

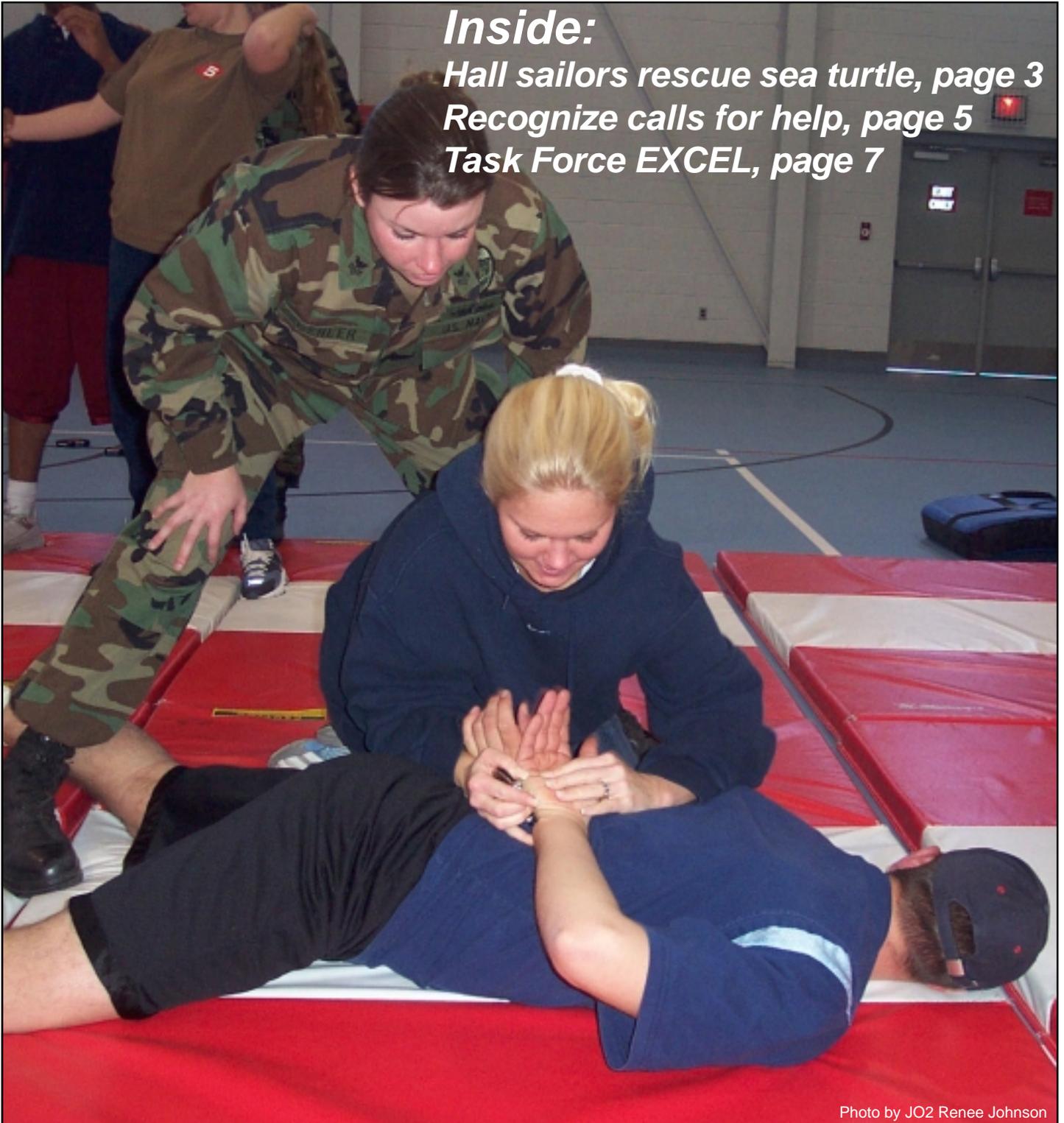


Naval Station Pascagoula's hometown on-line newspaper

Homeport

Vol. III, No. 02

February 1, 2003



Inside:

Hall sailors rescue sea turtle, page 3

Recognize calls for help, page 5

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Photo by JO2 Renee Johnson

A word from our Commanders

All DESRON 6 ships preparing for busy quarter

It is hard to believe that I am already ending my seventh month as Commodore.

Since my arrival in late June, we have completed significant national and international naval exercises in groupsail with USS John L. Hall and UNITAS 44 with USS Thomas S. Gates. Groupsail is the at-sea intermediate phase of a ship's inter-deployment training cycle (IDTC) whose end result is the certification of each ship for their respective upcoming deployments.

USS John L. Hall deployed shortly after our summer sail. USS Ticonderoga will participate in the next groupsail in preparation for her upcoming deployment.

Meanwhile, USS Stephen W. Groves and USS Yorktown have entered their IDTCs. Their schedules will be busy with high-paced training and preparation and



By Captain James Martin
Commodore,
Destroyer Squadron 6

certification of their engineering plants prior to engaging in a later groupsail.

Our five warships in Pascagoula continue to strive to perform at the highest level and achieve impressive results in all that they do. Now,

more than ever, you can be assured that our warships in Pascagoula are ready to answer their nation's call to duty. In keeping with the motto of our Commander at Surface Group 2, our goal is to be "Combat Ready".

To monitor our "combat readiness,"

RADM Derwood Curtis, Commander, Surface Group 2, will visit Pascagoula on Feb. 25 and 26. He will accompany RADM Terrence T. Etnyre, Commander, Naval Surface Force, U.S. Atlantic Fleet, on his tour of Pascagoula ships, the Naval Station, and support detachments. They will visit USS Ticonderoga, USS Stephen W. Groves and USS Yorktown at a very intense period of inspections and training with Final Evaluation Periods (FEPs), Initial Assessments (IAs) for engineering, and CART II assessments.

