



Naval Station Pascagoula's award-winning on-line newspaper

Homeport

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Photo by JO2 Renee Johnson

A word from our Commanders

'Speed, agility and persistence' are Navy contributions to Operation Iraqi Freedom

By JOC Walter Ham IV
CNO Public Affairs Office

WASHINGTON (NNS) — Chief of Naval Operations Adm. Vern Clark said the Navy Marine Corps team capitalized on its ability to operate quickly, flexibly and persistently on the point in Operation Iraqi Freedom.

"When I look at Operation Iraqi Freedom, I think about speed. I think about agility. And I think about my new favorite word, persistence," the CNO said during his April 17 address at the Navy League Sea-Air-Space Exposition. "I am so pleased with the way the Navy Marine Corps team has responded to the challenge."

The CNO also called on the industry leaders at the Sea-Air-Space Exposition to find ways to help the Navy improve its business efficiency, and he thanked the Navy League for telling the Navy's story.

Clark said the Navy Marine Corps team demonstrated speed by its ability to surge forces to the scene.

"When I think about speed, I think about five battlegroups ready to go, with another one in the Pacific," the CNO said. "U.S. forces deployed in half the time it took for Desert Shield."

The CNO added that speed was also displayed in the Navy's ability to respond to time-sensitive targets.

"When I think about time-sensitive strike, I think about the joint decapitation



Photo by PHC Johnny Bivera

Adm. Vern Clark, Chief of Naval Operations (CNO) talks to exhibit representatives of the Joint Direct Attack Munition (JDAM) bomb, one of the many displays at the Navy League's 2003 Sea-Air-Space Exposition.

strike. I remember when the Tomahawk was a system where planning a target would take days to weeks. But on this occasion, from the time we got the target, which came back via satellite to the United States for planning and got back to the ships via satellite, into the system, and a missile went out of the tube, it took just over a couple of hours," Clark said. "That's what speed is about."

Clark said the Navy is demonstrating its agility by operating in unison as a distributed force from three separate areas.

"Some of our force is sitting in the Eastern Mediterranean. A thousand miles away is another piece of our force. These groups are operating in a totally cohesive

way, but free to go wherever they need to go."

According to the CNO, the Navy has once again proven the value of having persistent combat power available in the battlespace, as it did during combat operations in Afghanistan.

"If we are to be victorious, we must be able to project persistent combat power," Clark said. "We've learned again the importance of combat reach, the ability to affect events and influence events at great range."

The CNO said the Navy Marine Corps team has operated seamlessly with its sister services and coalition partners on the ground, in the air and at sea.

The American taxpayer's investment in readiness has yielded dividends in the Navy's ability to respond, Clark added.

"We invested in readiness, and that investment paid off. It paid off in giving the president options," Clark noted. "I've been talking about this subject of readiness for two years and nine months, and I want to tell you, I could not be more proud of our men and women and the way they have executed in the battlespace."

Clark added that the Navy Marine Corps team has to remain ready to fight and win in the war on terrorism, and has to stay focused on the emerging threats of the 21st century.

"I am convinced that this was not like the last war, and it won't be like the next one," the CNO said. "The key for us is to create capabilities that have the flexibility to be used with great advantage anywhere we're called to go."



Naval Station Pascagoula's hometown on-line newspaper

Homeport

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CNO discusses future of the Navy

ANNAPOLIS, Md. (NNS) — Chief of Naval Operations Adm. Vern Clark visited the U.S. Naval Academy recently as part of the Naval Institute's 129th annual meeting and 13th Annapolis Seminar.

Clark, a "longtime member" of the Naval Institute, said he was pleased with the way the Institute is entering the digital age. He also thanked them for speaking to members about Sea Power 21 and the future of the Navy.

"It's an exciting time to be in the United



Adm. Vern Clark,
Chief of Naval Operations

States Navy," he said. "I have 54 percent of our Navy forward-deployed this morning ... 303 ships, 163 of them are forward-deployed.

"They are ready. They have been performing brilliantly."

Clark said he is also pleased with retention rates in today's Navy.

"We are in the third year of the most incredible retention that we have ever had in the history of our Navy. The goal this year for

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From our Fleet

PCU Mustin delivered to Navy early

By Stacey Byington
NAVSTA Pascagoula PAO

Pre-Commissioning Unit (PCU) Mustin (DDG 51), soon to be the Navy's newest warship, was delivered to the Navy nearly two months ahead of schedule on Friday, Apr. 4, in a ceremony at the Northrop Grumman Ship Systems, Ingalls Operations shipyard, in Pascagoula.

The ship is the 18th Aegis-guided-missile destroyer built at Ingalls, and the 39th ship in the Arleigh Burke (DDG 51) class of destroyers. Construction cost was more than \$970 million.

Arleigh Burke class destroyers are equipped with the latest weapons, electronics, helicopter support facilities, propulsion, auxiliary and survivability systems. These destroyers will be able to carry out the Navy's missions well into the 21st century. State-of-the-art command, control, communications, computers and intelligence systems provide their ships' crew with complete situational awareness.

"These men and women have delivered incredible quality in the Aegis destroyer program for a quarter century here in Pascagoula," said Bob Merchant, the DDG 51 vice president at Ingalls, about the shipyard workers who contributed to the ship's construction. "Mustin is no different."

Making a reference to "Operation Iraqi Freedom," Merchant said, "This occasion is particularly poignant because this great Aegis destroyer will enter into service at a time when her country needs her the most."

Representing the Navy at the 'turn-over ceremony,' was Capt. Phil Johnson, Supervisor of Shipbuilding, Conversion and Repair (SUPSHIP) at



Northrop Grumman Photo by Steve Blount

Crewmembers raise the National Ensign for the very first time from stern of PCU Mustin, after the ship was turned over to the Navy nearly two months ahead of schedule. The Mustin is scheduled for commissioning at a U.S. Navy ship in July.

Pascagoula.

"We took the ship out for sea trials in December 2002," said Johnson. "That trial was extremely successful and is a testimony to the fine crafts-

manship and the teamwork between the government and Northrop Grumman Ship Systems. She's a sound vessel, well constructed, and ready."

The ship is named in honor

of the Mustins, a Navy family of wartime heroes and creative innovators spanning three generations. The Mustins' legacy to the Navy service lasted from 1896 until 1989, nearly one century of naval history.

CAPT Henry C. Mustin, U.S. Navy, (1874-1923), a 1896 graduate of the U.S. Naval Academy, earned a commendation for distinguished service in the capture of Vigan, Philippines, in 1899; flew the first aircraft ever catapulted from a ship; flew the first operational missions of naval aircraft during the Veracruz operation in 1914; and was the first commander of Aircraft Squadrons, Battle Fleet.

The destroyer Mustin (DD 413), 1939-1946, named in CAPT Henry C. Mustin's honor, earned 13 battle stars for World War II service that included the battles of Santa Cruz and Guadalcanal and major amphibious operations in the Pacific. Veterans of this ship have provided significant support to the newer ship of the same name.

