

THE SKYLINE



Volume 49, Number 18

On the Web: <https://www.cnic.navy.mil/Meridian> and on facebook

September 1, 2011

On Base...

Effective Sept. 1 the Main NEX on board NAS Meridian will have the following new store hours:
 Monday, Wednesday & Friday: 10 a.m.-6 p.m.
 Tuesday & Thursday: 10 a.m.-7 p.m.
 Saturday-Sunday: 10 a.m.-5 p.m.

Captains Cup Bowling League begins Sept. 6 at 6 p.m. at McCain Rec Center. Team rosters are due to Gene Derusha at noon on Sept. 1.

McCain Rec Center hosts "End of Summer" 6-game scratch tournament, Sept. 17. \$20 entry fee, sign up by 9:30 a.m. day of event.

Commissary holds a Case Lot sale on Sept. 23-24.

Upcoming Safety Classes
 Oct. 3: AAA
 Oct. 4-5: Basic Rider Course
 Oct. 6: Experienced Rider Course
 Oct. 7: Sport Bike Rider Course
 These classes are available for registration in ESAMS. For information, call Jerry Snow at (601) 679-3756

The NAS Meridian Fire Prevention Office holds free fire safety, fire extinguisher and fire warden training classes which can be scheduled Monday through Friday from 7 a.m.-2 p.m. New fire wardens assigned to facilities on board NAS Meridian must complete initial training provided by NAS Meridian Fire Prevention Office. Facilities with established fire wardens must complete fire warden training through ESAMS.

A Day in Naval History

September 1
 1942: First Seabee unit to serve in a combat area, 6th Naval Construction Battalion, arrives on Guadalcanal.
 1945: USS Benevolence (AH-13) evacuates civilian internees from two internment camps near Tokyo, Japan

September 2
 1944: USS Finback (SS-230) rescues Lt. j.g. George Bush (future U.S. president), USNR (VT-51), shot down while attacking Chichi Jima
 1945: Japan signs surrender documents on board USS Missouri (BB-63) at anchor in Tokyo Bay. FADM Chester W. Nimitz, USN, signs for the U.S. In different ceremonies, Japanese forces on Palau Islands, Truk, and on Pagan Island and Rota in the Marianas surrender.

September 3
 1885: First classes at U.S. Naval War College begin
 -- www.history.navy.mil

THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER

NPC announces updated Phase I ERB quotas

MILLINGTON, Tenn (NNS) - Navy Personnel Command (NPC) announced updated Phase I enlisted retention board (ERB) quotas, Aug. 25.

According to enlisted E-4 to E-5 retention board quotas published on the NPC website, 6,243 active duty E-4 and E-5 Sailors will be reviewed for 4,403 available retention quotas during the first phase of the ongoing ERB.

The Navy currently projects that 15,518 Sailors will be reviewed by the two-phased ERB. Phase I convened Aug. 22 and will review eligible E-4 and E-5 Sailors. Phase II will convene in September and will review eligible E-6, E-7 and E-8 Sailors.

Online feedback tool asks Sailors ERB questions

MILLINGTON, Tenn. (NNS) -- Navy Personnel Command launched an Enlisted Retention Board online feedback poll on its web site Aug. 19 that allows Sailors to learn more about the board.

The short, non-scientific, online poll features links to Enlisted Retention Board (ERB) information.

Participation is voluntary and confidential, and Navy Personnel Command (NPC) does not track or identify participants. The online feedback tool will run for two weeks and can be completed by any visitor to the Web site at www.npc.navy.mil.

● Feedback, page 7

This reflects a reduction in the amounts originally announced to the Fleet. Approximately 500 Sailors were removed from the original eligibility pool due to their promotion to chief petty officer, in accordance with criteria

listed in Navy administrative message (NAVADMIN) 129/11.

Sailors eligible for the second phase have until Sept. 6 to review their official military personnel file and submit any correspondence for the Phase II board to

consider. See NAVADMIN 129/11 for procedures to submit correspondence.

Phase II quotas have not been finalized but will be announced in September as Phase II convenes.

"The final quota development for the E6 to E8 phase will be done the first week of September," said Lt. Cmdr. Brian Ribota, surface enlisted community manager at NPC.

Phase I quotas broken down by rating, total eligible, year of service eligible and available quotas can be found on the ERB web page at <http://www.public.navy.mil/bupers-npc/boards/ERB/Pages/default2.aspx>.

CNIC nears DoD Feds Feed Families goal

By MC1 (SW/AW) Monique K. Hilley



Religious Specialist 2nd Class Joseph Stroney from NAS Meridian Chapel places non-perishable food items on the counter at LOVE's Kitchen in Meridian as volunteer Latoya Hailes logs in how much was donated. Personnel on board the installation donated 865 pounds of non-perishable food items to the food kitchen as part of the Feds Feed Families program. The items were delivered on Aug. 26.

WASHINGTON -- As Commander, Navy Installations Command entered the final week of its collection efforts in support of the Feds Feed Families Campaign, cumulative donations top 683,000 pounds and near the DoD-wide goal of 733,800 pounds of food distributed to local food banks worldwide, Aug. 24.

"This Feds Feed Families Campaign has been like a summer-long Olympic relay race," said Capt. James Fisher, Chaplain Corps, CNIC Director, Strategic Plans and Programming for Religious Ministries. "Every member of the Navy team has carried the baton of community, compassion and responsibility. In our last week of the race, our goal is in sight, each one of us are sprinting to the finish line, and together we will achieve a great victory for our communities throughout this nation."

Chaplain Fisher encourages Navy personnel to continue to donate goods throughout the week because there will be another collection of boxes at all Navy installations on Aug. 31.

Regions throughout the CNIC Enterprise have been collecting nonperishable goods to include food and basic hygiene supplies in

● Feed, page 6

First Navy trainer completes biofuel flight at Patuxent River

PATUXENT RIVER, Md. (NNS) -- The Navy's alternative energy program expanded Aug. 24 when a T-45 training aircraft completed a successful biofuel flight at Naval Air Station (NAS) Patuxent River, Md.

The "Salty Dogs" of Air Test and Evaluation Squadron (VX) 23 flew the high-performance jet trainer on a biofuel mixture of petroleum-based JP-5 jet fuel and plant-based camelina. The high oil content of the camelina seed makes it a valuable source

of renewable and sustainable energy.

"This successful test flight brings us a step closer to meeting the Navy's energy security goals," said Vice Adm. David Architzel, commander, Naval Air Systems Command. "My congratulations to the Navy fuels team here at NAVAIR for playing an instrumental role in proving the viability of biofuels to power naval aircraft."

The T-45 "Goshawk" is a

● Biofuel, page 4



A T-45C Goshawk training aircraft assigned to the Salty Dogs of Air Test and Evaluation Squadron (VX) 23 conducts a test flight using a biofuel blend of JP-5 jet fuel and plant-based camelina.

Clinic hosts bone marrow donor registry drive

NAS Meridian Branch Health Clinic (BHC) is hosting a Bone Marrow Donor Registry Drive Sept. 12-16. This is a very simple and pain free procedure that will take just a few minutes. In those few minutes you create the potential of saving a life, the life of a mother, child, father or loved one of someone just like you.

By registering in this drive you are not automatically obligated to donate any bone marrow. The goal is to enhance the database of potential donors, increasing the chances of a match when someone is in need.

When and where is the drive?

Sept. 13: from 8:30 a.m.-12:30 p.m. at the NTTC/MATSS-1 schoolhouses on board NAS Meridian.

Sept. 14: from 8:30 a.m.-12:30 p.m. in the community center located in base housing on board NAS Meridian.

Sept. 12-16: All day at the BHC Meridian Laboratory.

Who is eligible? Volunteers include active duty military

● Donor, page 6

NEX celebrates CPO selectees



Above: NAS Meridian Command Master Chief Sharon Laguna applauds after ACC (Sel) William Nolan and NAS Meridian commanding officer Capt. Charles Moore II cut the cake during the Chief Petty Officers Appreciation Day at the Meridian Navy Exchange (NEX), Aug. 29. Right: LSC Steven Williamson from Naval Technical Training Center checks PSC (Sel) Darien Johnson's khaki uniform during a fitting at the NEX. Below: ACC (Sel) Dwayne Hinson, PSC (Sel) Darien Johnson, ACC (Sel) William Nolan and HMC (Sel) Thomas Wolff participate in a sing-off during the NEX Chief Petty Officers Appreciation Day. Chief selectees were able to win uniform items and prizes during raffle drawings, trivia games, hula-hoop showdown challenge and karaoke sing-off.

Photos by MC2 Flordeliz Valerio



Look Inside



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 PRIMs 2011 streamlines physical readiness reporting



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 Marine crew chief seat design becomes Corps-wide standard



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 McKown takes home first place in Captain's Cup Triathlon - road bike division



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 NASCAR star visits Eisenhower

Photo of the Week

JACKSONVILLE, Fla. -- Capt. John C. "Jack" Scorby Jr. speaks to the audience during the Commander, Navy Region Southeast (CNRSE) change of command ceremony, Aug. 18. Scorby relieved Rear Adm. Townsend G. "Tim" Alexander as CNRSE commander. "It's absolutely wonderful to be back in Jacksonville," said Scorby, who previously served as commanding officer at NAS JAX. "It's an absolute honor and a privilege to be able to serve as the commander of Navy Region Southeast. We have an extraordinarily outstanding staff here that I am proud to work with."



Photo by MC2 Greg Johnson

Area Happenings

SEPTEMBER

3: Dixie Thunder Run sponsored by Operation First Response, "The Better Life Foundation" and "Chunky River Harley Davidson." The run begins at Chunky River Harley Davidson near Bonita Lakes Mall. Motorcycle ride to benefit deployed soldiers' families. Time: 8 a.m.-6 p.m. For information, call (601) 527-1744.

3: "Music on the Grounds" at the Lauderdale County Agri-Center featuring Steve Forbert and Webb Wilder. Time: 10 a.m.-10 p.m. Admission: \$20 per person (Dixie Thunder Run Riders only \$10 per person)

4: Mothers of Preschoolers (MOPS) first meeting of the year will be at Fifteenth Avenue Baptist Church in Meridian. If you are pregnant or have a child, newborn through kindergarten, then MOPS is for you! The meetings are held every 2nd and 4th Thursdays of each month from 9:30-11:30 a.m. Registration for the year is \$40 (financial assistance is available). Childcare is PROVIDED for ages 5 and under. Call Jamie at (601) 604-5094 or go to fabmops@yahoo.com.

10: Gospel Concert featuring "Ernie Hass and Signature Sound" at 7 p.m. at The Temple Theatre, 2320 8th Street in downtown Meridian. For information, call Richard Ferguson (601) 416-1630.

10: Rockin' Railroad 10K Run featuring 10,000 Meter Point Race finishing at Bonita Lakes. Administered by Bonita Running Club Race Director Tim Irvine. For more information, call Tim at (601) 938-9873.

10: Mississippi State University-Meridian Division of Business to host a GMAT Workshop from 8:30 a.m.-4:30 p.m. Cost: \$50/MSU Meridian students; \$60/general public. To register: call (601) 484.0150 or email nrandle@meridian.msstate.edu or whill@meridian.msstate.edu.

17: Community Yard Sale in Balfour Beatty Housing on board NAS Meridian, 8 a.m. to noon. Rain or Shine! Call Jamie at Balfour Beatty Communities at (601) 679-7669 or e-mail at jkwilliams@bbcgrp.com to sign up or for more details.

20: Meridian Community College and Mississippi NASA Space Grant Consortium lecture, "Reflections of the Universe," at 6 p.m. in McCain Theater on the college campus. Call Dr. Angie Carraway at (601) 484-8660 for more information.

MCPON sends Labor Day message

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West released the following Labor Day message to the Fleet Aug. 17:

"Shipmates and Navy Families, The symbolic end to summer is just around the corner ... Labor Day weekend. Have you started making plans yet? Do your plans involve drinking and driving or driving long distances while fatigued? Do they involve water sports after a long day of drinking alcohol? How about driving a motorcycle at excessive speeds just to feel a rush?"

