



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

Homeport

Vol. III, No. 07

July 1, 2003



Inside:
New Orleans Saints visit USS Yorktown, page 3
NAVSTA honors Medal of Honor recipient, page 6
'Sailors always' is Cracker Jack's motto, page 7

Photo by Stacey Byington

Navy Region Southeast welcomes six new activities to the naval installations team

By Bob Nelson
CNRSE Public Affairs

Six Naval installations throughout the southeastern United States will soon report to Commander, Navy Region Southeast (CNRSE) headquartered at Naval Air Station Jacksonville, Fla.

Scheduled to transition to the CNRSE team effective October 1, 2003, are: Naval Air Station Meridian, Miss.; Naval Air Warfare Test Systems Division, Orlando,

Fla.; Coastal Systems Station Panama City, Fla.; Naval Supply Corps School Athens, Ga.; Naval Air Station Atlanta, Ga.; and Naval Support Activity Mid-South, Millington Tenn.

The reporting change is a result of the Chief of Naval Operations (CNO) recent announcement to shift and reorganize shore management functions at all Navy shore installations to Commander, Naval Installations (CNI). Key elements of the new CNI stand-up calls for consolidating

command resourcing and management responsibilities.

CNI will be responsible for Navy-wide Shore Installation Management (SIM) functions, to include authority as the Budget Submitting Office for installation support and the Navy point of contact for installation policy and program execution oversight.

CNRSE will report to CNI for SIM functions, effective October 1, 2003.

Ready set, go live, Sailor continuum comes to life

By JO1 Jd Walter
NPDC Public Affairs

NORFOLK, Va. - Attention All Hands. Beta version of the 5 Vector Model (5VM) is about to hit the Fleet. The pilot version is being tested in the AG, MS, and IT communities, with future versions to be released to all others as their professional development continuums become available.

"The 5 Vector Model we're building for every rating in the Navy, is more important to Sailors than many realize," said Master Chief Petty Officer of the Navy MCPON(SS/AW) Terry Scott. "It is essential that every Sailor log into the 5VM and provide feedback to ensure this career management tool constantly grows and develops to meet the changing needs of Sailors and the Navy."

Sea Warrior, the Navy's human resource initiative, is comprised of both the 5VM and Naval Personnel Command's (NPC) Career Management System (CMS), and uses the latest in systems technology to create an integrated career management tool that allows Sailors to more successfully plan and execute their careers, and then reap the rewards of serving, whether for one tour or until retirement. Accessed through Navy Knowledge Online (NKO), the 5VM is both a roadmap and a resume, explicitly showing Sailors what they need to know, when they need to know it, and how to go about getting that knowledge, skill, or ability.

"This is an important achievement for the Navy," said AGCM(SW) Bill Adamo of the Naval Personnel Development Command Functional Integration Management Team. "Some of the goals of the Sea Warrior initiative are to give Sailors college credits and professional certification by infusing learning with the best that technology has to offer, and creating a performance based advancement process. But, these things must be accessible to Sailors for us to be successful."

Enter the 5VM. It gives Sailors a single point of access for all information and resources related to planning and managing their professional and personal lives, and is customized to the individual. Once logged in, Sailors can access their professional and personal development, leadership, certifications and qualifications, and performance vectors.

As each vector requirements, or milestones, are plotted, they are linked to supporting tools, courses (residency, computer based, Web-delivered), and resources available. Based on achieved mile-

stones, the 5VM tracks a Sailor's ranking among his or her peers; identifies promotion potential and feeds various databases from which the electronic training jacket is created.

Through the 5VM Sailors will also link to the CMS to identify duty assignments that are the best fit for continued development and promotion, as well as alternative duty assignments and non military educational opportunities.

"The onus to achieve success remains on the Sailor, to be sure," said Adamo. "But the 5VM will ensure they are given all the right tools and opportunities to do so. And when they excel, they will be appropriately rewarded."

Again in a coordinated effort with NPC, a performance vector is being developed that factors in promotions based on a Sailors' achievements and proficiencies, not simply on time in rank, or advancement exam results. Sea Warrior will ultimately bring together the 5VM and CMS to create an integrated detailing system so Sailors can apply for duty assignments while logged in.

While automated 5VMs will initially only be available for Aerographer's Mates (AG), Mess Management Specialists (MS), and Information Systems Technicians (IT), a demo version will also be released so all Sailors have the opportunity to interact with the new tool and provide valuable feedback to developers and the Learning Centers.

Like any software being developed the 5VM is being released to a limited number of users as an initial test of the system. As professional development continuums are completed they will be inte-

Continued on page 11



Naval Station Pascagoula's hometown on-line newspaper

Homeport

Commanding Officer CDR Terry Rea
Executive Officer LCDR Nancy Fink
Public Affairs Officer Stacey Byington
Journalist JO2 Renee Johnson

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

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

From our Fleet

New Orleans Saints visit USS Yorktown

By Stacey Byington
Public Affairs Officer

It was hard to tell which was the bigger draw -- the New Orleans Saintsations (the cheerleaders for the New Orleans Saints), or the New Orleans Saints football players themselves -- as Sailors of the USS Yorktown (CG 48) manned the rails of the ship awaiting the arrival of the Saints team bus.

Some of the most favorite Saints football players and personnel, including Coach Jim Haslett, General Manager Mickey Loomis, Duece McAllister, Michael Lewis, Fred McAfee, Fred Thomas and Joe Horn, and Saintsations Quinta Reed, Brooke Crocker, Tiffany Martin, and Mandy Schexnaydre, stopped by the Yorktown on June 24. The Saints visit to the Yorktown was part of the football club's Eastern Regional Caravan, June 23-25. The caravan traveled through south Mississippi and into southern Alabama.