We are certainly entering what appears to be a busy, yet most exciting quarter.

I appreciate the hard work and effort the sailors and families assigned to the Naval Station contribute to keeping the ships ready to answer "all bells." Keep up the great work.

CNO charts the Navy's course for upcoming year

By JOC Walter Ham
CNO PAO

WASHINGTON (NNS) — Chief of Naval Operations Adm. Vern Clark praises Sailors for the Navy's tremendous successes in 2002 and announces a broad range of initiatives to ensure the Navy stays ready to fight and win in the 21st century, in the new CNO Guidance, released this weekend.

In CNO Guidance 2003, which is available at www.navy.mil/cno, the CNO says the Navy will focus on winning the war on terrorism; protecting the nation and our forces; and achieving the Navy's Sea



By Adm. Vern Clark
Chief of Naval Operations

Power 21 vision.

"It will require hard choices and determined leadership at all levels," said Clark. "We must challenge every assumption and search for new and better ways to accomplish our tasks. We must refine requirements, con-

duct innovative operations, and optimally allocate resources to achieve efficiencies and recapitalize the fleet."

The CNO says the Navy achieved tremendous success in 2002, both in the war on terrorism and in the Navy's Top Five priorities (manpower, current readiness, future readiness, quality of service and alignment).

"Our men and women operating in the air, on and under the sea, and on the ground are at the leading edge of the global war on terrorism," said Clark. "Forward deployed, combat ready naval forces – sustained by naval and civilian shipmates around the world – are proving every day the unique value of sovereign, independent forces projecting power from the sea."

The Navy is currently the most ready it has ever been during its history, Clark adds. Since Sept. 11, 2001, eight carrier battle groups, six amphibious ready groups, and nearly 100,000 Sailors and

Marines deployed around the world in support of the global war on terrorism.

The CNO says he is pleased with the progress the Navy has made in manpower and current readiness since the CNO Guidance for 2002 was published.

"In last year's Guidance, I challenged each of you to make our great Navy even better by enhancing mission accomplishment, deepening the growth and development of our people, and developing innovative operational concepts and capabilities ... and you delivered," said Clark.

"We are enjoying now the best manning I have witnessed in my career...our investment in personnel readiness was merely the foundation. Your efforts were the reason for our operational success. You encouraged our people to excel and focused them on mission accomplishment.

"We have the most ready force in our history. Over the past year, our investment in training, spare parts, ordnance, and fuel accounts enabled our fleet to be ready earlier, deploy at a higher state of readiness, and build a more responsive surge capability. These investments were vital to sustaining the war on terrorism and assuring friends and allies with our global response."

Clark adds that our on-going success in manpower and current readiness allows the Navy to focus on implementing Sea Power 21. This vision provides the framework for accelerating operational concepts

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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

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From our Fleet

Hall sailors save entangled sea turtle

By LTJG Travis Conley
USS John L. Hall PAO

ABOARD USS JOHN L. HALL, At Sea (NNS) — While out to sea, it isn't rare for a lookout to spot debris floating in the water.

But when a lookout aboard USS John L. Hall (FFG 32), currently underway in the Eastern Pacific, saw a large object thrashing in the water Dec. 11, it was obvious something was a little out of the ordinary.

The Hall pulled alongside the object and discovered the "debris" to be a four-ft.-long sea turtle entangled in a mass of lines and netting.

Hall personnel quickly manned its rigid-hulled inflatable boat (RHIB) and lowered it into the water. The RHIB came alongside the sea turtle and deployed a pair of search-and-rescue (SAR) swimmers to better assess the turtle's predicament and to do what they could to help it escape.

"There was netting, rope, twine and fishing line wrapped everywhere," said one SAR swimmer, ENS Brian Brodin. "There were even fish that I had to hit away to keep from



Photo by ET2 Brian Rash

SAR swimmer ENS Brian Brodin (right) frees an entangled sea turtle from a net and other debris as EN2 Daniel Davis (lower left) and ENS Chad Bibler assist in holding the sea turtle steady.

eating at him."

With scissors in hand, the SAR swimmers, along with

members of the boat crew, worked diligently to cut the layers of line wrapped around three of the turtle's four flippers.

"It looked as if he had been in his situation a long time from the amount of sea growth that

had formed on the top of his shell," said Small Boat Officer ENS Chad Bibler.

After nearly 30 minutes of work, the sea turtle was finally free of its entanglement and swam away on its own.



Photo by ET2 Brian Rash

The sea turtle before USS John L. Hall crewmembers freed it from its entanglements.

DESRON 6 Sailors of the Year

IT1(SW) Dennis Beatty, USS Estocin

CTR1(SW) John Caraballo, USS Thomas S. Gates

GSM1(SW) Vincent Crawford, USS Stephen W. Groves

SH1(SW) Dennis Edwards, USS Ticonderoga

DK1(SW) Darnell Phillips, USS Yorktown

GSM1(SW) Keild Ross, USS John L. Hall

BMI(SW) James Taylor, USS Boone

FC1(SW) Jason Fowler, USS Simpson

Around the Homeport

NAVSTA, SupShip honor Martin Luther King



Guests help themselves to the breakfast buffet at the Martin Luther King prayer breakfast held at the LaFont Inn on Jan. 15.



Jerryln Clausell sings "Still Away," a spiritual song.

Photos by
JO2 Renee Johnson



The prayer breakfast guest speaker, LT William Jolly, CHC, talked about the similarities between the stories of Moses and the life of MLK.



Otis Carter III, band director for Moss Point High School plays a trumpet during the breakfast which was sponsored by the Conversion and Repair African American History Month Committee. SupShip's Mary McLeod was the committee chairperson. The national theme was "Remember! Celebrate! Act! A day on...not a day off."

