

# USCG MSST GALVESTON

7707 HARBORSIDE DRIVE  
GALVESTON TX, 77554



# The Guardian



Editor: LTJG A. Hobbs

Volume 2, Issue 1

April 2006

## FROM THE HELM

A couple of great things happening around here so I'll be very brief and let the team show you what they are!

First, our website is up and running! Find us at <http://www.uscg.mil/lantar ea/msst/msstgalveston/Entrance.htm>.

In it you will find an overview of our team, along with a photo gallery which will be updated on the first of each month so you can see what we are doing! Also, please find all the previous newsletters and the outstanding information contained in each under the 'newsletter' link.

Second, our ombudsman, Mrs Stephanie Pipkin and

her husband, ET1 Daniel Pipkin will be departing soon to the Seattle, Washington area for their next assignment. I thank Stephanie for her service, excellent advice, and newsletter submissions (you'll notice she really gets all the ink!). Thanks Stephanie!

I'd really like to hear from you! I hope the website and quarterly newsletter gives you a glimpse of your loved one's responsibility. Thanks to **LTJG Loreleigh White-side** for developing the webpage and **LTJG Andy Hobbs** for taking over as the newsletter editor. Let us know what you think!

If you have comments, please contact me at **eleuener-**

**ger@msstgalveston.uscg.mil** or 409 941 8101.

We recently had a very important inspection called Ready For Operations. The evaluation went smoothly and I thank everyone for putting in the extra time to get us well above the standard!

Finally, with summer vacations approaching, please check out [www.afvclub.com](http://www.afvclub.com) to get the most for your dollar. Please read the hurricane message on page three! There are nine major hurricanes forecasted for this season with a 47% chance of a CAT three, four, or five making landfall in the Gulf Coast area.

LCDR Leuenberger  
Commanding Officer

## XO'S CORNER

First off, I want to express my appreciation to Stephanie Pipkin for her work as our Ombudsman. From her 24/7 availability to her very informative newsletter submissions, her service to this Command has been appreciated and will not be forgotten. Thanks again, Stephanie!

Next, I'd like to hear from anyone who would be interested in becoming our next Ombudsman. The Ombudsman's role is to help families who have questions or family-related issues by referring them to the appropriate sources of assistance. An Ombudsman must also become familiar with the Coast Guard and its traditions.

Unit Ombudsman efforts are coordinated through the Work-Life Ombudsman Coordinator, who works under the direction and supervision of the Commander responsible for Integrated Support Command Work Life Programs. Please send me an email at [sgarcia@msstgalveston.uscg.mil](mailto:sgarcia@msstgalveston.uscg.mil) if you are interested,

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### DEPARTUES

The Command would like to wish "Fair Winds and Following Seas" to the following departed personnel:

CWO Jay Anderson – Sector New Orleans

or call me at (409) 941-8102. Go to <http://www.uscg.mil/mlcpac/iscseattle/pw/ombudsman.htm> to learn more. Be safe.

LT Garcia  
Executive Officer

# COMMAND SENIOR CHIEF THANKS ALL

From "normal" operations, to being under the scrutiny of a Ready for Operations (RFO) inspection team, to our day-to-day training requirements, we've been busy around here. I'd like to thank all hands involved with making preparations for the successful RFO inspection. What may appear as if we pulled a rabbit out of our hats, such is not the case. Painstaking preparations over a short period of time, and working long days into the night drove the success. No magic here. Times like this can be difficult on the homefront as well, so a thanks to all of you, too.

Transfer season is right around the corner. We'll have to say our goodbyes to many crewmembers who took part in shaping this unit into what it has become. Needless to say, they'll be re-

placed with new faces. Now that we've all had formal training on our sponsor program, let's do our best to help our new crewmembers adjust to the area and unit. As a sponsor, we need to communicate on a regular basis to ensure that all questions are answered, easing their move as much as possible.

Here's a website that's worth taking a look at: <http://www.herosalute.com> It's Anheuser-Busch's way of saying "thanks" for all the hard work we do. In short, it allows for a free one-day admission into any Anheuser-Busch park (Busch Gardens, Sea World, etc.) for the Military member, and up to three dependents. I recently took advantage of this, and proved that it really is free!

Until next quarter's newsletter, fair

winds and following seas to all.

