



THE SKYLINE IS A CHINFO AWARD WINNING NEWSPAPER

## 2010 Chief Petty Officer Selectees



Photo by Penny Randall

The 2010 class of chief petty officers includes from left, YNC (Sel) Carolyn Sanders, SHC (Sel) Jodi Ahner and PSC (Sel) Tiberius Taylor, all from Naval Technical Training Center; OSC (Sel) Tanya Brooks, Naval Operational Support Center Meridian; and AZC (Sel) Melanie Ewing, Naval Technical Training Center. Not pictured is EOC (Sel) Wilburn Parker, Naval Operational Support Center Meridian.

At left: MAC (Sel) Russell Treider, a member of Naval Air Station Meridian's Security Department, who is currently an IA tour in Iraq.



Photo by Lt. Brett Dawson

T-45 Goshawk training aircraft assigned to Training Air Wing Two, Training Air Wing One and Training Air Wing Six fly in formation to celebrate surpassing 1 million flight hours aboard the aircraft carrier USS George H.W. Bush (CVN 77), Aug. 26.

## T-45 celebrates 1 million flight hours

By Penny Randall  
Staff Writer

T-45 Goshawks from Naval Air Station Meridian were recently part of a flyover of the USS George H.W. Bush in celebration of the jet trainers 1 million flight hours mark.

In a statement Chief of Air Training Rear Adm. Bill Sizemore said, "This milestone is another testament to the quality tht this team has put into each and every T-45 that we have training our future aerial combat warriors. It's an exciting time in Naval air training as we forge into the future with the T-

45 Goshawk, converting the remaining analog models into digital/glass cockpits to mirror the aircraft in the fleet."

The 18-year-old airframe jet Goshawk joined the fleet in 1992 as a step up from the other trainers being used. It arrived at NAS Meridian replacing the T-2C Buckeye and the TA-4J Skyhawk. As well as bringing along new technology, the aircraft also brought a different maintenance model, with contractors taking over much of that work.

The quality of that work is shown by the large number of

● T-45, page 8

## On Base...

### ✓ Safety Classes:

The following safety classes are upcoming. For information, call (601) 679-3756.

Oct. 4: AAA

Oct. 5-6: Basic Rider's Course

Oct. 7: Motorcycle Sport Bike

Oct. 8 ATV

### ✓ Sports Officials Needed: Seeking

those who would like to officiate volleyball. No experience needed, will train if interested. Call Johnny Davis at (601) 679-2427 or e-mail: [NAS\\_MRD-AFOA@GMAIL.COM](mailto:NAS_MRD-AFOA@GMAIL.COM)



✓ ServMart: On board NAS Meridian will close Sept. 29-30 for inventory. Only emergency purchases can be made.

### ✓ POW/MIA Recognition Ceremony: Set for Sept.

10, at 10 a.m. in Hangar One of Training Air Wing One. Uniform of the day for those in attendance. The ceremony is open to the public.



# Photo of the Week



Photo by MCSN Anna Wade

**NORFOLK -- Capt. Kelly M. Johnson, left, salutes Capt. Mary M. Jackson during the Naval Station Norfolk change of command ceremony. Jackson relieved Johnson to become the first female commanding officer of Naval Station Norfolk on Aug. 17.**

## Off Limits Establishments

The following establishments located in the city of Meridian are off limits to military members stationed at NAS Meridian.

**The Underground** (Bonita Lakes Mall)  
**Meridian Underground Music Exchange**

**Club Flame Throwers**  
 (advertised as "Club End Zone")  
**Club Fusion** (Formerly Club Swaggards and Club Midnight Sun)

**THE Skyline**

~ Naval Air Station Meridian, Miss.

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 Executive Officer ~ Cmdr. Edward Donohoe  
 Command Master Chief ~ CMDCM Sharon Laguna

### Editorial Staff

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## — Area Happenings —

### SEPTEMBER

**10:** The Riley Center presents Dionne Warwick in concert at 7:30 p.m. The MSU Riley Center, 2200 5th St. Ticket prices \$63 and \$57. For information, call (601) 696-2200 or visit [www.msurileycenter.com](http://www.msurileycenter.com).

**10-11:** Strawberry Plains Audubon Center hosts 11th Annual Hummingbird Migration Celebration. Speakers include Douglas W. Tallamy, author of "Bringing Nature Home: How You Can Sustain Wildlife with Native Plants," and Greg Butcher, director of bird conservation for The National Audubon Society. Popular returning programs will include Terry Vandeventer's live snake program, Good Ol', Down Home, Mississippi Snakes, the live bat encounter with Rob Mies, guided nature walks, wagon rides, the kids' tent and The Mississippi Museum of Natural Science. Admission is \$15 for adults, \$10 for seniors, \$5 for children under 12; admission for 12-passenger vans and buses is \$10 per person. Parking is free. For more information, visit <http://strawberryplains.audubon.org> or call (662) 252-1155.

