

THE SKYLINE IS A CHINFO AWARD WINNING NEWSPAPER



Photo by Penny Randall

Tom Childress, left, LS1 Shannon Ford, Khris Sansing and Master Chief Mark Sansing dip Navy Bean Soup into cups to serve to people attending the Neshoba County Fair on Meridian Day, July 28. It's a tradition for volunteers from NAS Meridian to attend the event and promote the Navy and Marine Corps team.

Hot Navy bean soup served

By QM1 Alfred Smith Jr.
NAS Meridian NOSC

The scorching, hot Mississippi heat was a nuisance but that didn't stop Sailors, Marines, and civilians from NAS Meridian as they made

the annual trip to Philadelphia on July 28 to participate in Meridian Day at the 121st Neshoba County Fair. Hundreds of fairgoers braved the rising summer temperature as they strolled by booths and tents from the city of

● Fair, page 10

Rear Adm. Kilkenny visits NTTC, encourages students

By MC2 (AW/SW) Flordeliz Valerio
Staff Writer

Commander, Navy Education and Training Rear Adm. Joseph Kilkenny and Force Master Chief (SS) John Snyder conducted a site visit to Naval Technical Training Center (NTTC) Meridian, Aug. 3.

The NETC commander met with staff, instructors and students and enjoyed lunch with "C" School students.

● Kilkenny, page 16

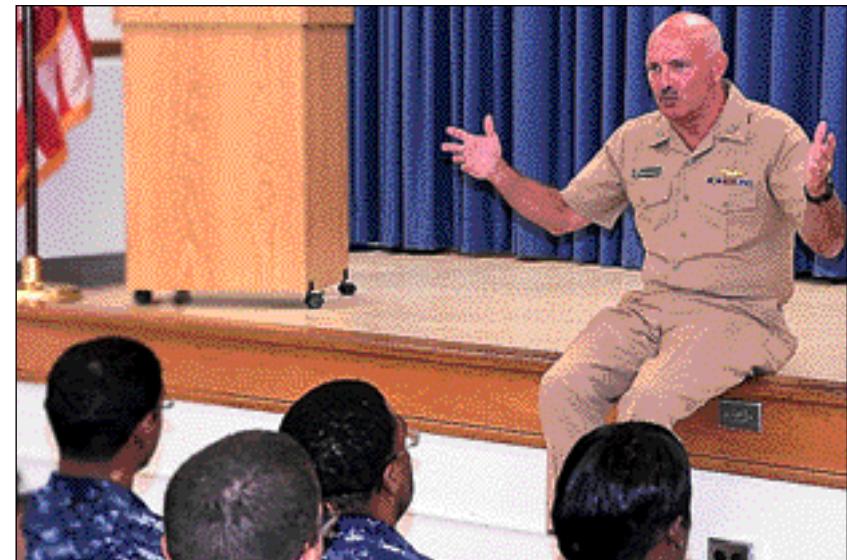


Photo by MC2 Flordeliz Valerio

Commander, Navy Education and Training Command Rear Adm. Joseph Kilkenny talks with Yeoman A school students in the auditorium at Naval Technical Training Center (NTTC) Meridian on board NAS Meridian, Aug. 3. Kilkenny is conducting a site visit to NTTC which trains Sailors in Logistics Specialist, Yeoman, Personnel Specialist, Aviation Maintenance Administrationman and Ship's Serviceman ratings.

✓ Back to School Bash:

Aug. 27 from 4-7 p.m. at School Age Care Center. For more information, call (601) 679-2473.



✓ Captain's Cup

Organizational Meetings:
Beach Volleyball:
Aug. 9, 1 p.m., Fitness Center
Bowling:
Aug. 24, 4 p.m., Rec Center
Basketball:
Aug. 30, 1 p.m., Fitness Center

On Base...

✓ Sports Officials Needed: Officials

for volleyball and basketball seasons are needed. If interested, call Johnny Davis at (601) 679-2427. Training will be available.



✓ Legal Assistance

Attorney: On board NAS Meridian Aug. 17-19. By appointment only. Call (601) 679-2340.

✓ Car Wash: Aug. 13

from 9 a.m.-1:30 p.m. at Bernath Field. Donations benefit 2010 Navy Ball. Volunteers needed and appreciated.



Photo of the Week



Photo by MC1 Monica R. Nelson

Rear Adm. Tim Alexander, commander Navy Region Southeast, holds his new two-star flag with Quartermaster Petty Officer 2nd Class William Sunda, the lowest ranking enlisted person on NRSE staff, at Naval Air Station Jacksonville, July 22. Alexander was officially promoted to the two-star rank of Rear Admiral on July 19.

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The Skyline is published every other Thursday by *The Meridian Star*, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the commanding officer of Naval Air Station, Meridian, Mississippi.

The editorial content of this publication is the responsibility of the NAS Meridian Public Affairs Office. *The Skyline* solicits news contributions from military and civilian sources. It reserves the right to edit material selected for publication. **The deadline for material is 4:30 p.m. the Thursday before publication.** Send submis-

sions to: *The Skyline*, 255 Rosenbaum Ave., Suite 201, Public Affairs Office, Naval Air Station, Meridian, MS 39309-5003 or e-mail: susan.junkins@navy.mil or penny.randall@navy.mil. For more information, call (601) 679-2602 or (601) 679-2318.

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Area Happenings

AUGUST

7: Queen City Gypsies present "Shimmy for Our Shores" - a benefit for National Wildlife Federation to help clean up and save wildlife affected by the oil spill. Benefit belly dance hafla at 6 p.m. at Temple Theatre Ballroom. \$10 per person at the door. For information, call (601) 917-4940 or (601) 917-0806.



13-14: Ralph Morgan Rodeo nightly from 7:30 p.m.-10 p.m. at the Ralph Morgan Arena in Lauderdale. Rodeo features bronc riding, steer wrestling, barrel racing, bull riding and much more. Tickets: \$10 adults, and \$6 for children 12 and under. Take Hwy 45 North to Lauderdale. For more information, call (601) 679-8861.

14: Slowpoke 5K Run/Walk and 1 mile fun run at the Neshoba County Coliseum in Philadelphia. Register day of race at 6:30 a.m. Race starts at 7:30 a.m. Cost: \$20 per person, 1 mile fun run \$15. Go to www.mstrackclub.com to get race form or pick one up at NAS Meridian Fitness Center.

15: Theatre Organ Concert by Organist Larry Davis at 2 p.m. at the Temple Theater, 2320 8th St., Meridian. Concert is free. For information go to: www.mcatos.org.

21: Magnolia Cyclist Downtown Bicycle Criterium Race in Downtown Meridian Streets. Time: Noon-8 p.m. For information, call Maurice Malone (601) 527-5552.

28: Riley Center presents Brian McKnight in concert at 7:30 p.m. Pre-show party at 6 p.m. With 16 Grammy nominations to his credit, McKnight has a smooth sound that bears a remarkable likeness to the timbre and style of beloved vocalists such as Nat King Cole and Stevie Wonder. Tickets are \$55 and \$49. For more information, call (601) 696-2200.

27-28: 1st Annual Sporting Clays for Character to support the Boy Scouts of America, Choctaw Area Council. Often called "golf with a shotgun," Sporting Clays for Character is a shooting course through the trails of Camp Binachi Scout Reservation. Warm up shoot Friday, a reception and auction on Friday night and a shooting competition on Saturday. Proceeds from the event will help support the Boy Scouts of America, Choctaw Area Council further the mission of scouting.

SEPTEMBER

10-12: St. Joseph Catholic Church Centennial Celebration, 1914 18th Avenue and 2601 Davis Street, Meridian. Event features hospitality, book signing, banquet, mass and brunch. Admission: \$40 per person. For information, call Edgar Hernandez at (601) 693-1321, or email: edgar@catholicmeridian.org.

Pfc. Adrian Sawyers

MATSS-1 Student
Hometown: Miami, Fla.

Born in Jamaica, Pfc. Adrian Sawyers came to the United States when he was eight years old. He joined the Marine Corps on Jan. 18.

"I joined the Marine Corps for many reasons, but the main reason is because I want my mom to have a wonderful life here in America," said Sawyers who was the first person in his family to serve in the military. He is the son of Gerald Sawyers and Sandra Hudson.

Currently a student in the Marine Aviation Supply Specialist Course at Marine Aviation Training Support Squadron One on board NAS Meridian, Sawyers next duty station will be in Beauford, S.C.

"I'm looking forward to a long career in the Marine Corps," he said. "I will do my best at everything and accomplish all my goals."

His hobbies include playing soccer, football, cricket and hanging out with friends.

The people he most admires is Staff Sgt. Jorge Cedeno-Tulloch and Sgt. Brandy Molitor. "They are very confident and really inspire me to push forward."

OOORAH!**Pfc. Katherine Peternel**

MATSS-1 Student
Hometown: Jacksonville, N.C.

Pfc. Katherine Peternel is proud to carry on a family tradition.

In addition to her father, a retired Marine captain, her two brothers, Robert and William, are also in the military.

"There are no better footsteps to follow in than my father," said Peternel, the daughter of Terri and Edward Peternel.

Peternel is the class leader of her Marine Aviation Supply Specialist Course at Marine Aviation Training Support Squadron One. After graduation, she will be stationed in New River, N.C. Her hobbies include playing soccer and going to the beach.

"I'm looking forward to the opportunity to serve, but also to mentor and change the lives of many young Marines to come," Peternel said.

The person she most admires is her instructor Sgt. Kevin Tucei. "He reminds us and teaches us that it's not just about learning your job, but learning to be a great Marine and a great leader. He is what I believe a true leader of Marines should be."

Combat videographer competes in photo competition, wins Harley Davidson

By Cpl. Richard Blumenstein
Marine Corps Forces Special Operations Command

MARINE CORPS BASE CAMP LEJEUNE, N.C. -- When Sgt. Edmund Hatch snapped a photo of an Afghanistan National Army soldier standing guard in the Morghab Valley, in the Herat Province, Afghanistan, during a patrol last Thanksgiving, he was sure he had captured an image that would at least win him an iPod in the Hesco Bastion Ltd. Photo Competition.