**MKCS Michael J. Krumpe**  
**Command Senior Chief**



## OPS RECKONIZES HARD WORK FOR RFO

While we don't usually discuss pending operations I would like to take this time to recognize some personnel for past operations.

First off I would like to personally thank all hands for the work put in to prepare for the Ready for Operations inspection (RFO). I observed all our sections working together. Great job and let's keep it up.

Thank you to GM1 Watts, BM2 Partin, MK3 Marshall,

and BM1 Faulkenbury who conducted dive operations on the CGC CLAMP to assess prop/rudder damage.

**LT David Block**  
**Operations Officer**

*"Great job and let's keep up the hard work!"*



BM1 Partin and Faulkenberry dive the CLAMP!

## ENLISTED PERSON OF THE YEAR/QUARTER

On February 15th, 2006 VADM Crea presented Enlisted Person of the Year (EPOY) award to ET1 Dan Pipkin and Enlisted Person of the Quarter (EPOQ) award to GM1 West.



### Promotions

The following personnel were promoted to their present rank:

- CWO Jay Anderson
- BM2 Cesar Ruelas
- MK2 Jeff Dowell

## HURRICANE SEASON PREPAREDNESS

Hurricane season is almost upon us. I know that evacuation was difficult this past year, to say the least. Please keep in mind that evacuation is still the best option, and the need to be proactive is a must. Hurricane Rita was a near miss last year, and there is no guarantee that this year the Houston–Galveston area will be safe. Please keep in mind those that rode out the storm in New Orleans thinking that Hurricane Katrina would not hit there because storms have changed course at the last minute in the past. In order to adequately prepare, here are some tips for your home, family, and what you can expect from your loved ones working for MSST Galveston.

- Ensure you have all important paperwork in one place and that it is easily accessible and will take minimal time to get together.

- Ensure a full power of attorney is completed and update wills.

Check your insurance policies to make sure you understand your deductibles and what is covered.

- Research evacuation sites and housing for pets in the areas North, East, and West of Houston/Galveston. Make sure you have several options in each area. There is more information on evacuation sites below.

- Ensure your family disaster plan is up to date, and go over it with each other and your children. Good plans can be found on these websites:

<http://www.houstontx.gov/oem/>,

<http://www.texas-city-tx.org/DisasterPreparednessGuide.htm>,

<http://www.gcoem.org/default.php>.

- Some members of MSST Galveston will be able to be with their families during an evacuation and through the storm. Many members will evacuate with the team and prepare to respond to the disaster

immediately after the storm has passed. Remember to plan for the worst, and that having your loved on with you during this difficult time is not always guaranteed. There is no list of who goes and who stays. This is determined based on the needs of the Coast Guard and mission requirements and is often determined at the last minute. Please be flexible with your plans. More information:

- Primary Evacuation Site:** Lackland Air Force Base in San Antonio, TX, has been designated as the primary storm evacuation site for all Coast Guard personnel and their families residing in the Houston – Galveston area. **You DO NOT have to evacuate to that location.** However, **you will only be reimbursed for travel equivalent to it.** For example, if you evacuate to St. Louis, the Coast Guard will pay only your mileage to San Antonio. They accept pets as long as all shots are up to date and they are kept in crates/kennels. USCG Representative (210) 671-9011/12/13, Information Line (210) 671-6397.

- Establish and Practice a Family Disaster Plan.** Discuss the types of hazards that could affect your home. Know your home's vulnerability to storm surge and winds. Ensure that your Insurance coverage is up to date and adequate. Post emergency numbers by the telephone and teach children how to use them. Take first aid and CPR classes. Plan for people with special needs and pets. Choose someone who will know your whereabouts in the event of an evacuation; make sure your family, close friends, and coworkers know who they can call to see how you are in the event of an emergency.

- Stock a Disaster Supply Kit** with enough materials to last a period of three to seven days. Purchase the items you'll need now.

Some people store their supplies in a cooler, which can be used to keep ice and refrigerated items in an emergency. Check your supply of medications and make sure you include enough to last up to a week. Make sure copies of your important papers are in your kit. This includes insurance information, telephone numbers.

- Develop an Evacuation Plan.** Choose a destination and map a route. In the event of an evacuation, where will you go? Don't wait until the last minute to do this.