"This is great," said Yorktown's Commanding Officer, CDR Steven Sloan, who has been a Saints fan since his college days at Tulane University. "I am glad we had the chance to take part."

The Saints team members were given a tour of the ship, ate lunch and traded stories with the ship's crew, and then signed autographs and team memorabilia for Sailors from the ship and other military and civilian personnel and their family members associated with Naval Station Pascagoula.

Talking with local reporters who were on hand to docu-



Photo by Stacey Byington

New Orleans Saints cornerback Fred Thomas autographs Saints memorabilia for Sailors, government civilians and family members on board USS Yorktown (CG 51). The Saints visited Yorktown as part of a Eastern Regional Caravan.

ment the event, Coach Haslett said, "It's nice to come out here and meet the people who protect our country. I have heard about the ships here, and it's pretty neat the way this is put together, and what they do."

Ship personnel presented Loomis and Haslett with ship ball caps reflecting their rank (one had more 'scrambled eggs' than the other), a ship plaque and several other small mementos of their visit. The Saints, in turn, presented the ship with a gold football autographed by all the players

Continued on page 11



Photo by Stacey Byington

Seaman Teresa Sizemore, YN2 Tamara Hollis, and Carolyn Crumpton, from NAVSTA Pascagoula Admin, pose with Saints' coach Jim Haslett.

About the cover: GSEC(SW) Denny Thomas, a crewmember on the USS Yorktown (CG 48), poses with Saintsations Quinta Reed, left, and Brooke Crocker. Several of the cheerleaders and the players visited with crewmembers and had lunch in the ship's CPO Mess.

From our Fleet

Gates' officer on all-star baseball team

By LCDR Terry Allvord
Navy Baseball Public Affairs

SAN DIEGO, Calif. – If you visit the Admin office on the *USS Thomas S. Gates* (CG-51) lately, you might notice two things; an overflowing in-box and the absence of LTJG Joe Chastain, the administration officer for the crew. Chastain was recently selected to represent his ship, service and country as a pitcher on the 2003 U.S. Navy Baseball Club at the annual Navy and Marine Corps All-Star Game.

Each year, more than 1,500 active duty and reserve personnel from all over the world try out for the 25 available roster spots.

When asked about his selection LTJG Chastain said, "I've played baseball all of my life and it's always been my dream to play in a major league stadium. I now have that rare opportunity by being a part of the U.S. Navy Baseball Club. It's a great honor to represent my command, serve my country in the Navy and now to play the game I love too.

"I'm very thankful for my Commanding Officer's support and the crew's willingness to allow me to fulfill this dream as they step up to keep our command at a high state of readiness. I'm extremely proud of the work we were doing in San Diego to prepare for the 14th Annual Navy vs. Marine Corps All-Star Game on July 20 at Qualcomm Stadium."

Joe Chastain hails from Jacksonville, Fla., where his parents still reside, and he grew up reading the sports pages of the Florida Times Union. He graduated from N.B. Forrest High in 1989 and continued his education by attending Florida Community College at Jacksonville on a baseball scholarship. Although he was a 49th round selection by the Cleveland Indians during the 1990

Major League Baseball draft, he chose to stay in school to complete his education.

He then transferred to Valdosta State University on a baseball scholarship and graduated in 1996 with a degree in secondary education. An arm injury ended his dream of playing professional baseball and after graduation he taught ninth grade Health and physical education and was an assistant baseball coach at Valwood High in Valdosta, Ga.

In 1999 he joined the U.S. Navy and attended Officer Candidate School in Pensacola, Florida. His first ship was the *USS John L Hall* (FFG-32), homeported in Pascagoula, where he worked as the anti-submarine warfare officer. He then transferred to the *Gates* and his current position as the ship's administrative officer.

Since its inception in Pensacola, Fla., during the spring of 1990, more than 15,000 personnel have participated in this highly visible and successful program. It is the first such military baseball program since the Vietnam War and boasts seven service championships and a solid 362-141 record

against professional, semi-professional and powerhouse collegiate programs like LSU, Florida, Florida State, Auburn, Alabama and Mississippi State.

Players selected are assigned to temporary additional duty under the direction of Commander, Navy Region Southwest. The team holds open tryouts on military bases during March in San Diego, Pensacola and the Norfolk areas. They begin spring training in April in preparation for a grueling 50-game schedule along with numerous recruiting appearances in support of community linkage programs such as Partnership in Education, Habitat for Humanity, Caps for Kids, and Special Olympics to name just a few. The U.S. Navy Baseball Program has also served as a model for the other services, and with the assistance of the Navy, all of the services have developed their own programs.

When asked about LTJG Chastain's selection to the 2003 team, Harvey Simmons, General Manager of the U.S. Navy Baseball Program said, "Joe has been a positive influence on the club since day one

because of his experience and knowledge of pitching. He's a smart pitcher who knows how to get people out even if he doesn't have his best stuff that day.

"We have several young guys on the staff that look to him for guidance on and off the field as well, which has made him a superb addition to the club. Because of the visibility and success of our program we will continue to place high expectations on all of our players.

"This is a very demanding environment that will require the absolute finest personnel we can find. They must be capable of maintaining a high degree of professionalism on and off the field."

The 2003 team is off to a great start this season and currently is 22-7 overall and in first place in league play. The Navy and Marine Corps All-Star Game is the second game of a double-header at Qualcomm Stadium in San Diego on July 20, following the San Diego Padres and Arizona Diamondbacks.