Little did he know, his photo would dominate the nearly 1,000 other entries and win the competition's grand prize, a brand new Harley Davidson FatBoy motorcycle, which he received on July 7 at the New River Harley Davidson.

Hatch, a combat videographer, was on a seven-month deployment to Afghanistan with the U.S. Marine Corps Forces, Special Operations Command, 2nd Marine Special Operations Battalion, when he took the photo. During the deployment he filled the role of a combat videographer, a combat photographer and also carried out public affairs missions. He embedded with the MARSOC Marines at the team level and documented them during patrols.

Hatch said he stumbled on the photo competi-

tion while scanning the Internet during some down time in Herat.

"I was bored one day and just looked up random things that we had around the camp," Hatch said. "It was a completely random thing."

One of those things happened to be the Hesco Bastion Ltd. Photo Competition. Hesco is a Leeds, United Kingdom, based company that makes barrier type products that are used extensively in the protection of personnel, vehicles, equipment and facilities in military, peacekeeping, humanitarian and civilian operations.

"I saw some of the winners they had in the past and I kind of figured I would have a really good chance of winning an iPod," Hatch said.

Hatch borrowed a "point and shoot" camera from a hospital corpsman and attached it to a pouch on the front of his flack jacket in case

he saw a photo opportunity to submit into the competition. Sometime later, Hatch embedded with a team to take footage, and pictures of the ANA guard posts in Morghab Valley.

"It was actually the first day I got to the Morghab Valley, in Bala Morghab," Hatch said. "It was the first patrol I went on with the team

● Photo, page 9

"I responded and then a few days later they e-mailed me back and said, 'Congratulations you won a Harley.'"

Sgt. Edmund Hatch



Photo by Gunnery Sgt. Adrian Williams

Sgt. Edmund Hatch holds his three-year-old son July 7 inside the New River Harley Davidson. Hatch, a combat videographer with the U.S. Marine Corps Forces, Special Operations Command, won a brand new Harley Davidson FatBoy motorcycle by taking first place in the Hesco Bastion Ltd. photo competition. He took the photo during a seven month-long deployment to Afghanistan.

In the Spotlight

Happy Birthday...

Happy Birthday to **MA1 Russell Treider** who celebrates the BIG "30" on Aug. 5th!
Love, Kristen and his little girls



MWR employees **Willie Frazier** and **Gene Derusha** celebrate their birthdays "sometime" in August. Happy B-day Guys!

Happy Birthday to **Bernadette Harden** who celebrates on Aug. 3.
From Gregory, Staci, Tyus and Jalen.

Happy Anniversary...

AC2 Jeff & Kenya Wilbanks celebrated nine years of marriage on July 28.

Happy 43rd Anniversary to **Thomas and Bernadette Harden** who celebrate on Aug. 5.
From Gregory, Staci, Tyus and Jalen

Welcome, Farewell...

NTTC Meridian would like to welcome aboard **YN1 John Savin, LS2 Diana Davidson** and **SH1 Derrick Deloach**. Welcome to the Meridian family!

Best wishes to **PSC Rob Stockton** as he embarks on a 13-month IA in Iraq. Stay safe, Shipmate. We'll be looking forward to seeing you in a year.

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



Military and civilian personnel from NAS Meridian discuss scenario situations while divided into teams in the Emergency Operations Center Incident Management Team Course, July 20-23.

Photo by Penny Randall

NAS Meridian hosts EOC Mobile Training Team

By Penny Randall
Staff Writer

Since its inception, CNIC has been involved with innovative anti-terrorism and emergency preparedness training, an initiative driven in response to the lessons learned from previous natural and man-made disasters and the Presidential Report on the Federal response to Hurricane Katrina which read, "An investment in the continued training and exercises of our command and control is a top priority."

Commander Navy Region Southeast (CNRSE) hosted a mobile training team-delivered CNIC Emergency Operations Center Incident Management Team (EOC IMT) Course at Naval Air Station Meridian from July 20-23.

"The Meridian team did an excellent job in the EOC scenarios and the command had an excellent participation rate," said Tim McKenzie, assistant SOTG Chief based in Norfolk, Va. "Our job is to

provide the fundamentals to help an installation operate their EOC. We did this through classroom work and exercises. The people who manage an ECO need to function as a team, which will improve efficiency, in order to properly respond to emergencies and threats of disaster."

The idea for the course pilot was conceived after installation commanding officers and regional staffs submitted requests for a mobile delivery of the popular CNIC Shore Force Training Center (SFTC) San Diego course.

Working closely with the CNIC N37 Emergency Management Branch, the SOTG coordinated with CNRSE staff to plan and execute the mobile course. Led by the CNIC Shore Operations Training Group (SOTG) with support from the SFTC and the CNIC N37 Emergency Management Directorate, instructors taught the course over three and a half days to 26 students from various Meridian departments. The class was comprised of fire, security, safety,

● **EOC Course, page 19**

VFW announces deadlines for essay contests, 6th-12th grade students eligible

Patriot's Pen

2010-2011 Theme: "Does Patriotism Still Matter?"
Entry Deadline: Nov. 1, 2010

Patriot's Pen, a youth-essay writing contest is a nationwide competition that gives students in grades sixth through eighth the opportunity to write essays expressing their views on democracy. Annually, more than 115,000 students participate in the contest.

The National Association of Secondary School Principals has placed this program on the NASSP National Advisory List of Contests and Activities for 2009-2010. The Patriot's Pen program is designed to foster patriotism by allowing students the opportunity to express their opinions based on an annual theme.

Contestants write a 300-400 word essay based on an annual patriotic theme. The first-place winner receives a \$10,000 savings bond and an all-expense-paid trip to

Washington D.C. The top national winners each receive a savings bond anywhere from \$1,000 to \$10,000.

Voice of Democracy

2010-2011 Theme: "Does My Generation Have a Role in America's Future?"
Entry Deadline: Nov. 1, 2010

Created in 1947, the Voice of Democracy (VOD) scholarship program is an audio-essay contest for high school students in grades 9-12 that annually provides more than \$3 million in scholarships. The first-place winner, who competes with all the first-place VFW Department winners, receives a \$30,000 scholarship that is paid directly to the recipient's American university, college or vocational/technical school.

Besides competing for the top scholarship prize, as well as other national scholarships ranging from \$1,000

to \$16,000, each department's first-place winner receives an all-expense-paid trip to Washington, D.C., March 5-9, 2011, sponsored by Target.

The National Association of Secondary School Principals has placed this program on the NASSP National Advisory List of Contests and Activities for 2009-2010. The Voice of Democracy program is designed to foster patriotism by allowing students the opportunity to voice their opinion in a three to five minute essay based on an annual theme.

How to enter: Students can enter by submitting the required entry form. Mail entry form and audio essay to the local VFW Post 79, Meridian MS, 39301. Further directions are listed on the entry form.

For more information or to obtain an entry form, contact Natalie Copeland by e-mail: nat_copeland@hotmail.com or by phone at (601) 282-5866.

Safety is our Duty

NSC offers tips to weather the heat wave

By April Phillips
Naval Safety Center Public Affairs

NORFOLK, Va. (NNS) -- No matter where Sailors and Marines are stationed, chances are they are experiencing the current heat wave that is gripping many locations across the globe.

Record high temperatures are expected for much of the U.S. this weekend, reports say roads are melting in Europe, and in Japan, five people died Thursday as a result of the skyrocketing temperatures.

Across the fleet, 43 Sailors and Marines have suffered reportable heat-related illnesses and injuries this fiscal year, both at work and during off-duty activities.

While there's nothing that can be done about the weather, there

are measures Sailors and Marines can take to protect themselves from the heat, said Dan Dray, a recreation and off-duty safety specialist at the Naval Safety Center.

"Use the risk management skills you've been taught," he recommended. "If you've got to be outside, plan for breaks in sporting activities and recreation events. If you work outside, try to get as much done as possible in the early morning or late evening hours."

A big part of staying safe in a heat wave is staying hydrated, he said. Higher temperatures cause the body to lose water through sweating. Replace it by drinking

water regularly. However, Dray warned that all liquids are not created equally.

"Definitely avoid excessive alcohol. It actually dehydrates you and allows fatigue to set in," he said.

He also recommended avoiding caffeine, which also leads to dehydration.

Choosing the right clothing is also important during a heat wave. Dray suggested loose-fitting, light colored and lightweight apparel. Any exposed skin must also be protected.

"Make sure you wear sunscreen with an adequate SPF rating and make sure your kids use it as

well," he said.

Failure to heed his advice could lead to heat-related illnesses. The most severe is heat stroke, which Dray said can be fatal. Symptoms of heat stroke include a body temperature as high as 105 degrees, red, hot and dry skin, and a weak pulse. Anyone suffering from heat stroke requires immediate medical attention. Call 911 and wrap the person in cool, damp sheets to lower their body temperature while waiting for help to arrive. Heat exhaustion has similar symptoms, but body temperature is usually normal.

For more tips on beating the heat and recognizing the signs of heat illnesses, visit <http://www.public.navy.mil/navsafecen/Documents/media/safetips/f-m/heat%20illnesses.doc>.



Energy efficiency facts...

The following are energy facts from the Department of the Navy:

- Horizontal-axis clothes washers use a third less water than conventional vertical-axis clothes washers. This not only saves you water, but also the energy to heat some of that water when you use hot water.

- For every kilowatt-hour of electricity you save, you also avoid pumping over two pounds of carbon dioxide into the atmosphere. This helps the environment because carbon dioxide is the number one contributor to global warming.

- For every mile per hour over 55 mph, the average car or truck loses almost 2 percent in gas mileage.

- If the energy used to power office equipment were cut in half using available technologies, the resultant reduction in carbon dioxide emissions would be equivalent to removing 6,750,000 automobiles from U.S. streets.

- The average U.S. home uses the energy equivalent of 1,253 gallons of oil every year.

- Americans receive enough junk mail in one day that could heat 250,000 homes.

- If 100,000 people stopped their junk mail, we could save about 150,000 trees every year. If a million people stopped their junk mail, we could save about 1.5 million trees.