- Develop a Communications Plan.** Determine an out-of-town friend to be the "family contact." Contact this person to let them know where you will go in the event of an evacuation. Tell your contact's telephone number to your family, friends, and coworkers so they can check on your status in the event of an evacuation.

Hurricane information continued on page 4.

### In-Office Hurricane



CWO ANDERSON HAS A LAUGH WITH LTJG WHITESIDE'S OFFICE PRIOR TO DEPARTING FOR NEW ORLEANS.

# HURRICANE INFORMATION CONTINUED

**Your Disaster Supply Kit** should include enough supplies to last for a period of three to seven days. Allow one gallon of water per person per day. Include water for pets. Some items to include are suggested below:

- Non-perishable packaged or canned food/juices
- Food for the elderly and pets
- Non-electric can opener
- Cooking tools/ fuel
- Paper Plates/Plastic Utensils
- Clothing
- Seasonal/Rain gear/sturdy shoes
- Blankets/Pillows
- First Aid Kit
- Medications/Prescriptions
- Special Items for babies and the elderly
- Diapers/Moisture Wipes/Bottles
- Spare eyeglasses
- Toiletries
- Hygiene Items
- Battery powered radio
- Flashlight and extra batteries
- Cash (some banks and ATMs may not be available), Credit card machines require electricity
- Important Documents
- Toys/Books/Games
- Pet care items (proper identification, records/medications, carrier or cage, muzzle and leash, ample supply of food and water)

Plastic gas cans (the earlier cans are purchased, the better)  
Copies of important papers/files

More information will be provided to you the closer we get to hurricane season. A detailed unit evacuation plan, as well as additional checklists for preparing homes and disaster kits will be sent out to every home. If you know of any other helpful hints, websites, evacuation areas, or resources, please email me at [LWhiteside@msstgalveston.uscg.mil](mailto:LWhiteside@msstgalveston.uscg.mil).

**LTjg Loreleigh Whiteside**



## ARRIVALS

The Command would like to welcome aboard the following personnel:

- GM3 Terrence Lee** – Reporting from the U.S. Marine Corps (OORAH!)
- GM3 Tanner Arthur** – Reporting from GM “A” school
- GM3 Randall Fredrick** – Reporting from GM “A” school
- MK3 Chris Vega** – Reporting from MK “A” school

## New Additions



Since our last edition we’ve had an addition to our unit. On 23 December, 2005 Elizabeth Farrell, wife of BMC Ty Farrell, gave birth to **Aidan Robert Farrell** at Texas Women’s Hospital (6lbs 10oz).

## MEALS READY TO EAT (MRE)

By: LTJG Hobbs

“It reminded me of the lunch room as a boy, Hey I’ve got peanut butter, trade you for some pound cake?”

Whether you are in the field dug into a trench as the rain starts to fall or conducting a boarding in the Atlantic that has lasted several hours, there is nothing more that a soldier wants but a good “Home cooked” meal. Yet, the reality is that a meal ready to eat or MRE will have to do. The MRE has come a long way from what we know of it today.

A significant number of changes were made to MREs starting in 1988. Nine of the twelve entrees were replaced with new ones and the entree size was changed from five oz. to eight oz. Commercial candies were added to four menus, hot sauce was added to four menus, and cold beverage bases were added to all twelve menus. After further field testing and as a result of early feedback from Operation Desert Storm, even more changes were made starting with MRE X: commercial freeze-dried coffee replaced the old mil-spec spray-dried coffee, hot sauce was added to all twelve menus, wet pack fruit replaced dehydrated fruits, and commercial candy was included in four more menus (for a total of eight).

Except for the beverages, the entire meal is ready to eat. While the entree may be eaten cold when operationally necessary, it can also be heated in a variety of ways, including submersion in hot water while still sealed in its individual entree package. Since mid 1992, a flameless ration heating device has also been packed into each meal bag to heat the entrée.





## fire Prevention & Safety Tips

According to the National Fire Protection Association, a home fire is reported to a fire department in the United States every 1-1/2 minutes, and someone dies in a home fire every 2-1/2 hours. The American Red Cross responds to more than 68,000 disasters each year, the majority of which are single-family fires.