**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](mailto:edgar@catholicmeridian.org).

**11:** Veterans of Foreign Wars Post 79 and the Ladies Auxiliary will host its annual Patriot's Day/POW-MIA Day ceremony to commemorate police, fire and service-members. Location: VFW Post 79, 5614 Old Highway 80, Meridian. Doors open at 3 p.m., program begins at 4 p.m. There will be a dinner to follow for donations to assist veterans and VFW programs. Families welcome to attend.

**16:** Meridian Community College's Arts and Letters Series presents Bits 'n Pieces Giant Puppet Theatre "The Ugly Duckling" at McCain Theatre, 910 Hwy 19 North. Show Time: 9:30 a.m. and 7 p.m. For information, call (601) 484-8696.

**17-19:** Fahrenheit 2010 featuring a truck-car-bike show at Northeast Park, Highway 39 North, Meridian. Time: Friday 7 p.m.-11 p.m., Saturday 8 a.m.-11 p.m., Sunday 8 a.m.-5 p.m. Admission: 1 day pass is \$5, 2 days is \$8, 3 days is \$15.

**18:** Glen G. Puder Memorial "See You on the Otherside Ride" begins at Meridian Yamaha at 9 a.m. Proceeds will benefit Toys for Tots. Ride is open to all street legal vehicles.

**Pvt. Logan Tuck**

MATSS-1 Student

Hometown: Red Boiling Springs, Tenn.

Pvt. Logan Tuck is a student at Marine Aviation Training Support Squadron One onboard NAS Meridian. He is in the Marine Aviation Supply Specialist Course and after graduation hopes to be stationed in Hawaii.

"I became a Marine so I could do something worthwhile with my life," said Tuck who enlisted on April 12, 2010. "I also joined to have something I've done make my family proud. I'm looking forward to seeing different places and working with people from all around the world."

Tuck, 21, is the son of Terry and Karen Tuck and has one brother, Bryson. His hobbies include playing sports, working out, riding horses and spending time with family and friends.

The person Tuck most admires is his father. "He has always been a person I could talk with if I needed help with anything. He has taught me so much throughout my life -- without him I wouldn't be the person I am today."

**OOORAH!****Pvt. Srimad Baral**

MATSS-1 Student

Hometown: Oklahoma City, Okla.

Question: Why did you joined the Marine Corps?

Answer: "To be independent and follow family traditions of being involved in the government and serving the country," said Pvt. Srimad Baral who enlisted in the Marine Corps on April 12, 2010.

Baral, a student at Marine Aviation Training Support Squadron One, would like to be stationed in California after graduation from MATSS-1.

"I'm looking forward to learning new traits and traveling to new places," Baral said.

His hobbies include snow boarding, playing UFC on X-box and working out.

The person he most admires is the famous boxer, Roy Jones Jr. "He stays motivated and gains respects from others because he is so good at what he does."



**U.S. Marine Sgt. Jill Wells, a member of the HMM-165 reinforced (REIN), 15th Marine Expeditionary Unit assists local Pakistani citizens with loading food onto a Marine Super Stallion (CH-53E) as a part of humanitarian relief efforts in Pakistan, Khyber Pakhtunkhwa Province (formerly North West Frontier Province), Pakistan, Aug. 13.**

Photo by Capt. Paul Duncan

**Marines support Pakistan flood relief**

By Elaine Wilson  
American Forces Press Service,  
Headquarters Marine Corps

WASHINGTON -- The Marine Corps has responded to the crisis in Pakistan with troops, aircraft and a host of evacuation support, and relief supplies, the service's commandant said here today.

Commandant of the Marine Corps Gen. James T. Conway recently returned from a trip to Pakistan and updated reporters on the Marines' relief efforts in the wake of massive flooding there in a briefing at the

Pentagon.

Since Aug. 12, 2,200 Marines from the 15th Marine Expeditionary Unit have responded to the crisis, he said. And, as of this morning, eight Marine CH-46 and four CH-53 helicopters deployed to Pakistan have evacuated 3,075 people and delivered more than 650,000 pounds of cargo.

Meanwhile, the 26th MEU from the East Coast is sailing early to contribute to the disaster relief, Conway said, and the unit should arrive off the Pakistani coast by mid to late September.