Of course Sailors don't plan to do these things, but we continue to lose shipmates because of the bad choices they make. So far, we have lost 15 Sailors this summer: six in four-wheel motor vehicle mishaps, six on motorcycle and three during recreation mishaps. Last year we lost a total of 14 Sailors from Memorial Day to Labor Day and we have unfortunately exceeded that total with a few weeks left before Labor Day.

The loss of one trained and ready Sailor is unacceptable, and in most cases preventable.

I encourage all of you to practice off-duty risk management while planning your activities, and avoid cramming too many activities into a short period of time. Use caution when driving and think SAFE: no SPEEDING; no ALCOHOL before driving; no FATIGUE (get plenty of rest) and no EJECTIONS (wear your seatbelts). Also use caution when participating in water activities, and if drinking, always have a plan to get home.

Stay safe and let's close out summer and Labor Day weekend with zero fatalities or injuries. Enjoy your much-deserved time off with your family and friends, and as always, keep in mind our Sailors who are deployed and can't be with their loved ones.

Enjoy your Labor Day weekend and HOOYAH!"

Very Respectfully,
MCPON

Legal assistance attorney on board

A Legal Assistance Attorney will be on board NAS Meridian Sept.20-22 in the Legal Office (Administration Building 255, Room 222) to assist with the following:

- ✓ Will, medical directive, estate planning, or power of attorney
 - ✓ Basic advice and assistance with tax related questions, state tax exemptions, and SSCRA
 - ✓ Help with family & domestic relations or consumer law/affairs or landlord-tenant relations, etc...
- Make an appointment with NAS

Meridian Staff Judge Advocate (SJA) Office by calling (601) 679-2340. Personnel needing will services please be advised to call or come by soon to schedule an appointment; for planning purposes your will worksheet should be completed and returned NLT than Sept. 13 to the SJA Office.

This FREE service is available to active duty military and their family members, retirees and their family members, and pre-mobilization assistance for reserve personnel.

The Personally Procured Move (PPM) Claim Status application offers Navy members the ability to easily manage a claim.

- * Check the status of a claim
- * Change the mailing address
- * Request a duplicate W-2

Contact Information 1-888-742-4462 or PPTAS.FISCN@NAVY.MIL

Get a jump start on the flu with a vaccination

Flu vaccines may be received at no cost from any TRICARE-authorized provider or at one of the TRICARE retail network pharmacies that participates in the vaccination program such as CVS, Rite Aid or Walgreens.

Find a participating pharmacy at <http://www.express-scripts.com/TRICARE/pharmacy> or call 1-877-363-1303.

If you get the vaccine from network or non-network provider, you may have to pay copayments or cost shares for the office visit or other services received during the office visit.

Active duty service members (ADSMs) are required to be immunized and have priority for getting the vaccine at Naval Branch Health Clinic on board NAS Meridian. Active duty family members and retirees may receive the vaccine at a participating network pharmacy. Proper documentation should be obtained from the pharmacy and includes the following:

- Patient Identification
- The date the vaccine was given
- The vaccine name or code
- Manufacturer
- Lot number

Flu Prevention

Preventing the spread of the flu is as easy as 1, 2, 3...

1. Get vaccinated. Everyone six months and older should get a flu vaccine as soon as its available each fall. Some

people are at a higher risk of serious flu-related complications and should get vaccinated each year. According to the Centers for Disease Control and Prevention (CDC), the following people should be vaccinated each year:

- All children aged six months to 18 years.
- Adults aged 50 years and older.
- Persons with underlying chronic medical conditions.
- All women who are be pregnant during the influenza season.
- Health care workers involved in direct patient care.
- Child care and elderly care workers.
- Persons at high risk of severe complications from influenza.

2. Take steps daily to prevent the spread of the flu.

- Wash your hands with soap and warm/hot water.
- Use an alcohol-based sanitizer when hand-washing is not possible.
- Cover your mouth or nose when you cough or sneeze.
- Avoid contact with your nose, eyes or mouth.
- Avoid contact with people who are sick.
- Stay home if you have flu-like symptoms.

3. Take anti-viral drugs when recommended.

- Your doctor may prescribe anti-viral medications to treat your flu symptoms.

Trinity Dyslexia Center is accepting new students. This is an after-school tutorial program for students with dyslexia or other reading disorders. Students attend three one-hour sessions each week. There are openings for 3:30 p.m. and 4:30 p.m. sessions. The program meets Monday, Tuesday, and Thursday, following the school calendar. The program uses multi-sensory software. Classes meet at Trinity Presbyterian Church, 4223 Poplar Springs Dr., Meridian. For information, call 601-482-6767.

TRICARE for life: Is it what you need?

TRICARE For Life (TFL) is TRICARE's Medicare-wraparound coverage available to all Medicare-eligible TRICARE beneficiaries, regardless of age or place of residence, provided they have Medicare Parts A and B.

While Medicare is your primary insurance, TRICARE acts as your secondary payer minimizing your out-of-pocket expenses. TRICARE benefits include covering Medicare's coinsurance and deductible.

Plan overview

Basically, if you use a Medicare participating or non-participating provider, he or she will file your claims with Medicare. Medicare pays its portion and electronically forwards the claim to the TFL claims processor. TFL pays the provider directly for TRICARE-covered services.

• For services covered by both Medicare and TRICARE, Medicare pays first and TFL pays your remaining coinsurance for TRICARE-covered services.

• For services covered by TRICARE but not by Medicare, TFL pays first and Medicare pays nothing. You must pay the

TRICARE fiscal year deductible and cost shares.

• For services covered by Medicare but not by TRICARE, Medicare pays first and TFL pays nothing. You must pay the Medicare deductible and coinsurance.

• For services not covered by Medicare or TRICARE, Medicare and TRICARE pay nothing and you must pay the entire bill.

Out-of-pocket costs

When using TFL, you do not pay any enrollment fees, but you must pay Medicare Part B monthly premiums. Your Part B premium is based on your income. For more information about Part B premiums visit www.medicare.gov or call Social Security at 1-800-772-1213 (TTY: 1-800-325-0778). As described above, you'll pay nothing out of pocket for services covered by both Medicare and TRICARE.

This information and more can be found on www.tricare.mil or, visit the NAS Meridian TRICARE service center located in the Branch Health Clinic. Hours of operation are 7 a.m.-4 p.m. Monday-Friday (closed on federal holidays).



In the Spotlight...

Happy Birthday...

Tina Conley celebrates her birthday Sept. 1. Tina is VT-9 student control clerk.

LS1 Victor Stillgess celebrates his birthday on Aug. 30... "Bid farewell to your 20's and bring on the 30's!" To the most wonderful husband and the best father -- I love you and am looking forward to sharing with you this next chapter of your life. Also I want to wish you a very Happy Anniversary (8-26-11). May we have many more years of happiness together.

-- Danielle



Happy Birthday wishes go out to the following Navy-Marine Corps Relief Society volunteers:

- Sept. 1: **Beth Russell**
- Sept. 6: **AC1 Russell Lewis** (Deployed)
- Sept. 11: **LS1 Joel Wallace**

Happy Birthday wishes to the following CDC employees:

- Sept.2: **Sheila McCoy**
- Sept.6: **Rosalyn McCoy**
- Sept.8: **Erica White**

To include an item in this column, e-mail penny.randall@navy.mil or call (601) 679-2318. Photos may be included.

The Skyline ~ Naval Air Station Meridian, Miss.

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The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or *The Meridian Star* of products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Registration open for 2011 Wilderness Challenge, Pentagon Channel will cover event

YORKTOWN -- The Pentagon Channel has agreed to cover the 2011 Mid-Atlantic Region, Morale, Welfare and Recreation (MWR) Department's annual all-military Wilderness Challenge as a special program for the television channel.

To ensure maximum participation for this great opportunity, the cost for registration has been lowered from \$700 to \$500 per team.

The Wilderness Challenge will take place Oct. 6-8 in the heart of the Appalachian Mountains and on the New and the Gauley Rivers in West Virginia. The event is hosted by ACE Adventure Resort, West Virginia's largest outdoor outfitter.

More than 300 military personnel representing teams from around the World are expected to compete. Only the first 60 teams will secure a spot in the Wilderness Challenge, so teams are encouraged to register early.

The challenge contains a series of five outdoor adventure races in a team format designed to bring camaraderie, competition and team spirit between all



13-mile whitewater raft race on the Gauley River and a 7-mile kayak race on the New River.

Last year's winner was Team "Amphibia" from the Office of the Chief of Navy Reserve, Washington, D.C.

five branches of the Armed Services. Teams participating in this year's challenge will compete in an 8K mountain run, a 14-mile mountain bike race, a 14-mile forced hike through the mountains, a

Registration is open to all branches of the military. Teams must be comprised of four active duty military, one of which must be female.

Registration can be made online at www.wildernesschallenge.net or by calling (757) 887-7256.

The Pentagon Channel broadcasts military news and information for the members of the U.S. Armed Forces, enhancing Department of Defense communications with the 1.4 million active duty service members, 1.2 million members of the National Guard and Reserve and the 650,000 civilian employees of the Department of Defense. For more information, visit www.pentagonchannel.mil.



Photo courtesy of General Dynamics Electric Boat
NORTH KINGSTOWN, R.I. -- Allison Stiller, Deputy Assistant Secretary of the Navy for Ship Programs, writes her initial on a metal plate that welder Scott Fanning will inscribe during a keel-laying ceremony for the Virginia-class attack submarine Pre-Commissioning Unit (PCU) Mississippi (SSN 782) at General Dynamics Electric Boat Quonset Point facility. Fanning will weld the plate to the ship during the ceremony. Stiller is the ship's sponsor.

PCU Mississippi receives visit from ship's sponsor

By Lt. Jennifer Cragg
Commander, Submarine Group 2
Public Affairs

GROTON, Conn. (NNS) -- Pre-Commissioning Unit (PCU) Mississippi (SSN 782) ship's sponsor visited with the commanding officer and crew, Aug. 18.

"I'm truly honored to spend time with the fine crew of the Mississippi here on the deckplates of our boat," said Allison F. Stiller. "It is such a privilege to meet with them and to see the progress that has been made to complete this mighty warship. I'm so proud of the crew and how they are working side-by-side with the workforce at Electric Boat to bring Mississippi to life."

Stiller is the deputy assistant secretary of the Navy for ships.

"It's a wonderful opportunity

for the boat and her crew to host Ms. Stiller and apprise her of the boat's progress," said Cmdr. John McGrath, Mississippi's commanding officer.

Upon completion and commissioning, Mississippi, the fifth Navy vessel to carry the name of the Magnolia State, will join the other Virginia-class submarines as flexible, multi-mission platforms designed to carry out the seven core competencies of the Submarine Force: anti-submarine warfare; anti-surface warfare; special operations forces; strike; irregular warfare; intelligence, surveillance, and reconnaissance; and mine warfare.

Construction of the submarine began on Feb. 19, 2007. Delivery and commissioning are planned for spring 2012.

School liaison officer connects with community

COLUMN

In an ongoing effort to strengthen connections with area schools and the community, I recently accepted an invitation to join approximately 30 educators on a three-day business and industry tour of Meridian and nearby Kemper County.

The event was sponsored by a local community college and the chamber of commerce.

The tour highlighted the collaboration between businesses and schools as they strive to enhance economic and educational opportunities for residents in Meridian and surrounding areas, including military families associated with Naval Air Station Meridian.

The tour brought together K-12 educators and district officials, college instructors, and business leaders for a conversation about ongoing efforts to produce skilled laborers to fill job vacancies.

Discussions covered what educators are doing right and additional steps they can take to prepare students to enter the workforce. The group talked about the impact of the career and workforce development program operated by a local community college. The program supports businesses by providing job specific training to students before graduation from high school and to workers after employment. In these courses that range from a few weeks to several months, participants can earn certification in a variety of areas, including den-

tal assisting, automotive technology, career readiness, and customer service or complete training in the use of a myriad of computer programs. This opportunity is particularly important to those students who may choose to delay entry into college.