GTMO's solar power, present, future

By MCC (SW) Bill Mesta
Naval Station Guantanamo Bay Public Affairs

GUANTANAMO BAY, Cuba (NNS) -- Last year, Secretary of the Navy Ray Mabus announced five energy targets that would help to ensure at least 40 percent of the Navy's total energy consumption comes from alternative sources.

One of those targets is to produce at least half the shore-based energy requirements from renewable sources, such as solar, wind and ocean generated by the naval installations by 2015.

When it comes to producing the base's electricity, Naval Station Guantanamo Bay (GTMO) Cuba is self-sufficient because the United States has no diplomatic relationship with the Cuban government.

Most of GTMO's electricity is produced by conventional diesel generators; however, solar technology is used to power various systems around the base.

"Currently we use solar power for security lighting at the Expeditionary Legal Complex, the base-wide public announcement system and the cathode protection for the cross bay fuel and water lines," said Tim Wagoner, GTMO resource efficiency manager. "There is also a solar hot water system on the enlisted barracks for the U.S. Naval Hospital."

The advantage of using solar energy is reduced pollution. "Since sunlight is your fuel source, the only time you run out is if the sun isn't shining, which at GTMO isn't very often," said Wagner.

The base has seen monetary and electrical grid benefit from the use of solar technology.

"Currently the base saves approximately 200,000 kwh of electricity through the use of solar power, this saves \$61,290 and 15,385 gal diesel fuel," said Wagoner,

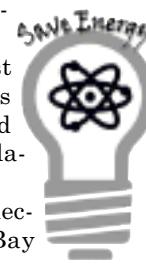
There are two types of solar power technology currently used at GTMO. One type uses the sun's radiation to heat a liquid.

"The collectors concentrate the sun's radiation using mirrors or other shiny material to focus the radiation on pipe," said Wagoner. "As the pipe heats up, the system begins to produce steam or hot water. The hot water is stored in insulated tank so that 'it' is available at night."

The second type of solar technology is the use of silicon-based photovoltaic cells that converts the sun's radiation into electricity.

"Sunlight is converted into electricity using photovoltaics," said Wagoner. "This is a method of generating electrical power by converting solar radiation into direct current electricity, or

● Solar power, page 9



Congratulations



AC1 Ronell Lewis
NAS Senior Sailor of the Quarter
Air Operations



ABE2 Joshua D'Andrea
NAS Junior Sailor of the Quarter
Field Support



ABH3 Brian Clark
NAS Bluejacket Sailor of the Quarter
Field Support

Mississippi Persian Gulf War Memorial design announced in Jackson

The announcement for the design of the Persian Gulf War Memorial was held July 28 at the Mississippi State Capitol.

The Memorial will honor the Mississippi servicemembers who have died due to service (in harm's way) during the Persian Gulf War period (Aug. 2, 1990 until a date to be determined). The current conflicts include Desert Shield, Desert Storm, Iraqi Freedom, Enduring Freedom (Afghanistan) and the Global War on Terror. Eighty-eight Mississippians have died, so far, as a result of Persian Gulf War service.

The Persian Gulf War Memorial was authorized by House Bill 1379. HB 1379 was introduced by Representative Johnny Stringer, passed during the 2010 regular session of the Mississippi Legislature and signed into law by Governor Haley Barbour.

During the announcement, Speaker of the House Billy McCoy, Representative Johnny Stringer, Senator Terry Burton and the Adjutant General of Mississippi Major General Bill Freeman delivered remarks praising the sacrifice of our fallen service members and their families. Additionally, praised and thanked our current servicemembers and veterans. Approximately 150-200 people were in attendance in the Capitol Rotunda. The crowd included a large number of military personnel and veterans as well as a number of Gold Star (relatives of the fallen) family members.

The Memorial will be built adjacent to the Mississippi Veterans Memorial Cemetery (beside U.S. Highway 80) in Newton County. Dedication of the Memorial is expected to be in late Spring or Summer 2011.



An artist rendering of the Mississippi Persian Gulf War Memorial.

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Vacation Bible School Fun



Photo by MC2 (AW/SW) Flordeliz Valerio

Sarah Grace Yeatman and Jacob Blair, left, sing and dance with participants during Vacation Bible School at the Balfour Beatty Housing Community Center on board NAS Meridian, July 30. Five college students from Mississippi Baptist Convention spent their summer in the area and visited eight cities teaching Vacation Bible School to pre-K to seventh grade children.



Photo by Penny Randall

A youngster enjoys arts and crafts time at NAS Meridian's Vacation Bible School the week of July 26-30. Nineteen children enjoyed a week of events and fun. VBS was hosted by the Chapel. Special thanks to the many volunteers who helped out.

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BBC ask for support during housing survey

The Annual CEL Housing Survey time is upon NAS Meridian once again. Family housing residents should have received their CEL Resident Satisfaction Housing Survey.

By completing and handing surveys in, residents will qualify for weekly drawings. Residents that hand in the surveys by Aug. 13, will also qualify for a special Early Bird Drawing.

The survey is part of a performance assessment program. Balfour Beatty Communities ranks "extremely" satisfied and "very good" a passing grade on

the survey and any score that is less than this is considered unacceptable.

"We truly strive to exceed our resident's expectations and hope that every resident enjoyed their home and the services that we provided," explained Penny Haldeman, Community Manager for Balfour Beatty Communities.

Once residents complete their surveys and seal them in the postage paid envelopes provided, they can simply bring it to the Balfour Beatty Communities Management Office and drop it in the authorized locked mailbox. Only CEL employees will open the returned envelopes. Survey results are completely confidential and anonymous.

"The survey allows us to see where we are succeeding and where there is room for improvement," said Haldeman, "it's important for residents to fill them out honestly."

The survey deadline is Aug. 31.

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NTTC names Sailors, Civilian of Quarter



Photos by Tom Childress

Above: Naval Technical Center Meridian proudly recognizes PSC(SW/AW) Rob Stockton, left, as Senior Instructor of the Quarter; YN1(SW) Carolyn Sanders as Senior Sailor of the Quarter, and SH2(SW/AW) Gregnita Franks as Junior Instructor and Junior Sailor of the Quarter. The commitment to excellence shown by all three sets them apart. Bravo Zulu to all!

Right: NTTC Meridian proudly recognizes Dannie Cole as Civilian of the Quarter. Dannie's hard work and dedication to the command greatly enhanced the operations of the command's administrative department through a period of increased operations and manning shortfalls.



CMC Reenlist

Naval Technical Training Center Executive Officer, Lt. Mark Paffenroth presents NTTC Command Master Chief Mark Sansing his certificate of reenlistment on July 30. Sansing reenlisted for three years which will take him to his 30 year mark.



Photo by MC2 (AW/SW) Flordeliz Valerio

The Office of Special Counsel recently promulgated a list of frequently asked questions on the Hatch Act, which deals with political activity for federal employees, on its Web site: <http://www.osc.gov/haFederalfaq.htm>. Many of the questions address areas that have already received widespread coverage in this election year, but there are new sections regarding the use of social media such as Facebook and MySpace.

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Call Amy Harwell, 601-693-1551
Susan Reede, 601-693-1551

Email pics to: sreede@themeridianstar.com
in .jpg format

DEADLINE 24TH OF EACH MONTH

Types of photos: parties, proms, pets, family get-togethers, reunions, vacations, etc.

* Birthday & memorial pics excluded.

● **Solar power** indirectly with concentrating solar power, which normally focuses the sun's energy to boil water which is then used to provide power."

In an effort to extract more savings using solar power, the naval station is trying to procure larger solar array.

"We are trying to get a one megawatt solar array on the Leeward side of the base," said Wagoner. "The Leeward side of the base only has a one megawatt demand so at peak production that side of

the base will be totally running on solar power."

In addition, solar hot water systems are being planned for all barracks buildings, according to Wagoner.

"I would like to see at least four megawatts of solar arrays on the base to supplement our diesel power plant and solar roof panels to supplement individual buildings power consumption," said Wagoner. "Also there would be solar hot water at residential units."

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Are you prepared for a natural disaster

A wide range of natural disasters occurs within the United States every year. Natural disasters can have a devastating effect on you and your home. The NAS Meridian Fire Department encourages you to use the following safety tips to help protect yourself, your family and your home from the potential threat of fire during or after a tornado or hurricane. You can greatly reduce your chances of becoming a fire casualty by being able to identify potential hazards and following the outlined safety tips.

Types of fire related hazards present during and after a tornado or hurricane

- Leaking gas lines, damaged or leaking gas propane containers, and leaking vehicle gas tanks may explode or ignite.
- Debris can easily ignite, especially if electrical wires are severed.
- Pools of water and even appliances can be electrically charged.

• Generators are often used during power outages. Generators that are not properly used and maintained can be very hazardous.

• Alternative heating devices used incorrectly create fire hazards. Proper use and maintenance can decrease the possibility of a fire.

• Appliances that emit smoke or sparks should be repaired or replaced.

Chemical Safety

• Look for combustible liquids like gasoline, lighter fluid, and paint thinner that may have spilled. Thoroughly clean the spill and place containers in a well-ventilated area.

• Keep combustible liquids away from heat sources.

Electrical Safety

- Assume all wires on the ground are electri-

cally charged. This includes cable TV feeds.

• Look for and replace frayed or cracked extension and appliance cords, loose prongs, and plugs.

• Exposed outlets and wiring could present a fire and life safety hazard.

• Appliances that emit smoke or sparks should be repaired or replaced.

• Have a licensed electrician check your home for damage.

Gas Safety

• Smell and listen for leaky gas connections. If you believe there is a gas leak, immediately leave the house and leave the door(s) open.

• Never strike a match. Any size flame can spark an explosion.

• Before turning the gas back on, have the gas system checked by a professional.

Generator Safety

• Follow the manufacturer's instructions and guidelines when using generators.

• Use a generator or other fuel-powered machines outside the home. CO fumes are odorless and can quickly overwhelm you indoors.

• Use the appropriate sized and type power cords to carry the electric load. Overloaded cords can overheat and cause fires.

• Never run cords under rugs or carpets where heat might build up or damage to a cord may go unnoticed.