For more information visit www.navybaseball.com.



Bluejacket of the Quarter -- LCDR Nancy Fink, XO of NAVSTA Pascagoula, shakes hands with CTO3(SW) Michael Saxon, after presenting him with a plaque and a gift at the Jackson County Sailor of the Quarter Luncheon held this month at the Tiki Restaurant in Gautier. Saxon, the USS Thomas S. Gates (CG 51) Bluejacket of the Quarter, was one of 20 Sailors recognized at the quarterly luncheon.

Photo by Stacey Byington

From our Fleet

Ship crews aid Navy Relief fund drive

By JO2 Renee Johnson
NAVSTA Public Affairs

Navy-Marine Corps Relief Society (NMCRS) Pascagoula owes a 64 percent increase in the money raised during the 2003 Mississippi Coast fund drive to two ships homeported at Naval Station Pascagoula.

This year's drive netted \$49,374, due in large part to the fund-raising diligence of crews on both USS Yorktown (CG 48) and USS Thomas S. Gates (CG 51). This was a \$29,760 increase from the total raised last year.

"The fund drive totals for this year have been outstanding to say the least," said NMCRS Director Karen Essary. "The amounts brought in by the Yorktown and the Gates are amazing."

Yorktown Sailors raised \$12,180, which is more than any other command at Naval Station Pascagoula, and a \$7,641 increase from the \$4,539 the ship raised last year. Yorktown Sailors donated an average of \$59 per person to Navy Relief.

"This year's success was a team effort," said IT1(SW) Billy Alexander, one of Yorktown fund drive coordinators. "The crew's commitment and the First Class Petty Officer Association's proactive approach to surpass last year's goal is what made this fund drive a success."

The Gates' effort came a close second. The Gates' crew raised \$11,270 this year, \$9,860 more than last year, and an average of \$65 per person who contributed.

"Originally, our goal was \$7,000," said OSCS(SW) Todd Trayer, Gates' operation intelligence division Leading Chief Petty Officer, and the ship's NMCRS fund-raising chairman. "But after only two weeks of reaching that goal we



Photo by JO2 Renee Johnson

Local director Karen Essary presents a plaque to LTJG David Culp, USS Yorktown (CG 48), recognizing the significant donation by Yorktown crewmembers during the 2003 Navy and Marine Corps Relief Fund Drive.

increased it to \$10,000 and just kept going from there.

Trayer said the biggest reason for the huge increase in contributions this year was the ship's 100 percent accountability of each crewmember.

"I made face-to-face contact with everyone on the ship," he said.

Another person was pleased by the Gates' fund-raising success.

"Our NMCRS President and Chief Executive Officer, retired Admiral Jerry Johnson, was thrilled to learn of the Gates' success during the fund raiser because they had been his "flagship" when he was on active duty," said Essary.

NMCRS is a private non-profit charitable organization, sponsored by the Department of the Navy which operates approximately 250 offices ashore and afloat at various Navy and Marine Corps installations around the world. It provides financial, educational, and other assistance to Navy and Marine Corps personnel, eligible family members, and survivors in need. The society also receives and manages

funds to administer these programs.

"NMCRS has impacted everyone from junior to senior Sailors with programs like the 'Budget for Baby, 'Junior Seabags,' college tuition assistance, and other programs," said Alexander, who has personal knowledge of some of the benefits NMCRS has to offer.

"When my wife had open heart surgery at Bethesda Naval Medical Center in Bethesda, Md., in 1997," Alexander said, "NMCRS granted me approximately \$3,000 to fly my son and I from Naval Station

Roosevelt Roads in Puerto Rico, where I was stationed, to be with my wife during her surgery. They also helped pay for both my brother and sister's round-trip transportation from Louisiana, so they could help me with my son while my wife was in the hospital."

Without volunteers and people who believe in helping others, the fund-raising success would not have been possible.

"I personally would like to thank every one who donated this year," said Essary. "Please know that your money will go right back to assist your fellow Sailors and their families."

New goals have already been set for next year's fund drive.

"Our goal for next year is to get 100 percent participation, double or even triple the amount we collected this year," said Alexander.

The Gates is accepting Yorktown's challenge.

"If I am the coordinator next year, the Gates' goal will be \$15,000 or \$2,000 more than the Yorktown, which ever is more," Trayer said.

"Navy Relief is all about helping Sailors, caring and making a difference," added Alexander. "If shipmates can't depend on each other, whom then can they depend on? After all, we are one big family."

NMCRS 2003 Fund Drive

Commands	Amount Raised
USS Yorktown	\$ 12,180
USS Thomas S. Gates	\$ 11,270
USS Ticonderoga	\$ 7,733
USS Steven W. Groves	\$ 3,931
USS John L. Hall	\$ 3,176
PCU Mustin	\$ 3,130
SIMA Pascagoula	\$ 1,918
PCU Pinckney	\$ 1,900
SUPSHIP Pascagoula	\$ 1,748
Medical/Dental	\$ 965
NAVSTA Pascagoula	\$ 880
DESRON 6	\$ 543

Around the Homeport

NAVSTA honors Medal of Honor recipient

By Stacey Byington
Public Affairs Officer

Family members of Medal of Honor recipient, First Lieutenant Henry Alfred Commiskey, Sr., USMC, were on hand June 6 to unveil a new plaque in his memory to be placed in the station's Mississippi Medal of Honor Park. The new plaque features a photo of 1st Lt. Commiskey and his Medal of Honor citation.