CAPT Mustin's son, VADM Lloyd Mustin, (1911-1999), a 1932 graduate of the U.S. Naval Academy, took part in developing the Navy's first lead-computing anti-aircraft gun sight, which proved of major importance in the air-sea actions of World War II, and served on the cruiser USS Atlanta (CL 51) during the naval battle of Guadalcanal. His ship was lost during that action, and with other survivors he landed on Guadalcanal and served ashore with a naval unit attached to the First Marine Division. His post war service included commands at sea and development and evaluation of weapon systems. He later served as director of operations for the Joint Chiefs of Staff.

VADM Mustin's two sons,
Continued on page 13

From our Fleet

Decisive rescues Dominican migrants

By LTJG Jamie Pendergrass
USCGC Decisive PAO

SAN JUAN, PR – Coast Guard Cutter Decisive safely repatriated six migrants to the Dominican Republic on May 21.

The six migrants, three men and three women, illegally departed the Dominican Republic on Easter Sunday, in hopes of reaching Puerto Rico. The engine on their 16-ft. yola failed soon after their departure, leaving them adrift for several hours. The M/V Betty spotted the small yola Monday morning and notified the Coast Guard.

The USCGC Decisive was diverted to the site, approximately 35 miles north of the Dominican Republic.

Upon arrival at the scene, Decisive crewmembers transferred the six migrants from their barely seaworthy craft to the cutter where they received food, water and a medical evaluation. The migrants suffered from dehydration and sun exposure. Decisive then steamed toward the Dominican Republic where she transferred the migrants to the Dominican



US Coast Guard Photo

USCGC Decisive rescues six migrants who were adrift in this 16-ft. yola approximately 35 miles north of the Dominican Republic. The Decisive returned the migrants to the Dominican Republic.

Republic Navy Vessel Sirius (ex-USCGC Point Spencer) for repatriation.

One of the Coast Guard's many missions is to enforce immigration laws at sea. The Coast Guard interdicts undocumented migrants at sea,

denying them entry to the U.S., its territories and possessions. Interdicting migrants at sea and returning them to their country of origin saves the U.S. taxpayers billions of dollars each year in social services and helps to support legal migra-

tion systems. In addition to enforcing immigration laws, the Coast Guard's mission is to ensure the safety of lives at sea. Most migrant vessels are dangerously overloaded, not seaworthy or otherwise unsafe.

Estocin decommissioned in Mayport ceremony

By NAVSTA Mayport PAO

NAVAL STATION MAYPORT, Fla. (NNS) — In a ceremony held April 4 at Naval Station Mayport, the crew of USS Estocin (FFG 15) lowered the stars and stripes one last time and decommissioned the ship in preparation for her transfer to the government of Turkey.

Estocin was one of eight ships that make up Destroyer Squadron 6, under the leadership of CAPT James Martin. The ship was homeported at Mayport rather than at Pascagoula.

Estocin was named in

honor of Capt. Michael J. Estocin, a fighter pilot during the Vietnam conflict. Attached to Attack Squadron 192, "The World Famous Golden Dragons," then Lt. Cmdr. Estocin gallantly flew over Haiphong, destroying fuel depots vital to the enemy.

Even after taking on heavy damage from a myriad of surface-to-air missiles, Estocin continued to fly into the target area. Estocin's aircraft, badly damaged, went down April 26, 1967. He was posthumously awarded the Medal of Honor by Congress. His award read: "for conspicuous gallantry and intrepidity at the risk of his life

above and beyond the call of duty."

For more than two decades, the various crews of Estocin have strived to uphold the dedication and vigilance that earned her namesake our armed forces' highest honor.

CDR Scott Phillpott, Estocin's commanding officer, said he is enthusiastic about the transfer. "The Turkish Navy is getting a fine warship," he said. "My crew has Estocin in pristine condition, and it will serve the government of Turkey proudly."

"In this time of conflict, I take great pride in knowing that we are providing our al-

lies with such a fine naval vessel," he added. "This event serves as yet another pinnacle of the relationship that our two nations share."

CDR John Yildirim of the Turkish government assumed command of the former Estocin, which will now be known as TCG Gosku (F 497). "CDR Phillpott and his crew have prepared a very nice ship for transfer to Turkey," Yildirim said. "It is a great honor to receive a fine ship in such high condition. As Colin Powell stated just a couple of days ago, 'Turkey and the United States are great friends.'"

Around the Homeport

Starbase Atlantis is coming to Pascagoula

By Stacey Byington
Public Affairs Officer

Starbase Atlantis, a Navy-run DoD educational hands-on outreach program for children is coming to Naval Station Pascagoula. For one week, July 21-25, NAVSTA Pascagoula will be host to one of the Navy's hands-on math and science learning experiences, part of the Personal Excellence Partnership program.

The summer session, administered by the Chief of Naval Education and Training, provides students a unique opportunity to learn about real-world applications of technology through experimental learning, simulations and experiments in aviation and space-related fields.

"We believe that learning should be fun," said Shelly Bard, director of Starbase Atlantis at the Naval Construction Training Center in Gulfport, Miss. "Building self-esteem and teamwork are crucial elements of Starbase Atlantis. Educated, motivated children are our goal."

Ms. Bard is one of the instructors for the NAVSTA Pascagoula class.

For five days, 9-12-year-old family members of active duty, reservists, National Guard and DoD civilians, build model rockets, "fly" airplanes on computer flight simulation programs, and perform numerous scientific experiments. Navy personnel mingle with the students, helping with projects or demonstrating the wonder of aerodynamics. On the last day of training, the students launch model rockets they have built themselves and graduate in a special ceremony attended by parents and friends.

The curriculum includes astronomy, rocketry, and the physics of flight. Navy volunteers assist instructors and demonstrate for the students



Starbase Atlantis Photo

Fifth-grade students from Gulfport's West Elementary School pair up with members of the activated Reserve Battalion Airdet NMCB-26 at Naval Construction Battalion Center in Gulfport to complete a Starbase Atlantis exercise using tactical radios by setting up individual radio frequencies. Starbase Atlantis exposes students to real-world applications of math and science through experimental learning and simulations.

how math, science and technology are put to use as practical applications in aircraft and ship maintenance, flight simulation, meteorology, and navigation in the air and at sea. Some students get a chance to operate aircraft or ship simulators.

Statistics show that 87 percent of the students who participate in Starbase Atlantis demonstrate an increased interest in math and science, and more than 79 percent show a greater interest in school.

Class size is limited to 20 students. Ms. Bard said that if there was enough interest, a second class could possibly be added at NAVSTA Pascagoula. All students should have a military or civilian parent or guard-

ian with access to the station.

"There is no cost," said Ms. Bard. "Applications are accepted on a first-come, first-served basis."

Students are responsible for their transportation to and from the summer camp, but Starbase will provide transportation for organized field trips. Students are also responsible for bringing their lunches, snacks and drinks.

Locally, applications forms and Starbase Atlantis informational brochures can be obtained in person or by email from CMDCM(SW) Laurel Davis, NAVSTA Pascagoula's Command Master Chief, and from other station tenant command senior enlisted leadership. Davis' email address is

cmc@ns-pascagoula.navy.mil.

