



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

Homeport

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Photo by JO1 Kim deJong

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A word from our Commanders

SECNAV addresses safety council

By Derek Nelson

Head, Media Dept., Naval Safety Center

NORFOLK, Va. – The Secretary of the Navy attended the first meeting of the Navy and Marine Corps Safety Council at the Pentagon on March 17. His presence underlined the importance of both the event and of service programs aimed at preventing mishaps.

“This is very, very high on my personal agenda,” Secretary England said. Not only is commitment to safety “a great visible sign of your commitment to our men and women,” he said, but safety programs produce “a very large, direct benefit to the total force.”

“My agenda is that we use this opportunity to move safety forward,” said Connie DeWitte, Deputy Assistant Secretary of the Navy for Safety, as she kicked off the meeting. “I believe we can make the 50 percent goals, and also create some deep roots for future progress.”

The attendance of so many senior officers discussing safety was unprecedented. “We have top leadership involved,” said RADM Dick Brooks, Commander Naval Safety Center and one of the council co-chairs. “We have a lot of momentum here.”

The Safety Council meeting was also attended by a number of senior leaders from the various warfare communities, including VADM Alfred Harms, Jr., Commander, Naval Education and Training Command; VADM Michael Malone, Commander, Naval Air Forces; VADM Timothy LaFleur, Commander, Naval Surface



*The Honorable Gordon England,
Secretary of the Navy*

Forces; Vice Admiral Kirk Donald, Commander, Naval Submarine Forces; and RADM Christopher Weaver, Commander, Naval Installations. The meeting was also attended, via video teleconferencing, by council members as far away as England and Guam, and notably by members of the Marine Corps Executive Safety Board, which was meeting concurrently.

Showing a public, visible commitment to safety programs is always worthwhile, Secretary England stressed to the group.

“Every time I’m interviewed, I talk about safety,” he said. “If the reporter doesn’t bring it up, I do. People must know that leaders are concerned.”

And, he said, addressing the flag and general officers at the meeting, “if it is on your agenda, it will be on others’ agendas, too.”

The council’s work is being carried out by four working groups, made up of representatives from the aviation, afloat, ashore and ground tactical communities. During the meeting, discussions focused on short-term and long-term initiatives and resource issues. Operational Risk Management, safety culture, and traffic mishaps were significant topics. The Secretary of Defense’s mandate to reduce mishaps by 50 percent by the end of FY05 was also a major topic.

“The goal isn’t really 50 percent,” Secretary England pointed out. “We’ll settle for 50 percent, but we don’t want any-

one injured or killed.”

On the topic of traffic mishaps, VADM Donald said, “When we lose a Sailor, I ask the commanding officer to write me a letter, explaining what happened and why. So often there were one or two people who knew there were indicators — speeding tickets, driving without a license. This problem calls for intrusive leadership. We’re doing a lot, but there is still a lot more to do.”

Participants agreed the meeting was productive. VADM LaFleur said, “I measure meetings by how many action items I give myself, and I’ve got a page and a half.”

“This meeting exceeded my highest expectations,” Ms. DeWitte said. “I look forward to what we’re going to do.”

About the Naval Safety Center:

Established in 1951, the Naval Safety Center is the Navy’s leading organization that conducts safety investigations, analyzes mishaps, and provides safety information to the Fleet. The Center serves communities in aviation, afloat, shore and recreation/traffic, ground operations, and occupational safety and health. Commander, Naval Safety Center reports directly to the Chief of Naval Operations, provides assistance to the Deputy Assistant Secretary of the Navy for Safety, and supports over 4,200 Navy and Marine commands worldwide to promote safety and safety processes and to preserve the lives of our service members.

About the 50%-Mishap-Reduction Campaign:

On May 19, 2003, the Secretary of Defense challenged DoD to achieve a 50-percent, across-the-board mishap reduction by the end of FY05. In fiscal year 2003, mishaps killed 106 Sailors, and cost the Navy \$737 million in equipment damage and lost resources. Of the mishap cost, \$694 million was in aviation mishaps. Sixty-eight of the deaths were on the highway.

The mishap-reduction challenge aims at 10 targets. Four involve Class A mishaps (which cause \$1 million or more in damage, destroy an aircraft, kill someone, or leave someone totally disabled): total operational, aviation (which alone accounts for 94 percent of the costs), afloat and ashore. Four other targets involve fatalities: traffic (which accounts for half the total deaths), off-duty, afloat and aviation. The other two are the number of destroyed aircraft and civilian lost-time injuries.



Naval Station Pascagoula's hometown on-line newspaper

Homeport

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From our Fleet

Pascagoula to get three more CG cutters

By Stacey Byington
Public Affairs Officer

Naval Station (NAVSTA) Pascagoula will soon be the homeport for three U.S. Coast Guard patrol craft (PC), announced U.S. Senators Thad Cochran and Trent Lott in a joint statement on April 8.

Through a lease transfer agreement with the Navy, the Coast Guard is acquiring five 179-ft. patrol coastal vessels (referred to as PC-179s by the Coast Guard). The transfer will be complete on Oct. 1. Three of these vessels — USCGC Tempest, Shamal and Tornado — will be homeported at NAVSTA Pascagoula. San Diego will homeport the other two ships, USCGC Monsoon and Zephyr. This decision brings the total number of cutters stationed in Pascagoula to four, as USCGC Decisive (WMEC 629) has been homeported here since 1998.

Sen. Cochran said, “The joint operation between Naval Station Pascagoula and the Coast Guard has proven to be very beneficial. I am pleased that Pascagoula has been chosen as the port to base three of the nation’s most important homeland security cutters. This decision creates new opportunities for the Coast Guard on the Mississippi Gulf Coast, and will enhance the economic development of the area.”

The additional cutters are expected to provide a positive impact on various missions with emphasis on port, waterway and coastal security (PWCS) and counter-drug (CD) law enforcement.

“This decision will significantly enhance the Coast Guard’s homeland security capabilities in the very important Gulf Region, helping to protect key facilities like Northrop Grumman Ship Systems, the Chevron Refinery and other assets vital to our



U.S. Navy Photo

USS Tempest (PC-2) will soon be calling NAVSTA Pascagoula home as a U.S. Coast Guard cutter under an agreement between the Navy and the Coast Guard. The Tempest and four other Navy patrol coastal ships are being transferred to the Coast Guard as part of a lease transfer option in the era of increased homeland security requirements. The Tempest and two other PCs -- the Shamal and Tornado will be homeported in Pascagoula. The other two will be homeported in San Diego.

nation’s security,” added Senator Lott.

The five ships are among 13 PCs which belong to the Navy’s Special Operations Command. The five being leased to the Coast Guard are currently homeported in Little

Creek, Va.