● **Flood, page 16**

**Conway predicts ongoing Marine presence in Afghanistan**

By Elaine Wilson  
American Forces Press Service,  
Headquarters Marine Corps

WASHINGTON -- The commandant of the Marine Corps predicted a continued Marine presence in southern Afghanistan well after July 2011, when a transfer of security responsibilities to the Afghan government is slated to begin.

"I honestly think it will be a few years before conditions on the ground are such that turnover will be possible for us," Gen. James T. Conway told reporters today during a Pentagon briefing.

Conway briefed reporters on his recent trip to the Central Command area of responsibility, during which he visited Afghanistan, Pakistan, Romania and Germany. He spent most of his trip visiting Marines and sailors in southern Afghanistan's Helmand province, an official said.

Helmand and its neighboring province of Kandahar are the birthplace of the Taliban, Conway noted, and the conditions there vary from other regions. "If you look at the num-

bers of attacks, numbers of casualties; if you look at the focus of the main effort -- that is, the view of the commanders there -- the fight is in the south," he said. Conway declined to pinpoint the length of time a Marine presence would be needed there. However, "I do not believe conditions in ... Helmand or Kandahar ... are going to be such that we think we can simply turn over to Afghan forces and leave," he said.

The key to success in Helmand, Conway said, is to move people's loyalties off the fence and onto the side of Afghan and international security forces. While slow to happen, he's seeing signs of progress toward this end, he said, with less corrupt and better-skilled police forces, more projects,

● **Marine, page 12**



Conway

# In the Spotlight

## Birth Announcement...

Lt. j.g. Joseph M. and Jessica J. Graham announce the birth of a daughter, **Clementine Jael**, on July 23, 2010, at Rush Foundation Hospital. Clementine was 7 pounds, 12 ounces. She was 19.5 inches. Lt. j.g. is attached to Training Squadron Seven.

## Welcome ...

CNATT Learning Site Meridian would like to welcome aboard **AZ1(AW) Nathan Hughes** and his family.

## Happy Birthday...

**Marvin McNail**, a San Diego City College instructor at Naval Technical Training Center Meridian, celebrated his birthday on Aug. 29. Happy B-day from your co-workers.



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

## 2010 Navy Ball Tickets

Tickets are now on sale. The ball will be Oct. 16 at the Riley Center in downtown Meridian. Prices are:

E-1-E6 ~ \$30 a person	04 & above ~ \$50 a person
E7-O3 ~ \$40 a person	Civilian ~ \$50 a person

Cash or checks only. Makes checks payable to Navy Ball. Ticket Representatives are:

MA2 Robert Perdue (Security) 679-2361	Michelle Carlson (TW-1) 679-2498
ACC Jed Theriot (NAS) 679-2505	Susan Junkins (NAS) 679-2602
HM3 Ryan Newkirk (Medical) 679-2020	Lt. Jacob Mattheisen (VT-7) 679-2321
NC1 Jennifer Mosley (NTTC) 679-3733	Lt. Michael Gast (VT-9) 679-2330

Let's Quit Tobacco!

## Classes begin Sept. 14

Freedom From Tobacco classes are offered, free of charge, at Naval Branch Health Clinic Meridian to anyone who smokes or uses tobacco in any form.

Orientation for the next class will be Sept. 14, at 3:30 p.m. at the clinic on board NAS Meridian. Classes will be held weekly at 4 p.m. for the following six weeks, with follow up

aftercare. Various smoking cessation tools and medications are provided at no charge.

Classes are conducted by Sharon Davis of Riley Hospital and limited to 20 individuals. Anyone interested can register by calling Davis at (601) 484-3374. Again, the only criteria for participation is that one be a tobacco user and want to quit.



## 186th continues to train on board station

By Penny Randall  
Staff Writer

Naval Air Station Meridian and the 186th Air Refueling Wing began a partnership in April 2009. That partnership, called "Project Liberty" continues to thrive.

The mission: Training pilots using new intelligence surveillance and reconnaissance.

Military members from the 186th use NAS Meridian's facilities for training exercises. The training consists of an MC-12 aircraft orbiting overhead the base "collecting" full motion video imagery and ground force units "patrolling" designated areas to simulate ground threats. The MC-12 is a variant of the C-12 King Air outfitted with sensors capable of detecting movement at great distances. Because the aircraft is operating at such a high altitude, most personnel on base will never realize the aircraft is there. The ground forces are divided into "good guys -- coali-

tion forces" and "bad guys -- opposing forces." The pilots of the MC-12 will communicate the location of the opposing forces to the coalition Soldiers.