Applications must be returned no later than July 7. Applications should be faxed to (228) 871-3468, or mailed to Starbase Atlantis, 5510 CBC 8th St., Gulfport, MS, 39501, or can be dropped off at the NAVSTA Pascagoula command master chief's office, on the second floor of Bldg. 10. Applicants will be notified of their acceptance and sent an information packet on or before July 14.

Active duty volunteers are also needed to assist Starbase Atlantis instructors. Anyone who would like to donate their time should contact CMDCM (SW) Davis at 761-2005, or by email.

Around the Homeport

Spouse appreciation program planned

By JO2 Renee Johnson
NAVSTA Public Affairs

Celebrating America's homefront heroes — the military spouses — Naval Station Pascagoula's Fleet and Family Support Center (FFSC) and the Morale, Welfare, and Recreation (MWR) department are sponsoring a Military Spouse Appreciation night.

Pascagoula's Military Spouses Appreciation Day is being held Friday, May 9, beginning at 6:30 p.m., at Cracker Jack's, located at the Lakeside Inn, in the combined bachelor housing complex on Chicot St. in Pascagoula, Miss.

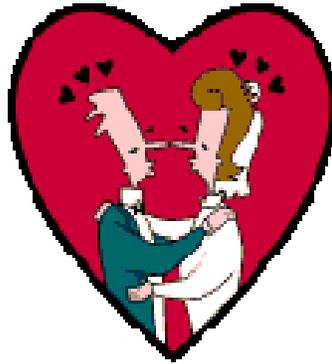
The program is open to all area active duty military spouses — Navy, Army, Marine Corps, Air Force, Coast Guard, National Guard — and spouses of retirees.

There is no cost to attendees, but those planning to attend must register with FFSC as soon as possible due to space considerations. Free childcare will be provided by the Child Development Homes, space permitting, to those who register with FFSC prior to the event.

Activities scheduled for the evening include a social hour with heavy hors d'oeuvres, the 'welcome' by NAVSTA Pascagoula Commanding Officer, CDR Terry Rea, a tribute to spouses by CAPT James Martin, Commander, Destroyer Squadron 6, entertainment by comedian Jeff Allen, and a wedding vow renewal service conducted by LT Randy Williams, CHC.

There will also be information available about various FFSC and MWR programs such as the Spouse Employment Assistance Program, the Personal Financial Management program, and services available through Information, Tickets and Travel (ITT) office.

The goal of the event is to



show military spouses that they are special people, and to let them know that they serve their country as much as their active duty member.

"Spouses serve in a different way, but serve nonetheless. They deserve our honor, respect, and thanks," said Johnnette Wilkerson, project manager and FFSC clinical supervisor.

"It's a great opportunity to come enjoy an evening of elegance, fellowship, and to be pampered," said Kristen Kea, MWR director.

CNO discusses Navy's future ...

Continued from page 2

first-term is 56 percent. Each year, we have broken the record for the best year ever.

"In February, the retention for first-term was 79.4 percent. It's an exciting time. We have the right number of people."

Clark then discussed the pillars of Sea Power 21: Sea Strike, Sea Shield, Sea Basing and ForceNet.

"We're past the point of understanding 'what' Sea Power 21 is about - the task is now to understand 'why' Sea Power 21 is what it is," Clark said.

"Sea Strike is fundamental for this reason: we have always been a power-projection Navy. Sea Strike is about projecting offense. If you are in the business of combat arms, it is an absolute essential to have an offensive mindset."

Jeff Allen is a comedian who is notorious for saying 'A happy wife is a happy life' at his performances. He has been in the funny business for more than 20 years.

The wedding vow renewal service is being conducted by Chaplain Williams from Destroyer Squadron 6, for those couples wishing to renew their wedding vows. Spouses whose husband or wife is deployed are also encouraged to participate in the evening's festivities. Certificates and photographs will be provided for couples and individual spouses.

"We are encouraging those spouses whose husbands or wives are deployed to still come out," said Wilkerson. "We want to recognize all Navy spouses' contributions to the military."

At a recent deployment ceremony for Air Force members leaving for the Middle East, the military spouse was singled

out. This expresses the sentiment carried by almost everyone on active duty.

"I would never say military spouses are better or worse than other spouses are. But I will say there is a difference," said Col. Steven Arrington, 17th Training Wing vice commander, Goodfellow Air Force Base, San Angelo, Texas. "I will say that our country asks more of military spouses. And I will say, without hesitation, that military spouses pay just as high a price for freedom as do their active duty husbands or wives. Perhaps the price they pay is even higher. Dying in service to our country isn't nearly as hard as loving someone who has died in service to our country, and having to live without them."

A reception will follow the official program.

"We appreciate our military spouses - America's Homefront Heroes - and we want to show it," said Wilkerson.

In addition to projecting offense, Sea Power 21 calls for the projection of defense, also known as Sea Shield.

"Tomorrow's Navy is about projecting - not just offense, but projecting defense, hundreds, even thousands of miles away," Clark said. "The last 15 months have been the most successful in our history in this area."

The third pillar, Sea Basing, is "operating from the maritime domain," said Clark.

"The core of our being is about the ability to operate from the maritime domain. We must have the courage to examine every assumption we have ever made about the way we put our force together, and exploit to the fullest the ability to operate from the maritime domain without limitations that

tie us back."

Other plans for the immediate future include a new evaluation system going into effect July 1. It will be implemented first for flag officers and will subsequently make its way down through the ranks.

Other initiatives include Task Force EXCEL, the Navy's revolution in training, and the establishment of the Naval Personnel Development Center.

"One of my jobs is to find leaders who will take the Navy in the correct direction. I intend to create a system that fits round pegs into round holes.

"It's really easy to be against stuff. ... It's a lot more difficult to be for something. I want leaders who know what they believe in."

Around the Homeport

NMCRS fund drive helps our own Sailors

By Stacey Byington
Public Affairs Officer

The Navy-Marine Corps Relief Society is a nonprofit, charitable organization that provides financial, educational, and other assistance to members of the Naval Services of the United States, and their eligible family members and survivors, when in need. To do this, counseling, loans, grants, various services, and referral to other community resources are available. There are no fees for such help.

But in order to provide this assistance, NMCRS depends on the generous donations of voluntary and spontaneous contributions from individuals, corporations and organizations.

Another way the society raises money is the annual fund drive.

Last year, the NMCRS nationally provided more than \$40.7 million in financial assistance to more than 50,700 cases. More than \$33.6 million was in the form of emergency aid (more than 45,000 cases) — \$29.6 million in interest-free loans, \$3.2 mil in grants, and almost \$1 million in assistance to other military services. The average amount provided per case was more than \$700.

When the servicemember can afford to repay, financial assistance is provided as an interest-free loan, which is normally repaid by allotment. If repayment would cause a hardship, assistance may be provided as a grant or a combination of grant and interest-free loan. NMCRS does not, however, assist with the purchase of non-essentials, nor does it supplement the income of persons who live beyond their means.