Under the Navy’s configuration they have a crew of four officers and 24 enlisted personnel. The Coast Guard has not yet determined the specific manning of the ships as Coast Guard cutters. Navy PCs have

directly supported Coast Guard Homeland Security operations since November 2001, working jointly with the Coast Guard to help protect the nation’s coastline, ports, and waterways, and operating under Coast Guard tactical control.

Bravo Zulu to USS Ticonderoga

Congratulations to the USS Ticonderoga (CG 47) for award of the coveted Arleigh Burke Trophy for 2003.

The Arleigh Burke Trophy is named for ADM Arleigh Burke and is awarded annually to the most improved ship, submarine or aviation squadron in each fleet, Pacific and Atlantic.

“The Ticonderoga made astounding improvements in all areas during 2003, amassing an impressive list of successes during an intense operational schedule, while turning around morale and achieving an impressive state of overall readiness,” said CAPT James Martin, Commander, Destroyer Squadron 6.

From our Fleet

Yorktown responds to distress call

By ENS Jessica Morris
 USS Yorktown PAO

While transiting the Indian Ocean, March 22, a fishing vessel collided with the Maltese Oil Tanker Everton, causing a fire to break out aboard Everton's main deck.

Approximately 100 miles south of her, USS Yorktown (CG 48) was steaming north to join other ships of the WASP Expeditionary Strike Group. Yorktown heard a distress call and immediately switched her mission to go all-ahead flank to aid the burning vessel.

Three and a half hours later, Yorktown arrived on scene. Yorktown found Motor Vessel Everton ablaze with the fire spilling out of a gashed fuel tank on the port side, flames rising from the main deck and smoke spewing aft.

Twenty-five people from the Everton had escaped the burning vessel. Twenty-two of the 25 people boarded a life raft while three crewmembers, in-



Photo by ENS Jessica Morris

Crew members of the fire-fighting team from the USS Yorktown (CG 48) put out a fire on the Maltese Oil Tanker Everton.

cluding the ship's master, did not. A nearby vessel rescued two of the three people.

Yorktown immediately assumed search and rescue command and directed the efforts of the four other ships nearby to locate the missing crewmember.

Extra lookouts were posted and both of the Yorktown's rigid-hulled inflatable boats

(RHIBs) were launched with search and rescue (SAR) swimmers. While continuing search efforts, Yorktown closed Motor Vessel Everton to investigate further.

At Yorktown's Commanding Officer's direction, Yorktown's Damage Control Assistant, LTJG Michael Hill, made plans to fight the fire.

A fire-fighting team of six

sailors took fire-fighting gear and boarded one of the RHIBs. The firefighters used a P-100 fire pump and Aqueous Film Forming Foam (AFFF) in order to attack the fire on the port side of the tanker. The fire-fighting team utilized fire pump and AFFF to smother the flames escaping crude oil storage tanks.

After the flames were put out, the team moved aft to investigate the status of another fire. From outside the vessel they saw smoke, but not flames. The team then used the fire pump to force salt water through a deck opening to aid in extinguishing any fire that remained and to lower the temperature of the surrounding area.

The majority of the fire was extinguished through Yorktown's efforts. Yorktown and her crew continued to provide assistance as needed until the situation was under control.

Yorktown is commanded by CDR Steven Sloan.

Gates helps nab wanted crime boss on high seas

By PA3 Sandra Bartlett
 USCG Seventh District

MIAMI - The Coast Guard, with the help of the guided-missile cruiser USS Thomas S. Gates (CG 51), apprehended Jose Miguel Battle, Jr., also known as "El Padrino," suspected leader of the organized crime outfit, "The Corporation." The arrest took place while Battle was on board the cruise ship Celebrity Summit in the central Caribbean at approximately 4:30 a.m. on March 19.

The U.S. Department of Justice requested the Coast Guard's assistance in capturing Battle after 21 members of the violent crime family, in-

cluding Battle's father, were rounded up the day before by federal and local agencies in an operation coordinated by the Miami-Dade Police Department and the U.S. Attorney's Office for the Southern District of Florida after federal indictments were issued for them.

Four of those indicted remained at large, including Battle. Authorities feared that he would be able to flee and avoid prosecution if he were not taken into custody before the ship's next port call in Costa Rica.

With the close cooperation of the Celebrity Summit's captain, parent company Royal Caribbean International Cruise

Lines, and approval of the ship's state of registry, the Bahamas — an operation was quickly put together to allow for the safe detention and removal of Battle.

Coast Guard Law Enforcement Detachment (LEDET) 101 based in San Diego, Calif., embarked on Gates for routine counter-drug operations in the Caribbean, was directed to board the Celebrity Summit and apprehend Battle.

At approximately 3:30 a.m., the LEDET team went onboard Celebrity Summit and briefly met with the ship's captain and security force. After confirming the location of the suspect, the Coast Guard boarding team was able to safely and silently

secure Battle and transport him by small boat back to the Gates at about 5:15 a.m.

Throughout the operation, Gates was under the tactical control of the Miami-based Seventh Coast Guard District and supporting Coast Guard personnel in the execution of their law enforcement authorities.

"We are extremely proud to come to the assistance of our law enforcement partners and help bring a major criminal suspect back to the United States to face prosecution," said CAPT Wayne Justice, Seventh Coast Guard District Chief of Staff. "This fast and effective operation could not have hap-

Continued on page 15

From our Fleet

Yorktown sails through Suez Canal

By ENS Abbas Bandukwala
Public Affairs Office

The USS Yorktown (CG 48) has had many rich and successful deployments to the Caribbean and the Mediterranean, but for the first time in her history this warship made a transit through the Suez Canal in the Sinai Peninsula, Egypt. What makes this transit more special is the fact that this is Yorktown's final deployment, or what her crew likes to refer to as her "Victory Lap."

Many Naval ships stationed on the East Coast of America make this long and narrow transit on a regular basis. The Yorktown, throughout her history, made many deployments to the Mediterranean, but was never assigned to sail to the Middle East. The Yorktown experienced this transit one month into her deployment with the Expeditionary Strike Group Two (ESG-2), which in itself is a new concept within the Navy. This ESG is the first one to deploy from the east coast.

In order to enter the canal



U.S. Navy Photo

The USS Yorktown (CG 48) transits the Suez Canal for the first time in her history during her final deployment or her 'Victory Lap.'

as a convoy, the ESG was required to come together in a line formation. The transit took about 13 hours, covering a total of 101 nautical miles, with only a brief stop to anchor at the halfway point to allow northbound ships to pass.

Traveling through such tight quarters required Yorktown to take extra measures to protect herself in case of an attack. Marines and other security force personnel were sent to Yorktown from the WASP to augment the crew's self-defense force to help protect the

ship. Also, the crew added extra watches around the ship to take additional protective measures during the transit.

