



Naval Station Pascagoula's hometown on-line newspaper

Homeport

Vol. II, No. 09

October 3, 2002



Inside:
Gates fights war on drugs, page 3
5 stars for bachelor housing, page 6
CFC contributes to America, page 9

Photo by Stacey Byington

A word from our Commanders

Safety of our people is a primary concern

Without people, there can be no mission accomplishment. Therefore, it is paramount that people, our most valued resource, be well safeguarded. My policy is to ensure that safety is built into every process. Operational risk management principles shall be practiced at all levels. My safety philosophy complements my command philosophy:

Be ready. Mission accomplishment is a direct result of safety, training, and resource attainment. Identify and analyze the mission, develop and implement mission controls and oversee mission accomplishment.

Do the right thing. Navy core values exemplify safety values. We set the example as well as require our peers and



By CDR. Terry Rea
Commanding Officer
NAVSTA Pascagoula

subordinates to be good stewards of safety.

The temptation may be to look the other way or to take a shortcut, however, we must display the courage to do the right thing! We will occasionally encounter hazards in the performance of our

mission and as a result of our quick action and commitment we will be able to control those hazards before anyone is harmed.

Process review and measurement. Mishap Prevention, Regulatory Compliance, Supervision, Training and Self-Assessment are the building blocks for a strong safety culture. We should all know and understand how these work and strive to implement them. As a result of this practice we should reap the benefit of reduced mishap rates.

Goal. Prevention or at least early identification of hazards, hazardous conditions, inadequate processes, reckless behavior and faulty equipment; thereby preventing harm to people and enhancing mission accomplishment is our goal. I challenge all personnel assigned to help with this tireless yet rewarding responsibility. Yes, we can make a difference!

Domestic violence incompatible with core values

Domestic violence is incompatible with Navy core values and our high standards of professional and personal discipline. Yet in FY-00, of the more than 4,100 reported incidents of domestic violence, 67 percent were substantiated by the Navy Family Advocacy Program (FAP).

Domestic violence is, in most cases, a criminal offense that harms individuals, ruins families, weakens communities, and undermines fleet readiness. Accordingly, navy leadership at every level must continue to take steps to prevent domestic violence, protect victims of domestic violence, and hold offenders accountable.

Not all incidents involve physical violence. Domestic violence perpetrators use



By Adm. Vern Clark
Chief of Naval Operations

a variety of tactics - emotional/psychological abuse, economic control and interference with personal liberty - to instill fear, intimidate, manipulate and control their victims.

Separation/divorce may not end the violence. In

some cases, risk of lethal domestic violence increases when victims are leaving or have left the relationship. Likewise, not all acts of violence involve high risk, lethal acts. In low risk cases the Navy offers early intervention for families in need of services (FINS). Sailors involved in FINS cases are diverted from the normal FAP process and offered assistance on a voluntary basis to help prevent future violence.

Domestic violence is not caused or excused by alcohol, stress, deployment or the victim's behavior.

Exposure to domestic violence negatively impacts children, immediately and for years to come.

Leaders can continue addressing domestic violence by:

- Sending the clear message that there is no excuse for domestic violence by issuing written command policy statements emphasizing domestic violence will not be tolerated.
- Requesting training/advice from

your local fleet and family support center on how to recognize domestic violence when it has occurred, how to contact local military and civilian resources which can help prevent domestic violence, how to choose appropriate command actions to protect alleged victims and how to interact most productively with local FAP case review committees (CRC).

- Publicizing widely the national domestic violence hotline (1-800-799-safe) as a confidential resource for domestic violence victims seeking information in CONUS.

- Increasing protection to victims through coordinated enforcement of civilian orders of protection affecting military personnel and military protective orders (MPOS), issuing MPOS in writing, and ensuring identified victims receive a copy of all MPOS.

- Ensuring all domestic violence incidents are investigated by civilian or military law enforcement.

- Taking appropriate action to hold offenders accountable when there is reason to believe that a violation of uniformed code of military justice has occurred.

- Understanding that DoD's transitional compensation program provides basic benefits to families victimized by service members when their abuse contributes to the member's discharge from the service. Abused family members will be more likely to avoid re-victimization if they have financial resources to assist them in a transition.

Continued on page 14



Naval Station Pascagoula's hometown on-line newspaper

Homeport

Commanding Officer CDR Terry Rea
Executive Officer LCDR Shri Stroud
Public Affairs Officer Stacey Byington
Journalist JO2 Renee Johnson

Homeport is an authorized publication for members of the military services and their families stationed at or around Naval Station Pascagoula, Miss. The contents do not necessarily reflect the official views of the U.S. government, the Department of Defense, the U.S. Navy, and do not imply endorsement thereof. The editorial content and any supplement is prepared, edited and provided by the Public Affairs Office of Naval Station Pascagoula.

Deadline for all routine copy is on or about the 15th of every month. Questions or comments can be directed to the Naval Station Pascagoula Public Affairs Officer. The Homeport staff can be reached at (228) 761-2164 or (228) 761-2019.

From our Fleet

Gates fights war on drugs in Eastern Pacific

By LTJG Denise Garcia
 USS Thomas S. Gates PAO

The USS *Thomas S. Gates* (CG 51) homeported in Pascagoula went to sea in early June with an SH-60B helicopter from HSL 42 based in Mayport, Fla., and a Coast Guard Tactical Law Enforcement Team from Miami, to do their part in the war against drugs. During a three-month-long counter drug operation (CDOPS) with the U.S. Coast Guard, the crew of USS *Thomas S. Gates* intercepted more than two tons of cocaine headed for North America, valued at approximately \$86.4 million.

Drug traffickers from South America use a network of high powered cigarette boats, called 'go-fasts,' and fishing boats to transport drugs to the United States. The fishing boats are used to refuel the 'go-fasts' as they make their way north to transfer their load to drug runners in the United States. A typical 'go-fast' can carry up to two tons of cocaine.

In late June, after a high speed pursuit of a 'go-fast', the *Gates* and her helicopter were able to recover approximately 250 kilos of cocaine that the drug runners jettisoned during the pursuit.

"Unfortunately, the 'go-fast' escaped into Guatemalan territorial waters," said CDR Kevin S. Eyer, *Gates*' commanding officer. "However, we achieved a mission kill by causing him to dump his entire load of approximately two tons of cocaine, much of which we recovered."

A week later, the *Gates* identified another 'go-fast' heading north with its valuable cargo. A high speed chase forced the 'go-fast' to jettison its bales of cocaine. After marking the position of the



Photo by Stacey Byington

Members of the U.S. Coast Guard law enforcement detachment embarked upon USS *Thomas S. Gates* (CG 51) stack bales of cocaine on pallets for off-loading upon the ship's return to Pascagoula. During the ship's most recent CD ops, approximately 5 tons of illegal drugs were saved from U.S. streets.

abandoned drugs, the *Gates* pursued the 'go-fast' into El Salvadorian territorial waters after receiving permission to do so from that country's authorities. Desperate for escape, the 'go-fast' was beached and its crewmembers ran for cover in the nearby hills. Through a coordinated effort between the El Salvadorian government and the *Gates*, six suspected drug runners were flushed out and arrested.

Following the successful pursuit, the *Gates* returned to the open ocean to recover the dumped cargo. After more than eight hours of searching, approximately 1,910 kilos of cocaine was recovered, worth \$76.4 million on the streets.

"This bust was particularly rewarding," said LCDR Anthony Troxell, tactical action

officer during the pursuit, "because we were able to quickly and successfully coordinate a multi-platform operation involving El Salvadorian patrol boats, helicopters, and ground troops."

In addition to the high speed chases, the *Gates* has boarded several suspect fishing vessels thought to be supplying fuel and cocaine ready for transport to northbound 'go-fasts'.