During last year's fund drive the Pascagoula area NMCRS office reported local command contributions of just over



Photo by JO2 Renee Johnson

Samples of 'Junior Seabag' baby layette items are spread out on a table. Navy-Marine Corps Relief Society volunteers contribute many hours knitting and crocheting the layette items, just one of the many ways the society helps area Sailors and their families.

\$30,000. But the money raised covered only 17 percent of the assistance provided to area military families.

During calendar year 2002, the Pascagoula NMCRS office provided more than \$171,000 in assistance to 318 cases. The largest chunk of funding went to provide basic living expenses, vehicle repairs, and to help pay transportation costs for a military member or their family members when there was a death or illness in their family.

Locally, more than \$156,000 was distributed in the form of interest-free loans, and almost \$15,000 was in the form of grants.

The Navy-Marine Corps Relief Society's annual fund drive is essential to the function of this organization," said Karen Essary, director of the local NMCRS office.

"This is the money that goes directly back out as loans and grants to help our service mem-

bers and their families. Without the fund drive, we would not be able to assist our military families with the variety of issues that we see today."

Founded by volunteers in 1904, the Navy-Marine Corps Relief Society is exempt from federal income tax under section 501(c)(3) of the Internal Revenue Service Code. Contributions to the Society are fully deductible under section 170(b)(1)(a) of the Code. Although sponsored by the Department of the Navy, the Society receives no funding from the government and is not part of any government-funded

compensation or assistance program. One hundred percent of donations to the Society will result in financial support to Navy and Marine Corps families.

In addition to financial assistance, all NMCRS locations provide budget counseling in the form of training, education and remedial financial counseling, layettes for new family members, education loans and grants for spouses of active duty service members, and for children of active duty, retired and deceased service members.

Chaplain's office offers new services

The Naval Station Pascagoula's chaplain department has begun a new weekly chapel service on Singing River Island at the Learning Resource Center. The service begins at 10 a.m. each Sunday morning.

There is also a study group

that meets each Tuesday at 6:30 p.m. in the Combined Bachelor Housing lounge here. The topic is 'The person of Christ'.

For more information, contact the chaplain's office at 761-2279.

Around the Homeport

Many efforts help control mosquito attacks

By Ben Barker
Public Works Department



Aedes Sollicitan

As everyone who has been stationed here for any length of time knows, mosquitos are a constant problem throughout the summer season at Naval Station Pascagoula.

The most common mosquito in this area is the *Aedes Sollicitan* mosquito. The gestation period for the *Aedes Sollicitan* mosquito can be anywhere from one to two weeks depending on the weather. Mosquitoes hatch after a couple of days after a rain and can live up to several weeks.

Only the females bite and require a blood meal before they can reproduce.

The *Sollicitan* is a strong flier and can migrate up to 15 miles along the coastal salt-water marshes where they breed. They are very aggressive and attack both night and day, and rest in moist vegetation.

There are only a couple of other species of mosquito on Singing River Island, which are smaller and non-aggressive.

To date, there has never been a health threat from any of the types that take up residence on the island. Testing is performed for both Encephalitis and the West Nile Virus by the Jackson County Health Department. The types of mosquitoes here at Pascagoula are not carriers of these diseases. The types that carry these diseases breed only in sewage areas.

When weather conditions are right increased numbers are produced along the coast from the Florida panhandle to the Texas coast. This is called a "major hatch." Once a hatch has taken place it takes about



Photo by Stacey Byington

A Public Works Dept. contractor, allows a mosquito to land on his finger. One of the ways to test for mosquito infestation is to count how many mosquitos land on a person in a certain amount of time.

three days to kill enough to gain control.

Mississippi Mosquito Control, Inc. and PWC Pensacola Pest Control are the private contractors used by Public Works to control mosquitos on Singing River Island. A light trap is used (located at the ballfield pavilion) which attracts and catches mosquitos to determine daily activity rates. These rates determine what control measures are taken. Fogging operations are called on when the population rates are over the prescribed limits. Fogging trucks no longer just drive the roads but also operate on the grassy areas where the mosquitoes live. A plane flies over the island as frequently as the weather and scheduling allow.

Public Works personnel are aggressive in their efforts to control the mosquito population. Some of these efforts include:

1. Keeping the grassy areas well cut.
2. Ensuring the drainage

trap for daily counts.

6. Using fogger trucks and spray planes (plane is on a time-share with entire Gulf Coast).

7. Using larvicide tablets (non-toxic) in all detention ponds and drainage ditches around the island to prohibit hatching.

8. Testing new technologies (Mosquito Magnet trap, ThermaCell battery powered repellent, etc.)

People living and working on the station can also take measure to help lower their attraction to mosquito attacks.

1. Wear light clothing - mosquitoes are attracted to dark colors.

2. Use repellent sprays containing DEET (i.e. Deep Woods Off, Cutter, Military Lotion), other products such as 'Skin So Soft' doesn't have the same desired effects.

3. Walk on paved surfaces - stay out of the grassy (especially wet) areas

4. Wear long-sleeve shirts, and light-colored pants also help.

5. Check areas around work/shop/buildings for breeding areas (containers that contain water).

We all need to work together to fight mosquito infestation.

ditches are kept free of debris to help promote optimal runoff.

3. Mosquito-eating minnows are kept in the detention ponds and drainage ditches.

4. Purple Martin birdhouses are installed around the base (Purple Martins love to eat mosquitos.)

5. Constantly monitoring mosquito populations using dip nets for larvae rates and a light



Coming to a station near you.

Be prepared!

Around the Homeport

Big fish -- QM1 Phillip Weekley holds a 6-pound Red Drum fish he caught on the rocks near the NAVSTA and Coast Guard small boat pier. Weekley says that is a favorite fishing spot of his because, "I have probably caught close to 200 fish there." Among the many types of fish reeled in by Weekley are White Trout, Freckle Trout, Flounder and Black-Tip Shark. Weekly works in the Port Operations Department and will be retiring from the Navy later this summer.

Photo by JO2 Renee Johnson



About the cover: Two children take a moment away from the many activities at the 'Kids Fair,' to have their photo taken with the Easter Bunny. The 'Easter Bunny' is MS1(SW) Walter Coghlan, NAVSTA Pascagoula's Sailor of the Year.



Photos by JO2 Renee Johnson

Kid's Fair -- A young child 'fishes' for a prize (above), and LT Dennis Schexnayder (left), NAVSTA Security Department, fingerprints a young girl at the FFSC/MSW Kid's Fair held Apr. 12.



Around the Homeport

Stennis Sailors take explosive driver course

By JO2 Renee Johnson
Public Affairs Office

Sailors from Stennis Space Center, Small Boat Unit 22, recently took advantage of NAVSTA Pascagoula's Weapon's Department training and completed a three-day Explosive Driver course, taught locally by Ed McGrath.

Students received in-depth training that saved the Navy thousands of temporary additional duty (TAD) dollars.

"This course is designed to teach necessary guidelines and precautions for driving government vehicles while transporting ammunition, explosives and dangerous articles (AEDA) on station and over public highways," said McGrath, assistant weapons officer/inventory manager, and the instructor of the course.