The plaque honoring 1st Lt. Commiskey is one of 17 plaques in the station's Mississippi Medal of Honor Park, commemorating the service and sacrifice of servicemen who entered military service from the state of Mississippi. Previously the Commiskey plaque featured a battle scene from the Korean War with the citation.

Major Henry Commiskey, the first Marine to be awarded the Medal of Honor for extraordinary heroism in the Korean conflict, died August 15, 1971, in Meridian, Miss.

As a First Lieutenant, he was presented the Nation's highest decoration for valor by President Harry Truman in a White House ceremony on August 1, 1951. He was cited for fearlessly leading a charge up a hill and killing seven enemy soldiers in hand-to-hand combat.

The action occurred September 20, 1950 near Yongdungp'o, Korea, on the outskirts of Seoul. Commiskey's citation reads in part, "...Coolly disregarding the heavy enemy machinegun and small arms fire, he plunged on well forward of the rest of his platoon and was the first man to reach the crest of the objective. Armed only with a pistol, he jumped into a hostile machinegun emplacement occupied by five enemy troops, and quickly disposed of four of the soldiers with his automatic pistol..."



Photo by Stacey Byington

Paul Commiskey, left, his brother Hugh, right, and sister Kathleen, remove the drape covering a plaque honoring their brother, Medal of Honor recipient, 1st Lt. Henry Commiskey, USMC. LT Stephen Bukoski, NAVSTA Public Works Officer, holds the plaque as the drape is pulled away. The plaque was placed in the station's Mississippi Medal of Honor Park.

Continuing his bold assault, he moved to the next emplacement, killed two more of the enemy, and then led his platoon toward the rear nose of the hill to route the remainder of the hostile troops and destroy them as they fled from their positions..."

Henry Commiskey also
Continued on page 11

Living Medal of Honor recipient Jack Lucas is a guest speaker at the unveiling ceremony. Lucas was only 17 when he was involved in action during the battle for Iwo Jima, during World War II, for which he was awarded the Medal of Honor.



Photo by Stacey Byington

Around the Homeport

'Sailors always' is Cracker Jack's motto

By JO2 Renee Johnson
Public Affairs Office

Cracker Jack's, at Lakeside Inn, off Chicot Road in Pascagoula, is not just a place where Sailors can go for an affordable meal, its atmosphere makes it a home away from home.

'Mission first, Sailors always,' is the motto that Morale, Welfare, and Recreation (MWR) staff members focus on at Cracker Jack's. It is their guide used in setting high standards for quality service to every customer.

"Service is prompt and the staff is courteous here," said MSC(SW) Dwight Mercer, barracks liaison for PCU Pinckney (DDG 93), under construction at Northrup Grumman Ingalls Shipbuilding in Pascagoula.

The facility has many amenities for those who enjoy surfing the net, showing off their vocal talents, or playing video games. It is open to all active duty and retired military personnel, their family members and Department of Defense employees.

"We have four computers, a Karaoke system, and four Play Stations with 15 games," said MWR's Single Sailor coordinator, David Maxwell.

For those with a competitive spirit and who like a good challenge, Cracker Jack's has several tournaments each month.

"Each month, we offer pool, card games, dominos, or three-on-three basketball tournaments," added Maxwell. "A calendar of events is posted monthly with specific information on dates and times of special events."

One upcoming event is 'Hot Doggy Night' commemorating national 'Hot Dog' month at both the Cyber Café and Cracker Jack's on July 10 and 15, respectively, at 6:30 p.m.



Photo by JO2 Renee Johnson

FC2(SW) Andre Hopson, a karaoke enthusiast, sings, 'Baby I need your love' with Margaret Elrich, daughter of Pepi Cozart, a cook at Cracker Jack's. Hopson enjoys Cracker Jack's saying, "I can get something to eat, play pool and use the computer without spending a lot of money."

"Specials for the day include chili dogs, corn dogs, hot dogs with sauerkraut, and grilled hot dogs," said Maxwell.

MWR also has more than 300 movies available at Cracker Jack's that can be checked out and viewed there on a big screen television while relaxing on a plush sofa in a comfortable setting. Sports fanatics can watch their favorite teams on one of four televisions in Cracker Jack's.

"Every night is sports night in here," said Maxwell.

Cracker Jacks offer a variety of items on the menu that are very affordable. Most items on the menu are under \$4.

"The prices are reasonable. I don't have to drive anywhere else," said FC2(SW) Andre Hopson from PCU Chung-Hoon.

To accommodate customers' work schedules, Cracker

Jack's has increased its hours of operation on Saturdays from 11 a.m. to 11 p.m. It is also open on Monday through Thursday from 5 to 10 p.m., on Friday from 5 to 11 p.m., and on Sunday from 11 a.m. to 7 p.m.

"The extended hours will benefit the Sailors by allowing them more opportunity to eat here," said Mercer, who eats at Cracker Jacks three or four times each week.

For those who like to relax in an outdoor atmosphere, there is even a covered patio picnic area, complete with barbecue grills and a view of the lake.

Personnel can reserve Cracker Jack's for private parties or special events through the MWR for only \$75. For an additional \$20, two bartenders can serve drinks for the first two hours of a party. There is no charge for private parties

in the picnic area.

Reservations must be made in advance for both indoor and outdoor parties.

Summing up Cracker Jack's mission, Maxwell said, "My goal is to make this a home away from home and to offer customers a variety of things to do at the same time keeping them focused on Naval Station Pascagoula's mission and also to let them know they come first."