The Coast Guard law enforcement team and the *Gates*' VBSS (visit, board, search, and seizure) team searched the vessels for suspicious holds, unaccounted for spaces, and extra fuel tanks. The boardings did not lead to any arrests for drug possession, but through an agreement with Columbia, the U.S. Coast Guard fined the vessels for vio-

lating Columbian laws limiting the amount of fuel they are allowed to carry. An excessive amount of fuel typically suggests involvement with 'go-fast' operations.

The *Gates* and her crew have successfully deterred South American drug trafficker's efforts in supplying thousands of kilos of cocaine to the streets of the United States. According to the U.S. Attorney's Office, South District of Florida, the minimum street value of a kilo of cocaine is \$40,000, and that increases in northern parts of the country.

The presence of a United States Navy warship operating in areas known for drug running is a positive step toward combating our nation's drug problem and defending our national security.

From our Fleet

Navy ships fly Navy Jack

By Stacey Byington
Public Affairs Officer

At morning colors on Sept. 11, all U.S. Navy ships, including those at Naval Station Pascagoula, began flying the First Navy Jack in place of the Union Jack for the duration of the war on terrorism.

The First Navy Jack is a flag consisting of a rattlesnake, superimposed across 13 horizontal alternating red and white stripes, with the motto "Don't tread on me."

Commodore Esek Hopkins used the First Navy Jack as a signal to engage the British in the American Revolution. The use of the First Navy Jack in present times represents an historic reminder of the nation's and the Navy's origin, and its will to preserve and triumph.

Pascagoula homeported ships USS Ticonderoga (CG

47), USS Thomas S. Gates (CG 51), and USS John L. Hall (FFG 32), raised the First Navy Jack at 8 a.m., Wednesday, Sept. 11, Patriot Day, as directed by Secretary of the Navy Gordon England. Pascagoula's other ships, USS Stephen W. Groves (FFG 29) and USS Yorktown (CG 48) were not in port.

Captain James Martin, Commander Destroyer Squadron 6, who commands the ships at Pascagoula, said, "The best defense, against anti-American regimes, weapons of mass destruction, and terrorist organizations, is a strong offense. That's what the Navy is here for — to take the fight to the enemy. We, and all Navy ships, fly the First Navy Jack to honor those who died during the attacks on Sept. 11, 2001, and to show our resolve to do our utmost to prevent future attacks of this kind."



Photo by Stacey Byington

OS2 Michael McKenna, section leader on the USS Thomas S. Gates (CG 51), raises the Navy Jack for the first time on Sept. 11. The Navy Jack will fly on all Navy ships for the duration of the current war on terrorism.

USCGC Decisive returns from six-month deployment

ENS Jamie Pendergrass
USCGC Decisive PAO

USCGC Decisive returned to its homeport earlier this month after completing a six-and-a-half-month deployment to the Gulf of Mexico and near the Greater Antilles Islands.

During the first half of deployment, Decisive conducted its second Homeland Security patrol of this year. In August the Decisive returned to Pascagoula briefly to recertify its crew to conduct helicopter operations before proceeding to the Greater Antilles to conduct alien migrant interdiction and counter drug operations.

While in the Gulf of Mexico, Decisive's crew, along with temporarily assigned personnel from the Coast Guard Marine Safety Office New Orleans, conducted 25 law enforcement ship boardings. Ten of these were "high-interest vessels" that had to be cer-

tified by a Coast Guard boarding team before they could enter U.S. waters and transit the Mississippi River. The remaining boardings were fisheries enforcement and maritime safety boardings.

During Decisive's crew brief return to Pascagoula, they underwent Helicopter Standardization Training (STAN), which is a bi-annual requirement for all Coast Guard cutters capable of landing helicopters. The training consisted of classroom instruction and practical exercises. The training team from Aviation Training Center, Mobile, Ala., conducted an inspection of the cutter's helicopter landing equipment, administered written tests for various watch stations, and graded several drills and exercises. The inspection and training were successful and the crew was recertified to conduct helicopter operations.



USCG photo

A boarding team from USCGC Decisive heads to a "high interest vessel."

After its STAN, Decisive patrolled in the vicinity of Puerto Rico and the Mona Passage near the Greater Antilles. During this time, the Decisive hosted an official from the Guatemalan police force, spe-

cializing in narcotic interdiction. He worked with the Decisive's boarding officers and boarding team members to learn more about the Coast Guard's law enforcement pro-

Continued on page 14

From our Fleet

Gates Sailors aid South American communities

By LTJG Denise Garcia
USS *Thomas S. Gates* PAO

When Sailors are on deployment to far away lands, there is a familiar saying everyone hears, "Remember, you are ambassadors from the United States, make us proud."

During recent port visits to Manta, Ecuador, and Callao, Peru, a team of petty officers from the USS *Thomas S. Gates* (CG 51) did just that. As part of two separate community relations projects coordinated between the *Gates*' First Class Petty Officer Association and the local communities of Manta and Callao, several Sailors gave a retirement home a much needed facelift in Manta, and helped set up a home for domestically abused women in Callao.

In Manta, Ecuador, the *Gates*' First Class Petty Officer Association, headed by STG1 (SW) Sheldon McCarr, started one of the most challenging projects encountered while on deployment. They were to paint the exterior of a retirement home, but upon closer inspection they found that the building had not been painted in more than 15 years and the plaster on the walls crumbled to the touch.

"What a shocker," said QM1 (SW) Jeffrey Rosser, "After I touched the outside wall with my hand, the paint fell off like powder."

From there the fight to refurbish the outside of the building began.

The Sailors had not been prepared to remove paint. They were ready to roll paint with supplies donated by the ship and did not bring the necessary paint scrapers. But, persistence overcame their every obstacle. After pitching in some of their own money and personal items, the Sailors were able to buy and barter the necessary tools from the local



USS *Thomas S. Gates* photo

Members of the USS *Thomas S. Gates* First Class Petty Officers Association help refurbish a retirement home in Manta, Ecuador. From left to right, they are EN1(SW) Rodney Grillier, CTR1(SW) John Caraballo, YN1(SW) Daryl Lavigne, AW1(SW) Robert Simpson, STG1(SW) Sheldon McCarr, IT1 (SW) Eric Gilbert, and YN3(SW) Darrell Marshall.

hardware store.

Once they finished with the outside of the building, they again encountered a setback when they began to paint the interior. The interior was painted blue and green and the white paint they were spreading did not cover the dark colors well.

"Another obstacle was in full bloom, and once again, we contributed from our pockets to purchase two gallons of blue paint," said McCarr. "These walls were in bad shape, too," he continued, "each time we rolled down with the paint, on the roll up bits of the wall would come right off."

Again, perseverance and determination overcame their setbacks. They ended their day with a good looking, freshly painted retirement home.

"At first the project looked overwhelming, but once we came together and organized ourselves, we had a lot of fun and did an excellent job on a very worthy cause," said

CTR1(SW) John Caraballo.

In Peru, the Petty Officer First Class Association again helped out the local community. There they assisted in the start-up of a home for domestically abused women. The home was located approximately 90 minutes outside of Lima in a shanty town. The Sailors thought they would be assembling bunk beds and tables, and doing some light landscaping, but that was not the case.

"The first thing we did was move a large mound of trash and wood from the front courtyard to the rear of the complex," said YN1(SW) Daryl Lavigne. "We had to use extreme caution when hauling the trash because it was loaded with rusty nails and spiders."

Next, the Sailors were asked to fill in several trenches that were made for plumbing.

"The difficult part about covering these holes was that the piles of clay and dirt were packed with gravel and big rocks," said McCarr. "It made

shoveling almost impossible."

After filling in the trenches, they cleared out a school house that was piled high with desks and chairs, which were covered with dust, grime, and spiders. After hauling trash, filling in trenches, and moving furniture, the Sailors had a keen appreciation for life as an American.

