on other Sailors.

Current Readiness. The success of our Fleet in the war against terrorism attests to progress made in current readiness. Our Sailors were ready on 11 September; they had the tools they needed. However, challenges remain. We are working hard to redress the shortfalls in training, spare parts, ordnance, and fuel that have burdened our Fleet for too long. The FY02 budget is the best readiness budget in a decade.

* More readiness money is flowing to the Fleet. FY02's budget adds over $5 billion dollars to readiness accounts over FY01 levels, including:

* $782 million for increased flying hours,

-- $487 million for procuring aviation spare parts,

-- $201 million for enhanced aviation maintenance,

-- $706 million for additional ship operations and maintenance, and

-- $680 million for installation maintenance and operations.

* We are investing in combat readiness. Fifty percent of all additional funding the Department of the Navy will receive in FY02 will be devoted to enhancing current readiness, while 25 percent will be directed toward Research and Development. We are investing in critical technologies for Navy transformation.

Future Readiness. I am excited about the capabilities our Navy is developing. We are taking important steps to improve our Navy's warfighting performance:

* Ships and aircraft joining the Fleet are the best in the world. In 2001, Ronald Reagan was christened and USS Iwo Jima was commissioned. Production is gearing up on more Arleigh Burke-class destroyers, Virginia-class submarines, FA-18 E/F strike fighters, MH-60S helicopters, and other outstanding programs. This year also saw the signing of the Joint Strike Fighter contract. This aircraft will introduce important new capabilities into the Fleet due to its increased range and stealth.

* We are dedicated to innovation. We are proceeding with the DD(X) program, building on DD21 research and development. DD(X), along with CG(X), and the Littoral Combat Ship (LCS), will introduce complementary technologies for 21st century warfighting success.

* We are pressing ahead with ground-breaking capabilities. These include Cooperative Engagement Capability (CEC), the E-2 Radar Modernization Program, Tactical Tomahawk, Active Electronically Scanned Array (AESA), Advanced Targeting Forward-Looking Infrared (ATFLIR), Advanced Rapid Commercial Off the Shelf Insertion (ARCI), and the Enhanced Range Guided Munition, to name just a few.

* We are making substantial investments in Research and Development. Over $10 billion will be devoted to Navy R&D in FY02. Only Operations and Manpower accounts are allotted more money.

* We are realizing the potential of Network Centric Warfare:

* Cooperative Engagement Capability (CEC) successfully completed OPEVAL in May 2001,

* IT-21 is in 182 of our ships,

* Link 16 is in the Fleet, and

* Navy-Marine Corps Intranet is integrating the information backplane of the Naval Service.

Quality of Service. Quality of service for our Sailors is a top priority. This includes an attractive quality of life for Navy families with better pay, health care, and housing. It also includes providing our Sailors with a work environment of which they can be proud. We have a great deal to do in this area, but are making progress.

* Pay is improving. This year, Congress passed the biggest overall pay raise since 1985. Pay was raised for all hands by at least 3.7 percent in FY01 and 5.0 percent in FY02.

* We are compensating our people for valuable experience and skills. Special pay, bonuses, and targeted pay raises have been approved to keep our profession competitive.

* Out-of-pocket housing costs have been reduced dramatically for every Sailor and family. BAH was raised by 21 percent in some homeports last year and it will be increased by as much as 36 percent in some locations this year.

* Career Sea Pay has been enriched. All Sailors now receive sea pay from the moment they cross the brow. Together, the pay raise, enhanced housing allowance, and improved Career Sea Pay will put $1 bil-

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Navy News

Thrift Savings Plan open season begins May 15

By Chief of Naval Personnel
Public Affairs Office

WASHINGTON (NNS) — One month after the end of the tax season, Sailors will get another chance to sign up for the Thrift Savings Plan (TSP), which offers significant tax incentives and can enhance their retirement savings.

Beginning May 15 and lasting through July 31, active-duty members and Reservists can choose to invest from one to seven percent of their basic pay and up to 100 percent of bonus, special or incentive pay in their own TSP account within Internal Revenue Service limits.