The Red Cross recommends taking the following preventive measures to help minimize the chance and effects of fire:

- **Be careful with candles** - Keep candles away from combustible materials. Don't leave children unattended in a room with lit candles. Keep candles, matches and lighters out of the reach of children. Never display lighted candles in windows or near exits.
  - **Inspect fireplaces and wood stoves** - Have your chimney connections and flues inspected by a professional and cleaned if necessary prior to the start of every heating season. Use a sturdy screen when burning fires. Burn only wood-never burn paper, including discarded gift wrap, or pine boughs. Do not hang holiday decorations from or on your fireplace if you plan to use it as a heat source.
  - **Check smoke detectors** - Make sure detectors are working properly and that new batteries are installed.
  - **Be aware of overuse of electrical outlets** - Don't overload your electrical outlets. Be careful of extension cords that present hazardous walkways.
  - **Have one or more working fire extinguishers in your home** - Get training from the fire department in how to use them.
- Consider installing an automatic fire sprinkler system in your home.** Statistics from the National Fire Protection Association show that automated fire sprinkler systems typically reduce chances of dying in a fire and reduce the average property loss by one-half to two-thirds where they are used.

Information reprinted from the National Fire Protection Association website at [www.NFPA.org](http://www.NFPA.org).

### Propane safety

Almost 90% of liquefied petroleum (LP) gas fires in homes between 1994-1998 involved ignition by some form of equipment. The most common types were open-fired grills, hot water heaters and stoves. In the United States, LP-gas for residential use is almost exclusively propane; however, butane is also an LP-gas.

### Facts & figures

- In 1998, there were 1,600 LP-gas fires in U.S. homes, resulting in 41 deaths, 260 injuries and \$30.8 million in direct property damage.

The leading cause of LP-gas fires from 1994-1998 was part failure, leak or break.

Source: NFPA's *U.S. Home Product Report: Forms and Types of Materials First Ignited in Fires*, December 2001

### Safety tips:

- Handle any propane-powered equipment cautiously and always follow the manufacturer's instructions. Cylinder tanks for equipment such as stoves and ovens must be located outside of the home.
  - Never store or use propane gas cylinders larger than one pound inside the home.
  - Never operate a propane-powered gas grill inside the home.
- Have propane gas equipment inspected periodically by a professional for possible leaks or malfunctioning parts.
- Carefully follow the manufacturer's instructions when lighting a pilot.
  - If you smell a strong odor of gas, leave the area immediately and call the fire department from outside the home.

For more information visit, [the Propane Education and Research Council Web](#)

site at: <http://www.usepropane.com/>

### Gasoline at home

There has been a steady decline in the average number of gasoline fires in homes each year since 1980 when there were 15,000 fires.

### Facts & figures

- In 1998, there were 4,700 gasoline fires in U.S. homes, resulting in 86 deaths, 463 injuries and \$92 million in direct property damage.
- 53% of home gasoline fires each year between 1994 and 1998 were categorized as incendiary or suspicious. Three-quarters of civilian injuries resulted from unintentional causes such as: fuel spills or releases; using gasoline to wash parts, clean or refinish; gasoline too close to a heat source; children playing; improper storage; using gasoline to kindle a fire; and improper fueling technique.

Matches were the most common ignition source in home gasoline fires.

### Safety tips:

- Keep gasoline out of children's sight and reach. Children should never handle gasoline.
- If fire does start while handling gasoline, do not attempt to extinguish the fire or stop the flow of gasoline. Leave the area immediately, and call for help.
  - Do not use or store gasoline near possible ignition sources (i.e., electrical devices, oil- or gas-fired appliances, or any other device that contains a pilot flame or a spark).
  - Store gasoline outside the home (i.e., in a garage or lawn shed) in a tightly closed metal or plastic container approved by an independent testing laboratory

Safety continued on page 6.

## SAFETY CONTINUED

- or the local or state fire authorities. Never store gasoline in glass containers or non-reusable plastic containers (i.e., milk jugs).
- Store only enough gasoline necessary to power equipment and let machinery cool before refueling it.
- Never use gasoline inside the home or as a cleaning agent.
- Clean up spills promptly and discard clean-up materials properly.
- Do not smoke when handling gasoline.
- Never use gasoline in place of kerosene.
- Use caution when fueling automobiles. Do not get in and out of the automobile when fueling. Although rare, an electrical charge on your body could spark a fire, especially during the dry winter months.
- Only fill portable gasoline containers outdoors. Place the container on the ground before filling and never fill containers inside a vehicle or in the bed of a pick-up truck.
- Follow all manufacturers instructions when using electronic devices (those with batteries or connected to an electrical outlet) near gasoline.