Right here in Meridian, workers at one plant are assembling parts used by major automobile manufacturers, while a short distance away, laborers are crafting pieces that will be used to build aircraft used by our nation's Department of Defense. One of only a small number of companies in the country equipped to produce industrial steel is located in Meridian.

Each week a major customer service organization is handling the processing of extended service contracts and thousands of trouble-shooting calls at a bustling agency that employs close to 300 workers -- mostly young adults who know their way around a computer. At an enormous warehouse, pickers select items from a sea of shelves to fill customers' orders, while other workers apply shrink-wrap to already completed orders. Still others operate forklifts and load these completed orders onto tractor trailers in reverse order of delivery. In nearby Kemper County, construction workers are



McDonald

nearing completion of a facility that will become one of the nation's leading producers of clean energy. Most of the businesses hire graduates right out of high school and provide training as needed.

However, background checks, ongoing training, and achievement tests are standard procedures. Each employer emphasized the need for regular attendance and promptness. Entry level requirements included strong reading comprehension, mastery of basic science and math skills, rudimentary experience with technology, and the willingness to be trained.

Several of the businesses support higher education by covering tuition for employees who pursue advanced degrees. Several employers noted that as an additional incentive they usually promote from within the organization.

Additionally, some of these agencies sponsor college scholarships to students in high school.

As illustrated in this behind-the-scenes peek into the industries that employ thousands of people in East Central Mississippi, there are many academic and employment opportunities available to high school students and others in our area.

Cynthia Haynes McDonald is NAS Meridian's School Liaison Officer. She holds a Master of Education in English and a Bachelor of Science in Education (English). She has held educational positions such as assistant principal, academic performance standards trainer, instructional literacy coach and middle school educator. She can be reached at (601) 679-2473.

PRIMS 2011 streamlines physical readiness reporting

MILLINGTON, Tenn. (NNS) -- Navy Personnel Command announced Aug. 22 that the Navy has released a new version of Physical Readiness Information Management System (PRIMS), updating the Web-based application used to manage physical fitness data of more than 340,000 active-duty and Reserve Sailors.

"PRIMS 2011 was designed with user-friendliness in mind, and incorporates physical readiness program policy changes announced in the past year," said Bill Moore, director, Navy Physical Readiness Program. "We worked with developers and took Sailor input into consideration when we updated the program application to create PRIMS 2011."

The new version features a disconnected option for command fitness leaders (CFL) who may have limited connectivity.

"The disconnected option is a great benefit for command fitness leaders at sea," said Moore.

The new version will allow CFLs to download a spreadsheet and save it to a computer in their work center. The CFL can populate the data during deployment as

they conduct their physical fitness assessment (PFA) cycle and then upload the information when they return to an operating area with the required bandwidth, according to Moore.

PRIMS is the Navy's official data source for Sailors' physical fitness assessment PFA data. It is used to monitor and track the progress of active-duty and Reserve personnel and identify, screen, educate and monitor members. PRIMS data is also verified against selection board and promotion board results at Navy Personnel Command.

Sailors should review their PRIMS data for accuracy after each PFA cycle. Sailors can access their PRIMS account at through Bupers OnLine at <https://www.bol.navy.mil>.

For more information in PRIMS and physical readiness visit the Navy's physical readiness Web page at <http://www.public.navy.mil/bupers-npc/support/physical/Pages/default2.aspx>.

-- From Navy Personnel Command Public Affairs



Photo by MC2 Demetrius Kennon
Seabees assigned to Naval Construction Battalion Center, Gulfport, participate in the Physical Fitness Assessment at the base gym.

THE REAL LIFE FUNNY SORT-OF-IMPROV SHOW
ABOUT A GUY, A GIRL, DATING & OTHER STUFF
ARE YOU GETTING THE SIGNAL?

A CATHARSIS PRODUCTIONS PRESENTATION

SEX SIGNALS

WHERE TO SHOW UP	DATE & TIME
NOSC Auditorium	8 September 2011
	1000 -- NTTC 1300 -- All Hands 1500 -- MATSS-1/All Hands

NAVY-MARINE CORPS RELIEF SOCIETY
Building 266, Suite 106
NAS Meridian

Coming Soon...

BABY BOOT CAMP

- NEW BABY FINANCIAL INFORMATION
- BABY GEAR & WEBSITE INFORMATION
- LAYETTE ISSUED TO EACH FAMILY
- LOCAL BREASTFEEDING COUNSELOR
- DOOR PRIZES FROM LOCAL BUSINESSES
- LIGHT REFRESHMENTS

Baby Boot Camp Workshop Date:
Saturday, October 1, 2011
9:30 - 11:30 A.M.
at your
Navy-Marine Corps Relief Society Office

Reserve your spot by calling 601-679-2504
or email us at smcmeridian@yahoo.com

Available to all Active Duty and Retired Service Members and their Spouses

CNRSE supports Andros Island evacuation in response to Hurricane Irene

By MC2 (SW) Greg Johnson
Navy Region Southeast Public Affairs

Commander, Navy Region Southeast (CNRSE) assisted in the evacuation of 350 people from Andros Island Aug. 23-27 in response to Hurricane Irene.

The Bahama island is home to the Navy's Atlantic Undersea Test and Evaluation Center (AUTEC), a research facility that conducts research on undersea warfare. CNRSE and AUTEC leadership coordinated efforts to evacuate the island before the category-two storm made landfall Aug. 24.

"The primary mission for operations and emergency management is to preserve life," said Capt. Robert Wyly, CNRSE operations officer. "One of the most obvious ways to accomplish this in the path of an approaching hurricane is to evacuate. CNRSE, working with AUTEC and the

reserves, ensured that this happened some 36 hours prior to Irene's arrival. We were glad to help coordinate the successful operation."

Evacuees were transported to West Palm Beach, Fla., with two C-130 Hercules aircraft assigned to Fleet Logistics Support Squadron Sixty-Two and Fleet Logistics Support Squadron Fifty-Eight. In addition, two torpedo retriever boats were temporarily moved to Naval Air Station Key West.

While AUTEC does not fall under CNRSE command, it was still a CNRSE responsibility to assist, said Cmdr. Pete Antonacci, CNRSE current operations officer.

"They're part of the Navy family and we were happy to extend our hand out to them," he said. "We are always concerned about the welfare of our Sailors and their families and we are pre-

pared to help anyone in any way we can."

As an undersea warfare command, AUTEC has limited air assets, making it impossible to quickly evacuate a large number of people. According to John Furness, CNRSE air operations director, CNRSE was well-suited to assist because it possesses both the aircraft and the experience to respond to an evacuation scenario.

"We are staffed with the right people and technical experts who are experienced with hurricanes and hurricane evacuation," he said. "The amount of experience we have makes it easier for us to accomplish our mission in this kind of situation."

Evacuees returned to the island Aug. 27 on the same aircraft used to evacuate. The storm caused minimal damage and AUTEC immediately resumed normal operations.



U.S. Navy Photo

Evacuees from the Navy's Atlantic Undersea Test and Evaluation Center (AUTEC) arrive in West Palm Beach following the evacuation of Andros Island. AUTEC evacuated the island with the help of Commander, Navy Region Southeast, in response to Hurricane Irene.

SAT/ACT prep programs available to military, DoD civilians

eKnowledge and a group of caring professional athletes from the NFL and MLB are donating \$200 SAT and ACT Prep Programs to area high school students.

"I believe in using my gifts and public image to help students and families. That's why I support the eKnowledge partners," said Chipper Jones, Atlanta Braves professional baseball player.

Now in its sixth year, eKnowledge has donated more than 145,000 DVD programs with a value of \$35 million. The eKnowledge donation effort is endorsed and supported by over 50 organizations including Boy Scouts of America, Big Brothers Big Sisters, VFW, Boys and Girls Clubs of America, Andre Agassi Preparatory Academy, American Red Cross, the Department of Defense and MaxPreps.

"I realize the critical importance of a good education; it is an honor to lend my support to the eKnowledge Partnership to help students with their college preparations," said Coy Wire, a Atlanta Falcons, New York Giants professional football player.

The advanced eKnowledge PowerPrep® features special SAT and ACT test prep content in a highly personalized, student-centered, virtual learning environment. The SAT and ACT programs come in a single DVD and include more than 11 hours of video instruction and 40 hours of student participation time, 3,000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations. Students select the training they need and can study at their own pace.

Eligible recipients of the software include service members from all branches of the military who are active duty, retired, veterans, guard, reserve, DoD employees, and civilians performing military support. Also eligible are relatives and dependents of anyone who otherwise qualifies from the prior list.

The eKnowledge Partnership waives the complete \$200 retail price for the donated SAT or ACT Test Prep Program. There is a fee of \$17.55 for materials, shipping, and customer support for the standard programs. eKnowledge does not profit from this donation program.

To order your SAT or ACT DVD please visit: www.eknowledge.com/Meridian. To order by telephone, call 951-256-4076.

• Biofuel

tandem-seat aircraft used by the Navy and Marine Corps to train pilots on carrier and tactical mission operations.

This is the fifth aircraft successfully tested using biofuel at NAS Patuxent River and showcases the Navy's commitment to achieve energy independence by reducing the need for foreign oil. Previous aircraft tested include the F/18 E/F, MH-60S, F/A-18 D, and most recently, the MV-22. Navy Secretary Ray Mabus' goal is to cut the Navy's oil usage in half by 2025.

"This test of the T-45 with a 50/50 blend of biofuel represents another significant milestone in the long list of detailed flight test and demonstrations of the F-18 Super Hornet, the MH-60S, and the V-22," said Rear Adm. Phil Cullom, Director of the Chief of Naval Operations Energy and Environmental Readiness Division. "Our commitment to the aggressive test schedule for drop-in replacement fuels for JP-5 and F-76 keep us on pace for the 2012 demonstration and 2016 deployment of the Great Green Fleet."

Three additional Navy aircraft are scheduled for biofuel test flights before the end of the year.

This initiative is one of many throughout the Navy and Marine Corps which will enable the Department of the Navy to achieve Secretary Ray Mabus' energy goals to improve our energy security and efficiency afloat and ashore, increase our energy independence, and help lead the nation toward a clean energy economy.

—From Naval Air Warfare Center Aircraft Division,
Patuxent River Public Affairs

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The Petty Officers Association meets on the 2nd and 4th Thursday of each month at 2 p.m. at Air Operations. All petty officers are invited to attend!

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Pfc. Yasmyn Crespo

MATSS-1 Student
Hometown: Chicago, Ill.

Pfc. Yasmyn Crespo has had a goal of becoming a missionary since the age of 15. She hopes the Marine Corps will help her achieve this goal. "I joined to become a stronger person mentally and physically. I believe the Marine Corps will help me."

Crespo is currently a student in the Aviation Maintenance Administration Course at Marine Aviation Training Support Squadron One.

Crespo was a member of the ROTC in high school which helped her make the decision to enlist.

"I hope to be stationed in Japan -- the traveling is what I'm most excited about."

Crespo, 19, is the oldest of three children of Caroline Vasquez and Antonio Crespo. Her brother, Jonathan is 18, and Daniel is 15.

The person she most admires is her mother.

"As a single, young parent at the age of 19, she alone took my two brothers and I out of the projects of Chicago. We constantly moved because my mother wanted us to have a better life and education."

OOORAH!



Pvt. Ethan Kuhn

MATSS-1 Student
Hometown: Alexandria, Va.

Pvt. Ethan Kuhn is proud to be part of the family business -- the Marine Corps.

"My father was a Marine for 22 years and always told me stories of his time in the Corps. Five years ago my brother joined and is now a sergeant."

On April 19, it was Kuhn's turn to enlist and is currently a student in the Aviation Maintenance Administration Course at Marine Aviation Training Support Squadron One on board NAS Meridian. After graduation from MATSS-1, he would like to be stationed on the East Coast.

He is the son of retired Master Sgt. Joseph A. Kuhn and Tammy Kuhn. His hobbies include music, drawing and writing.

The person he most admires is his father.

"He was well known during his time in the Marines. I hope to reach a status as high as him."