NASCAR on the big screen at Cracker Jack's on Sundays.
July 13 -- Tropicana 400, Chicago, at 12:30 p.m.;
July 20 -- New England 300, New Hampshire, at 12:30 p.m.;
July 27 -- Pennsylvania 500, Pocono, at 11:30 a.m.

Around the Homeport



Photo by Stacey Byington

In the movies -- A film production crew from Mississippi Power Co., under contract with the Jackson County Economic Development Foundation, film part of a documentary about Jackson County with the bow of USS Thomas S. Gates (CG 51) in the background. The crew was filming in different parts of Jackson County. The documentary is being made to show potential businesses what Jackson County has to offer.

In the community -- MS1(SW) Walter Coghlin, NAVSTA Pascagoula's Sailor of the Year, and RP3 Jason Mullinex, from the NAVSTA Chaplain's office, answer questions from children at Eastlawn Methodist Church in Pascagoula. The students were taking part in summer bible classes. They wanted to know about what it is like to be a Sailor.

Photo by Stacey Byington



SIMA Happenings

SIMA receives second SECNAV safety award

By Stacey Byington
Public Affairs Officer

'Safety first' is the motto of Shore Intermediate Maintenance Activity Pascagoula, and once again, SIMA has been named one of the very best commands in the Navy in the area of safety.

For the second year in a row, SIMA Pascagoula has been selected for the Secretary of the Navy Award for Achievement in Safety Ashore in the small industrial-continental U.S. category. They were also selected for the Chief of Naval Operations Mishap Prevention Award in 1998, 1999 and 2000.

The Deputy Assistant Secretary of the Navy for Safety, Ms. Connie DeWitte, presented a plaque recognizing SIMA's significant achievement, and safety flag, to fly from the command's yardarm, on June 26, saying, "All personnel at SIMA Pascagoula play a crucial role in the command's commitment to providing a safety-oriented maintenance and repair program to its customers. You continue to 'raise the bar' for standards of excellence."

The command was judged in the areas of mishap reduction, occupational safety and health training, traffic and motor vehicle safety, personal protective equipment, hearing conservation and noise abatement, sight conservation, respiratory protection, workplace inspections, recreation/ athletic and home safety, community partnerships, cardiopulmonary resuscitation program, safety incentives, and new program initiatives.

Specific achievements recognized by Ms. DeWitte included a decline in on-duty mishaps, a reduction in total mishaps over a five-year period, and proactive initiatives to improve safety awareness



Photo by Stacey Byington

Ms. Connie DeWitte, Deputy Secretary of the Navy for Safety, presents the SECNAV safety flag to CDR Derrick Mitchell, center, SIMA commanding officer, LT Shawn Crawford, SIMA's safety officer, and OS2(SW) Christopher McIntyre, safety petty officer. The flag represents SIMA's attainment, for the second consecutive year, of the Secretary of the Navy Award for Achievement in Safety. The flag will be flown from SIMA's yardarm.

"This has been another extraordinary year for SIMA Pascagoula," said commanding officer CDR Derrick Mitchell. "Without exception, each oversight activity cited significant improvements over previous inspections and no major safety discrepancies were identified. With total commitment to quality while focusing on continuous improvement, our safety program excels in meeting the constantly changing needs and technical requirements of an industrial work center."

Mishap rates at SIMA have dropped dramatically over the past several years. The command's total mishap rate

dropped from 32.3 incidents in FY98 to 10.3 in FY02, a negative 68.1 percent change over five years.

For the first time in its history, SIMA also had a zero on-duty lost-time rate. And, despite a 30 percent increase in productivity, the command's on-duty mishap rate dropped by 58.6 percent from FY98.

Another SIMA milestone was achieved in the area of government motor vehicle safety. For the ninth consecutive year, SIMA Pascagoula has not had a single government-caused motor vehicle mishap.

"Regardless of the number of initiatives implemented,"

said Ms. DeWitte, "the safety achievements attained by SIMA Pascagoula would not have been possible without your leadership's commitment to safety. Your unwavering focus on effective operational risk management principles, coupled with comprehensive training and improved mishap tracking, ensures safety awareness is maximized throughout the command."

"SIMA Pascagoula has engineered the working environment to the highest standards of safety and environmental compliance," said CDR Mitchell. "I am extremely proud

Continued on page 11

Navy, Military News

Healthwatch: Protect against skin cancer

By LCDR James Polo, MC
Naval Hospital Cherry Point

MCAS CHERRY POINT, N.C. - As the warmer weather approaches, we all look forward to spending more time outside, enjoying the recreational activities available in our community.

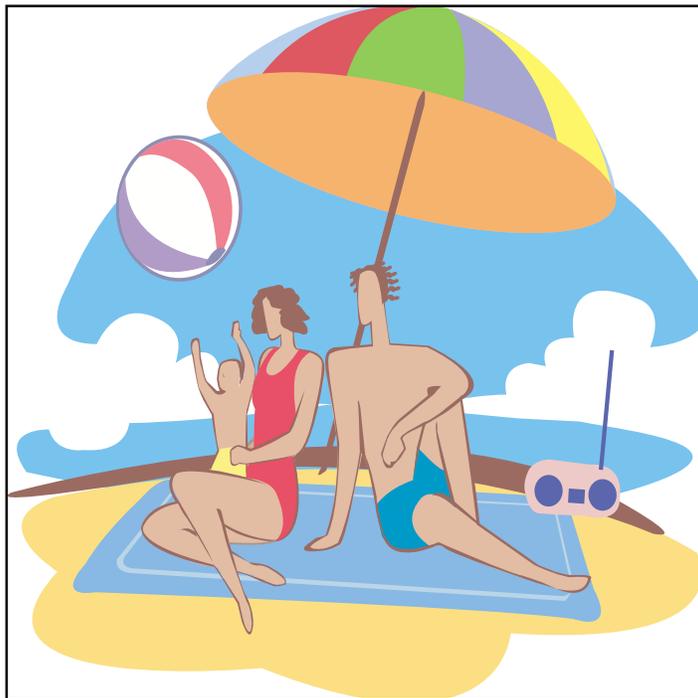
Hopefully, when you reach for your tennis racquet, golf clubs or running shoes, you are also reaching for your sunblock and wide-brimmed hat.