"It really made us appreciate what we have as living quarters and the luxuries that living in the United States affords us," said McCarr.

"Working together with foreign countries and helping those in need is something every Sailor should experience," said EN1(SW) Rodney Grillier. "A little caring, help, and concern goes a long way."

The USS *Thomas S. Gates* First Class Petty Officer Association made a difference in the lives of many less fortunate people in Ecuador and Peru and made all Sailors from USS *Thomas S. Gates* (CG 51) very proud.

Gates' Sailors

A special thanks goes to all the Sailors who contributed their liberty time to these community projects:

STG1(SW) Sheldon McCarr

QM1(SW) Jeffrey Rosser

CTR1(SW) John Caraballo

EN1(SW) Rodney Grillier

YN1(SW) Daryl Lavigne

MS1(SW) Kennedy McCarty

HT1(SW) Eddie Treadway

FC1(SW) Eric Henderson

IT1(SW) Eric Gilbert

AW1(SW) Robert Simpson

FC2(SW) Nathan Griffin

PN3(SW) Darrell Marshall

Around the Homeport

5 stars for bachelor housing excellence

By Stacey Byington
and JO2 Renee Johnson
Public Affairs Office

Hard work, dedication, and sheer determination have paid off for the staff of the Combined Bachelor Housing complex for Naval Station Pascagoula, going from no rating three years ago to a five-star accreditation today.

Attaining a five-star rating in both permanent party operations and transient operations means that Naval Station Pascagoula also receives the ADM Elmo Zumwalt award for bachelor housing excellence — a feat achieved last year by only 16 of the 84 bachelor quarters complexes Navywide.

Sailors living in CBH Pascagoula are the big winners, however, because they are the benefactors of “the significant quality of life provided to all residents and guests.”

Naval Station Pascagoula has two bachelor quarters sites — one off Chicot Road (Lakeside), and another on Singing River Island within the Naval Station property. The Lakeside complex has 295 rooms with 500 beds, and the island barracks has 100 rooms with 100 beds.

“There were several areas that were particularly noteworthy,” said Thomas Liedke, director of housing for the Naval Facilities Engineering Command, which oversees all Navy bachelor quarters, in his award letter. “Management and staff are well-trained, professional and customer oriented. Facilities management and housekeeping throughout bachelor housing are excellent.”

A \$3.2 million renovation project at the 39-year-old Lakeside complex significantly contributed to the five-star accreditation said MSSC(SW/AW) Calvin Dukes, Pascagoula’s CBH officer. “The funding we received really



A new ‘welcome mat’ greets guests as they step across the threshold into Naval Station Pascagoula’s 5-star accommodations at Lakeside.

helped,” he said. “We wouldn’t have gotten as far as we have without the money to provide those ‘extras,’ — those ‘quality-of-life-touches.’”

Each staff member had a role in making the facility what it is today.

“It was a team effort,” said Dukes. “Everybody was involved, from the housekeepers and custodial workers to the front desk clerks.”

Staff members also helped choose amenities for each room.

“We asked ourselves, if we were an E-4 or below, what would make us feel comfortable,” said MS1 Walter Coghlan, leading petty officer at the Lakeside complex. “That’s why there are items in the rooms such as a hair-dryer, coffee pot, and dishes. Junior personnel don’t usually have enough money to buy that sort of stuff, so we provided it for them.”

SK3(SW) James Ebbs, the barracks supply petty officer, who also lives where he works, recently moved into one of the renovated rooms.

“The other room was okay, but this room has a full-size

bed, more space, and a lot more furniture,” said Ebbs. “I have an entertainment center, a wooden wardrobe, two dressers and a recliner.”

Included in the remodeled rooms are amenities such as pots and pans, dishes, utensils, a two-burner stove with an oven, and a full-size refrigerator.

“The kitchen is great. It’s almost like being at home,” said Ebbs.

“Sailors are basically getting their own studio-sized apartment,” said Dukes. “That’s important to us, because if a Sailor is not happy off-duty, they won’t be happy on-duty.”

Achieving the five-star accreditation has been the goal of Dukes ever since he reported to Pascagoula in February 2000.

“The Admiral Zumwalt Five-Star Award can be attained by any CBH operation” said Wes Clark, Pascagoula’s CBH manager. “You have to have the motivation to want it, and the key factor for Naval Station Pascagoula was the day Senior Chief Dukes reported for duty.”

Clark, who has been the CBH Manager since 1991, added, “I’ve seen CBH officers come and go, but Senior Chief Dukes was first one that had the motivation to want it, and go after it. In less than three years our team, with his leadership, has received this highly prestigious award. What does that tell you?”

“Last year, we almost made it,” said Dukes. “We received four stars for our transient operations, and three stars for

Continued on page 14



The new lobby at the Lakeside barracks complex is warm and welcoming, and is the first thing that new arrivals see as they check-in.

Around the Homeport

Frederick takes charge of medical clinic

CDR Daniel E. Frederick, MC, USNR, relieved CAPT Brenda A. Larkin, MC, USNR, as Officer in Charge of Branch Medical Clinic Pascagoula in a traditional change of command ceremony Sept. 20 at Naval Station Pascagoula.

CDR Frederick reports to Branch Medical Clinic, Pascagoula, from the Branch Medical Clinic, Puget Sound Naval Shipyard, Washington, where he was the Officer in Charge.

A native of Wenatchee, Washington, CDR Frederick graduated in 1983 from Seattle University with a Bachelor of Science Degree in Clinical Chemistry. As part of a Navy scholarship program, he completed his Doctor of Medicine degree from St. Louis University School of Medicine, St. Louis, Mo., in 1987. Upon graduation, he completed his Family Practice Residency Program at Naval Hospital, Camp Pendleton, Calif. During this training, he spent a year as a general medical officer with Headquarters Battalion, 3rd Marine Division, Okinawa, Japan. After completing his residency, he served as a family staff physician for three years at Naval Hospital, Roosevelt Roads, Puerto Rico.

Returning from his overseas assignments in 1994, CDR Frederick spent two years as a staff physician at the Branch Medical Clinic, Everett, Washington., and then was selected for and received Navy sponsorship for an occupational medicine fellowship. In 1996 he was accepted into the Johns Hopkins University Occupational Medicine Fellowship for two years, during which time he also earned a Masters of Public Health Degree.

CDR Frederick earned his board certifications in family practice in 1992 and occupational medicine in 2000. His awards include the Navy Com-



Photo by Stacey Byington

CAPT Richard Buck, MC, USN, Commanding Officer of Naval Hospital Pensacola, Fla., left, authorizes the change of charge as CDR Daniel E. Frederick, MC, USNR, assumes command of Branch Medical Clinic Pascagoula on Sept. 20 from CAPT Brenda A. Larkin, MC, USNR.

mendation Medal (two awards), and the Meritorious Unit Commendation.

CAPT Larkin has been the Officer in Charge of Branch Medical Clinic Pascagoula since June 1998. Under her leadership, clinic personnel excelled, maintaining 100 percent officer retention and 83 percent enlisted retention. She is a strong proponent of force health protection and obtained affiliate faculty status for basic life support, locally certifying more than 500 active duty members, saving more 4,000 man-hours and more than \$15,000 in travel funds. The Branch Medical Clinic has been awarded the Gold Star for Health Promotions Excellence for two consecutive years.

She was also responsible for coordinating a memorandum of understanding with local civilian ambulance services providing more timely access for base personnel to advanced

emergency care. She also opened Tricare Prime enrollment to retirees, and increased local briefings to beneficiaries resulting in a 30 percent increase in Tricare Prime enrollments.

A zealous supporter in the local community, CAPT Larkin routinely volunteered her time and that of her command personnel, resulting in more than 1,500 hours spent in local schools, youth recreational activities and local organizations in the past year.