"The initial training is a minimum of 12 hours of special instructions and training that covers procedures for driving two-ton through semi-tractor trailers. The course also included the handling and transportation of explosives and all regulations pertaining to the proper requirements for safety measures and completing all required reports and forms."

Although Naval Station Pascagoula is small compared to other area commands, one of its mission objectives is to maintain its readiness condition and to serve and protect the fleet. This can only be made possible through continuous training.

"This is a required course, which complies with state and federal laws as stated in the 49-Code of Federal Regulations part 172, for transportation," said McGrath. "This course will ensure that drivers are made aware of the responsibilities and procedures that must be adhered to while performing their duties."

Upon completion of the



Photo by JO2 Renee Johnson

Sailors from Small Boat Unit 22, Stennis Space Center, and GM3(SW) Charlie Mouse pose for a photo after completing the Explosive Driver course taught by Ed McGrath.

course, students were given a test that required a minimum score of 75 percent.

"There were eight students who received a score of 100; the lowest grade was 96. I find this to be extraordinary. This was my fourth class and I was very pleased and honored by the results," said McGrath.

Pascagoula can be proud of one of its' own.

"Naval Station Pascagoula was proudly represented by GM3(SW) Charlie Mouse who scored 100 on the test," said McGrath.

It was obvious from the test results that the students had gained the necessary skills that will enhance their careers as well as the respect for their instructor.

"After scoring the test, I closed out the class by handing out critique sheets and was

amazed at their comments," said McGrath.

"His past military service enhanced the learning curve. He is a very knowledgeable instructor," wrote GM1 Phillip Tomlin, a student from Stennis SBT-22 unit.

"I think Ed McGrath did an excellent job at putting out the information," wrote another Stennis student, GM3 Ricardo Outerino.

The class used more than words to show their appreciation.

"Before the class was dismissed, I was presented with a SBU-22 coin, a shirt, and a Small Boat Pin," said McGrath.

Each student received a certificate to be placed in his or her service record.

"Everything was good. Ed did an excellent job," said Mouse.

Training is not over for these students, but is an ongoing evolution.

"Upon completion of this course, each person is required to take a refresher course, detailing any new changes to regulations, once every 2 years," said McGrath.

"I really enjoyed teaching this class and I am proud to have given these men and women the training that will enhance their careers," said McGrath.

'Bravo Zulu'

To NAVSTA Pascagoula's 'Homeport' for being awarded an **Honorable Mention** in the **CHINFO Merit Award** competition in the web-based publication category.

Around the Homeport

Auto skills shop helps Sailors save money

By JO2 Renee Johnson
Public Affairs Office

For folks who like to dabble, dabble, and make minor mechanical repairs to their cars, Naval Station Pascagoula has just the place.

That place is the Auto Skills Center at the Lakeside complex located on Chicot Road in Pascagoula. Operated by the Morale, Welfare and Recreation (MWR) department, it has all the equipment needed with the Sailors and their family members' best interests in mind.

Because of the high cost of auto repairs, the 2-year-old center can mean big savings to all those who use it.

"I changed both my oil and transmission fluid, rotated my tires, and fixed my brake pads at the skills center. I probably saved myself a good \$1,500 to \$2,000," said GM1 John Clark, weapons magazine petty officer.

"For the front and back break pads and rotors alone, another company was going to charge me something like \$600, but (Matt) Picketts and I did it ourselves over at the hobby shop," said Clark.

To find a place out in town that charges the same as or less may be difficult if not close to impossible.

"It's \$2 to rent a stall here, which is even cheaper than at Keesler," said EN2(SW) Matt Picketts. Picketts is a member of the Port Operations department and has worked part-time at the skills center for the past nine months.

"Instead of paying a lot of money out in town for easy maintenance repairs on your car, you can just do it yourself at the hobby shop," he said.

MWR has purchased a number of tools that are available for use. These tools include a high-powered impact wrench and everything needed to fix breaks and tires.



Photo by JO2 Renee Johnson

EN2 Matt Picketts balances a tire at the Auto Skills Center at the Lakeside complex on Chicot Road in Pascagoula.

"We have an outdoor hoist that was just installed about a year ago," said Picketts. "We also have jacks and jack stands, an engine stand, and all the tools necessary to pull out,

rebuild, and put an engine or transmission back in."

MWR does not want people who are not quite sure how to do some of the work to shy away.

"If someone wants to do an oil change and they don't know how to do it, I will show them how," said Picketts. "I'm there to help."

Although the normal hours of operation are Tuesdays and Fridays, 4:30 - 8:30 p.m., and Saturdays, 12 - 4 p.m., if there is an emergency, the staff may be willing to accommodate.

"I am willing to work with people," said Picketts. "If there is something you really need to get done, just talk to me, I can open it up anytime," said Picketts. "I am willing to work around my normal work schedule if it's an emergency. I won't be getting paid for it, but I am willing to volunteer my time."

Picketts is not only responsible for maintaining all the tools and equipment, but his primary job is to keep customers safe.

"Picketts ensures all safety precautions are followed and enforced, reducing mishaps," said Leslie Bosarge, a small engine mechanic at MWR Outdoor Recreation/Rentals. Bosarge oversees the Auto skills center's operation.

"Safety is one of his main interests, which allows customers to work in a safe environment," Bosarge added.

The whole purpose for the Auto Skills Center is the Sailors.

"I really want people to know that the hobby shop is open and available for use," said Picketts. "It's there for the Sailors."

Seniors -- Armetha Thompson, 80, Amzie Smith, 78, and Flo Bush, 85, are among the more than 100 senior citizens that enjoyed lunch at the NAVSTA Pascagoula USO, April 29. The group, all members of the Pascagoula Senior Citizens' Center, was hosted by DESRON 6. Sailors from the DESRON 6 staff provide lunch to the seniors monthly at various locals around the community.



Photo by JO2 Renee Johnson

Navy, Military News

First TSP open season of 2003 begins

By NPC Public Affairs Office

WASHINGTON (NNS) — As the tax filing season ends for most Sailors, the first open season for Thrift Savings Plan (TSP) for 2003 begins – offering Sailors a chance to begin building future savings or adjust their TSP contributions.

During the open season, which runs April 15 through June 30, active duty and Reservists can choose to invest from 1 to 8 percent of their basic pay and up to 100 percent of bonus, special or incentive pay in TSP within IRS limits.

“If you haven’t already done so, now is the time to begin investing in yourself and your future,” said Chief of Naval Personnel Vice Adm. Gerry Hoewing. “TSP offers Sailors an avenue to provide for that future by setting aside some tax-deferred dollars for long term savings.”

Working much like a civilian 401(K) savings plan, a Sailor’s pre-tax dollars are invested in one of five TSP funds. Each fund has its own risk and return. Taxes are deferred on TSP contributions, meaning no federal (and in



U.S. Navy photo by PH3 Justsin Proulx

TMSC(SW) Ron Wood helps USS Kitty Hawk (CV 63) Sailors develop a long-term investment strategy for retirement during a Thrift Savings Plan (TSP) meeting aboard ship.

most cases, state) income taxes are paid on contributions or earnings until the money is withdrawn. For those serving in a combat zone, the current ceiling for contributions is \$40,000.