With the incidence of all forms of skin cancer on the rise in our country, each of us must pay attention to how much and to what type of sunlight we are exposed.

The sun plays a major role in the three most common types of skin cancer. Basal cell carcinoma (BCC) is the most common form of skin cancer. It is estimated that over one million new cases of BCC will occur in the United States this year. This slow growing tumor frequently occurs on sun-exposed skin of the face, neck and upper body. It will often appear as an enlarging bump that will bleed easily if rubbed or scratched.

Squamous cell carcinoma (SCC) is the second most common sun-related cutaneous malignancy. These tumors usually appear as persistent scaly or tender red bumps on sun exposed skin and can be quite extensive and invasive at the time of diagnosis.

Melanoma is the most serious form of sun related skin cancer. Our lifetime risk of developing melanoma has increased from 1 in 150 persons to 1 in 71 persons over the past



Protect yourself and your family from the sun's damaging ultraviolet rays. Wear a hat and reapply sunscreen frequently.

20 years. Sun exposure is a significant risk factor for developing melanoma, with blistering sunburns and outdoor summer jobs as a youth being identified as risk factors. A melanoma is characterized by a brown or black spot on the skin that changes in size, shape or color over weeks to months.

The American Academy of Dermatology has established the ABCD's of melanoma, which identify the warning signs of melanoma as Asymmetry, Border irregularity, Color variation and Diameter greater than a pencil eraser (6 mm). If treated early, thin melanomas are curable with simple surgery. If the diagnosis is delayed, melanomas can rapidly spread throughout the

body.

Since the sun plays a major role in the development of skin cancer, the majority of skin cancer is preventable. Sunscreens and sunblock play a vital role in keeping our skin safe from the harmful wavelengths of light emitted by the sun.

Tanning of the skin results from the effects of two components of sunlight within the ultraviolet spectrum. UVB, abundant in sunlight, is responsible for burning the skin and inducing the tan many of us enjoy. UVA, present in a much lower percentage than UVB, penetrates more deeply in the skin, has greater effects on the genetic material, but causes less tanning.

For many years, sunscreens have been rated with an SPF or 'sun protection factor' that evaluated the product's ability to protect the skin from UVB. A properly applied sunscreen with an SPF of 30 would theoretically permit the wearer to

remain in the sun 30 times longer before burning occurred.

Unfortunately, there is no similar scale for UVA and early products did not protect the skin from this type of light. Individuals who used these early sunscreens believed they were safe because they did not burn. In actuality, the increased exposure to UVA may have increased their risk of skin cancer.

Today, many sunscreens and sunblocks offer excellent UVB and UVA protection. Sunscreens labeled "broad spectrum UVA protection" with an SPF of 30 or greater are recommended for daily use. Sunblocks, most of which contain small metal particles, reflect the sunlight and offer the broadest and most complete protection from the sun.

Here are some recommendations for protecting yourself when from the sun's harmful rays:

- Wear a broad-brimmed hat.
- Use a broad-spectrum UVA sunscreen or sunblock with an SPF of at least 30.
- Reapply sunscreen or sunblock frequently, even if it claims to be waterproof.
- Avoid the midday sun.
- Wear sunscreen beneath light cotton clothing.

Gone are the days of drug-store displays for 'dark tanning oils' and 'sun tan lotion'. Public awareness of the risks related to sun exposure has increased dramatically over the past several years and this awareness will hopefully have an impact on the incidence of skin cancer in our country.

Know the example we set matters. More than 80% of our lifetime sun exposure occurs before the age of 18!

If we use sunscreen and wear a hat, our children are more likely to do the same.

Protect against the sun's harmful rays.

Wear a broad-brimmed hat.

Use sunblock with an SPF of at least 30.

Reapply sunscreen/sunblock frequently.

Avoid the mid-day sun.

Continuing on ...



Photo by Stacey Byington

Paul Commiskey tours the station's Mississippi Medal of Honor park with his granddaughters, telling them stories about their great uncle, Henry Commiskey, who was awarded the Medal of Honor for action in Korea. Commiskey is one of 17 Mississippians with plaques in the park.

Mississippi MoH awardee recognized ...

Continued from page 6

served as an enlisted man in the Marine Corps during World War II, and was wounded in action during the battle for Iwo Jima. For his heroism in that action he was presented with a Letter of Commendation citing his 'high qualities of leadership and courage in the face of a stubborn and fanatical enemy.'

A number of the members of the Commiskey family took part in the unveiling, including

two of Henry's brothers, Hugh Commiskey from Newton, Miss., and Paul Commiskey of Jackson, Miss., his sister, Kathleen Commiskey Curley, of Hattiesburg, and sister-in-law Mrs. Michael Commiskey of Pascagoula.

Also speaking at the unveiling was Jack Lucas, of Hattiesburg, one of 137 living Medal of Honor recipients, and Brig. Gen. William Freeman, ANG (Ret.). Brig. Gen. Free-

man is a friend of the Commiskey family.