Working much like the civilian 401(K) savings plan, pre-tax dollars are invested to provide retirement monies for Sailors. Taxes are deferred on TSP contributions, meaning no federal (and in most cases, state) income taxes are paid on contributions or earnings until the money is withdrawn, usually at retirement when many are in a lower tax bracket.

TSP is not designed to replace the military's retirement plans. It is meant to be a convenient way for Sailors to invest in a variety of investment vehicles to provide additional money for retirement.

Sailors can transfer any amount of money into the TSP from certain qualified retirement savings plans in which they are already invested.

Generally, an eligible retirement plan is an IRA (other than a "Roth" IRA) or an individual retirement annuity (other than an endowment contract); a qualified pension, profit-sharing, or stock bonus plan; or an annuity plan described in Internal Revenue Code.

TSP account balances can be transferred to an eligible retirement plan if a Sailor leaves the service. This option makes TSP an attractive investment whether someone serves four or 30 years.

To give an idea of the advantage of saving through before-tax contributions to the TSP: suppose a Sailor earns $30,000 a year, is in the 15 percent tax bracket and contributes 5 percent each month (or $1,500 per year) to a TSP account. That Sailor would save $225 in federal taxes (15 percent of $1,500 is $225). If that $1,500 were deposited in a regular savings account, $225 would be owed in federal taxes. Tax savings will be even greater if the state taxes are excluded on TSP contributions, as most states do.

The decision to start building a retirement fund early in a career is not always easy. Many fear they will miss the money used to build an investment account. But starting early allows compounding interest to grow the account.

One Sailor who has taken this to heart is Operations Specialist Seaman Jose Hernandez from the cruiser USS Bunker Hill (CG 52), homeported in San Diego, Calif. He signed up for TSP in December. "It seemed like a good deal — a way to build a retirement plan using the different options," he said.

Since the plan was opened to the military during the special enrollment period that ended Jan. 31, nearly 65,000 active-duty Sailors have invested in the plan, leading all the services in enrollment.

Contributions can range from as little as one percent to seven percent of basic pay in 2002; also bonus, special or incentive pay may be contributed — up to the $11,000 IRS tax limit allowed in 2002. For those serving in a combat zone, the current ceiling for contributions is $40,000. Contribution limits increase through 2007 when there will be no limit on the percentage of basic pay contributed and the total dollar limit is inflation adjusted.

This is the first enrollment opportunity since the special enrollment period ended Jan. 31, 2002.

For more information on TSP, go to *www.tsp.gov.*

CNO details 'vision for the future': 'fight to win ...

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lion dollars into the pockets of Sailors over the next 12 months.

* Sailors can now better invest in their own future. The new Thrift Savings Plan provides a tax-deferred wealth-building vehicle to supplement the traditional military retirement plan.

* We are dedicated to a Revolution in Training. Task Force EXCEL is re-engineering the way we learn, to ensure all Navy Sailors benefit from a career-long continuum of learning.

* Quality housing is a priority. We invested over $1 billion last year — and will invest another billion this year — to fund over a thousand homes and improve another two thousand units. We also programmed construction of nearly five thousand new barracks spaces.

Organizational Alignment. Mission accomplishment is what we are all about — that's the main thing. To improve mission accomplishment, we have undertaken some important alignment initiatives aimed at helping us communicate better, capture efficiencies, and enhance combat readiness.

*We have strengthened the warfighting focus of the Navy Staff. This includes assigning a Vice Admiral as Director, Navy Staff and establishing a Deputy CNO for Warfare Requirements and Programs (N7), to better integrate Fleet requirements and spearhead transformation. We dedicated a significant portion of the Navy Staff to Fleet Readiness and Logistics (N4), to better support the waterfront. We also stood up the Navy Operations Group (NOG) to provide innovative and transformational ideas for the support of combat operations.

* We are improving Fleet integration and standardization. Commander, U.S. Fleet Forces Command (CFFC) was created to integrate policies and requirements for manning, equipping, and training all Fleet units during the IDTC.

* We have returned community leadership to the waterfront. Fleet Type Commanders (Fleet TYCOMs) were created to advise CFFC of vital issues such as modernization needs, training initiatives, and operational concept development.