Marine crew chief seat design becomes Corps-wide standard

By Sgt. Heidi E. Agostini
IMEF

MARINE CORPS AIR STATION CAMP PENDLETON, Calif. -- Sgt. Zachary Lucas, a UH-1Y crew chief with Marine Light Helicopter Squadron 367, was recognized for his technical innovation with a \$5,000 check Aug. 19 at Marine Corps Air Station Camp Pendleton.

Lucas, 26, from St. Louis, Mo., was awarded with a Navy and Marine Corps Achievement Medal and a check for Department of Defense cost savings for his ingenuity in developing a new seat configuration for the UH-1Y Huey.

"During our deployment, we were told to come up with a way to carry five passengers in a way that we would not be affected in the back," Lucas said. "Our seating configuration goes from three seats to one seat in the center. With three seats in the center, we get limited viability to employ the weapons systems or tend to the packs."

Lucas, a six-year veteran, designed a two-man bed seat during his deployment to Afghanistan in 2009. He procured the prototype hardware and coordinated with Marines from Marine Aviation Logistics Squadron 40 for production.

The current configuration allows for a three-man bench seat or a single seat. The modification allows for greater mobility throughout the cabin to assist passengers and maneuverability around weapons systems.

"I modified the support poles that go on the transmission wall," Lucas said. "I shortened them up and centered seats on the supporting beams."

The "Lucas seat" gives Huey crews a tactically viable alternative, capable of fulfilling all 13 utility mission and essential tasks including providing better safety and capa-

bility during combat missions. Lucas said the modified seats offer both passengers and crew chiefs to view the multi-function displays in front and view the area of operations without obstructions.

Lucas created five modifications and installed them on helicopters during his deployment. A prototype was tested here and approved by U.S. Naval Air Systems Command. Bell Helicopter manufactured more and the prototype became a Corps-wide issue.

Col. Shaun Sadler, the commanding officer of Marine Air Group 39, said the seats will allow for maximum maneuverability and is a critical capability for machine gunners who found it physically challenging to operate their weapon.

Lucas' initiative has inspired his peers, who are researching and developing other modifications to make operating easier.

A group of Marines are currently developing a map rack to install in the center area between pilots and the crew to keep their maps held down, making it easier for the crew to read them while the aircraft is in flight.

Sadler, praised Lucas' drive and initiative to create something that would benefit Marine Corps aviation.

"Initiative like that is a rare thing," said Sadler, as Lucas showcased the new seat. "Once you see it and act on it, there is no limit of where you can go."

The dual engine UH-1Y is equipped with a modified four-blade rotor and has upgraded engines and transmissions to give it increased payload and performance capabilities including increased speed and carrying capacity. It deployed for the first time in January 2009 as part of the aviation combat element of the 13th Marine Expeditionary Unit.



Photo by Lance Cpl. Joshua B. Young
Sgt. Zachary Lucas, a UH-1Y crew chief with Marine Light Helicopter Attack Squadron 367 sits in the new cabin seat he designed for the UH-1Y helicopter. Lucas was awarded with a Navy and Marine Corps Achievement Medal and a check for Department of Defense cost savings for his ingenuity in developing a new seat configuration for the UH-1Y Huey.



Reenlistment

Capt. Michael Lupient, executive officer of Marine Aviation Training Support Squadron One, administers the Oath of Reenlistment to Sgt. Joseph McNichols, Aug. 30. McNichols, an instructor in the Aviation Operation Supply Specialist Course, reenlisted for four years.

Photo by Penny Randall

Far East Division matches in sight

By Lance Cpl. Tyler C. Vernaza
Marine Corps Bases Japan

OKINAWA, Japan-- Since the birth of the Marine Corps, there has always been a harmony between a Marine and his rifle, and over the years, Marines have demonstrated that union on the battlefield. A couple of examples include:

- Gunnery Sgt. Carlos Hathcock, 1st Marine Division -- 93 confirmed kills during the Vietnam War.

- Sgt. Charles "Chuck" Mawhinney, scout sniper platoon, 5th Marine Regiment -- 102 confirmed kills during the Vietnam War.

The rifle marksmanship skills that Marines use in combat are first developed in boot camp. Marines then have the opportunity to hone their skills through annual training and marksmanship competitions, such as the Marine Corps shooting matches.

Every year, Marine Corps Bases Japan holds the Far East Intramural Matches at the beginning of the year where service members compete in enhanced-marksmanship techniques. The competition is open to all Marines and Sailors.

"Marines and Sailors (attached to a Marine unit) of all ranks can participate," said Staff Sgt. Nicholas Capko, platoon



Photo by Lance Cpl. Mark W. Stroud
Sgt. Matthew S. Gullette, competitor, Combat Shooting Team, Weapons Training Battalion, Marine Corps Base Quantico, fires downrange during a pistol match May 5. The pistol match was one event of the Australian Army Skill at Arms Meeting 2011, an annual, international combat shooting match. Some of the Marines who competed in this international competition are selected to participate in the Far East Intramural Matches, part of the Competition in Arms Program.

MCRC wraps up prior service enlistment mission

By Lance Cpl. David Flynn
Marine Corps Recruiting Command

MARINE CORPS BASE QUANTICO, Va. -- Former Marines looking to return to active duty will have to wait until January, 2012. The Marine Corps Recruiting Command recently concluded its Fiscal Year 2011 Prior Service Enlistment Program re-accession process.

"Marine Corps Recruiting Command brought back 14 former Marines who once again want to serve in the nation's finest fighting force," said Master Sgt. Rodney Garrett, PSEP chief, MCRC.

The typical prior service Marine is between the rank of sergeant and staff sergeant. From re-accession package submission to Headquarters Marine Corps' decision, the process averages approximately two months; therefore, the Marine Corps stops accepting applications for re-accession to active duty near the end of July annually.

Per Marine Corps' Manpower Policy, no prior service Marines can be accessed to active duty between Oct. 1 and Dec. 31 annually, which is when active duty Marines compete for existing "boat spaces" or billets.

● **Service, page 9**

Safety Is Our Duty

Hurricane safety tips

As Sailors, civilians and families are closely watched the development of Hurricane Irene as the storm's current track has it making landfall near Wilmington, N.C., Aug. 27, Commander, U.S. 2nd Fleet sorties ships, Navy families took measures to prepare.

Helpful tips provided by the Naval Safety Center include:

Before the Storm

- Communicate with your command and family members and take advantage of online resources.
- Move or secure any objects that could become airborne during high winds.
- Bring inside any outdoor furniture, decorations, trash cans, hanging plants, etc.
- In anticipation of flooding, move furniture, electronics and other valuables to the highest level of your home.
- Fill vehicles with fuel in case it is necessary to evacuate.
- In anticipation of loss of power, turn refrigerator and freezer to coldest settings and open only when necessary.
- Review evacuation plans. Plan an evacuation route that will take you 20-50 miles inland.

During the Storm - If evacuation is necessary

- Travel light -- take valuables, cash, credit cards and important papers, such as bank accounts and insurance.
- Stay away from flood waters.
- Bring pets with you or ensure that they are well-cared for in a safe place.

● **Hurricane, page 6**

Labor Day fire safety tips for your barbecue

Although summer is nearing an end, the risk of fires is not. Labor Day is a big day for barbecues. Please follow these tips to keep your family safe. Remember, most fires can be prevented.

Barbecue Grills

- Keep grills at least 10 feet from siding and eaves.
- Never use a grill in a garage or carport.
- Before using a gas grill, check hoses and connections for leaks.
- Check that the venturi tubes--where gas and air mix--are not blocked.
- Never overfill a propane tank.
- Consumers should only use propane tanks that have a three-pronged valve: this is a sign that there is an overfill protection device in the tanks.
- When lighting a charcoal grill, use only charcoal starter fluid. Never add fluid after the fire is started.
- To dispose of hot coals, soak them with water and stir to make sure the fire is out.
- Never put coals in plastic, wood, or paper containers.
- Wear snug-fitting clothing when grilling.

Summer Fire Facts

- Barbecue grills caused about 900 home fires and 3,500 outdoor fires.
- Half of all grill-related home fires begin on a balcony or uninclosed porch.

- More U.S. fires are reported on the Fourth of July than on any other day. Fireworks account for half of those fires.
- The tip of a sparkler burns at more than 1,200 degrees Fahrenheit--hot enough to cause third-degree burns.

Bonus Tip: Smoke Alarms

While this may not seem like a novel tip, many people do not have enough smoke alarms in their house and do not check to see if they work. We typically forget the alarms are there, but if you need one, you better hope it works.

You should have working smoke alarms in the main rooms and hallways of your house.

Pick a date, an easy one to remember, like Christmas or St. Patrick's Day, to change the batteries. In case of a fire, smoke alarms will give you and your family time to get out of the house -- but the alarms must be functional. You do not want dead batteries. Changing the batteries yearly is a great habit to get into. Then you can forget about the alarms until next year but feel confident that they will work in case of an emergency.

-- By Jenn Moore



If you have questions on this or any other fire related topic, contact the NAS Meridian Fire Prevention Office at (601) 679-3866/3875/2589.

Public Works employees honored for service



Submitted Photo

Curtis Marshall receives his 30-year civilian service certificate from Public Works Officer Lt. Cmdr Lance Coe.



Submitted Photo

Lt. Cmdr. Lance Coe presents Ellen Howse with her 20-year civilian service certificate.



Submitted Photo

Lt. Cmdr. Lance Coe presents Robert Whitlock with his 20-year civilian service certificate.



Submitted Photo

Fred Gully receives his 20-year civilian service certificate from Lt. Cmdr. Lance Coe.



Submitted Photo

Joe Pace receives the Public Works Supervisor of the Quarter Award from Lt. Cmdr. Lance Coe.



Submitted Photo

Lt. Cmdr. Lance Coe presents Ritchie McKee with the Public Works Employee of the Quarter Award.

• Feed
support of the Feds Feed Families Food Drive Campaign, which encourages federal employees to bring nonperishable food items to their offices for distribution to local food banks.

In the midst of the current state of the economy, with many American families facing unemployment and having to put their children to bed hungry, Navy Chaplains urge those who can to donate to the Feds Feed Campaign either at a box on base or at the local commissary.

Food banks are most in need of donations during the summer months when donations are traditionally lower and children are out of school and

unable to benefit from nutritious school-provided meals. CNIC, in conjunction with the Department of Defense and federal agencies nationwide, are trying to meet that need and help their fellow Americans.

In June, Fisher said that "Chaplains and religious program specialists, working in conjunction with their command shipmates, are determined to make a

difference in meeting the needs of others this summer."

So far, CNIC has contributed nearly 700,000 pounds of food to more than 60 food banks across the nation.

As the campaign winds down, let it serve as a reminder to the difference one person, one command, or one Navy can make in the lives of others as they continue to be a global force for good.

• Hurricane After the Storm - Risk management

• Do not attempt to return until you receive authorization. Proof of residency may be required.

• Allow emergency personnel and clean-up crews to begin restoration operations before returning.

• Attempt to keep your vehicle gas tank full - gas will likely be more difficult to procure.

• Walking, swimming or driving through flood waters is dangerous. If you are driving and come upon flood waters, stop, turn around and go another way.

• Use a generator outdoors only in a well-ventilated, dry area. Never use a generator indoors or in attached garages.

• Although your home may appear to be structurally sound, water and wind damage could be extensive. Check the gas, electrical and water lines for damage. Do not use utilities until declared safe by authorities.

• Contact command leaders and monitor local news for information regarding return to work.

• Communicate with your chain of command regarding urgent requirements (i.e. berthing, medical, legal, transportation, etc.) through Navy Family Accountability and Assessment System (NFAAS).

-- From Rhumb Lines

Out & About with PW



Above: Public Works employees Eric Jefferies and Roderick Cantrell smooth concrete on the PW compound. This area will be framed in and used to store equipment as part of a capital improvement project.

Left: Milton Mowdy works on the chiller at the Marine barracks. Mowdy was recently promoted to WG-10 HVAC technician.

Submitted photos

• Donor
members and their dependents, DoD civilians, Reservists, National Guard and members of the Coast Guard.