"I know how important it is to protect the ship from any shore or small boat threat," said GMC Watson as he manned a machine gun on Yorktown's forecastle. "No matter what the threat, the crew can defend itself from any attack."

Not only was this Yorktown's first time through the canal, but many Sailors also experienced this transit for the

first time.

"In my 21 years in the Navy and eight previous deployments, I have been all over the world, but this is my first transit through the Suez canal," said Yorktown's Commanding Officer, CDR Steve Sloan. "This deployment has been filled with emotion, knowing that this will be Yorktown's last deployment. Even though this may be the case, Yorktown is still making history and following her motto, 'Victory is Our Tradition'."

Re-enlistment -- Six Sailors on USS Yorktown (CG 48) reenlist while transiting the Suez Canal. SK2(SW) Enrique Treto, OS2(SW) Christian Banks, IT2 Joshua Hoffman, OS2 Lloyd McFarland, SK3 Elgin Davis, and BM3 Christopher Malloy cumulatively reenlisted for 26 years and more than \$54,000 in tax-free Selective Reenlistment Bonus (SRB). The passage through the Suez Canal is a milestone for these Sailors as it is the first time the ship and many of the crew have transited through the canal.

Photo by ENS Jessica Morris



Around the Homeport

A day of fun and family time at Lakeside



Photo by JO1 Kim deJong

Children go fishing for fun and prizes as their friends and family look on. This was just one of many activities at the third annual Kids Day Fair.



Photo by JO1 Kim deJong

Military children take a break from the day's events to eat hamburgers and hot dogs and look through their Easter baskets as they listen to story-teller Chris Vinsonhaler.

By JO1 Kim deJong
Public Affairs Office

The sky was clear, the sun was shining, and the weather was just right as Naval Station (NAVSTA) Pascagoula hosted its third annual Kids Day Fair. Children and adults gathered together on the lawn of the Lakeside barracks complex in Pascagoula for a day full of fun and family time.

Observing National Child Abuse Prevention month and the 'Month of the Military Child' the NAVSTA Fleet and Family Support Center (FFSC), Morale, Welfare and Recreation (MWR) department and Navy Child Development Homes joined forces to recognize children of all area military service members.

In addition to the day being full of fun activities for children of all ages, the fair provided an opportunity to educate families on child abuse prevention.

"It is important to be educated on child abuse prevention because the children can not speak out for themselves," said EN1 John Nickles. "We need to be educated so we can speak out for them, especially young children who don't have the education."

A special surprise came when the Easter Bunny arrived on a Naval Station Pascagoula fire truck. Emergency sirens sounded as the children and

adults alike awaited the Easter Bunny's appearance, when the fire truck pulled up on the lawn to drop off its special guest.

Children quickly gathered around the Easter Bunny as he handed out Easter eggs, and they posed for photos.

The day was full of events for children. There were carnival games, food, and age-specific Easter egg hunts. The fun did not stop there though. There were also science and nature exhibits provided by Stennis Space Center, the National Marine and Fisheries Service, and the Mississippi Crane Refuge. Children also had an opportunity to hear stories from storyteller Chris Vinsonhaler. Becky Pyle, a local artist, created children's caricatures for donations to benefit the Navy Ball. The Jackson County Sheriff's department and Naval Station Pascagoula Security personnel helped document children's fingerprints and had a display with other personal security information available.

Throughout the day children went from one activity to the next enjoying fun, play and family time.

"Being able to spend quality family time makes for a wonderful bond between parents and children, and this event was a perfect opportunity for some great family time," said NC1(SW) Mary Dunleavy.

About the cover

Kids Day -- Children gather around the Easter bunny on April 3 at the third annual Kids Day Fair at Lakeside. Children had their pictures taken with the Easter bunny as he handed out Easter eggs. The day was in honor of National Child Abuse Prevention Month and the 'Month of the Military Child.'

Around the Homeport



Singing River Island in June 1988 just after the initial ground-breaking.



Singing River Island in September 2001, more than 13 years after initial construction began.

NAVSTA Pascagoula history

May is anniversary of station ground-breaking

By Stacey Byington
Public Affairs Officer

The City of Pascagoula's dream of becoming a 'real Navy town,' came to fruition 16 years ago, on Saturday, May 28, 1988, when dignitaries pushed a plunger causing a red ball of fire from Singing River Island to rise high in the air, and sending sand and water even higher, signifying the beginning of construction of Naval Station Pascagoula.

Because the 2.7-mile causeway had not yet been completed and the only access to the island was by boat, the ceremony was held along the west end of Beach Boulevard in Pascagoula. The dynamite charges had been placed on the island about a week before.

Several hundred people were on hand to see the explosion and hear the boom created by the shock wave. Immediately following the dynamite explosion, the USS Leyte Gulf began a 21-gun salute from Ingalls westbank, and four Navy T-2 Buckeye jets from Naval Air Station Pensacola, Fla., roared overhead. Members of Navy Band New Orleans entertained the crowd, and a color guard from the

USS Wisconsin presented colors.

Then Congressman Trent Lott was the keynote speaker for the ground-breaking ceremony, and he called the effort to bring a Navy homeport to Pascagoula a partnership between the Navy and the people of Mississippi who worked for it.

"Pascagoula has always been a Navy town," Lott said. "The homeport will mean that we will be more of a Navy town."

CAPT Timothy Kelly, from the office of the Chief of Naval Operations, in Washington, D.C., was the master of ceremonies.

"Today marks the dawn of reality," Kelly said. "In a few short years you will see the 'mudlump' transformed into a state-of-the-art naval station."

The 'mudlump' initially began to form in the early 1960s, when dredge material from the Pascagoula harbor and ship channel was deposited. As the island grew, grass began to grow in the sand and animals appeared. Former Jackson County port director Donald Inskip visualized some potential for the island and planted pine trees and other vegetation

to prevent erosion. Townspeople no longer called it a 'mudlump,' and began referring to it as 'Singing River Island.'

Pascagoula Mayor Dale Richardson said the ground-breaking for the new naval station was an 'exciting time' for the city.

"This was a bold project for a small community and the competition was tough, but we had 29,000 people who were willing to put up the cold cash," he said. "Today we are here to celebrate the fruits of our efforts. What we are seeing today is the mudlump becoming a miracle."

The people of Pascagoula, as well as the state and local government raised \$40 million to help make Naval Station Pascagoula a reality. The Navy invested approximately \$50 million.

Carroll Clifford III, then president of the Jackson County Board of Supervisors, said the new homeport represented the spirit of all of the people of Jackson County.

"Our people had a vision," he said. "We set our goals high and reached for them. I want to commend all our citizens who assisted in this project."