• Never connect generators to another power source such as power lines. The reverse flow of electricity or 'backfeed' can electrocute an unsuspecting utility worker.

If you have questions on this or any other fire related topic, contact the NAS Meridian Fire Prevention Office at (601) 679-3866/3867.



Liberty Events, page 14

● Photo

that was out there. It was the first time I got outside the wire in Afghanistan."

There he saw an ANA soldier perched against a Hesco barrier. He removed the camera from his flack, framed up the shot, and took the photo that would land him in the seat of a brand new motorcycle at the conclusion of his deployment.

"I knew I was going to submit it as soon as I took it," he said. "But I still went around camp and took some more. I submitted about 10 or 11 photos."

Hatch said he submitted the photos in December and received notification of his victory two

months later. However, the e-mail he received did not include the details of his victory.

"At first I thought I had just won an iPod because all the first email said was that I needed to e-mail them back and contact them," Hatch said. "I responded and then a few days later they e-mailed me back and said, 'Congratulations you won a Harley.'"

Hatch, who happens to be a motorcycle enthusiast, said he could not imagine a better prize at the end of his deployment.

"I was really fortunate to win the competition and whatever I do decide to do with my bike, it's going to be the best choice for me and my family," he said.

ATTENTION ALL MILITARY!
LASER TAG SPECIAL

August 5th - September 30th

Buy one game, Get the next game 1/2 off!

Coupon good for one individual only - second game must be played consecutively.

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● Fair

Meridian, local businesses, hospitals, colleges radio, and television stations.

The event, which is nicknamed “Mississippi’s Giant House Party”, is the site of a week-long gathering of local citizens, tourists, and politicians who enjoy amusement rides, concerts, horse races, and fair food. Many of them spend the week at the fair camping out or residing in quarters established at highly decorative cabins which have been a part of family generations for years.

“I’ve been coming all my life,” said 66-year-old Mack Alford of Philadelphia holding his 4-month-old grandson Joseph Benjamin Walker and enjoying the front porch cabin scenery of the fair with his 3-year-old granddaughter, Emily.

“I just enjoy the family reunions that we have here at the fair.” As part of Meridian Day, volunteers from NAS Meridian served its traditional crowd favorite, Navy bean soup. Unlike last year, which saw a torrential downpour of rain make its way through the fair, the weather was nice but humid. However that did little to dampen the spirits of fairgoers as they continually helped themselves to a hot cup of soup.

Charles Gressett, 72, of Chunky was one of the first in line for the hot soup.

“I’ve been coming to the fair since I was 20 years old and eating the Navy bean soup for just about as long,” said Gressett who was a plumber that worked on the construction of NAS Meridian in the early 1960s. “It’s just something different -- I look forward to it. I would eat it no matter how hot it is outside.”

Navy bean soup, which has become an iconic status at the fair since the late 1960s, consists of several pounds of dried Navy beans and tasty ham hocks. The soup is prepared by Galley Manager Bill Jones and his wife, and is placed in large containers for serving. Volunteers transported 60 pounds of soup this year to be served. Although they were served in cups, some visitors brought large bowls and other plastic containers to take their servings back to the cabins for

other family members to enjoy.

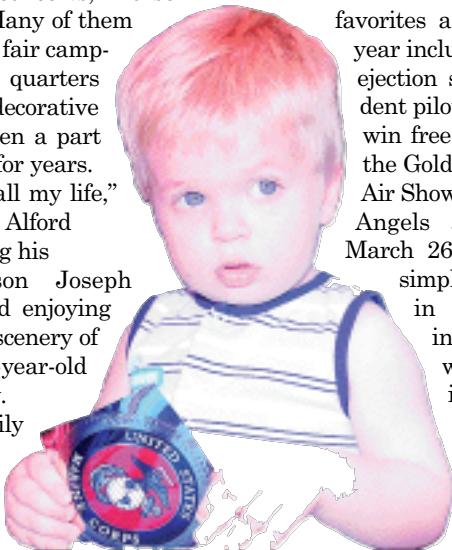
In addition to the soup, military and civilian personnel from NAS Meridian also handed out free Navy and Marine Corps posters and brochures to smiling children and adults who stopped by the tent. They Also answered questions about the military and shared interesting stories. Other favorites among the fairgoers this year included the traditional T-2C ejection seat photo-ops with student pilots and the opportunity to win free VIP Parking Passes for the Golden Wings Over Meridian Air Show which features the Blue Angels at NAS Meridian on March 26-27, 2011. Adults could simply register to win a pass in one drawing and increased their chances of winning in another drawing by correctly answering the question “In what year was NAS Meridian commissioned?”

NAS Meridian Command Master Chief Sharon Laguna, who helped serve soup, said the part she likes about coming to the fair is speaking to the people who stop by the tent. “I especially enjoy talking to the young people, because they are our future,” Laguna said.

After stopping by the tent earlier to enjoy some soup, 65-year-old Evelyn Perry of Philadelphia sat on the front porch of her family’s two-story, air-conditioned cabin conversating with her daughter Candace Lyn and friend Joyce Dansby. Perry, who has been coming to the fair all her life, said she loves watching the action that takes places around the pavilion.

“It’s really neat being on the square watching the children run by and looking at the expressions on the (politicians) faces after they have just spoken to the crowd,” said Perry, whose family’s cabin sits right behind the fair’s pavilion. “They would always have this worried look thinking, ‘Did I do a good job or did I speak okay.’ It is so amusing.”

Alice Rowe, another friend of Perry and a former Miss Neshoba County Fair, said she enjoys the camaraderie. “It’s a lot of fun coming here because you get to see old friends and make new ones,” Rowe added.



Photos by Penny Randall



Above: Sgt. Phil Ard, left, joins fellow Marine Aviation Training Support Squadron One staff members Sgt. Jordan Thomas, Gunnery Sgt. Philip Calligan and Staff Sgt. Paul Ramirez as they pass out posters to youngsters at the Neshoba County Fair, July 28.



2nd Lt. Jeffrey Monroe and Lt. j.g. Christopher Pollock pose with triple siblings Hannah, Tommy and Abby Littlepage from Butler, Ala., as they enjoy the ejection seat in the NAS Meridian booth on Meridian Day at the Neshoba County Fair.

Eight students earn aviator 'Wings of Gold' July 23

There was a naval aviator designation ceremony on July 23, in the chapel at NAS Meridian. The naval aviator designation ceremony is not prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition.

It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous demands of aerial combat and carrier operations -- earning each the title of "Naval Aviator" and the right to wear the coveted "Wings of Gold."

Eight U.S. Navy and Marine Corps aviators received "Wings of Gold." They were:

First Lt. Chad Allen, USMC, who was named to the Commodore's List during Primary Flight Training and the Commodore's List with Distinction during Advanced Jet Flight Training. He also was designated a Chief of Naval Air Training Distinguished Naval Graduate. During Advanced Jet Flight Training, he earned five Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 13. Allen completed Advanced Jet Flight Training with Training Squadron Seven;

Lt j.g. David Anderson, USN, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 12. Anderson completed Advanced Jet Flight Training with Training Squadron Nine;

Lt j.g. Braden Apperson, USN, who earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training and received the Chief of Naval Air Training "Top Gun" award for outstanding achievement in the Air Combat



Allen



Anderson



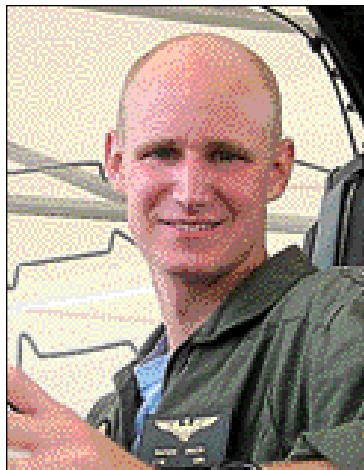
Apperson



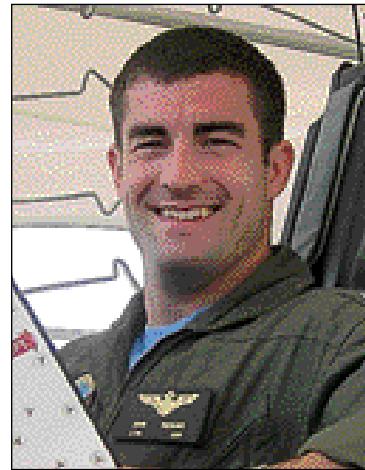
Carey



Fordham



Gingery



Hesling



Stammen

Maneuvering syllabus. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 12. Apperson completed Advanced Jet Flight Training with Training Squadron Seven;

Lt j.g. William Carey Jr., USN, who earned the "Best Bomber" award for his class. During Advanced Jet Flight Training, he earned three Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 12. Carey completed Advanced Jet Flight Training with Training Squadron Nine;

Lt j.g. Traver Fordham, USN, who earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 12, when he was named "Best at the Boat" for that carrier qualification evolution. Fordham completed Advanced Jet Flight Training with Training Squadron Nine;

Lt j.g. Nathan Gingery, USN, who was named to the Commodore's List during Primary Flight Training. He earned three Navy "E's" for bombing accuracy during

Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 13. Gingery completed Advanced Jet Flight Training with Training Squadron Seven;

Lt j.g. John Hesling, USN, who was named to the Commodore's List during Primary Flight Training and the Commodore's List with Distinction during Advanced Jet Flight Training. He also was designated a Chief of Naval Air Training Distinguished Naval Graduate. During Advanced Jet Flight Training, he earned three Navy "E's" for

bombing accuracy and was selected as VT-7's Student of the Month for April 2010. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 13. Hesling completed Advanced Jet Flight Training with Training Squadron Seven; and

Lt j.g. Gregory Stammen, USN, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 12. Stammen completed Advanced Jet Flight Training with Training Squadron Nine.



Lt. j.g. John Hesling was awarded the Golden Stick Award from the Meridian Area Navy League. The award is given to the top aviator of each winging class. Congratulations!

E-Leave System to begin at shore commands Oct. 31

By MC1(AW) LaTunya Howard
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- The Navy announced the implementation of its new Electronic Leave (E-Leave) system in a message July 27.