For more information on gasoline safety, visit the [American Petroleum Institute](http://www.americanpetroleum.org) at: <http://api-ec.api.org>.

Information reprinted from the National Fire Protection Association website at [www.NFPA.org](http://www.nfpa.org).

### Local Events

#### YMCA

Here is some info on the Armed Services YMCA. This organization offers many different things for family, spouses, children, medical, fitness, and education, depending on the community that it is operating in. Just some good-to-know info that might help out someday...

<http://www.asymca.org>

*LTjg Loreleigh Whiteside*

## MONEY SAVING TIPS

If you need a tire repair, the new National Tire and Brake over by Home Depot at the 61st ST exit does not charge for tire repair. I think this is policy of the chain but I'm not sure. The guy had to separate my tire and rim and do the repair from the inside instead of using a regular plug. No small job and took 45 minutes (he wasn't goofing off either). They don't seem to be very busy first thing in the morning.

For tires, the manager said they will match any price including internet

prices. I've found the cheapest prices at [tirerack.com](http://tirerack.com) so if you are in the market for new tires, pretty much any tire store chain will match lower prices if you know about it. Print out the price quote and the manager will double check it. Don't settle for anything less, I bought a set of performance tires at Firestone a few month's back and one of the customer service guys wouldn't match the price unless I bought the hazard warranty. The manager came out and asked if I got the prices on the internet, told him yes, and he just matched it. Turns out, probably should've got the

hazard warranty after a recent drag strip incident.....



LCDR E. Leuenberger

## EDUCATIONAL SERVICES

The new forms for Voluntary Education have been posted to the CGI website. The CGI-1561 now encompasses what used to be covered by 3 forms (Assessment / Update / Degree Plan Requests). The forms may be submitted electronically **however** they now require both the student and ESO signatures.

The old forms are obsolete (CGI-1560/04, 1560/08, 1560/09, 1562,

1563). Replace the old forms on your own websites with the revised versions found on the CGI website. We will continue to accept the old forms until

31 March 2006. The DD-295 is no longer an acceptable form for CGI use and will be returned.

If your unit has upgraded to Server 2003, then the forms should be opened in Adobe 6.0 as it has full functionality including electronic signatures. Adobe

7.0 is the default and is a reader only. Submitting a form via Adobe 7.0 sends a blank form to the Institute. The forms may be printed, signed, and faxed if members have problems.

Visit the CGI website at [www.uscg.mil/hq/cgi](http://www.uscg.mil/hq/cgi)

For questions on MGIB visit <http://www.gibill.va.gov/>

*CWO FJ Wilson*

# AWARDS

The Command would like to congratulate the following people who received recognition during the last quarter.

## Coast Guard Commendation



The following personnel earned Commendation Medals during the last quarter:

- BMC Farrell
- BM1 Martin
- BM1 Seawright
- BM1 Hild
- ET1 Pipkin

## Coast Guard Achievement Medal



The following personnel were cited for outstanding achievement while conducting operations in support of hurricane KATRINA:

- ET1 Cantu
- GM1 Callison
- MK1 Burnette
- GM2 Potvin
- MK2 Beers
- MK2 Canaval
- MK2 Cuellar
- GM2 Delahoussaye
- MK2 Figueroa
- PS2 Kidd
- EM2 Mattingly
- MK2 Perez
- MK2 Pomalespoggi
- MK2 Walton
- GM3 Cesiano

- MK3 Clevenger
- MK3 Dowell
- GM3 Herried
- BM3 Lowe
- BM3 Rivas
- BM3 Simoes
- BM3 Stuart
- BM3 Vetter
- BM1 Fingleman
- BM1 Soriano
- BM1 Campbell
- BM2 Buffurd
- BM2 Liebenson
- BM1 Ramirez
- BM3 Anderson
- BM2 Conner
- BM3 Ruelas

## Commandant's Letter of Commendation



The following personnel received the Commandant's Letter of Commendation while conducting operations in support of hurricane KATRINA:

- MK3 Campbell
- EM3 Mascitelli





We're on the Web!