What is a Bone Marrow Donor Registry Drive? Each volunteer will be placed in the registry of possible bone marrow donors and be given the chance to really make a difference in someone's life.

How is the donation obtained? Medical staff collects four "cheek swabs" and ask that you accurately fill out a few additional forms. Please allow yourself plenty of time, inaccurate forms will result in failure to register.

For more information, call HM3 Justin Arnold, BHC Meridian Administration at (601) 679-2204 or e-mail: Justin.arnold@med.navy.mil.

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MCPON engages Navy Region Southeast Sailors

By MC1 (SW) Abraham Essenmacher

Office of the Master Chief Petty Officer of the Navy

JACKSONVILLE, Fla. (NNS) -- The Master Chief Petty Officer of the Navy (MCPON) conducted fleet engagements with Sailors in Navy Region Southeast over the weekend, including a 5-mile beach run with more than 250 chief petty officers (CPO) and selectees on Jacksonville Beach Aug. 20.

MCPON (SS/SW) Rick D. West spoke with senior enlisted leaders from the Kings Bay Chief Petty Officer Association, CPO selectees and crew members of USS Vicksburg (CG 69) and USS Stephen W. Groves (FFG 29). At Kings Bay, he also participated in a 5-kilometer run in honor of wounded warriors.

"These Sailors are impressive and motivated," said West. "They're working on qualifications, taking ownership of their commands and are maintaining combat readiness."

"The Run for the Fallen was particularly motivating

to me. Any time we get a chance to honor our shipmates for their contributions in combat, it makes me proud to be part of this great Navy," West added.

MCPON spent time meeting and talking with this year's CPO selectees stationed throughout the area.

"I love the interaction with these groups of enthusiastic Sailors as they embark on a new chapter and role in our Navy," said West. "I'm impressed with the energy I've seen in CPO 365, from both the selectees and our chief petty officers."

"Listening to the MCPON speak really put thing in perspective on unity, loyalty, and brotherhood," said Chief (select) Aviation Ordnanceman (NAC/AW) Austin D. Jones before the Jacksonville Beach run. "Relying on each other, and what we as a mess need to do not just for our Sailors, but for our communities as well."

"This was a great turnout and run that was an outstanding demonstration of team building and fantastic representation in

the Jacksonville community," added West. "We emphasize the importance of our Sailors being involved in events outside the gate, and this run was truly a demonstration of the lasting impact we can make by doing it right."

"It was nice for him to take the time to meet with the families and CPO selectees before and after the run, as well as him running alongside us," said Jones.

MCPON is wrapping up his travel with visits to Portsmouth Naval Shipyard and Groton, Conn., where he will kick off a suicide prevention conference and tour several submarines. He will also travel to Newport, R.I., to address students attending the Senior Enlisted Academy and the Command Master Chief/Chief of the Boat Course.

"It's important to communicate to these future senior enlisted leaders who are going to be guiding and mentoring our Sailors," said West. "Ensuring our enlisted leaders are working and performing on the same level together is key to our success for any mission."



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CNIC's 'Navy Life' app provides emergency response information

Commander, Navy Installations Command (CNIC) "Navy Life" iPhone application (app) can be downloaded by Sailors, retirees, and their families for emergency information regarding Hurricane Preparedness.

The app developed as part of CNIC's iShore initiative features interactive program information that can be accessed directly from the initial download from the Apple store to a customer's iPhone or iPod Touch.

"A key feature of the app is that in emergency situations we can push important information directly to Sailors and their families," said Ruel Odom, head, CNIC Fleet and Family Readiness (FFR) Marketing and Multimedia Development Branch. "We hope they find the Navy Life app to be a useful resource for information on the many Fleet and Family Readiness programs and services that are available."

Additional information is provided on the mobile devices when an Internet connection is used. Active links will direct users to emergency response information and news feeds for help during emergencies.

Navy Exchange coupon policy allows customers to save even more

NEX recently made changes to its coupon redemption policy to ensure customers can take advantage of the many coupons available in the marketplace.

In 2010, 1.6 million coupons were redeemed by NEX customers. Those coupons added up to a savings of over \$2 million for NEX shoppers.

"Over the past few years, couponing has become a way of life for many shoppers," said Richard Dow, Navy Exchange Service Command (NEXCOM) Senior Vice President Operations. "We have revamped our NEX coupon policy so customers can save even more when they shop in one of our stores."

NEX accepts valid manufacturer's coupons for the item featured on the coupon subject to its terms and conditions. On-line Internet coupons can also be redeemed at any NEX, except for online coupons for free products and Proctor &

Gamble products. However, only one manufacturer's coupon can be applied to a product in the same transaction. NEX does not "double" or "triple" the face value of a manufacturer's coupon.

NEX will also accept scratch off-coupons, percent and cents-off coupons from the Army Air Force Exchange System (AAFES), the Marine Corps Exchange System (MCX) and the Coast Guard Exchange System (CGX). These can be percent and cents-off in-store coupons, coupons presented in a coupon book or printed from Facebook. One exception is that NEX does not accept any military service exchange coupon for cents off gasoline.

NEX will accept more than one coupon at a time on the same item, such as a manufacturer's coupon and a NEX coupon or coupon from another military exchange service. The combination of the two coupons cannot exceed the price of the product; money will not be returned to a customer

on the redemption of two coupons.

Expired cents off manufacturer's coupons for up to six months past the expiration date are only accepted at overseas NEXs, including Guantanamo Bay, Cuba. "This allows our customers in overseas locations to utilize short dated and expired coupons that are often forwarded by support groups in the U.S. to overseas locations," said Dow. NEXs in the continental United States and Pearl Harbor do not accept expired coupons.

"If customers have a question about our coupon policy, I encourage them to talk with their NEX store manager," said Dow. "We want our customers to understand the policy so they can be confident about using coupons at their NEX."

Remember, customers receive a five cent credit toward their purchase for each eco-friendly reusable bag used to bag their purchase.

— From NEXCOM PAO

Feedback

The ERB convenes at Navy Personnel Command (NPC) Aug. 22. The quota-based board will review the records of approximately 16,000 Sailors from 31 overmanned rates who meet the eligibility criteria outlined in NAVADMIN 129/11. The ERB will identify about 13,000 Sailors for retention based on available quotas. An estimated 3,000 Sailors will not be retained on active duty.

The Navy is overmanned and must reduce the number of Sailors on active duty to meet the number required by law.

"We value every Sailor and family, so the decision to establish this board was made after careful consideration," said

Quinn. "We simply had to face the reality of the situation. Unlike the drawdown nearly 10 years ago, we are providing the opportunity this time, on a level-playing field, for all to compete to stay."

Sailors who are not selected for retention can apply for the Selected Reserves or Individual Ready Reserves and will have access to the Navy's Transition Assistance Program for benefits and employment counseling.

NPC first implemented its online feedback service in 2008 and has had nearly 400,000 participants in more than 80 topics.

— From Navy Personnel Command Public Affairs

ELECTRONICS MUSICAL/COMPUTERS

Like new 4/4 Cello (played twice), new strings, 2 cases (hard/soft), bow, rosin, tuning pipe, instrument stand, music stand, digital metronome, 2 new music books. All included \$500. Call (601) 480-2230. Serious inquiries only, please.

12 inch KLH speaker black wood finish 120volt with controls, \$50. JVC sound system TV/cable/DVD/CD/PHONO/FM/AM/TAPEMD Receiver model 7000 analog and digital with five speakers, \$125. Call (601) 604-6838, days.

Two 12" powerbass subwoofers. Asking \$100. Call (601) 678-9177.

Klipsch Proedia 2.1 Speaker System in used, working condition. Call Bill at (601) 934-8718.

EXERCISE EQUIPMENT

Bowflex Extreme 2 includes leg attachments. Max weight 310 pounds. Asking \$500. Call (601) 481-4893.

BOATS/CAMPERS

2008 SKEETER ZX190, Bass Boat -- Blue/White/Black Galaxy Hull with protective Keel Guard and Light Grey Interior. Powered by Yamaha 175 HPDI motor. Package includes: EZ Loader Trailer, Line Spooler, Hot foot/Pro Trim, tilt Steering, Hummingbird 767 w/GPS, Hummingbird 727 Bow Mount, Auto Bilge Switch, Safety Ladder, Bow Mounted 80 LB. thrust Minn Kota trolling motor and much more. Price \$29,500. Call: Day (601) 604-2256, evening: (601) 483-5311.

25 Foot Power 5th Wheel camper. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

2007 Fleetwood Revolution LE 40ft. Very low miles and very low hours. 400 Cat engine w/ Allison push button transmission w/ fuel economy mode. 3 wall slide outs; 1 and 1/2 baths and a shower, washer dryer combo, bedroom includes a sleep numbers bed and wall mount 23" TV. With 26" LCD TV

Digital Satellite System Home Theater System in the main coach, 4-door refrigerator/freezer w/ice maker and water on the door. GE microwave/convection oven over regular 3 burner gas range w/oven. NON SMOKER RV is in really good condition. Must see to appreciate. Asking \$149,000. Call Gail Brennhofner at (601) 679-2408 or (601) 678-9504.

HOUSEHOLD ITEMS

Black iron futon with mattress, excellent condition, opens to full size bed. Like new. \$75. Serious inquiries only, please. (601) 480-2230.

34" widescreen Trinitron Sony HDTV. Remote & Memory Card slot, works great. Asking \$150. Call (601) 621-4417.

8-inch deep Stainless Steel kitchen sink, 33" x 22". New, still in box. Asking \$95. Call (601) 693-5578.

Butterfly couch and chair with the pillows. Asking \$500 set. Color is forest green. Call (417) 664-5420.

GE Chill Water Dispenser, great condition, includes 2 (5 gallon) jugs. Call Bill at (601) 934-8718.

Brand new in box, International Silver 70 Piece Service for 12 (San Marcos pattern) 24K Goldplated Flatware Set with Bonus Flatware Chest. \$25. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

Solid Cherry Wood Entertainment Center, 7 1/2 foot tall. Holds up to a 40" TV. Beautiful piece of furniture -- Like New. Asking \$600. Call (601) 679-8052.

Queen Size Airbed with electric air-pump built inside, used one time excellent condition. Asking \$60. Call Lisa at (601) 679-8052.

Two nice, light brown couches, less than 2 years old, no stains, no sagging and from a smoke free home. Asking \$150 each OBO. Call (904) 803-8776.

Two 36-inch TVs (not flat screen). Asking \$200 each. Oak Entertainment Center, \$250. Pine Book Shelves, ready to stain for \$100 each. Call Clinton at (601) 323-1003.

AUTOMOBILES, ETC.

2000 GMC Sierra 1500 white, regular cab short/stepside bed truck with 116k miles on a 4.3 V6 engine and new tires. Asking \$5,000. Call (601) 604-2170.

2008 Chrysler PT Cruiser, 48,000 miles. New compressor-cold A/C. Asking for Kelly Blue Book value: \$9,500 OBO. Call Rhett at (251) 300-0198 or (251) 422-0983.

2007 Toyota Avalon Limited Edition. Gloss black, good condition, 51,906 miles. Asking \$22,000 or best offer. Call (601) 678-5152.

2002 Ford Explorer XLT. Great condition, only one owner. 131,000 miles (highway). Pioneer GPS navigation system, touch screen, Bluetooth capability for hands free calling. Also plays CD, DVD, MP3, iPod. 22" chrome rims and tires, and stock rims and tires also included in price. Asking \$6,000 OBO. Call (619) 512-6630.

2003 Gold Chrysler, 300M loaded, heated leather, CD, XM satellite, sun roof, nice interior. High mileage but well maintained. One owner, new transmission and battery, fairly new tires, needs motor work. Asking \$1350 OBO. Call (601) 679-2636 or (662) 803-9007.

2005 Ford Explorer, sunroof, leather interior, low mileage. Asking \$75,000 OBO. Call (601) 490-3905.

20in Chrome rims and tires (Toyo Proxy-295/45R/20). 6 lug. Only 10k miles. Asking \$750. Call (757) 814-9739 or (601) 479-3446.