Her many achievements at Pascagoula providing services to increase convenience and easy access for patients at the

clinic were significant in their impact on the safe provision of medical care in the Navy and the Department of Defense.

Her military decorations include the Navy Commendation Medal, two Unit Commendations, and a Meritorious Unit Award. She is a fellow of the American Academy of Family Practice and a diplomat of the American Board of Family Practice.

CAPT Larkin, a native of York, Ala., leaves Pascagoula and will be reporting shortly as the Director of Clinical Support Services, Naval Hospital, Agana, Guam.

About the cover:

OSC(SW) (Sel.) Joseph Macuch carries one of three wreaths during the Sept. 11 Memorial Ceremony, held at the base gymnasium. Sponsored by area CPO selectees, the ceremony paid tribute to the military, firefighters, police, and civilians who lost their lives in the terrorists attacks on Sept. 11, 2001.

Around the Homeport

CFC contributes to building a stronger America

By JO2 Renee Johnson
Public Affairs Office

“Building a stronger America together,” is the theme for this year’s Combined Federal Campaign (CFC).

That theme was made clear to CFC keyworkers from Naval Station Pascagoula and throughout the Gulf Coast at the kick-off for the 2002 campaign held recently at Keesler Air Force.

Keyworkers were treated to a number of films and talks presented by charity representatives to help motivate the CFC keyworkers to go back to their respective commands and share what they have learned. Several of the guest speakers were from organizations such as the Make-A-Wish Foundation, and the Wildlife Rehabilitation and Nature Preservation Society.

The “Reasons We Give,” one of the films shown, talked about the great many miracles performed by various CFC organizations such as the Mercy Ships which has sailed throughout the world touching countless lives in each of the countries they visited.

Key workers are responsible for getting the word out about the various organizations sponsored by the CFC. They are also the ones who distribute and ensure each contributing federal employee properly fills out the necessary forms.

“The keyworker’s main function is to explain what CFC really is about,” said Carolyn Crumpton, administrative assistant, and CFC assistant project officer for Naval Station Pascagoula. “They are considered the department’s subject matter experts on CFC. They are really the backbone of the CFC because they are the ones that are getting out there and doing all the work.”

The CFC is the annual fall

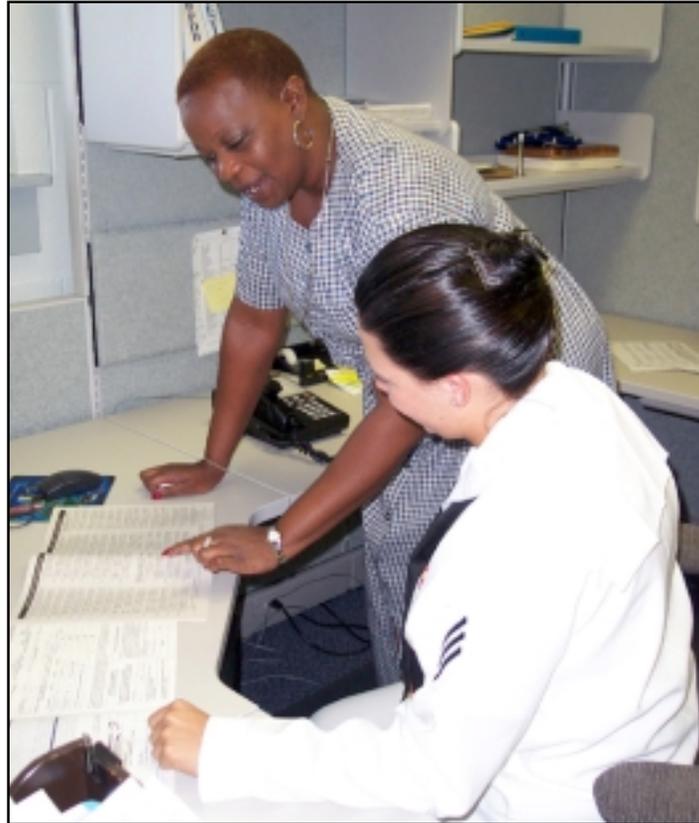


Photo by JO2 Renee Johnson

Carolyn Crumpton, NAVSTA Pascagoula's CFC assistant project officer, explains how the CFC program works to SN Kali Bolten.

fund-raising drive conducted by federal employees. Each year, federal civilian and military personnel contribute millions of dollars to the CFC to benefit thousands of local, national and international non-profit charities. This year’s campaign runs from Sept. 18 through Dec. 15.

“Last year, the generous people of the Department of Defense outdid themselves by giving more than \$12.5 million — \$1.5 million over our goal,” said Deputy Defense Secretary Paul Wolfowitz, vice chair of CFC. “This year, our goal is \$11.3 million, and I’m confident that we’ll exceed that goal as well.”

CFC provides the means that military and government civilian workers can contribute to all of their charities of choice at the same time and

have the money deducted regularly from their paychecks.

“With CFC, I can contribute to organizations of my choice through payroll deductions,” said Crumpton. “The CFC gives me a chance to help people. It makes me feel good knowing I can do something that makes a difference in other people lives.”

Almost every agency providing national and local relief in the wake of Sept. 11 is part of the Combined Federal Campaign.

Local charities that could benefit from CFC donations include Alzheimer’s Association, Mississippi Chapter; American Cancer Society, Mid-South Division; Fisher House of Keesler, Inc., which provides lodging for families of patients receiving medical treatment at Keesler or the Veter-

ans’ Hospital; Boys and Girls Club of Jackson County; United Way for Jackson and George Counties, Mississippi, Inc.; and USO Mississippi Coast, Inc.;

MSC(SW) Kevin Albert, NAVSTA’s CFC project manager, encourages others on the station to consider the millions of people who have benefited from the more than 1500 CFC organizations.

“I hope we get a good percentage of people to participate and contribute. It is for a worthy cause,” said Albert.

Many station personnel have benefited from the charities participating in the CFC.

“My mother received a kidney transplant some years ago and now one of the organizations I give to is the Kidney Cancer Association,” said Brian Silas, management analyst.

Crumpton has also personally benefited from the generosity of the Lions Club, another charity which participates in CFC.

“My son was born with one of his legs turned inward. At the time I was working only part-time. During that time, I would have never been able to afford to take him to the doctor to get braces,” said Crumpton. “I took him to a children’s clinic where I was referred to a doctor who did not charge me anything for the braces, nor the treatment.”

The devastation of 9/11 has left even more people depending on some form of help, either directly or indirectly, from CFC, making this year’s success even more vital. The CFC is one way of making it known that Federal workers do care, want to make a difference, and are united in giving.

For those interested in making a contribution, see a department key worker. Contributions can be made up until Dec. 15.

Around the Homeport



Photo by Stacey Byington

Newest CPOs -- Congratulations to the area's newest Chief Petty Officers. Naval Station Pascagoula, DESRON 6, Branch Medical Clinic Pascagoula, USS Steven W. Groves, USS Ticonderoga, USS John L. Hall, and PCU Mustin, joined together for a joint pinning ceremony Oct. 16. Other area commands held separate initiations. Area wide, more than 30 Sailors were promoted to Chief Petty Officer.



Photo by Stacey Byington

Training -- Port operations personnel are the 'bad guys' during force protection training with Sailors from the USS Ticonderoga.

Items needed for Silent Auction

One of the last fund-raisers to benefit the Pascagoula area Navy Ball will be a Silent Auction tentatively scheduled for Oct. 25.

SIMA has taken the con for this one, and needs items to auction. Whatever your skill or hobby, contribute to the growing number of items or services to be auctioned off.

Suggestions include wooden shadow boxes, fruit or nut baskets, bath products, art work, and a myriad of other gifts and services.

All auction items should be taken to GSCM(SW) Chuck Simpson, SIMA's command master chief, to be included in the master list.