Around the Homeport

Suicide prevention is everyone's responsibility

By JO2 Renee Johnson
Public Affairs Office

According to the National Center for Injury Prevention and Control suicide took the lives of 29,199 Americans in the year 1999. This made suicide the 11th leading cause of death and the third leading cause of death for young people aged 15 to 24.

Suicide hits close to home. It is the third leading cause of death of Sailors. Petty officers (E4-E6) have a higher rate of suicide than all other pay grades combined. The Commander Naval Region Southeast (CNRSE) reported recently that three sailors in the Region lost their lives due to apparent suicide.

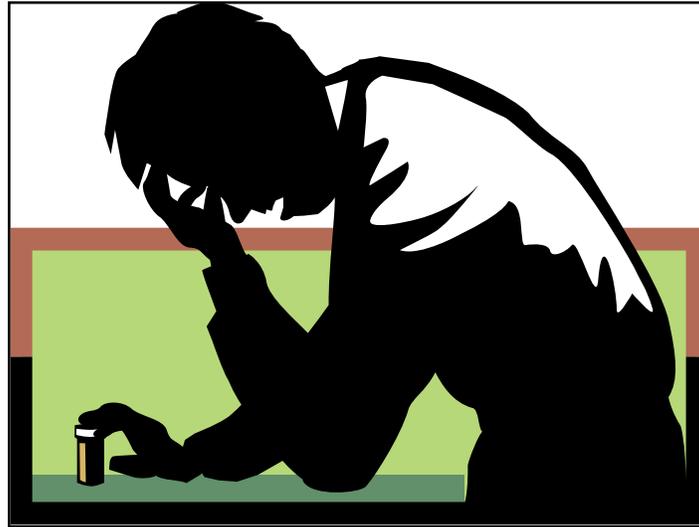
Cheryl Hall, a licensed certified social worker and the FFSC Family Advocacy Specialist and Sexual Assault Victim Intervention point of contact, said that other people don't often recognize that a person is suicidal.

"People generally feel the individual is just having a bad time or doesn't really mean it when they talk about committing suicide," said Hall. "I think some military people go through with suicide because culture problems are viewed as just a little depression or as signs of weakness rather than an indication that they may need serious help. Depression is always a component of suicide and those recognizing it should always try to intervene."

Hall says that alcohol is often a component of pre-suicidal behavior.

"The person turns to alcohol, hoping to feel better - 'drowning their depression in alcohol'," said Hall. "Since alcohol is a depressant, the situation only gets worse."

Help resources include command leadership, the FFSC, chaplains, medical clinics, fi-



Depression is always a component of suicide.

nancial advisors, and substance abuse counselors.

Naval Station Pascagoula's chaplain, Lt. William Jolly, CHC, has a background in handling these types of situations and said he is available to anyone who is in need of his assistance.

"The Chaplains department can provide individualized counseling and Bible studies to help people work through stress, issues, and crises," said Jolly. "It often helps to have someone walk along the side of you when you are going through various trials and it is also important for people to realize chaplains are trained to respond by helping, encouraging, and facilitating in the healing of the heart and mind."

The Navy has issued an appeal to all Sailors to lend a hand to their colleagues.

Learning what to look for, adopting an attitude that "I can help," understanding what to do, and where to turn for help are the duties of everyone.

Nothing is fool proof in preventing suicide, but recognizing a few warning signs may help save a life:

- Preoccupation with death
- Giving away possessions
- Relationship difficulties
- Impulsive anger

- Legal or financial trouble
- Isolation or withdrawal
- Performance difficulties
- Inability or unwillingness to connect with potential helpers

"If you notice that an individual's stress level has greatly increased, or if there is a physical indication such as lack of sleep, tearfulness, a great deal of anxiety, or increased anger, the person may be experiencing depression and may need help to help save their life," said Hall. "Be direct, willing to listen and available to take action. Don't ever, ever, dare a

person to carry through on a suicide threat."

When dealing with a potentially suicidal person, try using the acronym AIDLIFE:

A. Ask the person if they are thinking about suicide;

I. Intervene immediately;

D. Don't keep it a secret;

L. Locate help;

I. Inform your chain of command;

F. Find someone, don't leave the person alone;

E. Expedite, get help right away.

Even after working hours, your shipmates can get help through NAVSTA Pascagoula Security and Keesler Medical Center.

"Sometimes the signals are not there or not apparent," said Hall. "Sometimes we simply miss them. We cannot totally prevent the instances of suicide in the Navy community. The important thing to keep sight of is that when we are aware of the possibility, we must recognize the danger of the situation and we must get our shipmate help."

Suicide prevention training is available upon request to all commands. Call Cheryl Hall at FFSC 2096 or 2556.

About the cover:

MA1(SW) Elizabeth Koehler, one of NAVSTA's military working dog handlers, teaches IC3 Danielle Christian the proper way to subdue and place handcuffs on a potential suspect. The 'suspect' is EN3 Jerry Stamps. Christian, Stamps, and 15 other Sailors from NAVSTA Pascagoula and its tenant commands recently participated in four days of Auxiliary Security Force (ASF) training. The station's ASF provides manpower, when necessary, to supplement the station's normal security force. The Sailors are trained in base security procedures and personal protection. In addition to Koehler, MA1 Timothy Cormier, Security's field training officer, and MA1 Zachery Loper, command investigator, served as instructors for the training. "The emphasis of our training is the physical protection of Naval Station Pascagoula, its ships, and its personnel," said Loper.

Around the Homeport

Ken Bebee retires after 37 years of service



One of the gifts presented to Chief Bebee was a memorial depicting the famous photo of firefighters raising the American flag in the ruins of the World Trade Center.