TSP was not designed to replace the military’s retirement plans but is a convenient way for Sailors to invest in a variety of investment vehicles to provide additional money for the future. Account balances can be transferred to an eligible

retirement plan when a Sailor leaves the service. Thus, the balance can continue to grow tax-deferred.

Nearly 100,000 active-duty and Reserve Sailors have invested in TSP – nearly 20 percent of the force.

Sailors may elect to contribute basic pay, incentive pay or special pay (including bonuses) to the TSP. To be eligible to contribute incentive pay or special pay (including bonuses), Sailors must contrib-

ute some basic pay.

Those not receiving incentive pay or special pay (including bonuses) when making a TSP election may elect to contribute from these types of pay in anticipation of becoming entitled to them. If such an election is made, the election will take effect whenever the specified type of pay is received.

Furthermore, if a Sailor has not yet made a TSP contribution election, but expects to become eligible for bonus pay and wants to contribute some or all of it to the TSP, they must be sure to make a basic pay election before becoming eligible for the bonus pay.

TSP enrollment can be done online through the MYPAY Web site (formerly called Employee Member Self Service (E/MSS) at <https://emss.dfas.mil/mypay.asp>, or by completing a TSP enrollment form (TSP-U-1) and turning it in to the servicing pay or personnel office. TSP enrollment forms are available at local Fleet and Family Support Centers, Personnel Support Detachments or online at the TSP Web site, <http://www.tsp.gov>.



Retirement -- LT Norm Bolger, Port Operations Officer, is saluted for the last time as he is ‘piped over the side’ during his retirement ceremony, held at the NAVSTA Pascagoula quaywall on April 13. LT Bolger had more than 30 years of active duty service in the Navy when he retired. Waiting, as Navy spouses often do for their Sailors to come home, is his wife, Elizabeth.

Navy, Military News

SWO school revolutionizes curriculum

By JO1 J.D. Walter
NPDC Public Affairs Office

NEWPORT, R.I. – Putting front line leaders on the front lines; that is the Navy's Surface Warfare Officer School (SWOS). Developing tomorrow's Surface Warriors today through blended curriculums featuring the best resources available, that is the vision of the Navy's Revolution in Training. SWOS capitalized on this vision as it developed a streamlined curriculum that provides not only a greater amount of flexibility in individual Sailors' careers, but also provides the Navy better prepared Surface Warriors, faster.

Traditionally, these junior officers spent the first 27 months of their commission earning warfare qualifications. This period included a six month stint at the school, and did not fully leverage the shipboard environment into their professional development.

"Under the old program we had to try to describe the way things worked onboard without their having any real life experience to back up our lessons," said school Commanding Officer Capt. Ron Brinkley. "Now our junior officers come to us with six months of on the



U.S. Navy photo by PH1 Marthaelen Ball

Mr. Chris Rice, a researcher from the Naval Surface Warfare Center, controls the virtual reality-based bombing range during a test of the Integrated Maritime Portable Acoustic Scoring and Simulation (IMPASS) system.

job experience and training that directly contributes to their development into Surface Warriors. Our curriculum no longer focuses on lectures, but individual experience."

Pared down from six months to an intensive three week seminar based residency program, SWOS is now using both traditional and state of the art learning resources backed up by student experience. The course is taking advantage of ship-handling simulators, interactive computer based warfare

operations scenarios, fire fighting and flooding trainers, and facilitator led case studies.

"The new curriculum requires students to share their knowledge and experiences in a collaborative environment facilitated by our staff," said Brinkley. "Together, the wardrooms [8-10 students] engage in the practical application of their warfare knowledge in various problem solving scenarios as a team, as they would aboard their own commands."

Prior to arriving at SWOS,

warfare candidates must complete a series of shipboard prerequisites that include becoming qualified as officer of the deck (underway), earn basic damage control and maintenance qualifications, and demonstrate divisional leadership abilities. During this time, the warfare candidate will also engage a learning performance system comprised of interactive courseware and practical exercises linked closely to existing personnel qualification standards (PQS) and their on the job training. Through this system, the Sailor learns basic theory in an independent environment prior to engaging in first hand execution.

"We partnered with the Fleet right from the start to ensure that we were creating a process of development that was not only consistent with those being institutionalized by the Revolution in Training, but was compatible with Fleet needs," said Brinkley. "Of course it is a dynamic process, and there will be glitches along the way, but we will continue to foster our partnership to ensure the program, and therefore our Surface Warriors, is constantly improving and integrating the latest resources and skills."



Photo by Tom Sarros

Beaver -- A fairly new Singing River Island inhabitant -- a beaver -- has been caught and removed. Beavers are considered nuisance animals in Mississippi. Some of its damage is pictured in the inset.

Mustin delivered early ...

Continued from page 3

retired VADM Henry C. Mustin, and LCDR Thomas M. Mustin, have continued their family's legacy of service.

VADM Mustin, a 1955 graduate of the U.S. Naval Academy, is a decorated Vietnam veteran who served in the 1980's as the Naval Inspector General and Commander, Second Fleet and Deputy Chief of Naval Operations for Plans and Policy. LCDR Mustin, also a Naval Academy Graduate (1962), earned a Bronze Star during the Vietnam conflict.

CDR Ann Phillips of Annapolis, Md., is the ship's commissioning commanding officer. The Mustin will depart Pascagoula early this summer and join the U.S. Pacific Fleet during commissioning ceremonies in San Diego, Calif., on July 26.

"The day we have been waiting for has finally arrived," said Phillips. "She's finally ours. All we have to do is do our best, and uphold the spirit of the Mustin family, and we will be the best."

MWR Activities

MWR establishes personal trainer program

For years people have thought that exercise had to be intense, as indicated by heavy breathing and a specific max heart rate, if it was going to give the desired benefits.

That recommendation still holds true if people want to improve their aerobic fitness.

But what about if a person just wants to improve or maintain their health?

In the summer of 1993, the American College of Sports Medicine and the U.S. Center for Disease Control and Prevention brought together experts to develop new recommendations. They reached the following conclusion after reviewing the latest scientific evidence.

Every adult should accumulate at least 30 minutes or more of moderate intensity physical activity everyday. However most adults have failed to do this.