* We are improving support to Navy experimentation. Navy Warfare Development Command has been placed under CFFC to increase the Fleet's focus on innovation and experimentation.

*We are expanding support to the Fleet. New officer communities were established in 2001 that focus on Human Resources and Information Professional specialties.

Part II of IV will continue next month. The entire text can be seen online at: http://www.chinfo.navy.mil/navpalib/cno/clark-guidance 2002.html

MWR Activities

Liberty program offers much to single sailors

In a continuing effort to improve the quality of life of our Navy members and their families, the Single Sailor/Liberty Program recently purchased a professional series pool table, which may be enjoyed at no cost.

The installation of new Playstations, complete with monitors and desks is currently underway in the Cyber Café at Naval Station Pascagoula, as well as the "Crackerjack's " recreation center located in the southwest wing of "A" building on the Lakeside facility.

Activities such as "Pizza and a movie night", Super Bowl parties, New Year's festivities, and various cookouts are scheduled routinely by the program coordinator, David Maxwell x2293.

In addition, the Liberty program enables Sailors and their families the opportunity to enjoy local events by providing tours to Mardi Gras parades, local ECHL hockey games, trips to New Orleans, etc.

Remember that MWR is here to provide you with opportunities to make your stay at Naval Station Pascagoula an enjoyable one. These programs and activities rely on your participation and suggestions.

Your input shapes these programs and enables us to develop activities that are more customized toward your entertainment needs. Your suggestions are a valuable tool in the development of activities.

Single Sailor/Liberty Program Coordinator: David Maxwell, x2293. Tickets and Tours office: Ruth Rotton or Scott Mesick, x2432.

Submitted MWR photo

Sailors take advantage of the new pool table recently installed at the Cyber Cafe.

Tico-Dental team wins St. Paddy's golf tournament

Forty Navy Pascagoula golfers joined MWR for the annual St. Patrick's Day Golf Tournament. One of several MWR activities leading up to the St. Patrick's Day weekend, the event was held Mar. 13 at the Southwind Golf Course in St. Martin.

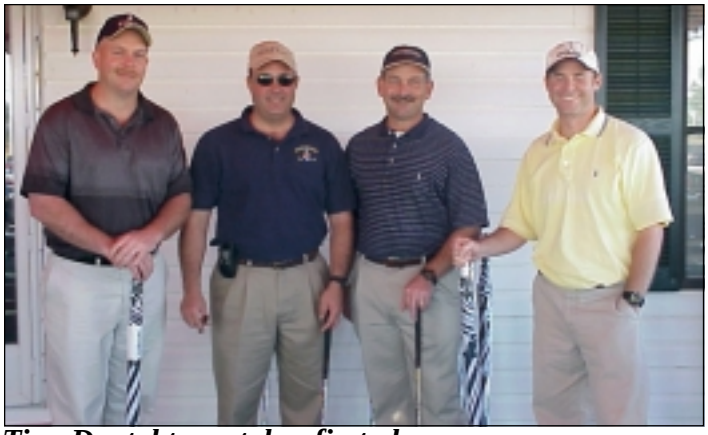
The weather was cooperative. The golfers teed off under slightly overcast skies with temperatures in the 50's. The four-person teams played 18 holes, competing for an array of individual prizes including golf clubs, umbrellas, caps and golf balls. The clubhouse offered free memberships for "closest to the hole" on selected greens.

The tournament winner was the team comprised of Cmdr. Glenn Zeiders and ET2 Stewart of the Ticonderoga and Cmdr. Levy and Lt. Steward of the Branch Dental Clinic. The team had an overall score of 61 (10 under par).

Second place went to the team of Lt. Steven Bukoski, Herman Seymour, Ben. Barker and Mike Weathers.

Prizes were awarded to the first, second and third place teams. Other prizes were given randomly to lucky ticket holders. The prizes were placed on display, and each winner selected from the lot until it was depleted.

Navy golfers made a surprising discovery during the tournament. They were pleased to learn that Southwind offers a career day special for the military on Fridays. With proper identification, active duty military pay cart fees only. No green fees are charged. Tee time must be scheduled in advance.



Tico-Dental team takes first place.