Photos by
Stacey Byington



NAVSTA executive officer, LCDR Shri Stroud, presents retiring fire chief Ken Bebee with a command plaque and a certificate of service.



Chief Bebee tries on a foam fire chief's hat.



In addition to a huge feast of chicken, brisket, sausage, baked beans and other delicious fare, fire station personnel prepared a cake with the fire department seal on it.

Around the Homeport

Coghlan named NAVSTA sailor of the year

By JO2 Renee Johnson
Public Affairs Office

MS1(SW) Walter Coghlan, the Supply Department's leading petty officer at Naval Station Pascagoula Combined Bachelor Housing (CBH), has been selected as NAVSTA's Sailor of the Year (SOY).

Commander Terry Rea announced, on Jan. 9, the outcome of what she described as a difficult selection process because of the other highly qualified competitors, MA1 (SW) Anthony Breaux, of Security, and GM1 Patrick Hollingsworth from Weapons.

Although a tough decision, "Coghlan came out with the top vote," said CMDMC Laurel Davis, Naval Station Pascagoula's newly assigned Command Master Chief. "It was close but he is the best all around Sailor."

"All of us were pretty much equal going into the board, but the chiefs made the final decision," said Coghlan.

The part Coghlan played in Lakeside CBH recent five-star accreditation played a big role in his selection as SOY.

"He works diligently to make sure the CBH is operating smoothly on a daily basis and all guests and residents receive five-star customer service," said LCDR Lacy Bartee, NAVSTA's Supply Officer. "He was a major player in the Naval Station Pascagoula barracks receiving its first ever Admiral Zumwalt Five-Star Award for Bachelor Housing Excellence in both transient and permanent party operations."

"The Zumwalt inspection team singled out Coghlan for his outstanding leadership as the department LPO and the excellent job he did in preparation for the Zumwalt inspection," Bartee added.

Coghlan, who in 2002, was awarded a Navy Commenda-



Photo by JO2 Renee Johnson

MS1(SW) Walter Coghlan puts up a decorative border in a bathroom in one of the barracks rooms at the Lakeside bachelor housing complex. Coghlan was a principal figure in Pascagoula's bachelor housing five-star accreditation, and has been selected as NAVSTA Pascagoula's Sailor of the Year.

tion Medal and was selected as the CBH Senior Sailor of the Quarter for the period of July through September 2002, has an educational background that was also emphasized and played a part in his selection as SOY.

The highlights of his training included his completion of the Command Training Team Indoctrination course, Navy Rights and Responsibility training, CBH "C" school, and the Command Management Equal Opportunity course.

Coghlan spent a lot of his off time volunteering in the community.

"He volunteered for the Jackson County Camp Bluebird for cancer patients, Habi-

tat for Humanity, and the Boys and Girls Club," said Bartee. "Petty Officer Coghlan is a multi-talented Sailor who hit

the deck running extremely fast, lives the Navy core values daily, and is most deserving of being Naval Station Pascagoula's Senior Sailor of the Year!"

After serving 17 years in the Navy, Coghlan, now 35, is the command's official representative for various functions and events. He has big shoes to fill after relieving MSC Kevin Albert who served as last year's SOY.

Coghlan competed for Sailor of the Year at the Commander Naval Southeast Region level on Jan. 25 and is still awaiting the results.

"I hope that I represented the command in the most professional manner possible," said Coghlan.

As the new SOY, nothing will hold back Coghlan. In fact he has already has plans set for his future.

"I want to continue to enhance the quality of life for our junior residents at the CBH and hopefully be selected for Chief Petty Officer," said Coghlan.

"He has sustained superior performance, community service, education, and is dedicated to the Navy," said Davis. "You couldn't ask for a better representative for Naval Station Pascagoula or the Navy."



MS1(SW) Walter Coghlan shows off the command plaque he received as NAVSTA Pascagoula's Sailor of the Year.

Photo by
JO2 Renee Johnson

Around the Homeport

Task Force EXCEL implemented by year's end

By Stacey Byington
Public Affairs Officer

The Navy's newest weapon to win the Chief of Naval Operations' "War for People" is an educational program called the Task Force for Excellence through Commitment to Education and Learning, or EXCEL, is designed to augment and strengthen the Navy's current training framework and methods.

The manpower issue is at the top of CNO Admiral Vern Clark's Top Five Priorities list, so he initiated the "Revolution in Training," which led to Task Force EXCEL.

LTJG Gary Turner visited Pascagoula recently to explain Task Force EXCEL to area Sailors.

"I am here to give Sailors and idea of what is coming," said Turner. "I want you to know what our goals, intentions and plans are."

Task Force EXCEL is considered the catalyst that will augment, enhance and strengthen—revolutionize—the programs used to train Sailors. Currently the majority of Navy training employs the traditional academic lecture method. While this may be an effective way to provide basic knowledge, teaching methods that involve student-instructor interaction have been proven to increase retention of information, according to Task Force EXCEL.

Arguably the best method of learning is through the tailored curriculum of a one-on-one tutor. But, of course, it would be unrealistic to provide a private tutor for every Sailor in the fleet. Or is it unrealistic?

One kind of tutor is readily available for most Sailors: the computer. A computer can track individual progress, provide immediate feedback and make suggestions to customize a learning experience to a



Photo by Stacey Byington

LTJG Gary Turner explains some of the processes of Task Force EXCEL, and the Sailor continuum, which is a five-vector model, rating specific, broken down into professional development, personal development, professional education and leadership, qualifications and certifications, and performance.

Sailor's strengths and weaknesses.

"Task Force EXCEL helps us better utilize our resources," said Turner. "Leadership training will be based on position rather than paygrade."

Also, EXCEL will provide training opportunities more in alignment with those of the civilian community. One example of this will be the chances for Sailors to earn the same certifications and credentials for their successful training.

Another way to increase the retention of information is through practice, usually accomplished through on-the-job training.