Navy IG visits Pascagoula

The Naval Inspector General (IG) conducted a Readiness and Quality of Life review of Mississippi bases in September, with visits to Construction Battalion Center Gulfport, Naval Air Station Meridian, and Naval Station Pascagoula. The IG staff visited Pascagoula Sept. 12-13, and VADM Michael Haskins followed with a visit the following week.



Navy Inspector General, VADM Michael Haskins

Although Naval Station coordinated the visit, it truly was a look at "Navy Pascagoula." Tenant and ship personnel participated in focus groups, several tenant personnel were interviewed by IG staff, and the IG team took note of "big Navy" issues that affect us all — low security staffing that

requires us to man the Auxilliary Security Force (ASF) full time, lack of a local Personnel Support Detachment (PSD), lingering concerns regarding HRO regionalization, and equity of area Bachelor Allowance for Housing calculations. By bringing these issues to the attention of Navy leadership, the IG's visit hopefully can help identify and hasten solutions.

To all who participated and helped make this visit productive for all concerned, thank you. Special congratulations are in order for the Dental Clinic which, although relatively small, was cited by the IG team as the best dental operation they have seen.

Around the Homeport

October is domestic violence prevention month

By Gerri Warden
FFSC Information Specialist

Throughout history, traditions have tolerated or even promoted the physical assault of women by men. Ancient Rome allowed, even promoted physical punishment, divorce, or death of women for behaviors that were permitted for men. Punishment of women was called chastisement. The word emphasizes the corrective purpose of the action, not the violent nature of the behavior.

Under medieval English law, a husband could not be prosecuted for raping his wife because a wife could not refuse consent for sex with her husband. Much of U.S. law is modeled on English common law; thus it was not until the 1970's that many states modified their rape statutes.

Although laws in the U.S. prohibited wife beating, the laws were often not enforced. Also, assault and battery guilt was judged by different standards if the victim was the wife of the assailant. To be found guilty of hitting his wife, a man had to injure her more seriously than if he had hit a stranger. Courts treated victims differently because the husband had a legal right to chastise his wife. The first two states to overrule this right were Alabama and Massachusetts in 1871.

With women acquiring greater legal rights, attitudes towards domestic violence have shifted and laws have changed. Experts still agree that it is a widespread problem and its actual extent is difficult to measure. Even with police and hospital records, domestic violence is often not reported. For a variety of reasons, victims fail to report violence.

According to a study published in 1998 by the U.S. De-

“Domestic violence is incompatible with Navy core values and our high standards of professional and personal discipline.”

*ADM Vern Clark
Chief of Naval Operations*

partment of Justice, women in the US experienced about 840,000 non-lethal incidents of violence committed by an intimate partner in 1996. The Department indicated that intimate violence occurs almost equally among women of all races and is slightly more likely to occur among women with low incomes. The most common victims are women between 16 and 24 years old. In these changing times, we are seeing that men are also victims of violence, about 150,000 in 1996, but records indicate women are still about six times as likely to experience victimization.

No single factor explains why men and women assault and abuse their partners. Some of the most closely related factors include youth of offender and victim, low income, growing up in a violent family, substance or alcohol abuse, unemployment, and sexual difficulties. Victims often suffer long-lasting effects. Physical injuries can range from bruises, cuts, and burns to broken bones, stab wounds, gunshot wounds, or even death. Hidden psychological effects include depression, eating disorders, and alcohol/substance abuse. Victims are more likely to contemplate or attempt suicide. Children who witness domestic violence experience depression and distress and are more likely than other children to be physically violent.

Domestic violence often involves repeated episodes. While people often blame the

victim for failing to leave the abusive relationship, research indicates that most victims are not passive in response to the abuse. Victims call police, they go to social workers, they flee to safe shelters and they fight back. However factors such as economic, cultural and social conditions prevent them from leaving. People who are dependent on their partners emotionally and economically learn to endure abuse in hopes that the abusive partner will change his/her behavior. Women who believe the end of a relationship or marriage represents a personal failure are less likely to leave an abusive relationship.

In 1994 Congress passed the Violence Against Women Act, which authorized over \$800 million in federal funds for state and local programs to combat domestic violence. This program makes it a federal crime for a person to travel from one state to another in

order to violate a restraining order. It prohibits persons subject to a restraining order from possessing firearms. All offenders, both male and female are subject to its provisions.

What can we do to make a difference? With violence against women a crime, let's make it a shame. Violence should be as socially unacceptable as it is illegal. We need a massive prevention education campaign. Stiffer laws should be passed, more arrests made, legal offenses upgraded and better reporting required. We need to enhance and continue to use military intervention to address and eliminate domestic violence at its early stages.

FFSC wants to make a difference in responses to violence against women as well as men. Do you have a painful chapter in your life that needs to be confronted? We will provide services necessary to help you and your family resolve the problems. You cannot turn your back on domestic violence. Domestic violence must be stopped!

If you are the victim of any type abuse, including physical, verbal, or mental, call Barbara Jones, Family Advocacy Representative for Naval Station Pascagoula at 761-2096. She can advise, assist, and guide you to a safe environment.

Weekend, evening child care offered

After-hour care in a home environment is available for all children six weeks to 12 years old through a new program offered through the base's Child Development Home (CDH) program.

Providers certified through the CDH program can care for up to six children in a home environment, and many offer flexible schedules that include weekend and evening hours.

Providers are located in Gautier, Vanleave, Escatawpa, Pascagoula, Ocean Springs

and in the Gulfport area.

Drop-in care is also available to help parents with doctor's visits and shopping trips as well as assist new members moving into the area. Drop-ins are asked to call a day ahead of time, if possible.

An alternative to child development centers, CDH providers are a group of Navy-certified caregivers who must complete many hours of training before certification is finalized.

Providers attend classes in
Continued on page 14

Around the Homeport



Best salsa? -- Judges at the American Heritage Committee's Hispanic Heritage Month Luncheon, Sept. 18, had a difficult time deciding who made the best salsa. Judges were CDR Terry Rea, CO of NAVSTA Pascagoula, IT1(SW) Pete Quinones, Chip Peaks, and Carol-Lee Harshner. The judges had no idea who contributed each selection, and based their final choice entirely on taste. The winner was the salsa contributed by Stan "Ronco" Galarza, the guest speaker for the event.

Photo by Stacey Byington

Navy Ball Tickets

Don't forget the Pascagoula-area Navy Ball, Friday, Nov. 1, at Pelican Landing. Tickets are now on sale. \$10 for E-1 through E-4, GS-3, and NF-1; \$15 for E-5, GS-4; \$20 for E-6, GS-5, NF-2; \$30 for all others. See your command or departmental representative.



JO2 Renee Johnson

Critters -- Tom Sarros, PWD environmental manager, holds a 2 ft. non-poisonous Eastern Garter Snake discovered in Bldg. 10. Anyone finding a snake should call ext . 2064 to have snake removed.



Photo by JO2 Renee Johnson

Blood drive -- BMCM(SW) Allen Herman is prepped to donate blood during a blood drive held at the gymnasium Sept. 20. Fifty-four people contributed 49 pints of blood, just one pint shy of the 50-pint goal.

NAVSTA Pascagoula 'Bravo Zulus'

20 Years Civil Service: Stacey Byington
Betty Hughes

Mary Davis

Mark Henson

15 Years Civil Service: Barbara Jones
Derrick Walley

James Lillis

Carolyn McCorvey

On the Spot Cash Awards: Harold McLelland
Matthew Senge

Damon Westfall

John Batchelor

Navy, Military News

Family housing realigned throughout the Navy

As a result of a CNO directed action that is still being worked, known as the Family Housing Functional Assessment (FA), beginning Oct. 1, housing offices at bases throughout the Navy will no longer report to Naval Facilities Engineering Command. The change should have no impact on services provided to Navy personnel and their families.