Lucas, a former Marine and the youngest man to receive the nation's highest military decoration, was just six days past his 17th birthday when he was involved in action during the battle for Iwo Jima on Feb. 20, 1945, for which he was awarded the Medal of Honor. Mr. Lucas met Henry Commiskey after the Korean War, and is also a friend of the family.

Saints visit Yorktown ...

Continued from page 3

and staff visiting the ship.

According to Mike Feder, director of regional sales and marketing for the Saints, this was the third year that the team has made a military stop during the caravan tour. Last year they toured NMCB Center in Gulfport.

Every year the Saints also sponsor an annual "Salute to the Military" game. This year's game is tentatively scheduled for Oct. 26, with the Saints taking on the Carolina Panthers. Tickets for this game can be purchased through MWR's ITT office.

SIMA gets 2nd safety award ...

Continued from page 9

of the superior effort that each SIMA Sailor has made to improve the command's safety program. This team effort has produced a safe and healthy work environment for which all personnel can be proud. Despite the rapid pace, long hours and increasing complexity of jobs, SIMA has maintained its high standards for safety. We have met the challenges of doing more with less, and doing it safer."

Ready, set, go, Sailor continuum comes to life ...

Continued from page 2

grated into the 5VM and released to those communities.

Likewise, as upgrades are made, new versions of the 5VM will be released. But unlike computer software, Sailors will not have to perform any maintenance themselves,

as the system will automatically upgrade itself and any changes made will be reflected when the Sailor logs in.

"This isn't just another catch-phrase or hollow program," said Scott. "It truly is going to be the roadmap for

every Sailor. And we know we can't just focus only on the new Sailors coming up our brow, it's also very mindful of Sailors who are already well into their Navy careers. All Sailors will be given a clear career path, for all aspects of

their progress from Seaman to Master Chief; or from Ensign to Admiral."

To explore the 5VM and to learn more about the Revolution in Navy Training, log into <http://www.nko.navy.mil>

MWR Activities

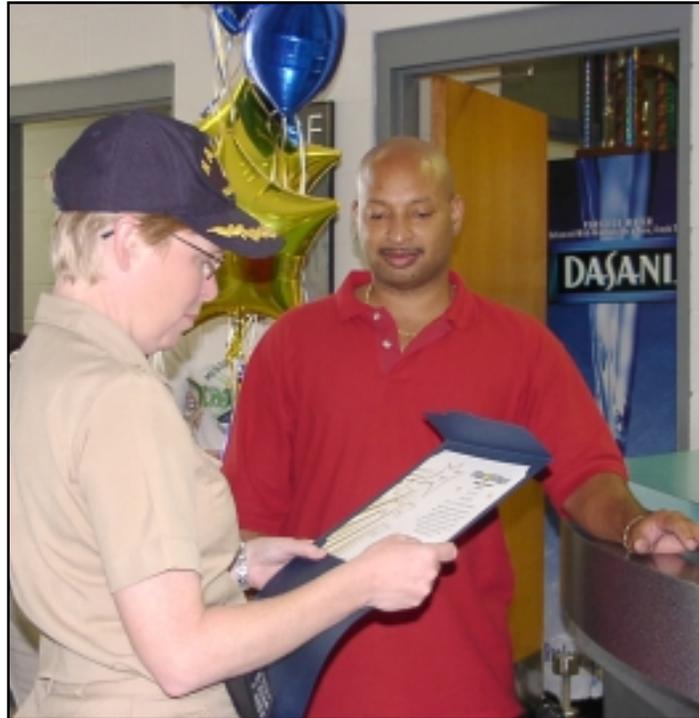
MWR customers nominate star service

Millington, Tenn. — *Is MWR customer service where it should be?* According to Navy Morale, Welfare, and Recreation's (MWR) top Sailor, CAPT Kevin McNamara, "We've made great progress in the pursuit of this goal, and we're dedicated to continuing to raise the bar to the highest elevation possible. One of our top MWR goals is to exceed customer expectations in regard to service."

As part of its commitment to "Star Service" excellence Navy MWR is proactively reaching out to its customers through face-to-face interviews and phone calls to determine if programs and services are meeting Sailors' needs and expectations.

"We interview customers as they are about to depart one of our facilities," said Amy Cimino, MWR service excellence coordinator for Navy Region Southeast. "This way the experience is fresh in their minds," she added.

"We ask our customers to fill out a card that gives us permission to call them at home," said Mike Penn, Naval Support Activity Mid-South MWR golf professional. "During the interview, a Navy MWR professional asks permission to call



NAVSTA Pascagoula Commanding Officer, CDR Terry Rea, presents Jack Seward with a 'Shining Star Award.' Seward was nominated by ENS Gilberto Mendiola, of the PCU Pincney, who said, "Jack has always greeted my division with a smile, providing equipment and towels, as well as promoting other MWR services. Precommissioning work is stressful, but it is nice to come to a place that is warm and friendly. On behalf of my division, thanks, and keep up the great work."

Photo by Stacey Byington

the customer back in a few weeks to see if they are satisfied with improvements that may have been made. Customers are also asked for additional feedback," he said.

Here at Naval Station Pascagoula, NAVSTA Commanding Officer CDR Terry Rea, and Command Master Chief CMDCM (SW) Laurel Davis recently awarded STAR Citations to four MWR employees that were nominated for out-

standing customer service by customers participating in their programs.