Task Force EXCEL is designed to employ all of these methods, and more, based on the needs of the Sailors and the

fleet. The time frame target is to have the program implemented Navy-wide for all ratings by the end of 2003.

To learn more about the

Revolution in Training and Task Force EXCEL, visit the website at www.excel.navy.mil.



Around the Homeport

Safety items no home should be without

Your home is your castle, but that doesn't mean you can pull the drawbridge and all will be safe. Plenty of dangers have already invaded your home. According to the National Safety Council, there were 29,500 deaths associated with the home in the year 2000.

Take an inventory of your home safety items so that you can be prepared to battle any emergency. You'll find that these are all essential to your family's safety. And, of course, feel free to add items to this list depending on your family's needs.

1. **Smoke detectors.** According to the National Safety Council, fire kills more than 2,900 people and injures 16,000 others each year. Most fires that claim lives occur at night. Install smoke detectors on every floor and outside each bedroom. Test detectors once a month, and change batteries when you adjust your clocks in the spring and fall.

2. **Carbon monoxide detectors** (for homes using natural gas/propane). Carbon monoxide-an odorless, colorless, and tasteless gas - killed 300 people last year and sent thousands more to the hospital. For between \$40 and \$170, a CO detector will alert you that deadly poison has begun to invade your home. Place a CO detector outside of your bedrooms.

3. **Radon-detector kit.** The Environmental Protection Association says radon might be responsible for up to 30,000 lung cancer deaths each year. Hardware stores carry do-it-yourself radon-detector kits for less than \$40. Follow directions carefully, especially regarding the placement and preparation of the room.

4. **Night lights.** Babababoooom. That's the sound your family hears when you topple down the stairs on your way to sneak a midnight snack.



Simple, inexpensive night lights can prevent late-night falls. Place night lights away from flammable fabrics like bedspreads. Also, look for new night lights with cooler minion bulbs. Most stores also carry state-of-the-art plug-ins that glow in the dark and then fade as day breaks. Be sure you have adequate lighting in all of your rooms.

5. **Sensor lights.** Outdoor motion-sensor lights can help you see your way at night and scare off intruders. Usually, you can replace existing light fixtures with sensor lights

without additional wiring.

6. **Sturdy one-step stool.** Can't reach Aunt Minnie's purple crocheted pillow covers in the back of the closet? And she's on her way over? You look around the room and your eyes settle on ... the rocking chair. Instead of doing a circus act, invest in a sturdy one-step stool to keep on hand when your arms need a boost.

7. **Rubber suction bath mats/slip-resistant throw rugs.** You're wet. And so is the floor. A suction-type rubber mat or adhesive-backed appliques will keep you steady in the stall and tub. A nonskid rug outside the tub will prevent slips when you step out. Use slip-resistant rugs throughout your home.

8. **Handrails.** Every set of stairs, whether inside or outside your home, should have sturdy handrails securely mounted on both sides. Stairs and steps account for nearly half of all fatal falls in the home.

9. **Deadbolt locks.** Put a deadbolt lock on every entrance to your home. Ask the locksmith for a deadbolt lock that's pick- and drill-proof. Such locks start at \$150. Invest in sturdy doors; a good lock doesn't serve its purpose on a flimsy door. Another lock that's important is one for your gun cabinet. Always lock your gun, if you have one, and lock up your ammunition separately from your gun.

10. **Fire extinguishers.** Fire extinguishers have categories for different types of fires. For the home, experts recommend a "BC" or an "ABC" extinguisher. Never purchase or use an "A" extinguisher in your home. These water-based extinguishers can cause flames to splatter or cause shocks in an electrical fire, says Julie Reynolds of the National Fire Protection Association.

Reprinted from: Carla Merolla and Laura Coyne. National Safety Center, www.nsc.org. Aug. 15, 2002.



Photo by Stacey Byington

Skeeter's grand opening -- MMC(SW) Cecil Watford, Security, and Bob Gaudet, FISC, pose with the Sea Wolves mascot, Hooks, at the grand opening of Skeeters, the new MWR facility, and show off tickets they won to an upcoming Sea Wolves game.

Navy, Military News

Personnel development command established

By JO2 Edward Flynn
NPDC Public Affairs

NAVAL STATION NORFOLK, Va. (NNS) — The Revolution in Navy Training has entered a new phase, as the Naval Personnel Development Command (NPDC) officially stood up on board Naval Station Norfolk Jan. 10.

NPDC will oversee creation and implementation of a new education system that is revolutionizing Navy training. Building on the efforts of Task Force Excellence through Commitment to Education and Training (EXCEL), NPDC will continue working with the fleet to expand existing partnerships with academia and private industry. The goal is to provide the best Sailors in the world the best training the world has to offer. Part of this process involves the creation of 13 Learning Centers. These Centers will work with the fleet to redefine what Sailors need to know and when they need to know it.

“The establishment of the Naval Personnel Development Command is a prime example of investing today in our Navy of the future,” said Master Chief Petty Officer of the Navy (SS/AW) Terry D. Scott. “The resulting increase in the quality of our Sailors will be a testament to the wisdom of this investment.”

The ceremony’s guest speaker, Chief of Naval Operations Adm. Vern Clark, emphasized the importance of the revolution and what it already means to the Navy’s active-duty and reserve Sailors, by improving the way they are trained and educated.

“Establishing the Naval Personnel Command is not the end of the revolution... it marks the beginning,” said Clark. “This is an opportunity to institutionalize the successes seen by Task Force EXCEL. This is a



U.S. Navy Photo by PHC Johnny Rivera

Admiral Vern Clark, Chief of Naval Operations (CNO) speaks with reporters shortly after the establishment ceremony held for Naval Personnel Development Command (NPDC). “This is an opportunity to institutionalize the successes seen by Task Force EXCEL,” said the CNO. The NPDC will oversee creation and implementation of the new education system that is revolutionizing Navy training.

chance to create a culture of learning that will constantly renew itself and to create an agile and responsive education

and training system that will ensure mission accomplishment and give Sailors unprecedented opportunities to grow.