The Navy conducted the FA to determine what would be the most efficient organization for Family Housing, which resulted in the following changes:

-- Reduced the number of installation management claimants managing Family Housing from 10 to three (Commander in Chief, U.S. Atlantic Fleet; Commander in Chief, U.S. Pacific Fleet, and Commander in Chief, U.S. Naval Forces Eu-

rope)

-- Transferred responsibility for operations and budgets to installation management claimants

-- Improved regional alignment and control of Family Housing operations

-- Improved program governance and strategic oversight
At the installation level, Family Housing offices will continue to serve installation commanding officers, but the operations and budgets are now handled by a Navy region; for this area, Navy Region Southeast, which is located at Naval Air Station, Jacksonville, Fla.

"The goal is to reduce infrastructure, streamline operations, and allow people who are in the installation management business to oversee Family

Housing," said Dean Reynolds, Acting Family Housing Program Manager for Commander, Navy Region Southeast. "To our people and their families who live in Family Housing, or use the services provided by the Housing Office, they should not notice any difference in the way we do business."

The transition for Family Housing affects 25 bases within Navy Region Southeast. Those bases include:

Andros Island
Naval Supply Corps School, Athens, Ga.
Naval Air Station Atlanta, Ga.
Naval Hospital, Beaufort, S.C.
Naval Weapons Station Charleston, S.C.
Naval Air Station Corpus

Christi, Texas

Naval Air Station Joint Reserve Base Ft. Worth, Texas

Naval Base Guantanamo Bay, Cuba

Construction Battalion Center Gulfport/Stennis

Naval Station Ingleside, Texas

Naval Air Station Jacksonville, Fla.

Naval Air Facility Key West, Fla.

Naval Submarine Base Kings Bay, Ga.

Naval Air Station Kingsville, Texas

Naval Medical Research Center Detachment, Lima, Peru

Naval Station Mayport, Fla.

Naval Air Station Meridian, Miss.

Naval Station Pascagoula, Miss.

NASCAR and Keesler AFB join in bone marrow drive

KEESLER AIR FORCE BASE, Miss. - NASCAR teams owner Rick Hendrick and Winston Cup Series driver Jimmie Johnson will be on hand at the Keesler Base Exchange food court Oct. 3 for a major bone-marrow drive.

The drive will be conducted from 10 a.m.-4 p.m., according to its organizer, Tech. Sgt. Ed Perry, who arranged for Hendrick and Johnson to participate. The drive is conducted for the C.W. Bill Young/Department of Defense Marrow Donor Center, one of more than 100 donor centers in the U.S. under the National Marrow Donor Program. Hendrick and Johnson will be available from 11 a.m.-2 p.m. for autographs, photos and to talk to fans.

Hendrick owns Hendrick Motorsports, a multi-car NASCAR racing organization, which operates six teams. HMS fields four NASCAR Winston Cup teams and two



Jimmie Johnson, driver for the NASCAR Winston Cup Lowe's No. 48, will be at Keesler AFB Exchange food court Thursday to talk with fans during the base's bone marrow drive.

NASCAR Busch Series teams, with drivers Jeff Gordon, Terry Labonte, Jerry Nadeau and Johnson in Winston Cup and Jack Sprague and Hendrick's son, Ricky, in the Busch Grand National Series. Johnson, who drives the number 48 Lowes car, and cur-

rently number three in the NASCAR points race and number two in rookie points.

Eligible volunteers under the DOD program include active duty military members and their dependents, DOD civilians, Reservists and National Guard and members of the

Coast Guard.

Hendrick has a personal interest in bone-marrow collection; he fought a three-year battle with leukemia. He founded the Hendrick Marrow Program to help raise money for tissue typing and education for those suffering from leukemia and other blood related diseases. His involvement with the National Marrow Foundation came after he was diagnosed with a rare form of leukemia. Now in remission, he is a member of the board of directors of The National Marrow Foundation.

Perry, noncommissioned officer-in-charge of the 81st Medical Support Squadron Clinical Research Laboratory's Analytical Lab, also became involved in the marrow donor program for personal reasons. His wife was diagnosed with leukemia in 1997; it claimed her a year later. This is the sixth Keesler drive he's worked on

Continued on page 14

Navy, Military News

Personal benefits information available

Department of the Navy (DON) civilian employees now have access to personal benefits information at their fingertips. Using either your telephone or computer, you can access your benefits information and make electronic transactions at your convenience - night or day.

Complete your Health and Life Insurance, and Thrift Savings Plan transactions using the telephone or computer. For most benefit transactions, the assistance of a counselor is not needed. However, if you are using *The Benefits Line* to make a health insurance transaction for family coverage you will be transferred to a Benefits CSR to have the names of your dependents added to your enrollment. The system will also prompt you to a Customer Service Representative (CSR) if you or your spouse have health insurance other than federal group health coverage.

Confirmation of your transaction is immediate. Confirm by listening over the phone or view the transaction on the web. After the effective date of the transaction, ensure proper deductions are withheld by reviewing your LES. This will be your confirmation that your transaction has been completed.

Call the Benefits Line at 1-888-320-2917. Enter your Social Security Number (SSN). Enter your Personal Identification Number (PIN). Your PIN will be 4-digits equal to your month and year of birth (MMYY) for first-time callers. For security purposes the system will prompt you to change your PIN to a 6-digit number of your choice. Note: Your benefits line PIN will also be used as your EBIS PIN. Enter your daytime telephone number. Press the menu option for the benefit information or



Access the new DoN civilian employees benefits center on the Internet. Go to www.donhr.navy.mil and click on the EBIS icon.

transaction you want.

You can also use your computer to access information on benefits.

Go to www.donhr.navy.mil. Click on the **EBIS** icon. Establish a password. The system will require you to enter data that is specific to your personnel record. You can get this information for your Leave & Earnings Statement (LES). For security purposes you will not be allowed to establish a password until the system recognizes you as an employee of the Navy. Once you establish your password you will be allowed to enter the EBIS application. You can log into EBIS using your SSN and password.

To make a benefits transaction or access personal information you will need to enter your SSN and PIN. If you are a first-time user and have not used The Benefits Line you will need to create a PIN. If you

have already used the The Benefits Line then your benefits PIN will be your EBIS PIN. Note: If you create an EBIS PIN it will be used to access The Benefits Line. Follow the menu options to select General Information or Personal Information.

You can obtain instant retirement estimates and Personal Benefits Statements.

In EBIS go to the Retirement, Personal Retirement Information, select estimates or Personal Benefits Statements, Estimates or benefits statements can be viewed and/or printed.

On The Benefits Line, go to the Retirement menu, select estimates. Estimates can be faxed to you at a number you provide after entering answers to specific retirement questions.

It is recommended that you speak with a Benefits CSR if

you have any of the following:

- Are planning to retire within one year
- Post-56 Military Service
- Have had a break in service
- Received a refund of retirement contributions
- Have performed temporary service
- Transferred from Civil Service Retirement System (CSRS) to Federal Retirement System (FERS)

Using your phone or computer lets you get general benefits information or access your personal data and make benefits transactions at your convenience. There may be times, however, when nothing but speaking to a person will do. Call 1-888-320-2917, Monday through Friday, 7:30 a.m. - 4:30 p.m. A benefits CSR will answer your questions and help you solve any benefits-related issues.

Keesler Air Force Base Air Show Oct. 5

The 81st Training Wing at Keesler Air Force Base and David Schultz Airshows are proud to announce that another great airshow will take place in southern Mississippi during the fall of 2002 - the 2002 Keesler AFB Open House. After a one-year hiatus, the airshow will showcase the best of the American military and some of the best civilian performers on the circuit today. Weather permitting, the air show is scheduled for Saturday, Oct. 5.

The US Army Golden Knights and the US Air Force's STARS Parachute Team will performing as will numerous other military and civilian performers.

Headlining the event will be the USAF A-10 Demonstration Team from Pope AFB.