The ground-breaking for the Naval Station administration building, the first building to be constructed, was held on Oct. 26, 1989, more than a year after the original ground-breaking ceremony. Prior to that, construction efforts had been focused on completing the causeway, building the pier, and designing the basic infrastructure. In addition to the administration building, other buildings considered part of the initial construction were the fire station, public works, port operations and SIMA. Building construction was not expected to be completed until late 1990 or early 1991.

Fred Blair, NAVSTA Pascagoula's transportation director and the station's 2004 Civilian of the Year, was one of the first few civilians hired to work for the new station.

"As one of the first 12 people hired in 1990, I was fortunate enough to get to see all the buildings completed, most of the roads and sidewalks installed and the trees planted," he said. "In the beginning there were only four people assigned to the Public Works department. Everyone did what he or she needed to do to get the sta-

Continued on page 12

Around the Homeport



Photo by Stacey Byington

Field trip -- A student from College Park Elementary School in Gautier gets to try out a fire truck hose. Four classes of second-grade students toured Naval Station Pascagoula on March 31 and April 1.



Photo by Stacey Byington

Women's History Month -- Ella Holmes-Hines, Gulfport City Council, Ward 3, was the guest speaker at a special lunch recognizing Women's History Month. She spoke about women making time in their lives for things that are most important. The luncheon was held March 30 at the Tiki Resurant in Gautier. President George W. Bush proclaimed March as National Women's History Month in a proclamation signed on March 5. The theme for this year's event was "Women inspiring hope and possibility."



Photo by Stacey Byington

Marriage renewal -- HMCS(SW/AW/PJ/FMF) Donald Dunn and his wife, Brenda, renew their marriage vows during Dunn's retirement ceremony, April 16. Dunn was the command senior chief for Branch Medical Clinic Pascagoula.

Bravo Zulu to SIMA



For the third consecutive year, SIMA Pascagoula has been recognized with the Secretary of the Navy award for Achievement in Safety Ashore (small command category).

Around the Homeport

Clinic implements new nurse call center

By Stacey Byington
Public Affairs Officer

Branch Medical Clinic (BMC) Pascagoula, in conjunction with Naval Hospital (NH) Pensacola, is implementing a new 'Nurse Call Center' advice line that its customers can use to call directly to a registered nurse for healthcare information seven days a week.

In today's multi-task world it's often difficult to find time to be seen by a doctor. However, the new call center will help its busy callers avoid the pitfall of putting off healthcare until a medical problem can no longer be delayed.

"This program is designed to provide our beneficiaries easy access to not only sound clinical information, but peace of mind," explained Capt. Pamela K. Roark, NH Pensacola's Director of Nursing Services.

"When someone calls in, our nurses will be able to advise them whether or not they need to seek immediate treatment. We'll also be able to schedule them with appointments if they're enrolled in one of our facilities, and even offer them self-care advice for symptoms that can be treated at home," she said.

"People like to have a direct



Photo by Rod Duren

Registered nurse, LT MaryKay McAlister, takes a call on the new 'Nurse Call Center' advice line at Naval Hospital Pensacola. The call center, which includes Branch Medical Clinic Pascagoula in its customer base, uses state-of-the-art technology in dealing with its customers and other healthcare providers.

dialogue with a medical professional," said CDR Dan Frederick, Officer in Charge of BMC Pascagoula. "Up until this new nurse call center was implemented, people answer-

ing the old appointment line had no medical background."

"If you're having chest pains, there's no question you'll need to call 911 or get to the nearest emergency room," Roark said. "But many times a patient's situation isn't that clear. In those cases, one of our beneficiaries can pick up the phone and call the Central Appointments number (toll-free 1-877-879-1621), and they'll be speaking directly to an experienced registered nurse," she said.

The new program is being implemented to increase access to care and healthcare information.

"We encourage people to begin using the new central appointments and nurse call center line," said LT Linda

Spencer, head nurse at BMC Pascagoula. "The current Tricare (Humana) appointment line will be phased out over the summer."

Currently, the nurse call center is open seven days a week from 6 a.m. until 8 p.m. Monday through Friday, and 7 a.m. until noon on weekends. The nurses use approved guidelines and protocols. Once fully implemented (scheduled for mid-August), the call center will be manned 24 hours a day, 7 days a week.

"This is a better way to serve the health needs of our military and retiree community," said Spencer. "Nurses are right there to give advice and make appointments. If you need to be seen today, you will be seen."

Central Appointments and Nurse Call Center

1-877-879-1621

Hours of operation:
6 a.m. - 8 p.m. (M-F)
7 a.m. - noon (S-S)
Seven days a week

Around the Homeport

Keep arms, legs away from Mr. Al E. Gator

By Tom Sarros
PWD Environmental Manager

Ok folks, it's that time of year again. The birds and the bees are doing the things that your folks told you about way back when.

This spring-time movement also includes alligators.

Mr. Al E. Gator has resumed his residence in the drainage ditch next to the NAVSTA Pascagoula Security building, and spends his days basking in the sun, laying with his head in the culvert under the road (go figure, it's an alligator). He has also been known to lounge around in one of the detention ponds, munching on nutria rats, rabbits and other small furry things, as well as snakes. Alligators will eat just about anything they can get a hold of.

Normally this isn't a problem. In fact Mr. Al E. Gator has been really good for the station, keeping the nutria population in check. However, recently a group of Navy personnel were observed stomping around in the detention pond next to the Security Building trying to get a good look at Mr. Gator.

Alligators are funny animals and appear to be very docile laying around basking in the sun, eating nutria rats, and biting stupid humans who bother them. Hey!!!! What's that again about humans?

Yes alligators bite. And they don't just bite, they bite, hold on really good and do the death-roll thing.

Alligators are crocodilians, meaning they are in the same family as crocodiles and they work the same way. They grab something, usually a wildebeast, and twist off a hunk of meat or an appendage.

Now this ain't the WWF so this death roll thing is for real. If Mr. Al E. Gator body slams



Photo by Stacey Byington

Mr. Al E. Gator takes advantage of the warm sunshine and lies in the grass at the edge of one of the station's many drainage ditches. Please realize that Mr. Gator is a wild creature and could do serious harm to someone who gets too close or tries to harass him. Keep away from the alligator.

you, you are going to know you have been body slammed. Mr. Gator weighs about 250 pounds, is approximately 8 feet long, and if he gets a hold of someone's appendage, like a hand, arm, or a leg, by the time he is done rolling, the person he bit will be short one appendage.

Helllllllooooo Capt. Hook.

Alligators and crocodiles are reptiles and have been on this earth for more than a hundred million years. They are very successful and outlived the dinosaurs. This is mainly because they are very quiet, don't call a lot of attention to themselves and normally live in places where humans don't — swamps, rivers, or drainage detention ponds.