According to NAVADMIN 252/10 all shore commands will use E-Leave to request, track and manage leave once their Command Leave Administrator (CLA) completes initial setup within the Navy Standard Integrated Personnel System (NSIPS) application.

The Navy requires all PSDs, CSDs and shore commands to be fully using E-Leave by Oct. 31. Sailors, reviewers and approvers can access E-Leave through NSIPS at <https://nsips.nmci.navy.mil>.

"All shore commands will be able to begin at once on Aug. 1, and everything should be running smoothly by the Oct. 31 deadline," said Art Tate, NSIPS/ESR Implementation manager and fleet liaison.

"We beta tested the E-Leave system from March 1-April 13 and 99.3 percent of all transactions were accepted and processed," said Milene Wagner, NSIPS E-Leave project manager. "Because the beta went so well we also extended the use of E-Leave to some sites in Gulfport, Miss., Keesler Air Force Base in Biloxi, Miss., Stennis Space Center, Miss., and in New Orleans. To date, all transactions were accepted and processed with a 99.7 percent pass rate for these sites."

The Navy originally announced plans to phase-out the traditional paper chit leave in NAVADMIN 103/10, replacing it with the new E-Leave system. E-Leave allows Sailors to electronically route leave chits through the chain of command for approval.

"It allows commands to manage their own electronic leave control log. Commands will have full visibility in the system to identify the status of any Sailor's request and easily track and account for all Sailors on leave at any given

time by using the electronic reports capability that each CLA will have access to produce," said John Courtney, Navy Electronic Leave program manager. "Once E-Leave is implemented, command's leave processing will be automated, ensuring pay and entitlements are properly accounted for with the Defense Finance and Accounting Service."

Afloat implementation for ships with NSIPS servers on board is planned to start in October and run approximately 24 months as ships' NSIPS servers receive appropriate

software updates. A separate message will provide further instruction for afloat commands.

"We will implement the system on ships as quickly as we can," said Tate.

CLAs will have the capability to manage E-Leave transactions to include correction and cancellation. E-Leave will automatically check-out Sailors on leave 24 hours after initial start date and will automatically check-in Sailors 72 hours after the return date. CLA or ESR self-service users will also have the ability to request an

extension.

CLAs at each command will be accountable for all leave transactions processed via E-Leave. For CLA access contact the local NSIPS access manager.

Sailors who have not yet established their web ESR Self-Service access can do so at <https://nsips.nmci.navy.mil>.

Afloat Sailors with NSIPS Server on board will also need to establish an Afloat ESR account each time they report to a new afloat command.

It is now mandatory for all active-duty and Reserve per-

sonnel to establish and maintain an ESR Self-Service account as the Navy phases out paper service records.

An E-Leave User Guide, training presentations and additional resources can be accessed via the Navy Knowledge Online website. Refer to NAVADMIN 188/10 which gives specific direction on how to get to these materials.

For more information, access NAVADMIN 252/10 via the Navy Personnel Command Web site at www.npc.navy.mil and click on Messages.

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Where can I go if a hurricane approaches?

NAS Meridian Emergency Management staff has put together a few tips to help you decide where to go if a hurricane approaches.

Plan A: STAY HOME.

If you don't live in an evacuation zone or a

Plan B: STAY WITH LOCAL FRIENDS.

If you plan to stay with family or friends during a hurricane, take these precautions:

- Call them in advance. Make sure that they will be ready for you.

- Have a back-up plan in case they are out of town.

- Have the enclosed checklists completed outlining your needs.

- If your loved one has dementia, ask to have a room just for you and your loved one. And ask them to take the same safety precautions you have in your home (i.e. hide sharp objects and poisons, limit access to exits and cover mirrors.)

- Bring your own food and water.

Plan C: RELOCATE OUTSIDE THE AREA.

- If you live in an evacuation zone, and/or a mobile/manufactured home you must relocate.



mobile/manufactured home stay home and take these precautions:

- Gather all supplies that you will need early.

- Establish a "safe room," an interior room with no windows. Bring needed supplies including battery-powered radio, medication, food, and drinking water into this room.

- Make sure that your home is secure, is shuttered and that it can withstand a hurricane. Ask neighbors to assist if necessary.

- Make sure that a neighbor or someone in your family knows that you will be there.

NAVY-MARINE CORPS
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BABY BOOT CAMP

Navy-Marine Corps Relief Society
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- LIGHT REFRESHMENTS
- LOCAL LACTATION CONSULTANT SPEAKER
- LOCAL PEDIATRIC NURSE SPEAKER
- BABY GEAR & WEBSITE INFORMATION
- BABY FINANCIAL INFORMATION
- ISSUED BABY FIRST SEA BAG (LAYETTE)
- DOOR PRIZES FROM LOCAL BUSINESSES



Baby Boot Camp Workshop Date:
Saturday, August 14, 2010
10:00—12:00 P.M.
at your
Navy-Marine Corps Relief Society Office
Reserve your spot by calling (601) 679-2504
or email us at nmcrsmeridian@yahoo.com

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Navy-Marine Corps Relief Society

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DRIVE-IN

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NAVAL AIR STATION MERIDIAN

Appreciation Month!

NAS Meridian employees and their families get one

HALF PRICE MEAL OF CHOICE



on multiple visits from
August 1-31, 2010



when official United States Uniformed Services/DOD Uniformed Services ID card is mentioned and presented during order.

This offer is valid only at our Bumpers Drive-In of Meridian location and United States Uniformed Services/DOD Uniformed Services ID card must be presented to receive discount. Half-Off is discount from regular menu price.

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MWR

Mission First... Sailors Always

Summer Picnic



Photo by MC2 Flordeliz Valerio

Children play volleyball at the Summer Picnic at Lake Martha on July 29. NAS Meridian's Morale, Welfare and Recreation Outpost and Fitness Center teamed up to host the event. Lots of outdoor activities were available as well as food vendors.

Upcoming Events

**Giant Aquatic Basketball
Lunchtime Competition**
Aug. 12, 11 a.m.-1 p.m.
All Hands Pool

3-2 Pitch Softball Tournament
Aug. 13 at 6 p.m.
Bernath Field

Sand Badminton
Aug. 28 at 10 a.m.

Outdoor volleyball court across from Branch Health Clinic. Single and doubles are available.

For early sign-up of either event, please contact Angelia at the Fitness Center. Double elimination or single elimination will depend on the number of teams signed up.

Captain's Cup Organizational Meetings:

Beach Volleyball: Aug. 9, 1 p.m. at Gym
Bowling: Aug. 24, 4 p.m. at Rec Center
Basketball: Aug. 30, 1 p.m. at Gym

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Want instant updates from us? If so, text MeridianMWR or MeridianLiberty to 30364 to receive text updates about MWR events and programs. Standard text messaging rates apply.



Bowling News!

**RANDOM 2 GAME
LUNCH LEAGUE**
11 a.m.-1 p.m.
Aug. 16-19 (Monday-Thursday)
\$5 cash per person.
Submit team rosters by
Aug. 13 at 5 p.m.

**CAPTAIN'S CUP STAFF
LEAGUE MEETING**
AUG. 24 AT 4 P.M.

A representative for each team MUST be present to vote on officers/rules. Team rosters due by Sept. 2 at 4 p.m.

August Specials

SUNDAYS 4-9 p.m.:
Family Special ~
Mom or Dad bowls for free when children bowl. Regular rates apply for the other parent and children.

TUESDAYS 4-9 p.m.:
RCTA Visiting Officers Special ~
\$2.50 a game including shoes

WEDNESDAYS 4-9 p.m.:
NTTC/MATSS-1 Student Special ~
3 games and shoes for \$5 per person. Must be bowled in 3 game blocks

FRIDAYS 7 p.m.-close:
Cosmic Bowling ...
Regular Rates

SATURDAYS IN AUGUST

BACK TO SCHOOL SPECIAL
KIDS UNDER 17
BOWL FROM 11 A.M.-5 P.M.
\$2 A GAME INCLUDING SHOES



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.

August

7: Birmingham Shopping Trip to Riverchase Galleria. Bus leaves Library parking lot at 9 a.m. Cost is \$10 per person. Minimum of 20 people needed for trip to run – NO REFUNDS (unless trip is cancelled).

9: Liberty Pool Day
Pool is reserved for Liberty patrons from 5-8 p.m. Enjoy light snacks, poolside activities and music.

12: Video Game Tournament, 7 p.m.
Prize awarded to winner. Register day of the event at Liberty Center.

14: National Creamsicle Day
FREE creamsicle will be served at the Liberty Center at 6 p.m.
(While supplies last)

15: Get Out and Golf!
For only \$12 Liberty patrons can play 18 holes of golf which includes a set of clubs and golf cart. Sign up at Liberty Center for tee times and space availability. Register by Aug. 12.

16: Ping-Pong Tournament, 7 p.m. in the Liberty Center. No entry fee – prize awarded to winner. Register day of event at the Liberty Center.

18: "Blue Monster" Slip-n-Slide
Cool down on an 18-foot tall water slide which will be set up outside of the Liberty Center at 5 p.m.

19: The Skate Odyssey, roller skating rink, has been reserved for all Liberty patrons from 7-9 p.m. Bus will leave from the Library parking lot at 5:30 p.m., stop at Sonic for dinner before skating. Cost is \$5 per person. Please pay and register at the Liberty Center by 1 p.m. Aug. 16.

MWR

Mission First... Sailors Always

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: Free!