All training aids, including training weapons, will be clearly marked with blue tape or paint. No live fire exercises will be conducted. Base personnel may notice the opposing forces dressed in costume as well as coalition forces dressed in full battle gear. All vehicles will be clearly marked "Project Liberty."

It is extremely important for the 186th to simulate their mission to the fullest extent possible in preparation for deployment to overseas locations. Specific training areas located on the base are: Lake Martha, the small arms range, MWR trailer storage area, Bernath Field, the ballfield behind Navy Gateway Inn & Suites, RCTA MOUT City and the skeet range. NAS Security will be aware of specific training areas being used daily and the training will not interfere with any base functions.

## Military Day is Oct. 1 at Queen City Fair

Queen City Fair is making its way to Meridian and celebrating its 10th anniversary. The fair is set to run Sept. 27-Oct. 3 at the Lauderdale County Agri-Center, 1030 Highway 19 South.

Fair Organizer Len McRae said he's working to make sure this year is special and will include a Military Day on Friday, Oct. 1. Admission will be \$4 per person on this date only from 4 p.m.-midnight with valid military ID.

"Special gate admission to be given to all active duty, retired and national guardsmen," McRae said. "We love the military and want them to come out and bring their family."

McRae said he strives to achieve a good balance between old and new events at the fair.

"We try to do a lot of the same things every year at the fair," he said. "But we try to change things up at the same time so that it doesn't become boring."

Along with the midway, food vendors, and local entertainers that can be found at the fair every year, McRae is bringing in attractions that have never been at the Queen City Fair before. The one he's most excited about is the Rhinestone Roper show.

"It's the kind of thing that a family could go to and everyone be entertained," McRae said. "He does gun tricks, knife throw tricks, rope tricks, and his horse does tricks. It's pretty cool."

The show, featuring the Rhinestone Roper and his horse, Lucky Joe, will be held several times a day throughout the fair and has no extra charge above the cost of fair admission.

The Midway, which he said is expanded a little each year, will again feature favorite rides like the Zipper, the Himalaya, and the Giant Wheel. The petting zoo will be back, along with blacksmith demonstrations and the National Guard Rock Climbing Wall. Other entertainment

## Schedule of Events

- **Monday, Sept. 27** (4 p.m.-10 p.m.)  
4 p.m.-5 p.m. - FREE GATE  
ADMISSION Coca-Cola presents School Day at the Fair (One free ride with Coca-Cola coupon)
- **Tuesday, Sept. 28** (4 p.m.-10 p.m.)
- **Wednesday, Sept. 29** (4 p.m.-10 p.m.)
- **Thursday, Sept. 30** (4 p.m.-10 p.m.)
- **Friday, Oct. 1** "Military Day"  
(4 p.m.-midnight)
- **Saturday, Oct. 2** "Meridian Star Day"  
(Noon-midnight)
- **Sunday, Oct. 3** "Family Day"  
(Noon-8 p.m.)



will include Meridian's Most Talented contest, the Little Miss Queen City Fair pageant, and the Youth Night concerts featuring "Refuge" & "The Net Band."

Gate admission will be \$6 per person, and free to kids under 6, with different specials happening throughout the week. Parking will be \$2. For schedule details, contest applications, and more information, go to: [www.queencityfair.net](http://www.queencityfair.net).

Safety is our Duty

# Local law enforcement cracks down on DUIs

By April Phillips

Naval Safety Center Public Affairs

NORFOLK (NNS) -- Law enforcement officials began their annual "Drunk Driving Over the Limit Under Arrest," driving under the influence (DUI) prevention campaign Aug. 20.

Increased DUI enforcement, including sobriety checkpoints, will continue through Labor Day, Sept. 6, according to the Governors Highway Safety Association (GHSA).

The Naval Safety Center is supporting the campaign and fleetwide efforts to educate Sailors about the consequences of driving while impaired and irresponsible use of alcohol in general.

"We are always happy when we can partner with other organizations who share our priorities and goals," said Rear Adm. Arthur J. Johnson, commander, Naval Safety Center.

He noted that law enforcement agencies in all 50 states and U.S. territories will be cracking down on impaired driving.

Nationwide, it is illegal to drive with a blood alcohol level (BAC) of .08 or higher, and GHSA reports that nearly 12,000 people were killed in crashes involving drivers or motorcycle riders with BACs above the legal limit in 2008.

While DUIs are down in the Navy, Johnson said it's important for leaders up and down the chain of command to keep this trend moving in the right direction.