Alligators appear to be rather slow and somewhat stupid. Don't bet your hand on it. They are cold-blooded, which means they cannot regulate their body heat like humans can. They have to lay out in the sun until they get their temperature up to an acceptable level and then they are fired up and ready to go. Alligators can move fairly fast on land and move in water like a ghost.

Please leave Mr. Gator

alone.

Don't go into the detention pond or ditch to get a "better" look at Mr. Gator.

If you are filled with curiosity and must see him, observe him from the Security road. I've even got binoculars you can use. You don't need to get any closer than that.

Do not try to feed him. It's very difficult for an alligator to distinguish between a hot dog weenie and your finger.

I'm not kidding when I say that if this thing gets a hold of you, you are going to regret it, big time. Your career may well be over. You may be short an appendage — a hand, arm, or leg — and a job.

I think loosing an append-

age like a hand, arm, or leg, is bad enough, but, loosing one without any pain medication sure is gonna be "no fun."

Don't touch him either. Alligators carry a very toxic bacteria on their skin which adversely affects humans, and it acts very much the same as an acid might, eating through the skin.

If people continue to harass Mr. Al E. Gator, we will have to have him removed from the island. As large as he is, if we tried to move him further up the river, he would find his way back. This means he would have to be destroyed, becoming someone's dinner and/or a pair of shoes.

So please, folks, leave Mr. Gator alone.



Photo by Ben Barker

NAVSTA's alligator is more than 8 feet long.

Around the Homeport

Navy One Source answers questions

By JO1 Kim deJong
Public Affairs Office

“Real help. Anytime, anywhere. No question is too small, no issue too big.” This is the slogan for a new program being launched by the Navy, designed to integrate current on-station, in-person support services with telephonic and on-line information and referrals. It is called ‘Navy One Source.’

Navy One Source is another tool for active duty Sailors, Reservists and their families to use to get answers to questions. It is an extension of existing family support services provided through Fleet and Family Support Centers (FFSC).

Masters level consultants are only a phone call or email away, and they are there to help 24 hours a day, seven days a week. Call 1-800-540-4123 or go online to www.navyonesource.com. The user ID is ‘Navy’ and the password is ‘Sailor.’

“It doesn’t matter what the subject, we are going to try to



help,” said Catherine Reynolds, an assistant program manager for Navy One Source. “Searches are customized to the caller, and we make referrals, not recommendations.” Reynolds was in the area last month briefing Pascagoula-area military personnel on the new program.

There is no cost for the service, and a dedicated research department backs up the consultants assisting them in finding answers to the questions that come in.

A live person answers all calls, and if they need to transfer the caller they will stay on the line with them until the needed consultant is available.

Navy One Source expands on the services provided by FFSC. This not only applies to the hours they are available and the means of accessing the service, but also to topic ar-

eas, and their ability to provide additional community resources.

Make a call, or go online, and ask questions. The consultant will assess the caller’s needs and develop a plan to meet those needs. If there is a need to research the topic, the consultant will get back to the caller within two to three business days with the results of the research. A follow-on call or email will then take place within seven days to be sure that the consultant has been of service.

Individuals can call on everyday issues, relocation, financial matters, education, relationships, deployment, family support and health and wellness issues.

The website also offers a wide variety of articles and information. People can request self-help booklets, audio recordings and other materials online. All requested materials are sent free of charge, directly to the requestor.

Navy One Source is confidential and staffed with individuals to help get answers to

the questions that come in. They help investigate resources, find referrals and provide Sailors and their families with all the information needed to address their concerns.

“The staff of consultants are multi-cultural and multilingual,” said Reynolds. “The staff can speak a total of 150 different languages and are there to assist you in any way they can.”

In addition to working with FFSC Information and Referral Specialists, Navy One Source also works with Chamber of Commerce personnel, and the Better Business Bureau to make sure the best referrals and services are offered.

“Try Navy One Source yourself,” said Gerri Warden, Pascagoula’s FFSC information and referral specialist. “The next time you have a question, call or email Navy One Source. I know you will be pleased.”

For more information about Navy One Source call 1-800-540-4123, or go online to www.navyonesource.com

New Arrivals

Hailey Alanna Blessing, new daughter to SKSN Cassidy Blessing.

Born March 21.

Joshua Palmer Kea, new son to Kristen Kea of MWR.

Born March 24.

Elijah Skye Chalker, new son to IT1 Brian Chalker.

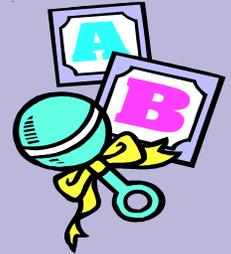
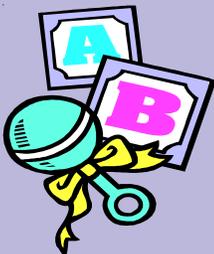
Born March 26.

Sean Richard Foster, new son to LCDR Teresa Foster.

Born March 31.

Colby Ray Monarch, new son to YN1(SW/SCW) John Monarch.

Born April 5.



Around the Homeport

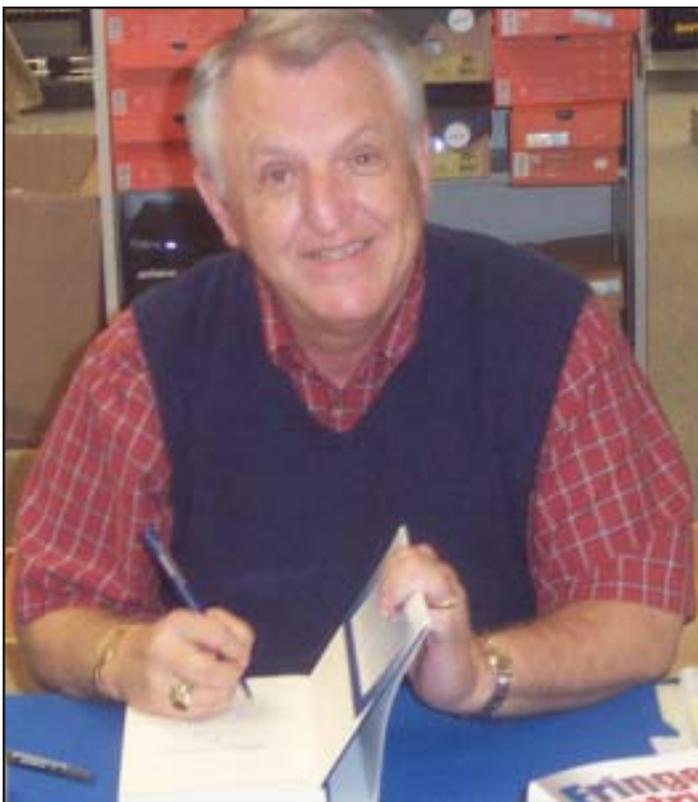


Photo by JO1 Kim deJong

Book signing -- Carl R. Smith signs copies of his book 'Fringe Patriots' at the Naval Station Pascagoula Navy Exchange on April 8. He travels to military bases around the world signing his books. While in the area, he also had book signings at exchanges in Gulfport and Keesler Air Force Base.