- Aug. 7: "The Open Road" (PG-13)
- Aug. 10: "The Bounty Hunter" (PG-13)
- Aug. 11: "Friday Night Lights" (R)
- Aug. 14: "Van Helsing" (PG-13)
- Aug. 17: "Million Dollar Baby" (PG-13)
- Aug. 18: "Repo Man" (R)
- Aug. 21: "Fury Vengeance" (PG)
- Aug. 24: "Field of Dreams" (PG)
- Aug. 25: "Kick Ass" (R)
- Aug. 28: "Just Wright" (PG)
- Aug. 31: Happy Gilmore" (PG-13)

FREE Kids Summer Matinee Movies

(First movie listed begins at 1 p.m. followed immediately by second movie listed)

- Aug. 9: "Fantastic Mr. Fox" (PG)
- & "Tooth Fairy" (PG)



Group Exercise Schedule:

- Mondays ~ 6:30 a.m.: Pro Fitness Group
- Noon: Water Aerobics at Pool
- Tuesdays ~ 11:15 a.m.: Step Aerobics
- Wednesdays ~ 6:30 a.m.: Pro Fitness Group
- Noon: Water Aerobics at Pool
- Thursdays ~ 11:15 a.m.: Step Aerobics
- Fridays ~ Noon: Water Aerobics

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 PT gear or are in uniform.
 - 2.) If NO issued PT 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.

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.
7 p.m.	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 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.	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 if any	7:20 p.m.
Applebee's Restaurant (upon request only)					

FROM THE DESK OF BETH

FITNESS COORDINATOR

You can stretch your entire body in a cubicle -- a lot of it while sitting down. Here are some stretching options, which will release lactic acid buildup and help with structural alignment.

- Neck:** Lean right ear to right shoulder until you feel a stretch along the left side of your neck, hold for 10 seconds, switch to the other side. Lower chin to chest until you feel a stretch along the back of your neck, hold for 10 seconds. Lift chin toward ceiling, until you feel a stretch along the front of your throat, hold for 10 seconds. Look over your right shoulder, hold for 10 seconds and then over your left.
- Shoulders:** Extend both arms over head, interlace fingers, turn palms, and push up. Then interlace fingers with palms up behind back, lean forward slightly from waist, and lift arms away from your body.
- Arms:** Extend arm straight across your

body, grasp forearm, and pull extended arm toward your body. Repeat with other arm. Then sit up in your chair, open your knees, and place your palms flat on the chair between them, with your fingertips facing you, and thumbs toward your knees. Push down on your flat palms.

- Chest:** Lift both arms out to the side, creating a "T" with them. Bend at the elbows, so your hands are going straight up to the ceiling, and you resemble a football goalpost. Pull your elbows back and hold.
- Back:** Sit up as tall as you can, and pull in your stomach muscles to your spine. Extend one arm across to the opposite arm of the chair, and twist. Hold for 10 seconds, and switch to the other side.
- Quadriceps/Hamstrings:** Stand at your desk. Bend one knee behind you, lifting your foot off the floor and catching it with the same hand. Don't lock your supporting leg;

hips tucked under, and both knees together. Switch to other leg. Then place one foot on the desk in front of you, keeping the foot flexed and the knee straight. Put fingertips on leg, or desk, and with a flat spine, lean forward. If that isn't possible, flex one foot on floor in front of you, and lean forward with a flat spine.

- Calves:** Stand arms' length away from your desk, both toes facing the desk. Step forward with one foot, and bending the knee, keeping the back knee straight and pushing down in the heel. Switch.
 - Feet:** Remove shoes if possible. Stand in front of desk. Form a "V" with your feet, heels together and toes pointed out at slight angles. Bend knees first, then lift up your heels, and hold for five seconds. Straighten knees and lower heels. Repeat five times.
- Beth Stephens Brown can be reached at the NAS Meridian Fitness Center or e-mailed at beth.stephens@navy.mil

Ponta Creek Golf Course Weekday Special:
18 holes, green fee and cart for only \$20 -- Monday through Thursday



The Hunt for the Golden Ticket is On! Text MeridianMWR to 30364 to get the clue sent straight to your cell phone. *Standard text messaging rates apply.



Kids Stuff

Little Tikes Mountain Climber in great shape just some minor wear and tear. The slide and climber are adjustable to grow with the child. Asking \$150. Call (601) 513-3035.

Electronics/Musical

Kenwood eight component stereo system. Includes 5 CD carousel, dual tape deck, tuner, amplifier, pre-amplifier, graphic equalizer, turn table, surround sound processor with speakers. \$500 OBO. Call Jim at (601) 679-3295 or (601) 681-9728.

Fender American Standard Stratocaster. Humbucker pick-ups with S-1 switch, sunburst red, deluxe carrying case, purchased new last year, played very little. Also Peavey Vyper 30 watt modeling amp. Paid \$1,550. New, will sacrifice all for \$995. Call (601) 938-9627.

Exercise Equipment

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

ProForm XP 160 Elliptical Crosstrainer. Asking \$399.99. Like new -- was used a handful of times. Call (559) 410-1608.

Big Stuff

RIGID 10-inch contractor table saw, heavy duty cast iron table top. Asking \$600. **RIGID 10-inch compound miter saw and RIGID mobile miter saw stand combination.** Asking \$300. **Cub Cadet 54-inch, 26 HP Kohler Hydrostatic Super Lawn tractor,** Asking \$2,000. **Champion 5500 watt mobile generator.** Asking \$375. Call Jerry at (904) 505-3797.

Household Items

NEW ITEM! 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.

Twin metal bed frame, asking \$10, **Simple drafting table,** asking \$8. Call (757) 472-1189 before 8 p.m.

Twin size Lightning McQueen car bed frame (red) with mattress and box spring, like new, asking \$150, OBO. **Twin size car bed frame** (blue), like new asking \$50. Call (757) 639-1870, ask for Jeff.

Two 36-inch TV'S (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.

Twin Basset mattress, hardly used, \$35; **trampoline,** \$75 OBO. Call Call (904) 315-1556 or (904) 505-3797.

Large 2-room capacity air conditioning window unit. Bought new 2 years ago for \$1,500. Asking \$500. Call (601) 632-4567.

White Kitchen Micro-Vent Hood/Microwave combination. Used, but in excellent condition. Changed out to match other appliances. Call (601) 917-6935.

Automobiles/Accessories

NEW PRICE! 2004 Honda Civic EX, excellent condition, new tires lights etc. Asking \$7,000. Call (601) 323-1003.

1999 Nissan Altima, brown with tan cloth interior, power windows and locks. 135k miles. Asking \$3,700 OBO. Call (904) 803-8776.

Sale ... or

1994 Lincoln Town Car, AM/FM radio with cassette player, 162k miles, white with blue leather interior. Asking \$2,400. Call Betty at (601) 679-7649 or (601) 479-1278.

2000 Mitsubishi Mirage Coupe. 2-door, PW, DR LOCKS, cold AC, CD player. Asking \$3,000. Call (601) 917-6935 for more info.

1991 Toyota Celica GT Convertible, 120K miles, red with black power top, gray cloth interior, 2.2L 4 cyl, Automatic, A/C, CD, fog lights, PW, PL, newer alloy wheels. No rust, interior clean with no cracks or rips, 25-30 mpg, a reliable and fun daily driver but one top latch needs repair. Top is serviceable but worn. Asking \$1850. Call (703) 586-7564

1996 Isuzu Rodeo, black (new paint), V6, 4 door, auto, air, AM/FM CD, power windows, locks, brakes and steering. Aluminum wheels, full size spare, 75 percent tires. Cloth interior, 151k miles. Call Tony at (601) 693-4111 or (601) 692-8560.

2005 F250 Crew Cab Diesel, only 42k miles, 4x4, extended warranty until Jan 2011, alarm/remote start, bed cover, tint. Asking \$30,100. Call (601) 604-1088.

32' car hauler, bumper pull, triple axle, electric brakes on all axles, fresh gloss black paint, on board ramps. Great condition. Asking \$3,800 Call (904) 923-9357.

1998 Nissan Pathfinder 4x4, black with gray leather interior, power windows and locks, sunroof, heated seats. 169k miles. Good condition. New tires. Asking \$2,000 OBO. Call (601) 527-8260.

1998 GMC Sonoma 4.3 V6, 5-Spd Power Pkg, Ext Cab, 3rd door. Asking \$4,750. Call (601) 917-6935.

2004 Chevrolet Venture LT, 68k miles, silver exterior w/vinyl grey interior, DVD player, dual power heated seats, power right sliding door and other extras. Asking \$9,000. Call (601) 616-5755.

Motorcycles/Gear

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. garaged kept. Call (601) 934-6615.

2005 Harley Davidson Softail Deluxe. Two-tone black and pearl paint. Beautiful bike; lots of extras, 12k miles. Asking \$15,500. Call (601) 917-7181.

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

Homes

CHANGE! For Lease: 3BR/2BA home, 5 years old in Plum Point, close to North Hills St. and Poplar Springs Elementary School. Brick home with 1,639 sq. feet, 2 car attached garage, high ceilings, large crown moldings, open floor plan, and privacy fenced back yard with covered patio. Attic has tremendous height could be finished for additional living space. Asking \$168,900. Call (808) 554-0523.

For Rent: Completely remodeled with new kitchen, 2 new BA, split bedroom plan with private bath/bedroom on lower level. New central heat/air, water heater, refinished hardwood & ceramic tile floors. Quiet neighborhood, sorry no pets. Asking \$650/month, \$650 security deposit, minimum 1 year lease. Call Jack at (601) 917-7752.

For Sale: House on 5+ acres located at 8180 Hwy 493, 4 BR/2 BA, stainless steel appliances, new floors, new roof, new AC unit. Northeast School District. Call for appointment: (601) 917-4056.

For Sale: Beautiful home on Confederate Drive, 4BR/3.5 BA, 3 fireplaces, solid oak floors throughout, enclosed pool with shower, half-bath and hot-tub. 2.75 acre lot, new roof, remodeled master bath and updating throughout, two-car carport with large storage room and upstairs storage. Under appraised value at only \$328,500. Can see full details at Militarybyowner.com, or call (601) 693-8386.

For Sale: 4 BR/2.5 BA Historic home in DeKalb, 20 minutes north of NAS Meridian, 2,500 square feet, hard wood floors, 5 fire places, living room, family room, dining room, multi-level deck, playground, workshop, carport, sitting on 0.5 acre lot. Asking \$120,000. Call (601) 604-3869 or (601) 743-4818

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.

Outdoor shed needed. Call (601) 553-0721.

Miscellaneous

English Bridles, asking \$10-30, **English velvet show helmet** size medium, asking \$20. Call (757) 472-1189 before 8 p.m.