"If alcohol will be a part of your Labor Day holiday festivities, this is your reminder to plan for a safe ride home," said Johnson. "Failure to do so can be quite costly."

For more information on the DUI enforcement campaign and individual state crackdown efforts around the Labor Day holiday, visit <http://www.ghsa.org/html/projects/dd/otlua/>



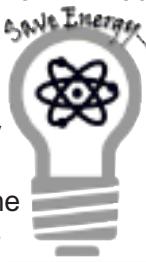
Patrolman Wilbur McClendon demonstrates how the Intoxilyzer 8000 machine is used to determine the breath alcohol content of a person. Individual pictured is not intoxicated. He is a volunteer. The Intoxilyzer gathers a person's information by swiping or scanning their driver's license. The machine is used on board NAS Meridian.

## Energy efficiency facts...

- It is estimated that 50 to 80 percent of the tires rolling on U.S. roads are underinflated. Driving with tires that are underinflated increases "rolling resistance," wasting up to 5 percent of a car's fuel. We could save up to two billion gallons of gasoline annually simply by properly inflating our tires.

- If all the cars in the United States were equipped with the

- If 10,000 families with four members each installed inexpensive low-flow aerators on their kitchen and bathroom sink faucets, they'd reduce water consumption by more than 33 million gallons a year.



- The American Council for an Energy-Efficient Economy estimates that if each of us increased the energy efficiency of our major appliances by 10 to 30 percent, we'd reduce the demand for electricity by the equivalent of 25 large power plants.

- Residents of Los Angeles drive 142 million miles every day -- roughly equal to the distance between Earth and Mars.

- Cars emit 20 pounds of carbon dioxide for every gallon of gas consumed.

- Manufacturing glass from recycled cullet (broken or waste glass returned for recycling) uses up to 32 percent less energy than producing glass from raw materials.

## Letter to the Editor

# The tragedy of drunk driving

As long as I've been a police officer, I've never gotten used to the sorrow I feel when I'm called to the scene of a crash where a young person has died due to impaired driving. Yet this senseless loss of human life is a daily reality all over America -- year after year.

Imagine the public outrage if 29 jumbo jets -- each carrying about 400 people -- crashed every year in America, killing all on board. That's the equivalent of the toll our country suffers annually due to impaired driving. But where's the indignation over this catastrophe?

The fact is that impaired-driving deaths did decline dramatically during the 1980s through the early 1990s. Social activism, including the rise of organizations such as MADD, led to tighter laws that helped bring the death toll down. During that period, every state -- plus the District of Columbia -- made it illegal to drive with a blood alcohol concentration (BAC) of .08 grams per deciliter or above. In addition to that, the legal drinking age was raised from 18 to 21.

Although data show that impaired driving fatalities across the country have declined by almost 10 percent in the last year, the numbers are still too high. In 2008 alone, the latest year for which we have data, nearly 12,000 people died in crashes in which a driver or motorcycle rider was at or over the legal limit (BAC of .08 g/dL or higher), according to the National Highway Traffic Safety Administration.

## Did You Know?

As of Aug. 6, 2010, eight Sailors have died this summer during off-duty hours: four in four-wheel motor vehicle mishaps, two on motorcycles, and two during recreation mishaps.

In 2009, 16 Sailors died during the summer. Approximately half of last year's reportable Labor Day weekend mishaps occurred during organized sporting events and other recreation activities.

Because we're committed to ending this tragedy, the NAS Meridian Security Department will join with others throughout the nation during the coming Labor Day holiday for an intensive crackdown on impaired driving. This nationwide enforcement campaign, which runs through Sept. 6, is aimed at the most likely offenders, 21- to 34-year-old males.

As police officers, our message during this crackdown and all year long is clear and unwavering: Drunk Driving. Over the Limit. Under Arrest. With stepped-up law enforcement throughout the nation -- including sobriety checkpoints and saturation patrols -- if we catch you driving drunk, you will face serious consequences.

MAC(SW) Clarence J. Hoffman  
Deputy Security Officer for Operations  
NAS Meridian Security Department

# Military steps up role in Chesapeake Bay preservation

By Donna Miles  
American Forces Press Service

WASHINGTON -- Military leaders pledged recently to step up efforts to help to control pollution and preserve the sprawling Chesapeake Bay, the United States' largest estuary and home to 68 military installations.

Navy Secretary Ray Mabus and installation commanders from throughout the watershed area met with Environmental Protection Agency Administrator Lisa Jackson, Maryland Gov. Martin O'Malley and other officials at the U.S. Naval Academy in Annapolis, Md., Aug. 25.