Mercedes C230 Coupe, 2004, loaded -- mint condition, silver, leather, Bose, 6 CD Changer, A/C, 65K miles. Asking \$14,200. Call (361) 442-4489.

2005 Pontiac Montana SV6, 3.5L, Minivan, 65k. Excellent interior and exterior condition. Dark grey, new tires, new front brakes, CD, DVD Video, power sliding door, power driver seat. Asking \$8,700. Call (210) 250-0187 or email: acrcalais@gmail.com.

Tonneau cover, black snap down roll up type -- brand new in box. Fits Ford F-250 1980-98 long bed. Made by Sure Fit. Bought at 4 wheel online. Asking \$100. Call John at (601) 484-7244.

MOTORCYCLES/GEAR/ATV

NEW ITEM! 1981 Kawasaki KZ440LTD motorcycle, 22k miles. Asking \$1500. Call (601) 457-8915.

NEW ITEM! Mechanic's dream or great parts bike - needs work 1986 Honda Rebel. Asking \$300. Call Teresa at (601) 679-3474.

2008 Yamaha Majesty Scooter, 400CC and rides very good, 1008 miles, and it will go 90 MPH easily. Gets about 57 MPG. Contact Darin at (601) 480-4132 or Ann at (601) 480-4134.

4-wheeler for sale. Asking \$800. Call (601) 483-3801 for details.

2005 350 Rancher 2 wheel drive 4 wheeler. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

2008 Kawasaki Ninja 250R, blue with jacket and helmet included, 3800 miles, Asking \$2000. Call (601) 562-6508.

2004 Honda VTX1300C, burnt orange, very clean, runs great, many accessories. Can email pics and more details. Call Frank at (601) 513-1738.

2005 Yamaha Scooter. In storage for 2 1/2 years, 3500 miles, like new, 75 MPG, perfect for commuting around the base. Asking \$1,650. Call Murvis at (601) 632-1167 or (601) 679-2361.

2006 Honda VLX, 3,500 miles with new windshield. Great bike in very good condition. Asking \$3,200. Call (601) 632-1167.

Honda CRF 100. Great dirt bike for a youngster to start on. Garage kept. Includes boots, pants, chest protector and gloves. Asking \$1000. Call Jerry at (601) 513-2624.

2005 Yamaha FJR 1300. 145 hp., 8020 miles, electric blue, power adjustable windshield, ABS front & rear brakes, front & rear adjustable ride. 2 hardshell (removable) side bags with inserts. 2 helmets & 2 "Joe Rocket" jackets included. Just serviced and is in perfect condition. With garaged kept. Call (601) 934-6615.

2006 Triumph Speed Triple 1050, white, 3k miles. Asking \$6,500. Call (210) 313-5874.

HOMES/APARTMENTS

For Sale: 5 year old home, 3 BR/2 BA in West Lauderdale School District. Custom cabinets, large mas-

ter suit, whirlpool with separate shower and walk-in closet, fenced in back yard, 1.87 acres. Asking \$186,000 negotiable. Call (601) 604-9737.

For Sale: Look no further than this great move in ready home off of HWY 39 and North Hills only 12 miles from NAS. 3 BR/1.5 bath home features 1354 sq ft, new laminate wood flooring throughout, ceramic tile, and new appliances with a great backyard and patio. Asking: 97,900! Call Laurie Martin at (601) 938-8434 for more details

For Sale: Home at 10469 Mt. Carmel Road, Bailey, 12 miles from NAS. Built in 1910 and completely remodeled on about 2 acres of land. 3 BR/2 BA/office/sun porch and great room. 2,700 sq feet. Asking \$180,000. Call (601) 737-2260.

For Sale: 2007 Deer Valley single wide home 16 X 80 feet. Three BR/2 full BA, walk-in closet in master bedroom with walk-in shower & garden tub. Call (601) 986-8841 for more information.

NEW PRICE! For Sale: Home in Meridian city limits at 4408 King Road, red brick, 3 BR/1.5 BA and oak floors. NEW PRICE \$90,000. Call (601) 604-6838 or (601) 679-3775 before 8 p.m.

For Rent: 2,400 sq. ft. 4 BR/2 BA home with bonus room upstairs, Southeast School District (level 5 school). Quiet country location 15 miles from Meridian and Naval Air Station. Asking \$1,800 a month with deposit of \$1,800. Lawn care is included. Call (601) 604-4000.

NEW PRICE! For Sale: Doublewide, 3 BR/2 full BA. Master has shower and garden tub with 2 vanities. All bedrooms have walk-in closets. Central air & heat. Gas fire place. Large kitchen with all undated appliances with dishwasher. 10x20 covered front deck with 10x20 side deck. 12x15 Storage building included. Large yard with circle drive on 2 acres. Located Collinsville/Martin area on Mayatt Road. West Lauderdale school level 5A. 18 miles from NAS. Asking \$69,000. Call (601) 938-1903.

For Sale: Home in Poplar Springs School Dist. 3 BR/2 BA with split floor plan; upgraded kitchen with granite counter tops, stainless

steel appliances, new flooring and breakfast nook, formal dining room; master bath has jetted tub with separate shower. Indoor laundry; large garage with storage room. Nice yard with privacy fence and covered patio. Outside trim painted with new gutter in 2010. Asking \$185,000. Call (601) 604-2015.

WANTED TO BUY

Motorcycles any size any condition, will pay above salvage price. Also have a large selection of good used parts for sale. Call (601) 938-4295 anytime.

TOOLS

NEW ITEM! Craftsman Contractor Series Radial Arm Saw with stand, asking \$200. Call (601) 679-9972.

Set of 3/4" drive alloy chromed steel sockets with handles, one set metric and one set inch in cases almost new, price negotiable. Call (601) 604-6838 (days).

Craftsman 10" compound miter saw. Works great. \$40. Call (757) 412-9411. Leave message.

10hp generator for sale used very little. Asking \$450. Call (601) 323-1003.

MISCELLANEOUS

Golf Clubs. Small Vice, \$12. Call (601) 604-6838 (days)

5x5x4 fenced kennel. Asking \$150. Call Tamra at (601) 479-7902.

Chickens and pigs for sale. Call (601) 483-3801.

Golf Taylormade Driver R9 \$200; Bobby Jones Workshop Edition Driver \$100 -- all in like new condition. Call or text George at (361) 442-4489.

U 12 Ga. shotgun with chocks and cleaning kit, asking \$1,200; 40 round bales of hay, fescue and clover mix cut this year, \$25 each; Pure local honey for sale, quart size bottles, \$10 each (other sizes available). Call Clinton at (601) 323-1003.

If you wish to add or remove an item from "Sale...or" please send your request to penny.randall@navy.mil or call (601) 679-2809. Deadline for submissions is 4:30 p.m. the Thursday before publication.

MWR Mission First... Sailors Always



September Specials

SEPT. 17: "END OF SUMMER" 6-GAME SCRATCH TOURNAMENT WITH A TV STYLE ROLL OFF AT THE END TO DETERMINE WINNER. \$20 ENTRY FEE, SIGN UP BY 9:30 A.M. DAY OF EVENT.

Mondays: NTTC/MATSS-1 STUDENT SPECIAL ~ 6 p.m.-close

Tuesdays: Captain Cup Bowling

Thursdays: Toofer Night!
2 games for the price of 1 ~ 6 p.m.-close.

Fridays: Cosmic Bowling Night
7 p.m.-close. Regular rates apply

Sundays: Family Bowling Special ~ 11 a.m.-4 p.m.
\$2 a game, \$1 for shoes.

Congratulations!
Final standings for the lunch league this session:

- 1st: M. Austin & G. Derusha (7866 pins)
- 2nd: J. Stroney & M. Harwell (7606 pins)
- 3rd: T. Jenkins & D. Odum (7556 pins)
- 4th: J. Rodgers & K. Bailey (7501 pins)
- 5th: B. Foster & Z. Green (7373 pins)

AT THE MOVIES

There are three scheduled movies per week at McCain Lanes Theater. The movies are shown at 6 p.m. on Tuesdays and Wednesdays; and at 1 p.m. on Saturdays. On Fridays you can select from the 780 movies on file. Movies on this schedule will not be available for open viewing until after their scheduled showing date. Call (601) 679-2651.

Admission is Free!
September...
1st: "Madea's Big Happy Family" (PG-13)
3rd: "Fannah" (PG-13)
6th: "Water for Elephants" (PG-13)
7th: "Cedar Rapids" (R)
8th: "Your Highness" (R)
10th: "Hoodwinked Too!" (N/R)



The following are activities scheduled for single and unaccompanied active duty military on board NAS Meridian. For information or if you have an idea for a trip or event, call (601) 679-3760. The Liberty Program is housed on the second floor of NTTC Admin Building 220. Hours of operation: Monday-Thursday: 11 a.m.-1 p.m. and 3-9 p.m.; Friday: 11 a.m.-1 p.m. and 3-11 p.m.; Saturday: 11 a.m.-11 p.m.; Sunday: 11 a.m.-9 p.m.

September

5th: Ping-Pong Tournament at 7 p.m. in the Liberty Center. No entry fee – prize awarded to winner. Register day of event at Liberty Center.
7th: Milkshake Day!
FREE milkshakes will be served at 6:30 p.m. inside the Liberty Center (while supplies last.)
10th: Travel to Pensacola, Fla., for a day of relaxation on the beach, shopping and dinner. Bus leaves Library parking lot at 7:15 a.m. Cost is \$10 per person. Must register & pay for the trip by Sept. 7. Minimum of 20 people needed for trip to run – NO REFUNDS (unless trip is cancelled).
11th: - Dog Day Sunday
FREE hot dogs, chips, beans & soda served at 1 p.m. in Liberty Center.
15th: FREE bowling to all Liberty patronage at the McCain Rec Center from 6-8:30 p.m.
18th: Atlanta Braves vs. New York Mets Baseball Game. Cost is \$30 per person. Must register & pay for trip by Sept. 15. Ask Liberty staff for further trip details. Minimum of 20 people needed for trip to run – NO REFUNDS (unless trip is cancelled).
19th: Double Elimination Pool Tournament at 7 p.m. in Liberty Center. No entry fee – prize awarded to winner. Register day of event at Liberty Center.

Captain's Cup Triathlon



Submitted photos
Left: Rachel McKown took home first place in the road bike division of the Captain's Cup Triathlon, Aug. 27. She completed the event in 65.55, which was the fastest time in both the road and mountain bike division. Right: Participants of the Captain's Cup Triathlon pose after the conclusion of the event at the All Hands Pool. Participants were required to swim 500 meters, bike 10 miles and run 3 miles.

Check out what's new at the Andrew Triplett Library:
2011 Peterson Education Guides, 2011 Job and Information Guides and Free Wi-Fi!
Also new books for children and young adults have arrived!



Monday-Friday 10 a.m.-6 p.m., Saturday 10 a.m.-4 p.m.
For more information, call (601) 679-2326.



All Hands Pool

Water Aerobics : M,W,F from 12:15-1 pm.
Lap Swimming :Monday-Friday from 10:45 a.m.-Noon
Hours of Operation: Tuesday-Friday: noon-8 p.m. Weekends/Holidays: noon-6 p.m.
Pool Fees: Active Duty/Retirees swim fee
Active Duty/Retirees family members: \$2 per person
DoD/Guest: \$3 per person

Open Enrollment at CDC

Underway for children ages 1 to 5 years old at the Child Development Center. For more information, call (601) 679-2652.

Before and After School Care At SAC

School Age Care Center is open for before and after school care. Hours for care are: Monday, Tuesday, Thursday and Friday: 6-8 a.m. before school and 3-6 p.m. after school.
Wednesday: 6-8 a.m. before school and 1-6 p.m. after school.
For more information, call (601) 679-2652 or (601) 679-5252.



The Sandtrap

Now Serving Breakfast Monday-Friday from 7:30-9:30 a.m.; and Saturday-Sunday from 7-9:30 a.m.
For more information, call (601) 679-2780.