Civilian performers will include Bobby Younkin's Learjet 23 Aerobatics, the All American Firebirds Aerobatic Team 2-ship Extra 300s & Solo Aerobatics, Mary Dilda's SNJ-5 Aerobatics, Walt Pierce's

Barnstormer Wingwalking and Stearman Aerobatic Solo, Avalon Airshows' MiG-15 & F-86 Sabre Dogfight routine, Fred Cabanas' Pitts Aerobatics, and a few other goodies.

Among the more than 30 static displays will be a World War II TBM-3E Avenger, B-17G Flying Fortress, AT-28D Trojan, O-2A Skymaster, a pair of P-51D Mustang, and a B-25J Mitchell.

Admission is free to the Keesler Air Show. Take the entire family.

Around the Homeport

Keesler bone marrow...

Continued from page 11

since arriving here in July 1997. Perry said the biggest drive to date was held at the Triangle, he believes in 1999, when 400 donors were registered. His goal for Oct. 3 is 500 marrow donors. A week after the drive, Perry departs Keesler for an assignment to Sheppard AFB, Texas.

About 30 medical people working in two-hour shifts will be at 10 drawing stations the food court. An additional five-10 administrative people will review and sign paperwork. A Bill Young Donor Center representative will oversee packaging and shipping the samples at the end of the drive.

Bone marrow is tissue found in the body's large bones. It produces white cells that fight infection, red cells that carry oxygen, and platelets that prevent bruising and bleeding. Marrow diseases, such as leukemia, prevent the body from protecting itself.

The Department of Defense established the C.W. Bill Young Donor Center in Kensington, Md., to support DOD volunteer marrow donors, ages 18-60. The center coordinates all medical and logistic support

for DOD personnel who volunteer for the possibility of donating marrow.

The Navy (Naval Medical Research Center) manages the program under a DOD policy. The donor center recruits donors who become registered as volunteers with the National Marrow Donor Program.

Participants in the Oct. 3 bone-marrow donation drive will have two small tubes of blood drawn from their arms and will fill out a DOD consent form. The blood is tested at the Navy HLA testing laboratory to determine the marrow matching type. That coded information (no names or social security numbers are used for identification purposes) is placed on the National Registry in Minneapolis where it remains until the donors' 61st birthday.

More information about the C. W. Bill Young/DOD Marrow Donor Program is available on their web site: www.dodmarrow.com. For more information about the Hendrick Marrow Program send an e-mail to: Teammarrow@hmsracing.com

Five-star accreditation ...

Continued from page 6

our permanent party operations. This year I was determined to get five stars for both operations before I transferred."

Five-star accreditation requires a bachelor housing command to meet several criteria, including maintaining facilities and grounds that are very attractive, impeccably clean and professionally maintained; offering amenities that are equal to or better than those provided by top quality residence halls or mid-grade commercial hotels; and possessing a staff which is extremely knowledgeable and professional, and who provides exceptional service to all residents and guests.

CDR Terry Rea, commanding officer of Naval Station Pascagoula, said teamwork is the key.

"The five-star accreditation is a culmination of the tremen-

dous vision of the CBH staff," said Rea. "So much resourcefulness, effort, creativity and hard work has been put into this evolution, that it is difficult to quantify it. The partnership between the station departments has been awe-inspiring. CBH staff members have directly impacted on the quality of life of their fellow shipmates, and in doing so, have made an extremely positive impact on the station's readiness and retention. Barracks residents also contributed to this achievement. Their continued pride, support and 'ownership' of their quarters played a big part in our success.

"Our goal now is to continue providing the same outstanding level of service that helped garner this award, and benefit Sailors for years to come."

Decisive returns...

Continued from page 4

grams. Before returning to homeport, Decisive's crew enjoyed a mid-patrol break in San Juan, Puerto Rico.

The Decisive is a 210-ft. medium endurance cutter commanded by CDR Kurt A. Van Horn. The ship's company includes 12 officers and 63 en-

listed crewmembers. During the patrol, two crewmembers were advanced to the next higher paygrade, and one crewmember earned his Permanent Cutterman's pin, signifying more than five years of sea service.

Weekend child care ...

Continued from page 8

child growth and development, child abuse prevention, behavior and guidance techniques, safety, fire, sanitation, nutrition and customer services. All providers are CPR qualified and first-aid certified.

All meals and snacks follow USDA nutritional guidelines, and each child is given the opportunity to take part in developmentally appropriate activities. These activities include art, reading, exercise, music, games, free play, outdoor play, and home-life experiences.

Some providers also offer outings and field trips.

Each home is inspected by Navy Housing, the Fire and Safety Department and the Department of Health and Sanitation. In addition, each provider undergoes a local, state and federal background check.

For more information, or for a list of providers, please call 228-761-2525, or stop by the Child Development Home Office, located in Bldg. 10 on Singing River Island.

CNO's violence message...

Continued from page 2

— Participating actively in CRC proceedings by appointing a command representative and CRC members, when requested, and by ensuring they receive required training.

In the recent past, by virtue of your personal attention to the social ills which we had imported from our society at large - drug and alcohol abuse in particular - we have signifi-

cantly improved the quality of service of our sailors and their families. Additionally, we have improved the readiness of our fleet to fight and win. We, as the Navy leadership, need to continue to attack the scourge of domestic violence by communicating through our actions that domestic violence will not be tolerated in the Navy.

MWR Activities

Sailors benefit from MWR improvements

By Kristin Kea
MWR Director

The Morale, Welfare and Recreation Department is working hard to provide more improved facilities and programs for Sailors and their families at Naval Station Pascagoula.

Current MWR improvements at the gymnasium include:

— The gym is getting a new floor, which will provide a better surface for all athletes at Naval Station. The new floor will take three weeks to install. The new floor installation begins Sept. 30 with completion scheduled for Oct. 18. During this time all regularly scheduled functions in the gym will be hosted on the outdoor tennis courts or in other facilities. The completion of the gym floor will be right in time for this fall's basketball season. The gym floor improvements cost MWR approximately \$65,000 and have been paid for by local appropriated funds.

— Other improvements at the gym include the addition of a new Heart Rate machine. The new machine will be a great tool for customers of the gym to monitor the effects of their workout. In addition to checking your heart rate, the machine will provide health risk appraisal, community bulletin board, medication encyclopedia, and health tips with full motion media capability to name a few.

— New thermal blankets are being added at the pool to keep the water temperature at a more consistent temperature this fall. The pool will remain open until Oct. 25 for lap swim from 6 - 8 a.m., and from 11 a.m - 1 p.m.

Cracker Jack's Recreation Center located at the Lakeside Inn is getting a much-needed face-lift thanks to approximately \$360,000 in funding as



MWR Photo by Tim Neese

Contractors are tearing the old gymnasium floor into strips for disposal prior to installing a new floor. The project is expected to take about two weeks.

part of the barracks refurbishing. The project will relocate the facility down the hall to what was once the old galley. The relocation will give the facility additional room for expanded services as well as outside lake access. The new improved Cracker Jack's will have computers for internet access, free pool tables, expanded movie viewing area, back porch and expanded food and beverage service. The project should be completed early next year.

New equipment at Outdoor Rental is on it's way courtesy of a grant from CINCLANFLT. The grant will enable the local MWR department to purchase two new hard-shell campers, two Sea Kayaks and new kitchen equipment for Cracker Jack's. The new items at Outdoor Rental should be available for rent later this fall.

Auto Skills is getting a new cover for the lift at Lakeside. The new cover will protect the lift and customer from the weather's elements while

people work on their vehicles. The new cover should be installed late this fall.

Other improvements include the movement of the 'P' building to the Auto Skills compound. This extra space will be utilized for small engine repairs. Sailors can rent the space on a daily basis while doing work on their vehicle. The project is being funded by the Public Works Department.