Mabus, the most senior defense department official at the session, called the bay restoration "pre-eminently a team effort," and said every military facility along the watershed has an obligation to "do the things that make a difference, long-term, in the Chesapeake."

The Defense Department is a major landowner along the 64,000-square-mile bay watershed, which includes Naval Station Norfolk, Va.; Naval Air Station Patuxent River, Md.; the U.S. Naval Academy; and Aberdeen Proving Ground, Md.

Mabus noted that every military service has a presence on the bay, and an obligation to pre-

serve it.

"We all recognize that what happens to the Chesapeake Bay is not just a concern of the people of the Chesapeake Bay," he told the conference attendees. "It affects our entire country."

He outlined extensive military environmental projects each of the 68 facilities already has under way. These include stricter, environmentally friendly building standards, upgrades to sewage treatment plants, and increased use of electric and hybrid vehicles to cut nitrogen emissions and porous pavements to control stormwater runoff.

Mabus pledged that the military will continue to work with local, state and federal officials to build on these efforts.

"It's part of our responsibility to make sure that we pass on this environment to our children, to our grandchildren and to this country in a better way than we found it," he said.

Speaking for the EPA, Jackson said military members recognize this obligation.

"I think the men and women of our armed forces understand that their duty to protect our country goes beyond weapons," she told the group. "It goes to the resources that are our country's responsibility] to safeguard and protect."

# Navy tightens E5 eval recommendations

MILLINGTON, Tenn. (NNS) -- In an effort to more clearly define top-performing Sailors, the Navy is revising the E-5 periodic evaluations beginning March 15, 2011, with a mandatory "ranking" requirement.

According to NAVADMIN 286/10, the E-5 force distribution rules are being changed so that the total number of "early promote" and "must promote" recommendations cannot exceed 60 percent, and "Must Promote" recommendations can be increased by one for every unused "early promote" quota.

Previously, raters were not limited in how many "must promote" recommendations they were able to give, but "early promote" recommendations have been set and remain at 20 percent.

As the Navy continues cen-

tering its attention on performance, it is more important than ever for Sailors to ensure their records are up-to-date and accurate. The Electronic Service Record can be viewed at <https://nspics.nmci.navy.mil> and Official Military Personnel Files are available on BUPERS Online at <https://www.bol.navy.mil>.

An updated release of the NAVFIT98A software is planned for January 2011 to incorporate the policy change. The software was modified earlier this year to incorporate changes regarding the documentation of Physical Fitness Assessments and Individual Augmentee assignments.

For more information, visit [www.npc.navy.mil/CareerInfo/PerformanceEvaluation/FAQ.htm](http://www.npc.navy.mil/CareerInfo/PerformanceEvaluation/FAQ.htm).

From Navy Personnel Command  
Public Affairs

# New law extends 75-Day leave carry over until 2013

MILLINGTON, Tenn. (NNS) -- A 2008 law that increased annual leave carry over from 60 days to 75 days has been extended to 2013.

The 2010 National Defense Authorization Act passed by Congress and signed by President Barack Obama in October 2009, extended the planned December 2010 expiration of the 75-day leave carry over benefit, until Sept. 30, 2013. Afterward, leave carryover eligibility will be reset to 60 days.

"While this extension was effective in October 2009, and policy documents were updated to reflect this change, it appears that many Sailors had not received this information. The release of NAVADMIN 281/10 ensures maximum distribution to the fleet," said Lt. Brandi McGehee, Navy military pay and compensation policy, assistant pay and allowances officer.

Special Leave Accrual (SLA) retention limits for SLA earned between Oct. 1, 2008, to Sept. 30, 2013, for service members assigned to hostile fire or imminent danger areas, certain deployable ships, mobile units, or other duty, were also extended to four fiscal years from the previous three-fiscal-year limit.

These leave carryover changes are now reflected in the MILPERSMAN articles that apply (1050-010, 1050-060 and 1050-070).

For more information, visit the Navy Personnel Command website at [www.npc.navy.mil](http://www.npc.navy.mil) and read the message or contact your servicing Personnel Support Detachment.

-- From Navy Personnel Command Public Affairs

# Enterprise continues preparations for deployment

By MC3 Nathan R. Carpenter  
USS Enterprise Public Affairs

USS ENTERPRISE, At Sea (NNS) -- USS Enterprise's (CVN 65) Weapons Department will undergo the second phase of Conventional Ordnance Safety Review (COSR), an inspection designed to ensure proper handling procedures are followed in the stowage, movement, assembly and installation of ordnance carried aboard the ship, Sept. 27.