ITT Office

Come checkout the great specials for Walt Disney World and other summer hot spots at the ITT Office located in ADMIN Building 255, beside Navy Federal Credit Union. For more information, call (601) 679-3773.

Rudders

Stop by for Country music Hour until 7 p.m. every Wednesday. Call (601) 679-2636 for information.



Group Exercise Schedule:

Mondays ~ 11:30 a.m.: Belly Dancing with Stacey
6 p.m.: Self Defense with Dawg Kerwood
Tuesdays ~ 11:15 a.m.: Cardio Mix with Shannon
Wednesdays ~ 11:30 a.m.: Belly Dancing with Stacey
6 p.m.: Self Defense with Dawg Kerwood
Thursdays ~ 11:15 a.m.: Cardio Mix with Shannon
Fridays ~11:30 a.m.: Belly Dancing with Stacey
P90X and Insanity available any time!
Fitness Center Policy: The Sonny Montgomery Fitness Center will conduct a 100 percent ID check of all fitness center patrons.
1.) ID check will be administered to ALL unless wearing issued PTa gear or are in uniform.
2.) If NO issued PTa gear is worn, then you must show ID to enter the workout zones.
3.) If any civilian is sponsored by authorized personnel, they must pay the daily fee of \$2.
4.) All contractors must pay the daily fees or monthly dues and show ID to enter workout zones.
The NAS Meridian Fitness Center is in its temporary location in Building 266 (Behind Starbase Atlantis).
Call (601) 679-2367.

SUMMER IS ALMOST OVER....
MAKE PLANS NOW FOR THAT LAST CAMPING TRIP OF THE SUMMER. THE OUTPOST HAS 4 DIFFERENT SIZE CAMPERS TO RENT. ALL THE CAMPERS ARE EASY TO OPERATE & ALL HAVE COLD "A/C"! RENTAL PRICES START AT JUST \$40 FOR THE WEEKEND.
DID YOU KNOW?
THE OUTPOST WILL BE OPEN ON THE SECOND SATURDAY OF EACH MONTH FROM 8 A.M.-4 P.M.
FOR MORE INFORMATION, CALL (601) 679-2609.

Ponta Creek Golf Course

Weekday Special Monday-Thursday
18 Hole Green & Cart: \$20
9 Hole Green & Cart: \$12

Carts Rates for Friday, Saturday, Sunday and Holidays:

18 holes: \$14 ~ 9 holes: \$7

Greens Fees

	18 holes	9 holes
E-1-E-5	\$9	\$5
E-6 and up	\$12	\$7
DOD/NL	\$14	\$8
Others	\$16	\$9

Pro Shop Hours: Monday-Sunday: 8-5 p.m.
For more information, call the Pro Shop at (601) 679-2526.

Meridian/NAS Bus Schedule

Have exact cash change ready when boarding the bus. Fare: \$4.

Union Station	MATSS-1	NTTC	McCain Lanes	Bonita Lakes Mall	Wal-Mart
FRIDAY					
4:35 p.m.	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	6:40 p.m.
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7 p.m.	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.	Drop off if any.....	
SATURDAY					
9:30 a.m.	10 a.m.	10:05 a.m.	10:10 a.m.	10:50 a.m.	11 a.m.
11:10 a.m.	12 p.m.	12:05 p.m.	12:10 p.m.	12:50 p.m.	1 p.m.
1:10 a.m.	2 p.m.	2:05 p.m.	2:10 p.m.	2:50 p.m.	3 p.m.
3:10 p.m.	4 p.m.	4:05 p.m.	4:10 p.m.	4:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7:40 p.m.	7 p.m.	7:05 p.m.	7:10 p.m.	7:30 p.m.	
	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.	Pass. Drop off if any.....	
SUNDAY					
12:30 p.m.	1 p.m.	1:05 p.m.	1:10 p.m.	1:30 p.m.	
	2 p.m.	2:05 p.m.	2:10 p.m.	2:30 p.m.	
3:40 p.m.	3 p.m.	3:05 p.m.	3:10 p.m.	3:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	6 p.m.	6:05 p.m.
6:10 p.m.	6:40 p.m.	6:45 p.m.	6:50 p.m.	Pass. Drop off if any	7:20 p.m.

Applebee's Restaurant (upon request only)

It's Your Turn...

2011 marks the 10th anniversary of the terrorist attacks of Sept. 11. In honor of the anniversary we asked, "Where and what were you doing during the 9-11 tragedy?"

Photos by MC2 Flordeliz Valerio



YNCS Anthony Shuttlesworth
YN 'C' School Instructor
"I was stationed at PSD Great lakes and I was at an appointment in Dental. I was in disbelief. I thought it was a TV ad or some movie. I went back to my command and found out it was real. I was speechless and thought we will go to war now."



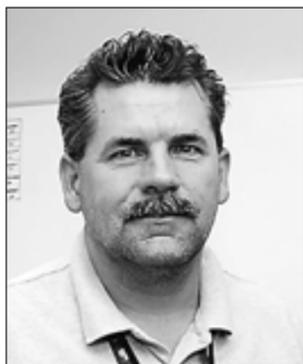
Richard Chase
Navy Munitions Command Meridian Det., New Orleans
"In the war room in TW-1. We watched it on the big screen TV. I felt sad because I knew what it would lead to -- more deaths and human suffering."



Michelle Covington
FFSC Receptionist
I was at my Macon home holding my one year old daughter. I felt pure fear and was in total shock."



David Kerwood
Ground Electronics Technician
"I was active duty working at NAS Meridian Air Ops. I seriously considered pulling my retirement papers back in order to help out and serve again. I was disappointed and mad about what the terrorists did."



Jerry Snow
NAS Safety Specialist
"I was aboard the USS Enterprise deployed with VS-24 undergoing CPO indoctrination. We were a month away of returning home from a six month deployment. Our homecoming was delayed for another month because of the situation. It was a very emotional time for all of us."

Fleet & Family Support Center

Navy Ombudsman Program supports families

By **Stacey Jemison**
NAS Meridian
FFSC Work & Family Life Educator

The Navy Family Ombudsman Program, founded in 1970 by Admiral E.R. Zumwalt Jr. (then Chief of Naval Operations [CNO]), was created to improve communication between commands and the families of Sailors who served in them.

More recently, in 2006, Admiral Michael G. Mullen, CNO, re-emphasized the importance of the program and signed an updated instruction (OPNAVINST 1750.1F), highlighting the requirement that all Navy families have access to a Navy Family Ombudsman.

So what is an ombudsman, anyway? The word ombudsman is etymologically rooted in the Old Norse word umboðsmaðr, essentially meaning "representative." Today the concept of the ombudsman is widely utilized in the fields of government, business, and healthcare. A Navy Ombudsman is a volunteer, appointed by the commanding officer to serve as an information link between command leadership and Navy families. Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality of life (QOL) improvement opportunities, and "good deals"

DID YOU KNOW?

Sept. 14 is designated as Ombudsman Appreciation Day. Take a moment to let your ombudsman know that you appreciate the service she provides to the command and to command families!

NAS Meridian:
Andrea Bridges
(601) 701-3541
NTTC: Rebecca Helms
(601) 479-8489
NOSC Meridian:
Jami Ferrell
(601) 717-3708

around the community.

Navy Ombudsmen also provide resource referrals when needed. They are instrumental in resolving family issues before the issues require extensive command attention. The command ombudsman program is shaped largely by the commanding officer's perceived needs of his/her command. The command ombudsman is appointed by and works under the guidance of the commanding officer who determines the priorities of the program, the roles and relationships of those involved in it, and the type and level of support it will receive.

The ombudsman program is essential to commands' mission readiness as well. Ombudsmen ease the strain of deployment (including Individual Augmentee (IA) deployments) so service members can focus on the important work they must do for our nation. Navy Ombudsmen even play a major role in crisis response, helping command families prepare and respond to disasters such as hurricanes, earthquakes, and all manner of emergencies.

FFSC offers quarterly Ombudsman Basic Training (OBT) to prepare new command ombudsmen to tackle their new roles and to provide more information about the program to other interested spouses. OBT covers many topics essential to new and experienced Ombudsmen alike: professionalism and code of ethics, command relationships, communication, information and referral, crisis calls, disasters, and mission readiness.

If you're a military spouse interested in becoming a Navy Ombudsman, speak to leaders in the command you represent to find out if an ombudsman position is available. All commands, afloat and ashore, are required to appoint an ombudsman. For more information about the program and what's required to become an ombudsman, you can contact NAS Meridian Ombudsman Program Coordinator Troy Field at (601) 679-2360.

Hospital consolidation going smoothly, commander says

By **Lisa Daniel**
American Forces Press Service

WASHINGTON (NNS) -- As the largest-ever realignment of military health care facilities nears culmination, the commander of the task force executing the effort is pleased with how it has gone.

"The process has gone extraordinarily smoothly," Navy Vice Adm. (Dr.) John M. Mateczun said yesterday during an interview with the Pentagon Channel and American Forces Press Service.

Joint Task Force National Capital Region Medical was created in 2007 to oversee a base realignment and closure law mandate to close Walter Reed Army Medical Center here and Malcolm Grow Medical Center at Joint Base Andrews in Maryland, and to consolidate care at the National Naval Medical Center in Bethesda, Md., and a new Fort Belvoir Community Hospital in Virginia.

The consolidated facility in Bethesda will be called the Walter Reed National Military Medical Center. Patient consolidation has occurred throughout most of August, and will conclude in the coming days with the transport of Walter Reed's remaining inpatients - about 50 people -- to Bethesda, Mateczun said, adding that he does not anticipate problems with the seven-mile ambulance transports.

The national capital region has "more experience than anywhere else in the country," he noted, receiving patients at least three times per week on flights from Landstuhl Regional Medical Center in Germany.



U.S. Navy Photo

BETHESDA, MD. -- The last remaining inpatients at Walter Reed Army Medical Center are transferred by ambulance to the National Naval Medical Center, Bethesda, Aug. 27. The transfer time was changed from the original time due to the approaching effects of Hurricane Irene. More than 100 inpatients moved from Walter Reed's wards to Bethesda and the flag was lowered for good at the 102-year-old Army hospital.

The hospitals will sequence the departure and arrival of patients, the admiral said, so as not to overwhelm any one ward. Each patient will travel in an ambulance with his or her team of care providers, as well as family members if there is room, he said.

• Service

The boat spaces, or active Marine requirements, that go unfilled form the basis of MCRC's PSEP mission and are released to MCRC for action on or about Jan. 1.

For former Marine's patiently waiting for their chance to reenter the Corps, there are some guidelines that must be followed to be eligible for reenlistment.

"Former Marines must have a qualifying reenlistment code, Armed Services Vocational Aptitude Battery score for their military occupational

specialty of choice, physical fitness test score and be within Marine Corps height and weight standards," said Garrett. "It is extremely competitive because these former Marines are competing for billets with Marines currently on active duty."

In addition to these requirements, Marines must meet several other requirements, including age qualifications.

"Marines must have a constructive age not to exceed 35 years to be eligible for PSEP," said Garrett.

"Constructive age is a Marines

California.

"The intramural matches will provide individual competing Marines and sailors the opportunity to hone their marksmanship skills, as well as learn to work and shoot as a team," said Gunnery Sgt. Douglas K. Nehls, staff noncommissioned officer-in-charge, Camp Hansen's marksmanship training unit, part of Headquarters and Service Battalion, MCB Camp Butler. "The lessons learned should allow them to increase their individual

qualification scores, as well as help them place high enough to medal in the Far East Division Matches."

According to Marine Corps Order 3591.2J, the purpose of the matches is to enhance the marksmanship proficiency and combat readiness of the Marine Corps. During the competition, shooters who were selected by their commands will fire both M16 rifle and M9 pistol at the individual and team levels.

The rifle portion of the event requires

FFSC Briefs

To register for any of the following workshops, please call (601) 679-2360. The class will not be presented if no one registers, so please make sure you sign up if you're interested. If you can't attend at the scheduled time, call anyway -- the workshop facilitator may be able to meet with you one-on-one, give you materials, or let you know when the class will be scheduled again. All active duty, reserve, retired military and their families are eligible for programs and services provided by the FFSC. Civil service employees can utilize the services on a space available basis.