ATV Blade with tapered design and aggressively curved profile steer dirt or gravel away from the surface you're clearing. Made from heavy-duty 11-gauge steel backed up by extra-heavy ribbing. 54" Blade angles from 20.8" height down to 15" height. It has a manual lift and is very easy to use. Very easy to hook up. Asking \$350, call (601) 479-7902. Can e-mail photos.

O/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.

• Kilkenny

"I appreciate the opportunity to visit your schoolhouses and see what's going on," Kilkenny said.

Together with Snyder and Capt. Kevin Oakes, director of training, Navy Personnel Development Command, Kilkenny checked out the students' barracks and classrooms.

"I am impressed with the improvements of the barracks," Kilkenny said. "You take exceptionally good care of them -- that's pride and ownership."

The instructors had a chance to present and talk about the curriculum currently used at NTTC.

Kilkenny expressed a desired to change some portions of how the curriculum is taught.

"I want to see what kind of training you are getting (right now)," Kilkenny said. "I know you are in a CBT (computer based training) intense rating, but I'm here because I'm doing a reconnaissance...there is a unique opportunity to make some changes to the curriculum, more of a blended solution. A little bit of CBT, simulation and labs, and instructor led class."

Kilkenny also spoke about what challenges each rating might face in the future.

During the question and answer portion with the students in the auditorium, Kilkenny encouraged them to interact and share their opinions with him.

"What I ask you to do is be brutally honest on your critiques -- what you like and didn't like. And if you didn't like it, what is your recommendation to help fix it? We do read your critiques. Think about how simulators can be used in your ratings. How can we incorporate these things into what you do?"

He shared a few philosophies that he hoped would encourage the students.

"One, I want you to focus on yourself...meaning working out regularly, eating right and do what you are supposed to do," Kilkenny said. "There might be challenges when you are on a ship, but you can get a jump rope or stretch bands. We started passing out these stretch bands in boot camp. You can work out despite the limitations. Second, take care of your family. Third, put your heart and soul in your job. And lastly, give back to your community in some way, shape or form. Be a role model."

Quarterly monetary tuition assistance caps stabilize program effective Oct. 1

WASHINGTON (NNS) -- The Navy's Tuition Assistance (TA) program will apply quarterly monetary caps on the TA funds distributed to the fleet effective Oct. 1.

"This policy change will allow Navy to fairly and equitably distribute funds throughout the year," said Ann Hunter, Navy's voluntary education service chief. "Sailors have demanding schedules, to include required training and deployments. By ensuring funds are available throughout the fiscal year, it enables Sailors who are unable to take advantage of the program at a certain time to leverage the opportunity when their schedule allows."

Quarterly cap amounts will be determined based on historic usage rates and available funds, according to NAVADMIN 245/10 released July 21.

Sailors may continue to submit TA applications at any time; however,

applications will be processed no more than 30 days from the beginning of the quarter for all courses that begin that quarter. Applications will be processed on a first come, first serve basis until the quarterly cap is reached.

"We remain focused on providing educational opportunities to the Force. Members who are affected by the delay of processing an application will be contacted by the Navy College Office to identify alternatives," said Hunter. "In addition, we encourage Sailors to look at the full range of educational opportunities, such as Defense Activity for Non-Traditional Education Support (DANTES), College-Level Examination Program (CLEP), and Pell Grants, in order to maximize their voluntary education."

-- From Chief of Naval Personnel Public Affairs

What is a family care plan?

If you were suddenly deployed, who would provide care for your children -- or for an older relative who depends on you for care?

Even if you were only away for a short time, on temporary duty or training, who would take over for you? Nearly everyone in the military can benefit from a Family Care Plan that shows how your family is to be cared for in your absence, and in some cases you are required to create one. DoDI (Department of Defense Instruction) 1342.19 addresses when a Family Care Plan is required, and each service branch has a corresponding directive that explains that service branch's guidelines.

Your commander or supervisor can tell you the resources that are available to help you create a Family Care Plan that meets your service branch's specific requirements. These resources include your installation's Family Support Center and Legal Assistance Office.

What is a Family Care Plan?

A Family Care Plan is a "blueprint" that shows how your family will be cared for in your absence -- whether you are deployed, on temporary duty, or otherwise unavailable because of military obligations.

It allows for a smooth transition of responsibilities to a caregiver when a service member must leave for short or long periods of time, demonstrating to the commander that unit members will be ready to accomplish the mission of the unit. The plan is made up of instructions that you write and certain legal documents, such as a power-of-attorney.

Who needs one?

Certain service members are required to have a Family Care Plan. These people include:

- A single parent with custody of children under 19 years of age.
- A single service member who is pregnant.
- Dual military couples with custody of children under 19 years of age. (Both service members are required to develop a single Family Care Plan that both members sign.)
- A service member who is solely responsible for the care (housing, medical, logistical, financial, food, clothing, or transportation) of another person. This category includes (but isn't limited to) a situation where a service member's spouse is injured, chronically sick, or otherwise unable to care for family members or other dependents; and service members who are sole caregivers for elderly, disabled, or chronically sick family members.

Completion of a Family Care Plan may also be required if a service member has a family member who speaks little or no English or is unable to drive or otherwise gain access to basic resources such as medical care and food. A service member with an Exceptional Family Member (regardless of age) may also be required to complete a Family Care Plan.

It can even be a good idea for civilian spouses married to service members to have a Family Care Plan. This is because if the service member is deployed and the spouse becomes incapacitated, plans will be in effect for the proper care of their children.

When should you make one?

A service member should notify his or her supervisor or commander about creating a Family Care Plan as soon as the service member enters any of the categories described



Photo by EO3 Mikayla Mondragon

CM2 Robert Lancaster, assigned to Naval Mobile Construction Battalion (NMCB) 133, based in Gulfport, Miss., is welcomed home by his family after returning from a four-month deployment to the U.S. Central Command area of responsibility in July. above.

The requirements for a Family Care Plan may vary somewhat depending on your service branch or your particular circumstances. But they all contain the following basic information:

- Short-term care plans. These plans outline how your family members will be cared for during separations lasting 30 or fewer days. Your short-term care plans could take effect for reasons such as temporary duty, training, school, or short-term involuntary recalls. The care provider must be a non-military person and must live in the local area. The care provider must also sign the Family Care Plan.

- Long-term care plans. These plans give details on who will care for your family members during separations lasting 31 days or more. Your long-term care plans might become necessary during deployments or times of extended training or involuntary recalls. The care provider must be nonmilitary, but does not have to live in the local area. However, plans should be in place for transporting family members from a short-term care provider to a long-term care provider in the case of deployment (or other separation) with little or no notice. The long-term care provider must also sign the Family Care Plan.

- Care provider designations and documentation. Your plan must name the care provider and provide documentation and information necessary to allow the care provider to care for your children (or other family members) adequately -- and to possibly run your household. Be sure to note that any care provider that you select must be legally entitled to act in that capacity. Thus, if your biological children reside with you and your new spouse (who is a step-parent), the other biological parent must either be designated as the care provider (if that person has custodial rights) or must consent in writing to the designation of another person.

The documentation states that the person you selected to provide care has fully agreed to the task and has been provided with all legal authority to do so (including medical or other power of attorney). This documentation should also describe financial concerns and explain procedures for obtaining access to both military and civilian facilities and services necessary to properly care for your family -- for example, health care needs.

--From www.MilitaryOneSource.com

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.

Welcome Aboard: Aug. 5 from 8-11:30 a.m. FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, medical/dental, Exceptional Family Member (EFM) Program, TRICARE, vehicle registration, on- and off-base driving regulations, legal services, community service, chapel & other area religious services, MWR, School Liaison Program, and more!

Car Buying Strategies: Aug. 9 from 1-2:30 p.m. or Aug. 31 from 9-10:30 a.m. Are you in the market for a new or used car this holiday season? Attend this workshop for useful strategies to help you avoid getting swindled or stuck with a "lemon." We'll cover topics such as: the car purchase, financing, trade-ins, fair price and negotiations, your legal rights, and insurance.

Controlling Anger: Aug. 10 from 9:30-10:30 a.m. or Aug. 30 from 2-3 p.m. Everyone gets angry every now and then from normal frustrating life events, but some people handle angry feelings better than others. If you frequently "blow up" or if the way you currently handle anger is threatening your relationships and/or work, come to this workshop to learn better anger management techniques.

Résumé Clinic: Aug. 11 from 9-11 a.m. A well-written résumé can get you the foot in the door you need to land a job interview and potentially be hired. This workshop will cover the major résumé formats -- chronological, functional, combination, and targeted -- as well as the pros and cons of each to help you decide which one is right for you. Also, the step-by-step process of composing a résumé (and its accompanying cover letter) will be detailed. Bring your résumé (if you already have one) to revise, or simply come prepared to start a new résumé and jump-start your job search!

Emergency Preparedness for Families: Aug. 11 from 3-4:30 p.m. With hurricane season in full swing, now is a good time to evaluate your family's emergency plan. NAS Meridian's Emergency Management department is providing this workshop to make sure our military families are prepared for the worst.

Deployment & Teens: Aug. 12 from 3-4 p.m. Deployment is emotionally challenging for everyone concerned, but can be especially tough for teenagers. Many adolescents believe they are already adults, equipped to handle anything that comes their way, so they may be reluctant to admit that the deployment of a parent affects them. If your teen is acting out, showing decreased self-esteem and/or increased self-criticism, displaying personality changes, or is experiencing other reactions to deployment, attend this workshop to learn how to help ease the strain.

IA Spouse Discussion Group: Aug. 13 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!

Mid-Term CONSEP Training: Aug. 16-19 from 8 a.m.-3:30 p.m. FFSC is presenting the Career Options and Navy Skills Evaluation Program (CONSEP), a mid-career training for Sailors with 6-12 years of active duty who are within 18-24 months of EAOS. The class will assist Sailors in making educated career decisions in order to be competitive, thereby maximizing their potential in the Navy. Participants will learn to market themselves, evaluate their individual skills, set goals, compare civilian and military careers, explore Navy upward mobility options, and enhance financial stability. Spouses are invited.