The first COSR inspection, completed May 2010, evaluated ordnance-handling facilities and administrative procedures onboard Enterprise before ordnance could be loaded onto the ship.

For the second phase of COSR, approximately 85 percent of Enterprise's full ordnance load must be on board to evaluate the effectiveness of the explosive safety program.

With the training and deployment schedule of Enterprise and the rest of CCSG-12 dependent on the outcome of COSR, Aviation Ordnanceman 1st Class Arthur D. Gray (AW/SW), leading petty officer for G3 Division of Weapons Department, is doing everything he can to make sure that his department is ready.

"We are constantly training, over and over again," said Gray. "To do well on this inspection, everyone must be properly trained and all safety protocols must be followed."

Training is nothing new for Gray, who hopes to see at least half of the 40 airmen in his division advance to the rank of petty officer third class after the next exam cycle. Regardless of the upcoming inspection,

Gray's Sailors will be studying and training to become more proficient at their jobs.

Despite Enterprise's recent emergence from an extended shipyard period, Gray believes many of his ordnancemen who have never been on a deployment are as trained and capable as any of their more experienced counterparts.

"Inexperience doesn't hurt us a bit," said Gray. "My guys were well trained in [apprenticeship] school, and they're eager to show what they can do."

Gray has no doubt his division will do as well in the second phase of COSR as they did in the first one.

"We're solid," said Gray. "We've been training and preparing to get to this day. We blew all of the other inspections out of the water, and if this one were to come tomorrow, we'd pass."

Enterprise is at sea conducting work-ups in preparation for her 21st deployment.

"To do well on this inspections, everyone must be properly trained..."

AO1 Arthur D. Gray  
Leading Petty Officer for  
G3 Division

# NAS Meridian Chapel

211 Fuller Road

Protestant  
Sunday Services  
9 a.m.  
Choir Practice  
at 8 a.m.

Catholic Mass  
Sunday 5 p.m.  
Choir Practice  
at 4 p.m.

Wednesday  
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## Father reenlists deployed daughter via video teleconference

By MC3 Jonnie Hobby  
USS Harry S. Truman Public Affairs

USS HARRY S. TRUMAN, At Sea (NNS) -- A Sailor deployed aboard USS Harry S. Truman (CVN 75) was reenlisted by her father via video teleconference Aug. 20.

Cmdr. Joe Simpkins, stationed at Naval Facilities Engineering

Command Pacific Fleet, in Pearl Harbor, reenlisted Culinary Specialist 3rd Class Amber Simpkins, of Carrier Strike Group 10.

"Anytime you can reenlist someone, it's a very special thing," said Joe. "To be able to reenlist your daughter is an even bigger honor. The fact that we can do this at sea shows how advanced our

technology has become. This is a very special day for us."

"I'm glad he got to reenlist me," Amber said. "I know a lot of people worked hard to schedule the video conference and I appreciate it. I wouldn't have wanted to reenlist any other way."

Amber, who reenlisted for another six years, said that one of the factors in her decision to join the Navy was the success her father has been able to achieve in his naval career.

"He just showed me all the opportunities the Navy gives to its Sailors," she said. "When he was growing up, he didn't have a family or anything else to call his own. The Navy treated him well, and it's treating me the same way."

"When she joined, I didn't pressure her at all to make it a career," said Joe. "I expected her to serve honorably and answer the call of duty whenever the time came. I am very proud of her and I know she will continue to do a great job."

Also participating in the VTC were Amber's sister and step-mother. After the reenlistment,

"To be able to reenlist your daughter is an even bigger honor."

Cmdr. Joe Simpkins

Amber got to spend a few precious moments catching up with her family and sharing some of her deployment experiences with them.

"She is making her family proud," Joe said. "As one Simpkins is winding down his career, another one is winding hers up. There will be a Simpkins in the U.S. Navy for many years to come."

"It was definitely a special thing," said Amber. "Every time I go on deployment my dad is just coming back from one, so I haven't really seen him in three years. It was really nice to be able to catch up with my family and see that they're doing well."

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# Navy Exchange Service Command receives new commander

By Kathleen Martin

Navy Exchange Service Command  
Public Affairs

VIRGINIA BEACH, Va. (NNS) -- Navy Exchange Service Command (NEXCOM) held a change of command ceremony at NEXCOM's Virginia Beach, Va., headquarters Aug. 25.

Rear Adm. Steven J. Romano was relieved by Rear Adm. (Sel.) Glenn C. Robillard at the ceremony.