Stress Management: Sept. 6 from 10-11 a.m. or Sept. 22 from 3-4 p.m. Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental and physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress better.

Command Financial Specialist (CFS) Training: Sept. 12-16 from 8 a.m.-4:30 p.m. Each command with at least 25 active duty service members is asked -- in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 -- to select individuals to attend CFS Training. Commands are required to maintain a ratio of one CFS to every 75 active duty personnel. Current CFSes must attend CFS Training every three years to remain active. Only E6 & above service members are eligible to attend this training and serve as CFSes. For more information about eligibility, or to register for the class, please call 601-679-2360.

Help for Parents of Children with ADHD: Sept. 20 from 5-6 p.m. Research over the last 25 years has shown that medication and behavior management are the most effective treatments for Attention Deficit Hyperactivity Disorder (ADHD). Of course, a physician must determine the need for and appropriateness of medication, but you can do a great deal to help your child by creating the best possible environment for learning. This workshop will highlight specific techniques that can help children with ADHD get along better with others, learn to follow directions and complete activities more consistently, and build self-esteem.

Suicide Prevention: Sept. 21 from 2-3:30 p.m. Did you know that more people die from suicide than homicide? How about that suicide has been the second or third leading cause of death among active duty Sailors and Marines for the past 10 years? September is National Suicide Prevention Month, and awareness about suicide can help prevent the number of men and women our military family loses to suicide each year. Topics of discussion will include: why people kill themselves, warning signs, what YOU can do, and places to get help. Don't miss this opportunity to gain information that might save a life!

IA Spouse Discussion Group: Sept. 23 from 9:30-11 a.m. FFSC hosts this IA Spouse Discussion Group over coffee! Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back and chat!

Transition Assistance Program (TAP) Seminar: Sept. 26-29 from 8 a.m.-4 p.m. Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: résumés, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, Naval Reserve programs, military obligations, and more!

10 Steps to a Federal Job: Sept. 27 from 4-6 p.m. The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding and analyzing federal job announcements; crafting a federal-style résumé and an electronic résumé; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; writing "KSAs"; and much more!

Marines to shoot from 200, 300 and 500 yards in various shooting positions. The pistol portion requires Marines to use only one firing arm as they shoot from a distance of 20 yards.

To participate in the rifle matches, a shooter must be qualified as a sharpshooter or higher. No qualification is required for the M9 pistol. Participants will be screened to ensure the most qualified are selected.

For more information, contact your S-3 training section.

NASCAR star visits Eisenhower

By MC2 Zach Martin
USS Dwight D. Eisenhower
Public Affairs

AT SEA (NNS) -- National Association of Stock Car Automobile Racing (NASCAR) Sprint Cup and Nationwide Series driver Carl Edwards took time to travel to the aircraft carrier USS Dwight D. Eisenhower on, Aug. 16.

Edwards is best known for winning the 2005 NASCAR Busch Series Rookie of the Year and 2007 Busch Series Champion awards, along with the 2011 NASCAR Sprint All-Star Race.

Edwards and his group made an arrested landing on the ship's flight deck in a C-2A Greyhound, part of Fleet Logistics Support Squadron (VRC) 40, and spent time observing Dwight D. Eisenhower conducting carrier qualifications (CQ) from the

flight deck.

"There's absolutely no comparison between what I do and what these men and women do for thirteen hours every day on the flight deck," Edwards said. "The sacrifices you guys make, taking huge risks, the dedication and the hours you all put in is incredible."

Master Chief Gunner's Mate (SW/AW) Jason Robertson, one of Edwards' escorts, said he's been a lifelong racing fan and was thrilled at the chance to meet Edwards not only for himself, but for his family.

"I like Mr. Edwards myself but I'm most excited because I will get a picture and autograph for my father-in-law," Robertson said. "I would also like to thank Mr. Edwards for taking time out of his busy schedule to show respect for all our service men and women."

Following the group's expe-

rience and watching flight operations in action, Edwards set up shop in the ship's hangar bay to sign autographs and interact with the crew.

"Everybody has been awesome, I've met people from all over the country, and even some from my hometown," Edwards said. "I even met someone whose sister went to prom with my brother!"

Lt. Raleigh Stahl, assistant air operations officer for Commander, Carrier Strike Group EIGHT, was one of the Sailors in line to receive an autograph from Edwards.

"He's a NASCAR driver, and I'm excited to be here," Stahl said, "It's awesome to see one of the guys you watch every weekend here on the ship."

Following the signing, Edwards joined the crew on the ship's mess decks for dinner, and was surprised with a belated birthday cake celebrating his

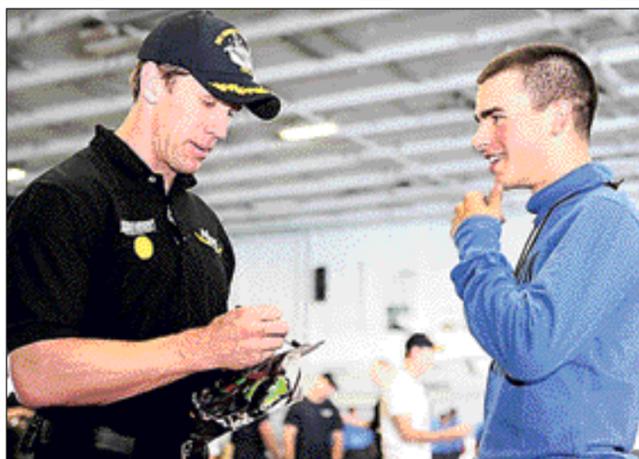


Photo by MC3 Nathan Parde

ATLANTIC OCEAN -- NASCAR driver Carl Edwards signs an autograph for Airman Kyle O' Brian in the hangar bay of aircraft carrier USS Dwight D. Eisenhower (CVN 69). Dwight D. Eisenhower is underway conducting carrier qualifications and performing a maintenance material management (3M) inspection.

day-prior Aug. 15 birthday.

Culinary Specialist 3rd Class Samantha Fergus, who designed, baked and built Edwards' birthday cake, said the chance to create pastry art

for a sports celebrity was an opportunity for her to showcase her talents.

"I'm really excited," Fergus said. "It was my first real celebrity experience."

Around the Navy... in pictures



U.S. Navy photo by Scott A. Thornbloom

NAVAL STATION GREAT LAKES, Ill. -- More than 3,000 recruits and 1,200 staff members from Recruit Training Command form a blue and gold N in this aerial view taken from a U.S. Coast Guard Search and Rescue HH-65C Dolphin helicopter assigned to Coast Guard Air Station, Traverse City, Mich. Recruit Training Command is the Navy's only boot camp.



PORTSMOUTH, Va. -- Rain from Hurricane Irene is blown across the bow of the aircraft carrier USS Enterprise (CVN 65) during the height of the storm, Aug. 27. Enterprise is moored at the shipyard for safety as Irene passes over the area.

Photo by MC2 Michael L. Croft



STENNIS SPACE CENTER, Miss. -- Sailors assigned to Special Boat Team 22 and members of the Panamanian National Police board a special operations craft riverine boat during a hot extraction training exercise as part of PANAMAX 2011. PANAMAX focuses on the defense of the Panama Canal, with participants from 17 countries, and involving more than 4,500 personnel throughout the U.S. Southern Command.

Photo by MC1 Elisandro T. Diaz



Left: PORT-AU-PRINCE, Haiti -- Maj. Joanne Murphy examines a patient at the Terminal Varroux medical site in Port-au-Prince, Haiti during Continuing Promise 2011. Continuing Promise is a five-month humanitarian assistance mission to the Caribbean, Central and South America.

Photo by MC2 Class Eric C. Tretter

Secretary of the Navy outlines new program to support energy initiatives

By MCC Samuel Shavers
Secretary of the Navy Public Affairs

WASHINGTON (NNS) -- Secretary of the Navy Ray Mabus outlined a new dedicated energy Masters degree program during a recent speech to students at the Naval Postgraduate School on Aug. 29.

The announcement targets both current and future leadership of the Navy and Marine Corps, and is another example of Mabus' ongoing commitment to improved energy security for the department.

"Energy is not just an issue for the future, or just the young officers and policy experts that make up NPS's student population. It is an issue for all levels of the Navy and Marine Corps, uniform and civilian," said Mabus in his remarks to students and faculty members.

Starting this fall, NPS will offer a dedicated energy graduate degree program, becoming the first military education institution to do so. Beginning early next year, NPS will launch the

SECNAV Executive Energy Series, two-week programs attended by senior civilians and designed to tackle specific energy challenges.

Mabus believes establishing educational programs in line with the energy security mission will further embed and institutionalize energy into the fabric of the Navy and Marine Corps.

"Through the masters program and the executive energy series, NPS will ensure that energy is fully integrated awareness into strategic, tactics and operations," said Mabus. "As a result, NPS students will guide the Navy and the nation toward a better, more secure energy future."

Mabus laid out five aggressive energy goals in October 2009 to improve the Navy's energy security and efficiency, increase the Navy's energy independence, and help lead the nation toward a clean energy economy. This initiative assists in achieving the energy goal of increasing alternative energy afloat and ashore where by 2020, 50 percent of the total Department of the Navy energy consumption will come alternative sources.

Secretary of the Navy the Honorable Ray Mabus observes an array of solar panels while receiving a tour of the Boldak Expeditionary Energy Patrol Base in Helmand Province, Afghanistan.



Photo by MC1 Kevin S. O'Brien

Application window opens for reenlistment bonuses

WASHINGTON (NNS) -- The Navy released an updated selective reenlistment bonus award plan Aug. 22 in Navy administrative message (NAVADMIN) 253/11 which officially opens the application window for Sailors to seek those benefits in fiscal year 2012.

While the Navy has 31 over-manned ratings there are 91 specific critical skills that use SRBs as a special incentive pay to help meet critical skill reenlistment benchmarks. The intent of the SRB is to reward those who attain special training in skills most critical to current needs and mission requirements.

"We continue to provide incentives for our most critical skills and top-performing Sailors. However, constant review and occasional change is required to ensure the program is as efficient and effective as possible," said Rear Adm. Tony Kurta, director, military personnel plans and policy. "This update will continue to maximize retention behavior in our most critical skills within the constraints of our budget."

The changes contained in this update include the return of five skills that were removed in a previous update due to reaching their FY11 reenlistment quotas, while four skills were deleted from the Intelligence Specialist (IS) rating. All other SRB award levels remain unchanged from NAVADMIN 166/11, released in May 2011.

The quota management policy established in NAVADMIN 166/11 is still in effect and requires Navy Personnel Command's (PERS 811) approval of SRB requests based upon the availability of reenlistment quotas. Sailors should be aware that within 30 days of a particular skill reaching the needed quota for reenlistments, a "shut-down date" is posted on the PERS-811 webpage of the Navy Personnel Command (NPC) website.

Sailors desiring a reenlistment bonus are encouraged to work with their chain of command as early as possible within their reenlistment window to maximize potential for SRB.

Command career counselors can use the Force Management System (FORMAN) or the Officer Personnel Information System (OPINS) to submit an SRB request. For commands with limited internet access, career counselors should contact PERS-811 directly at (901) 874-2526/DSN 882, FAX (901) 874-2623/DSN 882 or e-mail EMC(M/SS) Irish at douglas.d.irish@navy.mil, Mr. Frank Palomo at francisco.palomo@navy.mil, or PSC Bellew at jeffrey.bellew@navy.mil.

Sailors can read the complete list of SRB award levels and policy in NAVADMIN 253/11 at www.npc.navy.mil.

-- From Chief of Naval Personnel Public Affairs Office

Energy saver!

NAS Meridian Public Works Heating, Ventilation and Air Conditioning (HVAC) Technician Dwayne Richardson uses a refrigerant recovery system to inspect for leaks on the HVAC unit installed at Building 224. Crews recently installed four new, high efficient units that will cool using half the energy consumption.

Photo by MC2 Flordeliz Valerio