MWR Shining Stars were presented to:

- **Jack Seward** at the Sports and Fitness Center;
- **Cassie Holcomb** at the Sports and Fitness Center;
- **David Maxwell**, in charge of the station's Liberty Program; and
- **Leslie 'Bo' Bosarge** with

Outdoor Rental.

MWR Director, Kristen Kea encourages anyone who's recently had outstanding service in an MWR Facility to tell others about it.

STAR nomination cards can be picked up in any of the MWR comment card boxes.

Additionally, if anyone has suggestions on how to better the service in a specific facility let MWR know that too.

Secretary of the Navy's Fourth of July message

More than two centuries ago, a young nation loosened the chains of an oppressive tyrant and set about building a government based upon "life, liberty and the pursuit of happiness." Thousands of Americans took up the challenge and risked their lives in the pursuit of their freedom.

A dozen years passed be-



By Hansford T. Johnson
Secretary of the Navy, Acting

tween their declaration of independence and the establishment of an effective government. During that time, our Founding Fathers experienced both successes and setbacks. But they never gave up hope or their dedication to the cause of freedom.

In the words of Thomas Jefferson, "The ground of liberty is to be gained by inches,

and we must be contented to secure what we can get from time to time, and eternally press forward for what is yet to get. It takes time to persuade men to do even what is for their own good."

His words echo in our actions today. Americans are risking our lives in Iraq and throughout the world in the continued pursuit of freedom. The task will be difficult, and we will experience setbacks along with our successes. But inch-by-inch, block-by-block,

town-by-town, we will help secure the freedom of the Iraqi people and all who suffer under the burden of terrorism.

Our nation is extremely proud of your service. Your daily actions inspire us and affirm our continuing defense of ideals set forth 227 years ago, today.

My warmest wishes for your happiness and well being on this greatest of American holidays. God Bless each of you, your families and the United States of America.

MWR Activities

Battle of Mudlump II July 1 - 3

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

Battle of Mudlump II July 1-3

Naval Station Pascagoula celebrates its 11th birthday with three days of competition and fun activities. Scoring is based on command/departmental participation and points earned in each competition.

The Mudlump Cup is at stake, currently owned by the NAVSTA Public Works Department, last year's Mudlump champion.

More than \$200 in prizes will be given away. Competition registration packages will be distributed during the week of June 16. For more information, call Wanda at 761-2052.

Paintball July 2, 9, 16, 23, 30 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.

NASCAR on the Big Screen Cracker Jack's

NASCAR returns to the Sunday sports line-up for the big screen.

July 13, Tropicana 400, Chicagoland Speedway, 12:30 p.m.

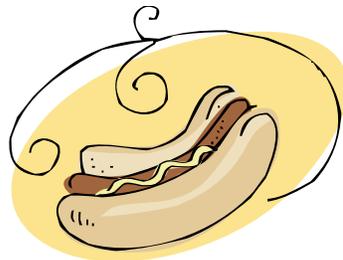
July 20, New England 300, New Hampshire International Raceway, 12:30 a.m.

July 27, Pennsylvania 500, Pocono Raceway, 11:30 a.m.

Swimming Stroke Clinic July 7-11

11:30 a.m.-12:30 p.m.
Base Swimming Pool

Do you have a swimming stroke you would like to improve? The stroke clinic will help swimmers with swimming techniques that will make those aquatic experiences more enjoyable. The sessions focus on freestyle, backstroke, breaststroke, sidestroke and butterfly. For more information, call the Sports & Fitness Center at 761-2107.



Liberty Dog Day July 10, 6:30 p.m. Cyber Cafe

July is Anti-Boredom Month and National Hot Dog Month. Escape the boredom and enjoy free hot dogs. There will be a variety of condiments and fixings to build the supreme anti-boredom hot-dog.

Hot Doggie Night July 15, 6:30 p.m. Cracker Jack's

Lakeside's National Hot Dog Month Grill-a-bration will be held on the patio at Cracker Jack's. Have a party and enjoy free hot dogs.



National Ice Cream Day July 24, 6 p.m. Cyber Cafe

Join the Liberty Program in celebrating National Ice Cream Day for servings of homemade ice cream.

Racquetball Coaches Meeting July 30, Noon Sports/Fitness Center

The intramural racquetball season gets underway in August. Now is the time to start your workouts. Attend the mandatory coaches' meeting and get ready to compete.

Personal Classifieds

Automobiles/Boats

FOR SALE: 1990 sky-blue Geo Storm in good condition, \$900 or best offer. Needs new CV-joints, engine runs great. For more information call 761-2019.

FOR SALE: 22-ft. 1984 Byliner Trophy. Recently refurbished, all new electronics, Cuddy Cabin, teal color. \$8,000 or best offer. Call Cyndi Richardson, 228-588-3710.

Miscellaneous Items

FOR SALE: Six-string guitar, left-handed, black with soft case, \$200. Four-string electric base guitar, left-handed, black with soft case, \$100. Six-string acoustic guitar, right-handed, wood finish, \$50. Hard case for acoustic guitar, black, \$50. Two Fender amplifiers, \$50 each. Call 228-522-0876, ask for Jay.

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

Mondays-Thursday, 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.

Aerobics Schedule

Mondays - Boot Camp at 6 a.m.; Abs at 11:15 a.m.
Tuesdays - Cardio Kickboxing at 11 a.m.
Wednesdays - Abs at 11:15 a.m.; Step Aerobics at 3 p.m.
Thursdays - Cardio Kickboxing at 5 p.m.
Tuesdays and Thursdays - Water Aerobics, 4-5 p.m.
Tuesdays and Thursdays - Water Jogging Cardio Class, 4-5 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 special occasions.