<http://www.uscg.mil/lantarea/msst/msstgalveston/Entrance.htm>

Comments or Submissions to  
THE GUARDIAN

Please contact the editor:

LTJG Hobbs, [jhobbs@msstgalveston.uscg.mil](mailto:jhobbs@msstgalveston.uscg.mil)

## OBUDSMAN'S BACK PAGE HEADLINE

Well, this is finally it. In just a little more than a month Danny will be leaving to report to his new unit, and providing that the house sells, the kids and I will be following him at the end of May when school lets out. His boat will be deployed by that time, and it will be close to four months before we see him again.

It seems that our time here has just flown by. It's hard to believe that it's been almost four years! It was a strange new world when we arrived here. Danny went almost immediately to Camp Lejune for training, leaving me to figure out how to deal with things like being a homeowner, how to operate a lawnmower and yikes the weedwacker, how to have fun outside with the heat and mosquito's, tornado watches, tropical storms, new schools, and a car that broke down right after he left. We all adjusted, and Texas has become home for us.

It will be great to get back to Seattle and my family, but I sometimes feel that it will be as big of an adjustment to return as it was to leave in the first place. I will miss my home, my yard (we finally finished the pond!), and riding scooters and roller blades on Christmas Day in t-shirts. Most of all I will miss the great people, locals and newcomers alike have taken us into their lives and made us part of their families and their community. I have to admit that there are some things that I won't miss namely fire ants and hurricane season.

I have a few final things to pass on to you all, and I hope that some of them will be useful.

One great thing that I would love to see our people take advantage of is a **FREE**

**SUMMER CAMP** for military kids. It's put on by the National Military Family Association in co-operation with Texas 4-H. It is for children of deployed military parents. I didn't know if we would qualify, but I mentioned the frequency of Danny's deployments and they approved it. Fiona, my 12 year old went last year and had a wonderful time. Aside from the fun 'camp stuff' she said that it was great to spend time with other kids that 'get it'. It's located at the Texas 4-H center in Brownwood, TX, <http://texas4h-ctr.tamu.edu>. It was quite a drive, but up to \$100.00 of travel expenses can be claimed. (Wish I'd know that when I was making the drive last year.) There are two camps, one for ages 11-13, and one for ages 13-17. **Applications began March 15<sup>th</sup> and end May 1<sup>st</sup>**, so please be sure to go to the Operation Purple website at [www.operationpurple.com](http://www.operationpurple.com) for info about the camp and registration info.

The CO also passed a message about a **SCHOLSHIP FOR SPACE CAMP** available to military kid's grades 6-9. This scholarship was endowed by the Military Child Education Coalition in memory of the son of a Navy Chief Petty Officer, Bernard Curtis Brown II, who died in the Sep. 11 attack on the Pentagon. The scholarship funds meals, lodging, and program materials as well as transportation expenses from the student's home to the space camp in Huntsville, AL. The kids have a year to use the funding. For info about space camp, go to [www.spacecamp.com](http://www.spacecamp.com), and for scholarship application forms, visit the Military Child Education Coalition website at [www.militarychild.org](http://www.militarychild.org). Applications must arrive by mail no later than April

3<sup>rd</sup>, so there's not a lot of time to take advantage of this great opportunity.

The final thing that I'd like to tell you about is a sort of food co-op that a neighbor told me about. It's a program put on by Living Faith Church in Dickinson. I talked to them, not wanting to take advantage of something that is provided for the needy, and they assure me that it is a sort of community outreach that they do. Everyone can participate in the program. The minimum purchase is the \$26 package of fresh and frozen items, including fresh meats, vegetables, and eggs. Before I recommended it, I wanted to check it out and my goodness there's a lot in the package! There are other supplemental packages that you can purchase for \$17-\$18, tons of meat! There is no limit to the number of packages ordered. To see April's menu, go to [www.livingfaithoutreach.org](http://www.livingfaithoutreach.org). Orders must be made by April 9<sup>th</sup>, and pickup is at the church in Dickinson on April 22<sup>nd</sup>.

That's it for me folks. I wish you all that is good, I hope you are all happy and well, and thank you for helping to make our time here so enjoyable. While I am still here, don't hesitate to call me if you need anything, and please, if you wish, stay in touch with us after we go. Don't forget, we still need a new Ombudsman, anyone interested, let me know.

Take care,  
Stephanie Pipkin  
409-771-4377

[OmbMSST91104@aol.com](mailto:OmbMSST91104@aol.com)