Because of Naval Personnel Development Command, our Sailors will succeed on the Tip

Continued on page 12



Ribbon-cutting -- Sara Helton, NAVSTA's fitness specialist, and SK2 Ronald McCall cut the ribbon officially opening the gymnasium facility at the Lakeside bachelor housing complex. McCall was one of the primary workers responsible for setting up the equipment at Lakeside. Helton was responsible for deciding what equipment would be most beneficial and the floor design of how the equipment would be placed in the room.

Navy, Military News

Hollywood newest star returns to Navy roots

By JO2 Charles L. Ludwig
Navy News Service

WASHINGTON (NNS) — Maybe it's to get an early jump on the Academy Awards nominations or to make the most of the holiday movie season, but there's definitely something about December and January that brings the best in biographical movies to theaters across the country.

But it's rare that one of Hollywood's holiday masterpieces hits so close to home for Sailors serving around the world. Thus is the case of "Antwone Fisher," which hit theaters nationwide Jan. 10 after several months of hype.

The movie, which centers on the inspiring story of a young Sailor overcoming a childhood's worth of abuse and abandonment, is based on a critically-acclaimed screenplay written by the film's namesake, Antwone Quinton Fisher.

For Fisher, a former ship's serviceman, doing the film meant getting a chance to revisit the Navy life he knew well as an 11-year veteran of the service. It, along with the values and lessons he learned in the Navy, helped transform him from a unknown Sony Pictures Studios security guard into one of the most sought after screenwriters in Hollywood.

His newfound fame all came off the strength of "Antwone Fisher," the autobiographical screenplay written after word of his life story caught the attention of Hollywood producer Todd Black. Waiting more than 10 years to see his work performed on film, Fisher was able to get back to his old stomping grounds of 32nd Street Naval Base in San Diego, his first base while stationed aboard USS Schenectady (LST 1185), when filming began in 2001.

"It was cool to get back on



Actor Derek Luke as Navy Sailor Antwone Fisher.

a base after so long," Fisher said during a recent interview in Washington, D.C. "You kind of know your way around but a lot of things have changed. It's really amazing how much it has grown."

No matter how large of an adjustment Fisher had to make when returning to San Diego, it couldn't have been any tougher than the one he made two weeks prior to Christmas in 1977. It was then that an 18-year-old Fisher decided to stop by a Navy recruiting office after spending time living on the streets of Cleveland. At the time, Fisher was homeless and beginning to get involved in a life of crime.

The inside of the recruiting

office is where Fisher says he took his first steps toward straightening out his life, with the help of Navy recruiters.

"Initially, they told me to come back after the holidays," he said. "Then I explained the situation to them, and they managed to get me a room at the Holiday Inn. The next day they came and took me to the federal building, then that night I was in Great Lakes. I learned that the Navy would take care of me, and I stayed in for 11 years."

But that doesn't mean there weren't rough spots along the way. Before plotting a successful naval career for himself, Fisher's anger and tendency to get in fights, as the

'Antwone Fisher' is a biographical drama based on a true story, about Antwone "Fish" Fisher who — once a Sony Pictures security guard — eventually gained fame as an acclaimed writer and a Hollywood producer. In the earlier part of his life, he was a sailor prone to violent outbursts. On the verge of being kicked out of the Navy for repeated fighting, he is sent to a Navy psychiatrist for help. Refusing at first to open up, the young man eventually breaks down and reveals a horrific childhood rife with abuse. With the help of a Navy psychiatrist, he turns his life around. Through the guidance of his doctor, he confronts his painful past and begins a quest to find the family he never knew. In the course of that search, his life changes dramatically.

film documents, got him within a hair from being discharged. Fortunately, though, his chain of command also ordered him to attend therapy sessions with Navy therapist Lt. Cmdr. Jerome Davenport.

It was in those sessions that Fisher learned to face his past and build a more successful future through the help of the Navy, a lesson he hopes people who see the movie come away with.

"Life is hard, but it is not as hard as it appears in the Navy," he said. "In the service, there's a lot of people you always have a lot of people around to help. And a lot of them I didn't like at the time, but I appreciate them now."

Continued on page 12

Continuing on

CNO charts Navy's course for 2003 ...

Continued from page 2

and technologies to improve warfighting effectiveness and enhance homeland security; shaping and educating our force to operate tomorrow's fleet; sustaining readiness; and harvesting efficiencies to invest in the Navy of the future.

"The significant progress made over the past two years in manpower and current readiness makes it possible to place more emphasis on future readiness to transform our Navy for the challenges ahead. It will take the combined energy and teamwork of our entire Navy and Marine Corps team to achieve our vision, capture efficiencies, and strengthen how we organize, train, equip and integrate to fight."

The Sea Enterprise process, a key element of Sea Power

21, will enable the Navy to harvest efficiencies and reinvest savings to recapitalize and deliver increased combat capability.

The CNO adds that the Navy will continue to invest in its "number one resource" - Sailors.

"'Growth and development' is our byline, and I expect every leader to be deeply involved in developing their shipmates. Active leadership is making it happen today and will do so in 2003," said Clark. "We will reward leaders who understand the challenges and through innovative and creative leadership, develop their people and accomplish the mission efficiently and effectively."

Clark also challenges every leader to enhance warfighting effectiveness at every level.

"Last year, I told you I wanted every leader to be evaluated on two things, their commitment to the growth and development of their people, and above all, to mission accomplishment. This year, I want to elaborate on that guidance. I want each of you to understand that mission accomplishment means both warfighting effectiveness and resourcefulness.