MWR Activities

Popular recording artists at Biloxi crawfish festival

Naval Station Pascagoula's Morale, Welfare and Recreation department has a wide range of activities and events planned for March. They include:

Jan. 1 - Apr. 30 -- Admission to Walt Disney World and Universal Studios is free for active duty military, discounts available for family members.

Apr. 19-21 -- Country Cajun Crawfish festival, Gulf Coast Coliseum. Popular recording artists performing each day. For more information, call 594-3700.

Apr. 20 -- ITT tour of Battleship Alabama. Transportation is free, leaves ITT at 10 a.m.. Active duty military admitted free, admission for 12+ years pays $10, 6-11 years pays $5. R.S.V.P. by Apr.17. Call Scott at 761-2432.

Apr. 20 -- Liberty trip to the Audubon Zoo in New Orleans, La. Transportation cost is $5, leaves Cyber Cafe at 7 a.m.. Call Max at x2293.

Apr. 26-28 -- First week of New Orleans Jazz Festival.

Apr. 27 -- ITT tour of national D-Day Museum in New Orleans. Cost for transportation and admission is $15, leaves ITT at 8 a.m. R.S.V.P. by Apr.24. Call Scott at 761-2432.

Apr. 27 -- Mississippi Fire Dogs vs. Alexandria, 7 p.m., at the Coast Coliseum. Tickets are available through Ticketmaster.

Apr. 27 -- Liberty program sponsors 'Tacos and a movie' at Cracker Jack's, 5 p.m.

Tickets for most activities and events are available through the Information, Tickets and Tours office, 761-2432. ITT also has tickets to Disney World, Universal Studios, Jazzland, Six Flags, Busch Gardens, Sea World, the Audubon Zoo and the Aquarium.

The Sports and Fitness Center at the gymnasium is open seven days a week and holidays. The telephone number is 761-2107. The Sports and Fitness Center also has group cycling Monday through Thursday from 11:15 to noon; ABS classes on Tuesdays and Thursdays at 11 a.m.; Aerobics on Tuesdays and Thursdays at 7 and 11 a.m.

The Cyber Cafe is open Monday through Friday, 4:30 - 10 p.m., and Saturday and Sunday, noon to 10 p.m.

MWR's Outdoor Rental is open Mondays through Fridays, 7:30 a.m. to 4 p.m., phone 761-2038.

Cracker Jack's is open Monday through Friday, 5 - 10 p.m., and on Saturdays, 9 a.m. - 4 p.m.

MWR's Auto Hobby Shop is open Wednesday through Friday, 4:30 - 8:30 p.m., and on Saturdays, 9 a.m. - 4 p.m.

Get fit and healthy at Fitness Center

The new year has come and gone, and so have many resolutions to be fit and healthy.

Are you ready to begin again, making that resolution a reality?

Start today.

The Fitness Center at the Naval Station Pascagoula gymnasium has everything you need to achieve your fitness goals. They offer aerobics four times per week, a spinning class, a cardio room with 12 stationary bikes, five treadmills, two cross-trainers, four steppers and four precors. There are free weights and machine weights, as well as racquetball, basketball, tennis and volleyball.

Call Sara at the gym.

Personal Classifieds

FOR RENT: Home for rent in west Mobile. Spacious 4-BR, 2.5 baths. Built in 2000. $1,500 per month. Contact Paolo at (251) 634-3182.

Form to use for personal classified advertisements

Advertising in the Personal Classifieds is restricted to active duty and retired military, their dependents and civilian employees assigned to the fleet concentration area around Naval Station Pascagoula.

This is a free service provided by the staff of the NAVSTA Pascagoula Public Affairs Office to help qualified personnel dispose of unwanted personal articles. Service ads such as sharing rides to and from work, lost and found items, and garage sales will be accepted.

Ads pertaining to gun sales will not be accepted. Animal or pet sales will be accepted only if the animals are offered free.

No advertisements will be accepted by phone. Faxed ads will be accepted at (228) 761-2087, but they must be completed on the attached form.

Name: _____ *Rank/Grade:* _____ *Work Phone:* _____

Organization: _____

Signature: _____ *Date submitted:* _____