Photo by Stacey Byington

SOQ -- CMCCM(SW) Daymon Morris, of the USS Stephen W. Groves (FFG 29) presents a plaque and other gifts to ENFN Joaquin Herrerra, Bluejacket of the Quarter for the USS John L. Hall. Others recognized at the Sailor of the Quarter luncheon held April 15 at American Legion Post 160 in Pascagoula were: MA1(SW/AW) Alicia Curry, GM2 (SW/AW) Shereena Bell, and MA3 Elizabeth Davie, NAVSTA Pascagoula SOQ, JSOQ and Bluejacket; NC1(SW) Shannon Campagne and TM2(SW) John Cordova, Hall's SOQ and JSOQ; EM1(SW/AW) Mark Conrad, EM2(SW) Christopher Jacobs, and HT3 Joshua Hendrickson, SIMA SOQ, JSOQ and Bluejacket; SK1 Jerome Breaux and SK2 David Cason, SUPSHIP SOQ and JSOQ; and HM1(FMF) Michael Cornes, HM3(FMF) Brylan Riggins and HN Jonathan Hartpaiz, Branch Medical Clinic SOQ, JSOQ and Bluejacket.

Ground-breaking anniversary ...

Continued from page 7

tion on-line. Overseeing most of the construction of the facilities gave the early employees a feeling of ownership."

Congressman Lott is now Senator Lott, and he has followed the growth of the station over the years.

"More than 15 years after Naval Station Pascagoula's inception, the Cold War is behind us and the War on Terror is before us," Sen. Lott said. "In this new environment multi-mission, domestic facilities with homeland security components will prove to be

even more vital in the coming years as homeland security — specifically protecting our shores from terrorist threats — becomes more of an issue, and our military presence abroad, particularly in Western Europe, is adjusted to form the more mobile defense structure needed to meet these evolving 21st Century threats.

"Today NAVSTA Pascagoula is an important base for America's defense structure, and it is truly a multi-mission facility which enjoys strong community support."



Photo by JO1 Kim deJong

Earth Day -- BM3(SW) Richard Davis speaks to several people about how the Navy contains oil spills and other port operations functions at the Earth Day Festival held at the Gulf Islands National Seashore Park in Ocean Springs, Miss., April 17.

Navy News

5 Vector Model available for more ratings

By JO1 JD Walter
NPDC Public Affairs

NORFOLK, Va. – Rapid progress. Growing by leaps and bounds. Spiral development.

Though it may not seem like it to the many Sailors eagerly awaiting the release of their 5 Vector Models, (5VM) the Naval Personnel Development Command (NPDC) is diligently working with its Learning Centers to achieve its goal of providing every Sailor an active, tailored 5VM this year. Taking another large step toward that goal, NPDC recently went live with the latest version.

5VM has many new features within the Sailor View, and now includes both Mentor and Manager Views, to allow mentors and community managers to access individual models to conduct assessments of progress and to become more fully involved in Sailor growth and development. Additionally, the Certifications and Qualifications Vector is now available for all

ratings having previously gone live, and will now be standard in the release of subsequent rating models.

However, Sailors should bear in mind the functionality of the 5VM is limited by the amount of data available to support the various features. 5VM is based only on occupational data collected through currently linked personnel and training databases, such as the electronic training jacket, and NTMPS [Navy Training Management and Planning System]. As this initial data is validated, additional databases will be linked to the model to provide a broader spectrum of information available, thereby increasing functionality. And so, while the current iteration of the model is not capable of promoting, detailing or determining performance rankings, additional training and education data will allow that functionality to be realized.

“Certainly this is an ongoing process, but with every iteration, the 5VM is becoming more functional, more intuitive, and more robust,” said

NPDC Command Master Chief CNOCM(SS/SW/AW) John Snell. The primary goal is to get the models live for everyone, then we will focus our attention on working out the bugs, then it will be on to further upgrades and integrations and adaptations. This truly is the career development and management tool of the future.”

Currently 20 ratings are live, including most recently those within the cryptology and construction force communities. The Centers for Naval Cryptology (CNC), and Seabees and Facilities Engineering (CSFE) respectively announced the release of their ratings’ models earlier this year. The Center for Naval Aviation Technical Training (CNATT) has also begun releasing their ratings’ models (aircrew survival equipmentmen, aviation machinist’s mates, aviation maintenance administrationmen, aviation structural mechanics [electrical], and aviation support equipment technicians) and is

slated to have all within their community live by April. Additionally, the Center for Service Support (CSS) will be releasing those for both legalmen and Navy career counselors within the coming weeks.

“The feedback has been tremendous,” said Snell. “We have some data issues, to be sure, and there are technical issues that must be resolved. But I strongly encourage every Sailor to log onto NKO [Navy Knowledge Online] and become intimately familiar with the model, its functions, and what it is going to mean to their future. That way, when their 5VM does go live, they will know what to expect.”

Additional ratings are slated for release in the coming months, with those under the Centers for Submarine Learning, Surface Combat Systems, Intelligence and Anti Terrorism/Force Protection being the next big push. For more information on the 5VM and to view the most recent tutorial, log onto to NKO at www.nko.navy.mil.

Ergonomics creates more comfortable work environment

By Bill Dougherty
CNRSE Public Affairs

Currently, the leading cause of occupational related injuries or illnesses for civilian employees, and the second highest cause for active duty personnel in the Navy, is sprains, strains and back injuries. One third of the claims submitted under the Federal Employees Compensation Act (FECA) fall into these categories. These injuries could be greatly reduced through improved ergonomics.

Mindy Smith, Anteon Corp. Occupational Ergonomist, provides technical support to the Navy Ergonomics program.

“Per the Navy Occupational Safety and Health Manual (OPNAVINST 5100.23, Chapter 23), each command is required to institute an ergonomics program,” Smith explained. “Illnesses and injuries due to poor ergonomics are preventable.”

Smith says ergonomics is fitting the workplace to the worker, not the worker to the workplace.

“You adapt a person’s work environment and the work being performed to the capabilities of the worker and in doing so, you reduce the risk of illness or injury,” she said.

Every work environment can have potential risks to the employee, the point is that

workers need to pay attention to those risks.

“Workers exposed to multiple risk factors face the potential for injury,” Smith said. “In order to reduce risk, workers need to reduce their exposure to risk factors.”