"Our Navy is the finest it has ever been and getting better every day. I am counting on you to continue our superb record of accomplishment and shape the Navy of tomorrow. Working together, we will achieve the vision."

To read CNO Guidance 2003, Sea Power 21, or more information about CNO, go to www.navy.mil/cno.

Personnel development command ...

Continued from page 10

of the Spear and in life itself."

Accompanying Clark in the official party were Chief of Naval Education and Training Vice Adm. Alfred G. Harms, Scott, and Rear Adm. J. Kevin Moran, who officially assumed command of NPDC.

"One of the most important tenets of the revolution is the right training at the right time," said Moran. "We are going to work smarter so that our Sailors get the very best training possible as effectively and as efficiently as we can provide it. We will be a better trained force, and will therefore be better prepared to face the challenges we will encounter this century."

To learn more about the Navy's newest command, and the Revolution in Navy Training, visit www.nko.navy.mil or www.excel.navy.mil.

Antwone Fisher ...

Continued from page 11

Today, Fisher attributed much of his success to the lessons he learned in the Navy.

"The Navy saved my life," Fisher explained. "Before I joined the Navy, I didn't have any self-esteem. I didn't feel like I was able to accomplish a lot of the things they were trying to get me to do. So, when I got out there wasn't anything that I felt like I couldn't do."

And the rest, as they say, was history. Fisher's story eventually passed under the watchful eyes of Denzel Washington, who agreed to both star and direct the film, giving the story even more credibility and mass appeal. All eventually led to the name Antwone Fisher becoming a household name.

Throughout it all, though, Fisher, who now lives in Los Angeles with his wife and chil-

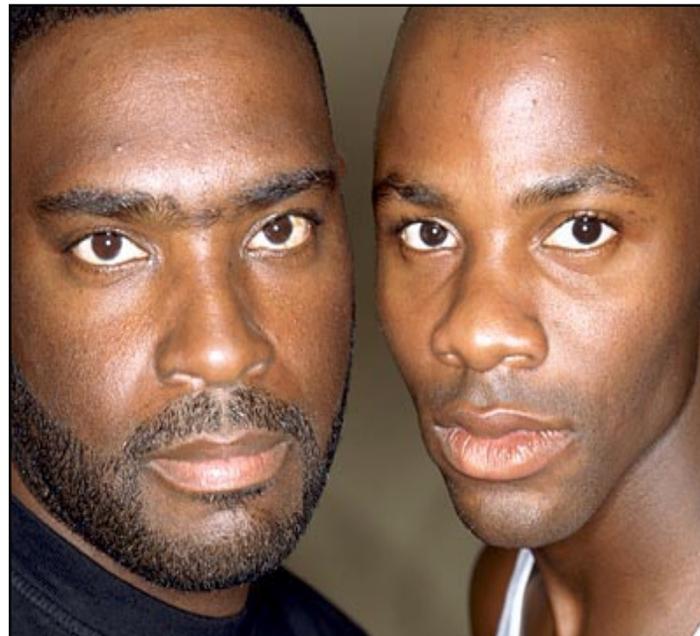


Photo by Sidney Baldwin

The real Antwone Fisher and actor Derek Luke from "The Antwone Fisher Story."

dren, still claims to be the same person who worked so hard in various supply departments throughout the Navy.

"I'm still not famous," he said with a grin. "People know

my name, but they don't know what I look like. I can still walk around the street without being recognized. I don't feel famous."

NAVSTA 'Bravo Zulus'

20 Years Civil Service:
Delores McCoy, Lakeside

Civilian of the Quarter:
Freddie Blair, PWD

**Bluejacket
of the Quarter:**
SN Kali Bolton

**Junior Sailor
of the Quarter:**
FC2 Richard Underwood

Sailor of the Quarter:
FC1(SW) Nicholas Petric

Bluejacket of the Year:
SN Kali Bolton

Junior Sailor of the Year:
PC2 Angela Morgan

Sailor of the Year:
MS1(SW) Walter Coghlan

MWR Activities

Sign-up for Armed Forces Vacation Club at ITT

The Armed Forces Vacation Club (AFVC) is a "Space Available" program that offers Department of Defense affiliated personnel the opportunity to take affordable condominium vacations at luxury resorts around the world for only \$249.00 per unit per week.

The AFVC makes this possible by utilizing "excess" inventory at condominium timeshare resorts. "Excess" inventory consists of condominium units that resort owners do not use, which generally means off-season or short-notice travel.

If you enjoy off-season activities in popular locations without the hassle of high-season prices, crowd, and lines or if you can travel on 10 days notice or less, the AFVC offers an incredible vacation value.

The seven-night condominium vacations are extremely popular. The majority of availability is generally in the US, Mexico, South America and Europe. Availability varies, but frequently covers two dozen or more countries. Condominium units typically in-



clude a full kitchen, stocked with everything from a refrigerator and stove to coffee pot and soap for the dishwasher. Many include washers and dryers. Most resorts provide amenities you aren't likely to get with a hotel room.

Guests have access to on-

site recreational facilities, swimming pools, fitness centers, game rooms, gift shops, restaurants and organized activities. Golf and skiing are available on-site at some resorts or nearby. Add area attractions and you have an exceptional vacation for far less

than you would normally expect to pay.

AFVC is as easy as one, two, three. No membership fees, no dues, no gimmicks. Just a great vacation value for members of the Uniformed Services!

1. Go to the web site www.afvclub.com

2. Use "Search for availability" to find a resort.

3. Call 1-800-724-9988, reserve a condo – start packing!

Don't forget to use NAVSTA Pascagoula's installation number - 312.

And now ITT's office here at Naval Station Pascagoula is offering all of our active duty personnel and their families the opportunity to register to win a 7 day vacation package and up to \$1000 travel expenses with Armed Forces Vacation Club.