The recommendations suggest a wide variety of activities can contribute to the 30-minute total, including gardening, walking, or dancing. The 30 minutes can also come from a planned exercise or recreation

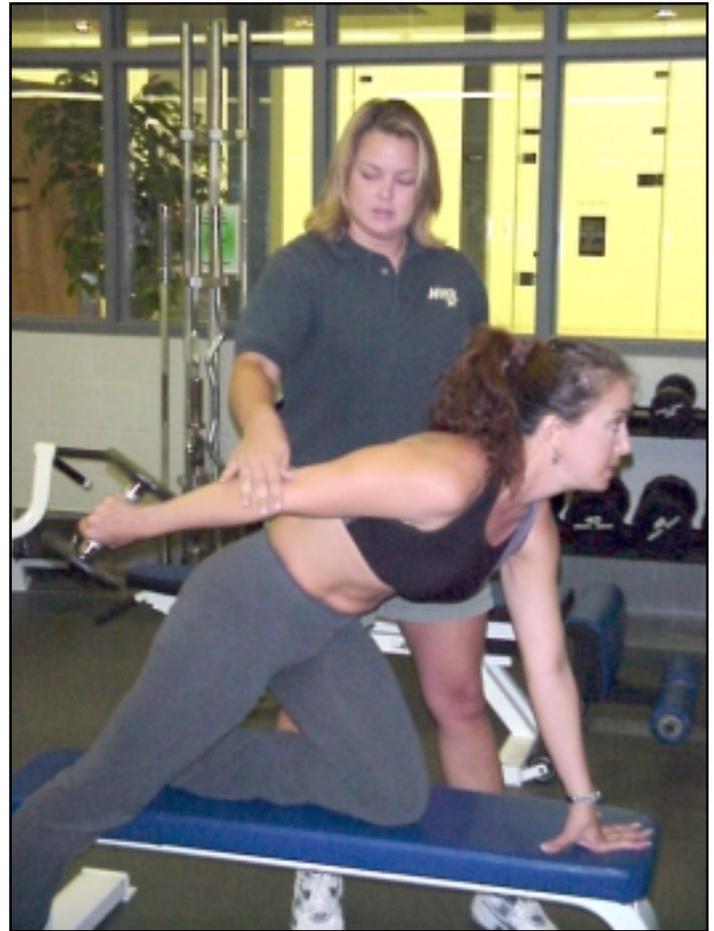
such as aerobics, jogging, swimming, and weight lifting. For those who do not engage in regular activity, then they can begin by doing a little at a time. It is also beneficial to do three 10-minute sessions a day.

These recommendations are based on research that shows that adults who engage in regular moderate activity, enough to burn 200 calories a day can expect many health benefits of exercise.

To help local active duty and government civilians reach their fitness goals, Sara Helton, MWR's master fitness specialist, has established a personal training program focusing on resistance and cardiovascular training in conjunction with living a healthy lifestyle.

"More and more people are working with personal trainer," said Helton, the MWR staff certified personal trainer. "Personal trainers offer a safe and practical means of getting and staying healthy."

Helton says that NAVSTA Pascagoula has number of facilities, equipment and programs and activities geared toward helping people reach their



MWR Photo by Claude Williams

MWR Fitness Specialist Sara Helton works one-on-one with Janet Jiello, the occupational health nurse at Branch Medical Clinic Pascagoula. Sara is helping Janet with a tricep kickback, which works on the muscles in the back of the arm. MWR is initiating a personal training program at the NAVSTA Pascagoula Sports and Fitness Center.

fitness goals. And another plus, personal training services are free.

"It is the role of the personal trainer to make training sessions tailored to suit the client's

goals," said Helton. "Anyone can use a trainer for a variety of reasons, including strength or aerobic conditioning, or weight loss."

MWR's Personal training assets

Facilities

Indoor & Outdoor Basketball Courts
Cardiovascular Center
2 Rackquetball Courts
Men's & Ladies Saunas
Outdoor Swimming Pool
Lighted Tennis Courts
Lighted Softball Field
Outdoor Volleyball Field
Soccer Field
Pavilions

Programs/Activities

Aerobics
Abs Class
Group Cycling
Intramural Softball
Intramural Football

Water Aerobics
Running Club
Swimming Club

Equipment

Stationary Bicycles
Treadmills
Life-Fitness Cross Trainers
Pre-Core Cross Trainers
Steppers
Recumbent Bicycles
Free Weights
Schwinn Spinners
Vita Stat
Lat Pull-Down Machine
Back Exercise Machine
Cable Crossover Machine

Numerous check-out items



**May 17
8 a.m.**

Register at the NAVSTA Pascagoula Sports and Fitness Center. For more information, call 761-2107.

MWR Activities

SOY Alaskan cruise set to sail for second year

Millington, Tenn. — When most Sailors hear the word “cruise,” they don’t think of “Alaska” or “vacation.” But last year’s Sailor of the Year Alaskan cruise was so successful that Navy Morale, Welfare and Recreation (MWR) and the Master Chief Petty Officer of the Navy (MCPON) are hosting a repeat cruise in August 2003.

“This is another great opportunity for us to do something special for our Sailors of the Year,” said CMDCM (SS) Gale Bond, MWR Division’s command master chief. “Commands should forward their 2002 Sailor of the Year selectee’s information to Navy Personnel Command (NPC) MWR by May 30. We’ll then draw 10 winners from that group for a cruise aboard Royal Caribbean’s ‘Radiance of the Seas’ August 1-9.”

Each winner is invited to bring one guest, age 18 or older. Commands of winning Sailors will be contacted on June 3. This year’s contest

and trip will be open to all 2002 Sailor of the Year selectees, both active duty and reserve (senior, junior and bluejacket).

Individual commands must submit the following information to MWR no later than May 30 to include their Sailor(s) of the Year in the contest:

-- Name and rank of 2002 SOY selectee(s)

-- Designate if SOY is active duty or reservist

-- Command name and address

-- Commanding officer contact information (phone and e-mail)

-- Command master chief contact information (phone and e-mail)

Submission should be sent via e-mail to soycruise2003@persnet.navy.mil or by fax to (901) 874-6823, DSN 882-6823

“MWR has always been a wonderful organization for both single and accompanied members, but I never thought I would see something like this! My husband and I had a

wonderful time, and the memories will last forever,” said IT1 Tammy J. Flannery, Naval Computer and Telecommunications Station Puget Sound, Wash., one of the winners of the 2002 SOY Alaskan Cruise.

The cruise will be a “working” vacation, as each Sailor will be required to interview key cruise ship personnel to determine cruise industry best practices, such as recreational and fitness needs of the crew. Navy MWR will use the information to identify best practices that may be adaptable to Navy ships.

In their spare time, SOY cruise participants will enjoy the lap of luxury with outside balcony cabins, gourmet cuisine, and entertainment. Adventurous shore excursions include helicopter rides, glacier trekking, dog sledding, and train riding. They’ll view incredible glacier scenery as they travel along Alaska’s Inside Passage, where walls of ice

stretch 5,000 feet. Ports of call include Vancouver, British Columbia and Juneau, Skagway, and Ketchikan, Alaska. The cruise will take passengers through the Inside Passage and to the Hubbard Glacier.

“When I won Sailor of the Year for Special Boat Unit 22, and then won for Commander, Boat Squadron 2, I thought it could not get any better. I am very fortunate to be at a command that supports its members, sets goals, and helps Sailors realize these goals. My wife and I had a wonderful time seeing Juneau, Skagway, and Ketchikan, but I think what I will always remember is how well Navy MWR treats its people,” stated HM1(SW) Tony B. Robinson, Special Boat Unit 22, Stennis Space Center, Miss.

For more information on the Sailor of the Year Alaskan Cruise, please send an e-mail to soycruise2003@persnet.navy.mil.

New MWR travel program announced

MILLINGTON, Tenn. (NNS) — Navy Morale, Welfare and Recreation (MWR) has established a partnership with the Government Armed Forces Travel Cooperative (GAFTC) to provide a wide range of discounted travel opportunities to active-duty and Reserve personnel, military retirees, and Department of Defense employees and their family members.