Those risk factors include:

-- Awkward or sustained postures (holding the body in one position)

-- Repetition (performing the same movement repeatedly)

-- Vibration (over-exposure to vibrating tools and equipment)

-- Force (heavy, awkward or frequent lifting, or exerting strenuous force through tools or hands)

-- Compression (a sharp object like a work surface edge or tool pressing into the soft tissue)

-- Duration (extended exposure)

“While an old adage, the idea of ‘working smarter, not harder’ can help workers avoid potential injuries,” Smith said. “You can reduce the chance of hurting yourself by avoiding those awkward postures and keeping your body moving. Try taking micro-breaks through the day; stand, stretch, or even change the task you’re doing. Remember to use pro-per lifting techniques with heavy items, or better still, ask someone to help

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Navy News

Drivers' ed takes an electronic turn

By JO1 JD Walter
NPDC Public Affairs

NORFOLK, Va. – The Center for Personal Development (CPD) recently announced the release of the Driving for Life: Avoiding the Fatal Four, an interactive multimedia eLearning course to help Sailors and Marines stay safe when behind the wheel. The course, co-developed with the US Marine Corps, is designed to fulfill both services' Traffic Safety Program requirement. Available on Navy eLearning and accessed

through Navy Knowledge Online (NKO) My Education, Driving for Life complies with Department of Defense and Department of Navy requirements (DoD Instruction 6055.4 and OPNAVINST 5100.12) that every Sailor and Marine under 26 years of age complete a driver training course. The course covers proactive driving, reactive driving, and imminent collisions.

“The Revolution in Navy Training has shown us we have to be more creative with course development and deliv-

ery,” said Capt. William Marlowe, CPD commanding officer. “So eLearning was a natural choice, but given the nature of our subject matter, we had to be sure that we weren't just throwing something together to satisfy a requirement. We want our Sailors and Marines to come away with a greater appreciation of the responsibilities they have as drivers, as well as teaching them tactics to be safer on the road.”

The eLearning format also allows Sailors to return to the

Web-based training to refresh their skills after initial completion. Successful completion of the course, scoring 80 percent or better, is documented in NTMPS (Navy Training and Management Planning System) and reflected in Electronic Training Jacket, also accessible through NKO.

To learn more about Driving for Life, or to enroll in the course, log on to Navy Knowledge Online at www.nko.navy.mil and proceed to Navy eLearning found on the My Education page.

Innovation and preparation, future of leadership

By JO3 Andrew Stamper
NPDC Public Affairs

LITTLE CREEK, Va. — Underway replenishments (UNREPs) are one of the most dangerous evolutions conducted on board Navy ships. There's always the potential for any number of mishaps. Due to the watchful eyes of Sailors such as rig and line captains, commonly seamen and third class petty officers, UNREPs are almost always completed safely and professionally.

Sailors performing leadership roles above their pay grade are not uncommon. To make sure these Sailors get the right leadership training at the right time, the Revolution in Navy Training's Center for Naval Leadership (CNL) is now aligning leadership training to the job Sailors perform and not to their rank. The Leadership Development Program (LDP) now allows all Sailors E-3 and above and officially assigned to an organizational leadership position to participate in the development of professional leadership.

“Previously, formal leadership training (then the PO2 Leadership training course)

was not available to these first line leaders” said CNL Commanding Officer CAPT Douglas McDonald. “We are implementing a new Enlisted Leadership Development Program that ties the right training to the right Sailor at the right time ... no matter what their rank is. Not having leadership training tied to rank will allow all Sailors to capitalize on the opportunities along the Leadership Continuum at the most appropriate times throughout their careers.”

The NAVADMIN 069/04, released March 24, describes the new Enlisted Leadership Development Programs and identifies the attendance policy and implementation details.

The first level of this sequential, progressive LDP is the First Line Leadership Development Program (FLLDP), which replaces the Petty Officer Second Class Leadership Training Continuum (LTC). This program is designed for all Sailors between E-3 and E-5 who are responsible for daily direction of subordinates, as seamen and petty officers are often put in these important positions.

The Primary Leadership

Development Program (PLDP) is the second level of the new LDP, to replace the Petty Officer First Class LTC. It is designed for E-5 and E-6 Sailors who are assigned the divisional responsibilities of a leading petty officer.

The Advanced Leadership Development Program (ALDP) is the third level of LDP and is intended for first class petty officers and chiefs who are assigned the administration, supervision and training responsibilities of a divisional or departmental leading chief petty officer. This program replaces the Chief Petty Officer LTC. Two additional programs, the Command Leadership Development Program (CLDP) for E-8/E-9 and the Executive Leadership Development Program (ELDP) for FLTCM, CNOCM, etc., are currently under development by the Center for Naval Leadership.

In view of the LPD's linkage to leadership positions vice pay grades, the NAVADMIN further identifies changes in LDP completion requirements. Successful completion of the LDP is no longer required for participation in the First Class

Petty Officer Advancement Examinations or to be eligible for the E-8 selection boards. However, for E-6 personnel, the Primary Leader Development Program (PLDP), or the former PO1 LTC, remains a requirement to participate in the E-7 advancement exam.

“These changes should not be interpreted as dropping the requirement for LDP completion. The skills developed and knowledge gained through timely completion of the appropriate LDP for the assigned leadership position is vital for our Sailors to be properly equipped for their leadership roles,” said McDonald. “LPD completion will be documented in the Sailor's electronic training jacket and Five Vector Model (when active).”

The NAVADMIN further states that LDP completion will have career, assignment and detailing implications. “Our goal is to set our Sailors up for success by providing LDPs that will develop the knowledge, skills and abilities required to maximize their leadership potential throughout their careers,” CNL Command Master Chief Norman Wood

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Continuing on ...

Gates helps nab crime boss ...

Continued from page 4

pened without the support of the U.S. Navy, Government of the Bahamas and the cruise line.”

Battle, 51, a resident of Key Biscayne, Fla., remained in Coast Guard custody onboard Gates, and was transferred to

federal law enforcement officials when the ship docked in Florida.

Innovation and preparation, future ...

Continued from page 14

said. “This change is good for Sailors because it allows them the flexibility to receive training and serve in positions they may not have had an opportunity to serve in before,” Wood said.

Navy Leadership Development Programs are offered at CNL Learning Sites (formerly Naval Leader Training Units) at Coronado, Lemoore and

Ventura County, Calif.; Little Creek, Va.; Ingleside, Texas; Naval District Washington, Washington, D.C.; Bangor and Whidbey Island, Wash.; Great Lakes, Ill.; Newport, RI; Groton, Conn.; Kings Bay, Ga.; Mayport and Pensacola, Fla.; Sigonella, Sicily; Rota, Spain; Yokosuka, Japan; and Pearl Harbor, Hawaii. Addi-

tionally, FLDP, PLDP and ALDP are offered at 78 sites world wide through CNL’s Mobile Training Teams (MTT). To learn more about the Leadership Continuum, and to access online leadership learning resources, visit the Center for Naval Leadership page on Navy Knowledge Online at www.nko.navy.mil

Ergonomics creates more comfortable ...