Enter at NAVSTA Pascagoula's ITT office in Bldg. 63 (CBQ). Entries will be accepted until 5 p.m. on Feb. 14. The drawing will then take place. The winner and his/her command will be notified via telephone and/or e-mail

Enter Operation Family Adventure Contest

An outdoor adventure experience.

A new, unique and exciting contest targeting Navy families is now underway. Families are asked to submit a two-minute video showing how their family:

- Loves the great outdoors
- Is motivated by challenge
- Sticks together through thick and thin
- Has stamina to finish what they start
- Craves adventure

Twenty-five families will be

chosen from all entries to go to a regional contest from which one family per Region will be chosen to go to the ultimate contest.

Destination: HAWAII. Hawaii contest will be held Thanksgiving Week 2003 to celebrate the month of the military family. Go to www.mwr.navy.mil or stop by your ITT for all the details.

Entry form and two-minute VHS video must be received by 4 p.m. CST on March 14, 2003.



MWR Activities

Catch the Daytona 500 at Crackerjack's

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

NFL Pro Bowl on the big screen Feb. 2 at

Crackerjack's

Cheer for your favorite conference to victory while you tackle all of the hot wings you can eat for just \$5. Crackerjack's opens at 11:30 a.m. on Sunday.

Paintball Feb. 5, 12, 19, 26 Paintball Field

If you haven't tried this exciting outdoor participation sport, now is the time. Challenge your friend(s) to join you for an adventure on the paintball field. For only \$10, you get protective clothing, gun and 200 paintballs. Call 761-2293 or 761-2038 to reserve the field.

Wednesday Wing Night Feb. 12, 26 5 - 10 p.m.

Crackerjack's

The football season is over, but the hot wings special is still around. Stop by Crackerjack's and enjoy all of the hot wings you can eat for \$5.00. While you are there, croon a tune on the karaoke machine, and prepare yourself for the karaoke contest on Feb. 19.

Comedy movie and a steak Feb. 12, 6 - 10 p.m. at the USO

The Liberty Program sets up shop at the USO. Be prepared for an evening of laughter as Liberty reels off back-to-back

comedy movies. For \$7.50 you can delight the palate with a savory steak and all the fixins' prepared by the USO.

Black History Month Basketball Tournament Feb. 14, 6 - 9 p.m. Feb. 15, 8 a.m.

NAVSTA Gym

It's not "March Madness." It's "February Hoopla." Take it to the hoops and take the trophy home. If you love the game and can field a team to run the court, get ready to play. The entry fee for this double elimination tournament is \$125.00. Sign up at the Sports and Fitness Center by Feb. 12. Active duty and reservists may participate. For information call the Sports and Fitness Center at 761-2107.

Valentine Special Deliveries Feb. 14

Local area

Your "someone special" or "special friend" will be delighted to receive a MWR Special Delivery from you on Valentine's Day. The package consists of a balloon, a small teddy bear, a carnation and a card. MWR has a limited supply of these packages for the incredible price of \$5, which includes local delivery. To order a package for your "someone special," stop by ITT. For more information call 761-2293.

Daytona 500 on the big screen Feb. 16

Crackerjacks

Catch the Daytona 500 on the big screen and speed your way through all of the hot wings you can eat for \$5. Make Crackerjack's your pit stop for the 2003 NASCAR

Season. Crackerjack's opens at 11:30 a.m. on Sunday.

Movie and a snack Feb. 18, 6:30 p.m.

Cyber Café

See the latest releases before they run on the premium movie channels. Relax on the sofa or recliner and enjoy uninterrupted cinema. Free snacks provided by the Liberty Program.

Indoor volleyball coaches meeting Feb. 19, Noon

Sports and Fitness Center

How's your spike? Want to put it to the test? The Intramural Indoor Volleyball League gets underway soon. Teams are forming now. Attend this meeting and get ready to spike your way to league championship for the 2003 season.

Karaoke Contest Feb. 19, 7 p.m.

Crackerjack's

Can you carry a tune or will you be carried away from the microphone? Compete for prizes as you mimic your favorite recording artist. The first place winner receives a six-pack of karaoke discs. Second and third place receive discs also.

Whether you compete or not, you are sure to have a great time.

Crawfish Movie Night Feb. 25, 6:30 p.m. Cyber Café

"Dem mud bugs are some good yea." Come early. Cajun crawfish move fast. Relax on the sofa or recliner and enjoy uninterrupted cinema. Free crawfish provided by the Liberty Program.

Indoor wiffleball coach's meeting Feb. 26, Noon Sports and Fitness Center

What are the boys of summer doing this winter? They are playing wiffleball. If you love softball, then you must try wiffleball. 5-man teams are forming now. To learn more about the league, attend this meeting.

Bowling for King Cakes Feb. 27, Noon

Spanish Trail Lanes

Let the good times roll. It's Mardi Gras time, and it would not be complete without fun on the hardwood and king cakes. The outing starts with scrumptious servings of pizza and hot wings. Bowling follows. A limited number of king cakes will be given away for red-head pin strikes. Active duty pays \$10, and others pay \$12. Fee includes 3 games of bowling, shoes, lunch and soda. Sign up at the Sports and Fitness Center now. The sign up deadline is Feb. 25. For more information call 761-2107.

Mardi Gras in New Orleans Liberty trip to the Bacchus Parade March 2

It's an experience you will never forget. Witness the carnival frenzy that is unique only to the city of New Orleans. Leave the Cyber Café at 1200. Arrive in uptown New Orleans with ample time to grab lunch and sightsee prior to the start of the parade at 1800. Return to the Naval Station around midnight. Sign up at ITT by Feb. 26. For more information, call Liberty at 761-2293.