“This program gives our authorized patrons access to significantly discounted travel opportunities,” said Karen Fritz, program manager for Navy MWR’s Information, Tickets and Travel (ITT) Section.

“Using this program is also beneficial to Navy MWR, because vendors pay a commission for every booking placed

by Sailors. That money goes directly back into Navy MWR programs for Sailors and their families at the local base level.”

The GAFTC Web site — govarm.com — allows users to shop for hotel rooms, airline tickets, car rentals, cruises, golf packages and travel insurance.

The Web site features access to more than 50,000 hotels, hundreds of airlines, 24 car rental companies, all major cruise lines, 400 golf vacations and the leading travel insurance companies in the world.

Visitors to govarm.com can also access a “family friendly” travel guide.

For additional information, please visit govarm.com or contact your local ITT Office.

List personal items for sale in classified ads section

As a service to its readership, the Naval Station Public Affairs Office is offering space in the base newspaper, “Homeport,” for personal classified advertisement.

Are you having a yard sale, want to sell a personal vehicle, or moving and have household items for sale? Why not list them in the “Homeport’s” classified section.

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

This is a free service provided by the staff of the NAVSTA Pascagoula Public Affairs Office to help qualified personnel dispose of unwanted per-

sonal articles. Service ads such as sharing rides to and from work, lost and found items, and garage sales will also be accepted.

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

No advertisements will be accepted over the phone. Please email ads to pao@ns-pascagoula.navy.mil, with the words “Homeport classified ad” in the subject line. Faxed ads will be accepted at (228) 761-2087. Please include full name, rank or grade, and work phone on all classified advertisement submissions, so that the Public Affairs staff can contact someone if there is a question about the ad.

MWR Activities

Spouses' Appreciation Night at CrackerJack's

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

Paintball

**May 7, 14, 21, 28,
4:30 p.m.**

Paintball Field

Challenge your friends to join you for a "Capture the flag" adventure on the paintball field. Play with as few as four players (two two-person teams) Capture the opposing team's flag and return it to your team's flag station without being tagged with a paintball. Play for up to four hours for only \$10, includes protective clothing, guns and 200 paintballs. Call 761-2293 or 761-2038 to reserve the field.

NBA on the big screen CrackerJack's

The NBA heats up in May as the quest for the championship intensifies. Join your friends for NBA playoffs on the big screen at Cracker Jack's. Also on the big screen, catch Major League Baseball on Saturdays.

Liberty Trip New Orleans Jazz and Heritage Festival May 3, 8:30 a.m. Cyber Cafe

Spend the day in a musical wonderland. Tour the festival's 10 stages for continuous music that includes jazz, rock, country, zydeco, reggae, gospel, r&b, and contemporary. Visit the arts and crafts booths, and browse the unique creations from a variety of artisans.

Depart the Cyber Cafe at 8:30 a.m., and return about 9 p.m. Transportation is free. Admission at the gate is \$25. Food and souvenirs will be additional. Sign up for the trip no later than April 29 at ITT, Cyber Cafe or CrackerJack's.

For more information, call the Liberty Program at 761-2293.

Cinco de Mayo Celebration May 5, 7 p.m. CrackerJack's

CrackerJack's is featuring spicy Southwestern delicacies as it spotlights Mexican-American heritage. Be part of the festive celebration. Enjoy free tacos and quesadillas.

Dinner and a movie May 8, 7 p.m. Cyber Cafe

The Liberty Program is cooking tonight. Grab a plate and find a comfortable seat in front of the big screen and enjoy the movie.

Spouses Appreciation Night May 9 Cracker Jack's

Have you ever considered renewing your wedding vows? Now is your chance. MWR is partnering with FFSC and the Chaplains' office to have a wonderful evening which will include comedian Jeff Allen, best known for his routine "Happy Wife, Happy Life."

Please join us on Friday, May 9, at 6:30 p.m. Social hour is from 6:30-7:30 p.m. with free hors d'oeuvres. Our feature comic will take the stage at 7:30 p.m. and then Chaplain Williams will officiate the renewal vows afterwards for those that are interested.

RSVP to the FFSC office at 761-2096. Seating is limited so make your reservations soon. Dress is smart casual.

Bench Press Competition May 14, 6 p.m. Sports/Fitness Center

Are you ready to reap the rewards for your strenuous workouts? Sign up by May 12

for the bench press competition. Five trophies will be awarded in categories based on body weight. The competition is open to active duty, DoD civilians, reservists and retirees. For more information, call the Sports and Fitness Center at 761-2107.

3-on-3 outdoor Basketball May 15, 7 p.m. CrackerJacks'

The Liberty Program takes its game and grill to Lakeside. If you missed the outdoor 3-on-3 challenge in April, this is your chance to be dubbed the "Awesome Threesome." The team that survives the single-elimination tournament will receive Liberty t-shirts. All participants will be winners because the Liberty Program will serve free hot dogs and hamburgers. The outdoor court is just a couple of dribbles from CJ's patio, which provides the perfect atmosphere for out-of-doors dining and lounging.

Armed Forces Day Kid's Run May 17, 8 a.m. Sports/Fitness Center

The Armed Forces Day Kid's Run offers an outstanding opportunity for children of military personnel to participate in a safe, interactive, and fun event that enhances the self-esteem of children who participate. The event is open to military family members, ages 5-13. Children may choose to run the half-mile or the mile course. Separate runs will be held for 5-6-year-olds, 7-8-year-olds, and 9-13-year-olds.

Kid's Day Run t-shirts will be given to the first 50 entries. Parents may pre-register their children at the Sports and Fitness Center. For more information, call 761-2107.

MWR Facilities Hours of operation

Outdoor Rental Building 87 761-2038

Mondays, 6 a.m. - 2 p.m.
Closed Tuesdays and
Wednesdays
Thursdays and Fridays, 10
a.m. - 6 p.m.
Saturdays, 6 a.m. - 2 p.m.

CrackerJack's Lakeside

Now open in its new location. CrackerJack's has extended its hours of operation to include Saturday. Many new items have been added to the menu. Try the Blue Plate Specials Monday through Thursday. Others new menu items include po-boys, salads and specialty cookies.

Mondays-Thursdays, 5-10
p.m.
Fridays, 5-11 p.m.
Saturdays and Sundays, 11
a.m. - 7 p.m.

Sports/Fitness Center Building 75 761-2107

Mondays-Fridays, 5:30
a.m.-9:30 p.m.
Saturdays, 11 a.m.-6 p.m.
Sundays, noon-6 p.m.

Cyber Cafe Building 59

Mondays-Fridays, 4:30-10
p.m.
Saturdays and Sundays, 11
a.m.-6 p.m.

ITT Building 63 761-2432

Mondays-Fridays, 9 a.m.-5
p.m.

Auto Skills Shop Lakeside

Tuesdays and Fridays,
4:30-8:30 p.m.
Saturdays, noon-4 p.m.

Skeeter's

Main Softball Field
Open for softball, other
sporting events and special