CNO highlights partnership with French Navy during visit

PARIS (NNS) -- Chief of naval operations (CNO) Adm. Gary Roughead praised the naval forces of France and cited the shared interests and capabilities of the US and French navies during a visit here July 17-21.

"The French Navy and the US Navy have many common interests," said Roughead. "We both exist to provide for the safety, security and prosperity of our countries."

During his visit, CNO met with Sailors and senior military leadership of France in recognition of the strong maritime partnership between the two nations and to discuss the issues that navies with global interests have in common.

At the Toulon Naval Base, CNO met with the French Navy Commander-in-Chief, Mediterranean, Vice Adm. Yann Tainguy, and visited the newest ship to the French Navy, the amphibious ship BPC Tonnerre, as well as the air defense frigate FDA Chevalier Paul and the aircraft carrier PA Charles de Gaulle.

"This is where the US Navy and the French Navy share a very common capability, and

that is our capability to operate very advanced aircraft from aircraft carriers," Roughead said, pointing out that US and French navies are the only ones in the world to operate nuclear-powered aircraft carriers that use catapult assisted take-offs and arrested landings.

He noted that the French Navy recently announced that Charles de Gaulle will deploy later this year to support operations in Afghanistan, where US Navy aircraft also provide air support to coalition forces on the ground.

"It's important that we look at ways that our airpower complements one another, and we look forward to being able to operate with Charles de Gaulle," Roughead said.

"The capability and capacity that Charles de Gaulle brings is very appreciated."

CNO was accompanied throughout the visit by his counterpart Adm. Pierre-Francois Forissier, Chief of Staff of the French Navy, and Roughead said he valued the opportunity to discuss with Forissier areas of increased cooperation and support between the two navies.

Roughead also praised the



Photo by MC1 Tiffini Jones Vanderwust

Chief of Naval Operations Adm. Gary Roughead inspects troops with Adm. Pierre-Francois Forissier, chief of staff of the French navy, during a welcoming ceremony at the French navy headquarters.

French Navy's role in counter-piracy off the coast of the Horn of Africa and helping to guard the free flow of commerce at sea.

"France was a leader in bringing many navies into the fight against piracy in the Somali basin," Roughead said. "The presence of the navies in that region have contributed to

bringing down the number of [piracy] incidents, and this is all part of why countries with global interests have global navies – to be present, to be able to influence, and to ensure that the mechanisms of the world economy are uninterrupted."

In Paris, Roughead also met with Adm. Edouard Guillaud, Chief of Staff French Armed

Forces and other French officials, and participated in a Ravivage Ceremony at the iconic Arc de Triomphe where he and Forissier laid wreaths at the Tomb of the Unknown Soldier and met with French veterans of past wars.

--From Chief of Naval Operations Public Affairs Office

Secretary Gates shares common experiences, vision with scouts

By Lisa Daniel
American Forces Press Service

WASHINGTON -- Defense Secretary Robert M. Gates shared his personal experiences and passion for Boy Scouting with tens of thousands of Scouts and their families gathered for the 100th anniversary celebration of the Boy Scouts of America, July 28

"Scouting has been a big part of my life and my family's life," Gates told an estimated crowd of 45,000 gathered on 12,000 acres on Fort A.P. Hill, Va., as part of the annual National Scout Jamboree.

Gates, an Eagle Scout who has served on the National Executive Board of the Boy Scouts and is past president of the National Eagle Scout Association, shared his experiences growing up as a Boy Scout, earning scouting's top rank 52 years ago, and being involved in his son's Boy Scout troop. Even after serving eight presidents and years of working with world leaders, the secretary said, his memories of his Scout leaders are just as memorable.

Noting that their lives were "a bit unusual," Gates told of going on a father-son camping trip when he was CIA director. "A hundred yards from our encampment

"A scout is marked for life as an example of what a boy and man can be and should be. You are role models."

Defense Secretary Robert M. Gates

were three, large black vans, a satellite dish, and a number of armed security officers surrounding the campsite," he said. "Now there's a challenge no Scoutmaster could have anticipated."

Gates told the Scouts he was speaking to them "as a leader from one generation talking with the leaders of the next generation," and said he was like most of them when he achieved the rank of Eagle Scout at age 15.

"I wasn't a straight-A student, nor was I a particularly good athlete," he said. "I wasn't really a student leader." When he arrived in Washington, D.C., at age 22

to begin work at the CIA, he said, "I could fit everything I owned into the back seat of my car. I had no connections and I didn't know a soul."

Earning the Eagle Scout's badge was "the only thing I had done in my life that led me to think that I could make a difference; that I could be a leader," he said to applause. "It was the first thing I had done that told me I might be different because I had worked harder, was more determined, more goal-oriented, more persistent than most others."

The secretary told the Scouts some of them will go on to be leaders in industry, the government and the military. But most importantly, he said, scouting has set them on the path to "becoming a man of integrity and decency, a man of moral courage, a man unafraid of hard work, a man of strong character – the kind of person who built this country and made it the greatest democracy and the greatest economic powerhouse in the history of the world.

"A scout is marked for life as an example of what a boy and man can be and should be," he continued. "You are role models."

In the past 100 years, Gates said, there has been no

● Scouts, page 20

It's Your Turn...

Military and civilian volunteers from NAS Meridian attended Meridian Day at the Neshoba County Fair on July 28, here is what some of them had to say about the day...

Photos by Penny Randall



Tim Jewell
Public Works

"I started volunteering on Meridian Day in 2001 to continue the volunteer service that I did while still in the Navy. I enjoy coming up here and meeting all the people and promoting the base."



Gunnery Sgt. Philip Calligan
MATSS-1

"I'm from Birmingham, so I'm use to Southern hospitality, but today I've met some of the friendliest people. I've really enjoyed all the kids and hearing them say, 'I want to be a Marine.'"



Lt. j.g. Jake Suyderhood
VT-7

"The fact that you can fit 40 people into some of these tiny cabins is amazing. It's such a unique concept -- very family oriented."



Mike Dyczkiewicz
VT-7

"This is a totally unique place -- people just invite you in or to sit on their porch and offer you a coke. This is Americana in its true form."



ABE1 Sakda Nomichith
Air Operations/Field Support

"This is a cool place. It's like a community unto itself. It's cool that the people treat us so good."

• EOC Course

emergency management, Fleet and Family Support Center, MWR, Environmental, Public Affairs and various other specialists assigned to the Navy's ashore emergency operations centers. Each student learned how to properly serve as a member of an installation's EOC during an emergency.

The Incident Management Team course was initially offered monthly at the SFTC at Navy Base Coronado in San Diego, Calif. Since its ribbon-cutting in October, the EOC IMT course continues to be the most popular SFTC course offering. Navy Installations Command EOC training policy requires mandatory graduate quotas of six key EOC positions per installation (with other EOC positions highly recommended).

EOC IMT course lessons cover EOC team member roles and responsibilities, information management, communications, and the use of C4I Suite, the Navy's current common operating picture online application. The course also consists of a number of practical application classroom exercises utilizing student working groups to apply the knowledge gained during lectures.

For operations center exercises, students are broken into common EOC functional groupings such as operations, logistics and plans. The groups are then given a practical scenario of an on-base emergency where they are forced to realistically lead, brief,



Photo by Penny Randall

Participants in the CNIC Emergency Operations Center Incident Management Team Course pose for a group graduation photo, July 23.

coordinate and plan. Each day, classroom instruction is followed by an EOC exercise that gets progressively complex as the course progresses.

NAS Meridian Projects Officer Lt. Cmdr. Jim Pribble was among the staff members who were impressed with the course.

"Not having a background in EOC procedures, I was very impressed with the SOTG

team," Pribble said. "They were very effective in teaching a group of people with various backgrounds and jobs to function as a team. I think that we all realized that emergency management applies to everyone. You may not be a part of the command team leading the event, but at some point you are going to be asked to perform a role, and this course helped prepare us all for that role."

• Hurricane

- Know where you are going. If you are going to a hotel, make sure that you have a reservation as many hotels, even a hundred miles away, will fill up quickly.
- Have the enclosed checklists completed outlining your needs.
- Bring important family documents with you.

Plan D: GO TO A SHELTER.

If you plan on going to a shelter you may need to be prepared for an extended stay. Take these precautions:

- Make arrangements for your pets early. Red Cross shelters do not allow pets.
- Prepare supplies that you can bring with you (i.e. food, water, a change of clothes, snack foods, personal hygiene supplies, medications, radio/TV with extra batteries, entertainment, etc.)
- Make sure that the shelter you are going to is open and has space. Watch the local media for updates and prepare early.
- Bring your cell phone (if you have one) and your charger or extra batteries.
- Bring your own bedding, pillows and blankets.

With a little foresight and a lot of planning, your family can all have peace of mind when it comes to what they should do in the event of a hurricane.

● Scouts

better program for preparing future leaders than the Boy Scouts. "The fate of our nation in the years to come and the future of the world itself depend on the kind of people we modern Americans prove to be," he said.

The secretary acknowledged that much has changed in the 50 years since he was a Boy Scout.

"We live in an America today where the young are increasingly physically unfit and society as a whole languishes in ignoble moral ease," he said. "But not in scouting."

There are too many places in American life today without the Boy Scouting values of self-reliance, self-control, honor, integrity and morality, Gates said. "From Wall Street to Washington to our hometowns," he said, "in all our lives there are people who seek after riches or the many kinds of power without regard to what is right or true or decent.

"I am here today because I believe in the extraordinary power of scouting to be a force for good in a community and in the lives of its boys and young men," he continued. "As I look out at all of you, I see the legacy of scouting: a new generation of worthy leaders. ...With leaders such as you, America will continue to be the beacon of hope and decency and justice for the rest of the world."



Secretary of Defense Robert M. Gates audiences an audience of more than 45,000 scouts during the Boy Scouts of America 2010 National Scout Jamboree on Fort AP Hill, Va., July 28. The massive group of boy scouts from all across America came to the 12,000 acre site for 10 days to celebrate the Boy Scouts centennial. DoD photo by Cherie Cullen

Photo by MC3 Dominique Pineiro

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