This fall, homeported ships from Pascagoula will be getting new recreational equipment that will be available for check-out through their ship's MWR Department. The equipment was funded by PERS_65 MWR Division. The equipment list includes; new Sony PlayStation II systems and games, fishing rods and reels, tackle boxes, golf clubs, elliptical machines, and karaoke machines.

Bronze Hammer projects reach completion this fall adding to the quality of life at the Lakeside bachelor quarters facility. Included in the improvements are renovated outside restroom facilities, a screened picnic pavilion, and repairs to the outdoor track all at Lakeside. The improvements cost \$9,500, and were made possible through the efforts of the Public Works Department.

Sara's fitness corner: battling bulge

If you need help losing weight but spend most of your time in front of a computer, the Calorie Control Council may be able to help you.

While you are sitting in front of your computer take a few moments to click to www.caloriecontrol.org. This site can help you if you are interested in cutting calories and fat in your diet, or maybe just maintaining a healthy weight.

The website has a great deal to offer, including links to special articles such as "How to



By Sara Helton
Fitness Specialist

Win by Losing," a concise easy-to-read guide to effective weight control that includes 10 tips to reshape your eating habits. These articles are written by experts in their field and leading authorities on obesity, dieting and behavior.

The site contains a comprehensive calorie counter that provides quick and easy an-

swers to meal planning. Click on the counter, then type in the food you have questions about (such as pickles, or fat free chips). The results are broken down into the different variations of the item, serving size, fat grams and calories.

As we all know a proper diet is only half of the battle, a proper exercise program is the other half. If you have any questions about weight training or cardiovascular training please don't hesitate to call me Sara Helton at 761-2061.

MWR Activities

ITT has New Orleans' Saints football tickets

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

Oct. 5 — Liberty trip to New Orleans. Depart from Cyber Café at 9 a.m. Bring money for food and souvenirs. Sign up at ITT not later than Oct. 4. For more information call 761-2293.

Oct. 6 — ITT trip to New Orleans October Fest Parade. Depart CBQ at 9 a.m. Cost of transportation is \$5.50 per person. Sign up at ITT not later than Oct. 1. For more information call 761-2432.

Oct. 7 — Monday night football at Cracker Jack's. Green Bay vs. Chicago. All you can eat hot wings for \$5.

Oct. 9 — Pool tournament at Cracker Jack's at 7 p.m. Entry fee is \$5. Winners receive cash prizes.

Oct. 9 — MWR's annual punt, pass and kick competition on the main softball field at 11:00 a.m.

Oct. 10 — Spaghetti dinner for Liberty Sailors and Cyber Café patrons. Food will be served in the Cyber Café at 6:30 p.m.

Oct. 10 — Last day to purchase tickets from ITT for the Saints vs. San Francisco game at the Superdome on Oct. 20. Cost of tickets is \$31.50.

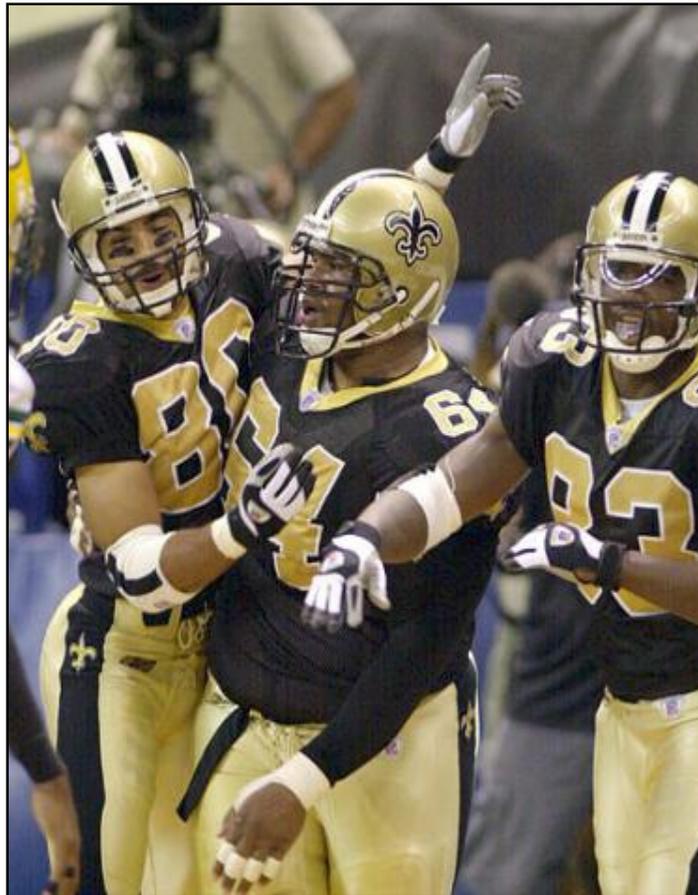
Oct. 13 — NFL on the big screen at Cracker Jacks. Free stuffed jalapeno peppers.

Oct. 14 — Monday Night Football at Cracker Jacks. San Francisco vs. Seattle.

Oct. 15 — Quick-shot pool tournament at Cyber Café at 6:30 p.m.

Oct. 17 — Last day to purchase tickets from ITT for the Saints vs. Atlanta game at the Superdome on Oct. 27. Cost of tickets is \$31.50.

Oct. 21 — Monday Night Football at Cracker Jacks. Indianapolis vs. Pittsburgh. All



AP Photo by Andrew Cohoon

New Orleans Saints wide receiver Jerome Pathon (80) celebrates with teammates Kendyl Jacox (64) and Dante Stallworth (83) after scoring a touchdown against the Green Bay Packers in the Louisiana Superdome in New Orleans on Sept. 15. MWR's ITT office has tickets for upcoming Saints home games.

you can eat pizza for \$5.

Oct. 23 — Dart tournament at Cracker Jacks at 7 p.m. Entry fee is \$5. Cash prizes.

Oct. 23 — Spades tournament at Cyber Café at 6:30 p.m.

Oct. 26 — Liberty trip to Navy vs. Tulane football game. Tickets available at ITT. Depart Cyber Café at 9 a.m. For more information call 761-2432.

Oct. 26 — ITT trip to the Audubon Zoo for "Boo at the Zoo" day. Cost for children 12 years and older is \$13.00. Children age two to 12 pay \$9. Cost includes transportation

and admission. Sign up not later than Oct. 22. For more information call ITT at 761-2432.

Oct. 27 — NFL Sunday at Cracker Jacks. Free corn dog nuggets.

Oct. 28 — Monday Night Football at Cracker Jacks. New York Giants vs. Philadelphia.

Oct. 31 — "Lakeside Chills and Thrills" Halloween Festival at 6 p.m. Activities include haunted hayrides, broomstick races, black cauldron fishing, costume contest, mummy wrapping and more. Food booths will be available. MWR

is accepting candy donations through Oct. 29 at the MWR office (Bldg. 60), the gym or at Cracker Jacks. For more information call 761-2038.

Oct. 31 — Horror movie night at Cyber Café. Movie starts at 6 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 on Tuesday and Thursday at 8:30 a.m.; ABS classes on Mondays and Wednesdays at 11:30 a.m.; Aerobics on Thursdays at 11:30 a.m.; Cardio-kick-boxing, Tuesdays at 11:30 a.m. and 4 p.m., and Thursdays at 4 p.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. Paintball field is open Thursdays from 4 - 8 p.m.

Cracker Jacks is open Monday through Friday, 5- 10 p.m., and on Sundays, noon - 7 p.m.

MWR's Auto Skills Shop is open Tuesdays through Friday, 4:30 - 8:30 p.m., on Saturdays, 9 a.m. - 4 p.m., and on Sundays' noon - 4 p.m.

Celebrate Halloween at Lakeside Chills and Thrills Halloween Festival, Thursday, Oct. 31, beginning at 6 p.m.