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you.”

Smith said it makes sense to keep everything within easy reach, especially tools. Why lift something from the floor to above your shoulders, risking potential injury, when you to obtain the item at waist level and avoid applying heavy forces or motions.

The benefit of applying ergonomics into day-to-day operations means workers can avoid Musculoskeletal Disorders (MSDs), which are injuries that occur slowly over time due to repeated trauma to soft tissues (nerves, muscles, tendons and ligaments).

“Most employees would recognize MSDs by what they are: tendonitis, Carpal Tunnel Syndrome, back strains, or bursitis,” said Smith. “Work-Related Musculoskeletal Disorders, known as WMSDs, are caused or made worse by work environments.”

Many employees associate ergonomics with office workers, but Smith says that’s hardly the case as ergonomics are just as important in all areas on a naval installation.

“A Child Development Center employee faces risks that include heavy lifting, awkward postures and duration,” said Smith. “There are easy solutions to avoiding these risks, including changing tables with stairs for the child to climb, adult-sized seating on a child’s level, and even kidney shaped tables to reduce reaching.”

Smith warns that simply purchasing products may not successfully reduce ergonomic risk unless all the ergonomic risk factors are addressed.

“Using proper lifting techniques, warming up with stretching exercises, and staying in good health all contribute to reducing risks,” she said.

Even workers who are in the safety business, such as firefighters, perform tasks that have potential risks. Firefighters are constantly exposed to heavy lifting and working in awkward positions for extended periods.

“We conducted an ergonomic evaluation of firefighters in Pearl Harbor (Hawaii) and found workers were at

risk of back injury from lifting 84 lb. smoke ejector fans from the top of the fire truck, and also from lifting 110 lb. extension ladders above their shoulders. We were able to reduce their risk by relocating the smoke ejector fans to a neutral height on the truck bumper and by installing mounting brackets on the fire trucks that mechanically lowers the ladders to reduce heavy lifting.”

Ergonomics can seem like “good common sense,” but Smith encourages workers to do more.

“I invite everyone to visit the Naval Ergonomics Program web site at www.navfac.mil/ safe, and go to Ergonomics. The training includes Power Point presentations that can be downloaded. Presentations include General Ergonomics Awareness, Vibration, and a Computer Workstation Self-Assessment. The tools section of the web site has an Ergonomic Survey Tool and a Computer Workstation Checklist with an illustration of the proper workstation setup. There’s also a great rest break guide that highlights exercises you can do.”

MWR Facilities Hours of operation

Outdoor Rental 761-2038

Boats, campers, travel trailers, land and garden equipment, outdoor grills, propane, hunting and fishing licenses, and much, much more. Mondays and Saturdays, 6 a.m. - 2 p.m.; Tuesdays through Fridays, 9 a.m. - 5 p.m. Closed on Sundays

Cracker Jack’s Lakeside 938-0439

Food and beverages, five TVs, including a big-screen, free pool tables, free computers with internet capability, playstations, patio with view of the lake. Mondays-Thursdays, 5-10 p.m.; Fridays, 5-11 p.m.; Saturdays, 11 a.m. - 11 p.m.; Sundays, 11 a.m. - 7 p.m.

Sports/Fitness Center 761-2107

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

Kickboxing

Tuesdays and Thursdays, 4 p.m.

Abs

Mondays and Wednesdays, 11:15 - 11:30 a.m.

Pilates

Thursdays, 6 p.m.

Cyber Cafe/ Liberty Center Closed for renovations

ITT

761-2432

Ticket outlet for Gulf Coast Coliseum, theme park tickets, worldwide cruise packages, vacation and travel planning, information on local attractions. Mondays-Fridays, 9 a.m.-5 p.m.

Skeeter’s Main Softball Field

Open for breakfast Monday through Friday, 6 - 9 a.m. Lunch Monday through Friday, 11 a.m. - 1 p.m. Also open for softball games, other sporting events, and for other special occasions.

MWR Activities

Cyber Cafe closed for renovations

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

Temporary Closure of the Cyber Cafe

The Cyber Cafe will be closed during the month of May due to renovation.

During this period MWR will provide transportation to Lakeside for use of the computers at Cracker Jack's. Departing from the Fitness Center, the shuttle will make continuous runs daily during the following hours: **Monday - Friday**, 4-10 p.m.; **Saturday** - 8-10 p.m.; **Sunday/Memorial Day** - noon-7 p.m.



Grill Your Own Hamburger May 3

11 a.m. - 1 p.m.
Cracker Jack's

No charcoal to light, no waiting for the charcoals to get hot. We'll have the grill



Congratulations to Paul Bergman and Rachel Reeves

2004 Cardio-challenge winners

ready with your favorite seasoning nearby. No-hassle grilling for \$2.50.



Military Spouse Appreciation Night May 7, 7 p.m. Cracker Jack's

Delicious food, lively entertainment and great company are key elements to a truly fantastic night out. FFSC, MWR and CDH will cover all elements to ensure that Navy Pascagoula spouses have an unforgettable evening out.

Advance registration is required for the event. Contact Fleet and Family Services Center at 761-2096 for more information.

Lunchtime Sports Leagues Begin May 10 11 a.m. - 1 p.m. Fitness Center

If you find yourself with more time for lunch than food you want to eat, you may want to consider a stimulating workout while you earn Captain's Cup points for your command. The Fitness Center is offering the following competitive leagues during lunchtime:

4-on-4 Basketball
Mon., Wed., Fri.
30+ Basketball
Tues. and Thurs.
Racquetball
Mon. - Fri.

For more information call the Fitness Center at 761-2107.



Photo by Stacey Byington

Lunch alternative -- Skeeters is now open for lunch from 11 a.m. to 1 p.m. The new menu includes salads, wraps, po-boys and drinks.

Bench Press Competitions May 13, 4 p.m. Fitness Center

The Fitness Center is looking for some strong individuals to compete in bench press competitions. Competitions will be held by weight categories. The winner in each category will receive a first place trophy. For more information, contact the Fitness Center at 761-2107. Participants can earn Captain's Cup points.

3-on-3 Basketball May 17, 6:30 p.m. Cracker Jack's

Stay on top of your game. Team up with a couple of your friends and take it to the hoops. First and second place winners will receive prizes. Entry is free and no registration is required.

Crawfish Boil
May 19, 6 p.m.
Cracker Jack's
Dem crawfish, taters and

corn are some good eats, and they are free. Be sure to stop by and get a plateful.

Paintball Field is available on Wednesdays

Get gun, protective clothing, 200 balls for \$10. To reserve field call 761-2038.



Intramural softball games are played Tuesday and Thursday nights beginning at 6 p.m. NAVSTA Field