During the ceremony, which was attended by more than 300 NEXCOM associates, former commanders, distinguished guests and families, Romano reflected on his tour and thanked

the NEXCOM team for all their hard work and dedication in service to Sailors and their families.

"It has truly been an honor and privilege to serve with you, and I am so proud to have served as your commander," said Romano. "At NEX, we are all so blessed to have the opportunity to serve the greatest Navy in the world...the United States Navy."

Robillard became the 29th commander of NEXCOM and is in charge of NEXCOM's worldwide Navy Exchange System. NEXCOM is responsible for the oversight of 104 Navy Exchange facilities with nearly 300 stores worldwide, 41 Navy lodges, ship's

stores and the Uniform Program Management Office. NEXCOM's mission is to provide authorized customers quality goods and services at a savings and to support Navy quality of life programs.

Robillard expressed his excitement to take on this new assignment and lead such a dedicated group of professionals.

"To all NEXCOM associates, many here today, most servicing our Navy and joint partners around the world, I am honored to lead and represent you," said Robillard. "During the past two weeks, I have had the opportunity to meet many of you...from the most senior leaders to our newest

associates in the field. Across the board, in management, in retail sales, in uniforms, in services, in distribution, in telecommunications, you name it...I have never experienced a more dedicated and enthusiastic workforce. I am so incredibly impressed. It is you, individually and collectively, that make NEXCOM such a success. I am extremely proud to be a mem-

ber of your team."

The ceremony also marked the end of a 30-year Navy career for Romano.

NEXCOM's four independently functioning programs generated more than \$2.5 billion in sales in 2009 and provided \$51.1 million to the Navy's Morale, Welfare and Recreation programs.

## VT-9 Tigers beat the heat and continue training

By Lt. C.H. Shively  
VT-9 PAO

The Tigers of Training Squadron Nine had a productive spring and summer.

Three carrier qualification detachments in June, July and August onboard the USS George H.W. Bush (CVN 77) gave 24 student naval aviators their first experience with carrier operations. These new "quals" are well on their way to earning their "Wings of Gold."

The students and instructors of VT-9 flew more than 4,100 hours this summer despite sweltering heat and violent thunderstorms that threatened to derail training.

Several students stood out from their peers this summer. Lt. j.g. Brandon Cook, Lt. j.g. Michael

Smith and 1st Lt. Stanton Gardenhire received Student of the Month honors in May, June and July respectively. Instructor of the Month honors went to Lt. Mark Collins, Capt. Jared Snow and Capt. Robert Bradley.

In all VT-9 is on track to pro-

duce 36 newly designated Naval aviators this summer. This is an important milestone for these young Navy and Marine Corps officers, but even more important to the fleet replacement squadrons who need the new aircrew to meet the needs of the fleet.

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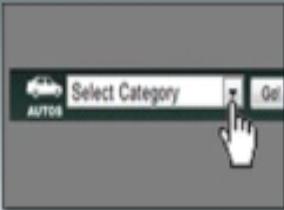
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flight hours the 208 Goshawks in the fleet have accumulated. NAS Meridian, home to 84 Goshawks, trains student Naval and Marine Corps aviators in the two-seater aircraft designed to carry an instructor and student. In 2009, personnel successfully managed 220,000 flight operations in support of Training Air Wing One and its squadrons VT-7 and VT-9. Student aviators at air stations in Meridian, Kingsville, Texas, and Pensacola, Fla., are currently trained in the aircraft.

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# Continuation board keeps best Sailors in the fleet

By MC1 LaTunya Howard  
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- The Navy announced the fiscal year 2011 (FY-11) performance-based board for continuation, which will convene Sept. 20 to review senior enlisted (Active/Reserve) personnel with more than 19 years of service.

The focus is performance within the last five years or since advancement to current grade (E-7 through E-9), whichever is later. According to NAVADMIN 276/10, an amplified update to

NAVADMIN 180/10, documented misconduct, sub-standard or marginal performance will be the primary reason board-eligible Sailors will not be continued in the Navy past the 20-year mark. Among the specific performance indicators the board will consider are:

- ✓ Documented misconduct involving either Uniform Code of Military Justice (non-judicial punishment) or civilian offenses.

- ✓ Moral or professional dereliction such as relief for cause or detachment for cause.

- ✓ Continuity gaps in evalua-

tion/fitness report of greater than 90 days.

- ✓ The Sailor's evaluation/fitness report during the period reviewed includes marks showing sub-standard or marginal performance of duty.

The board will consider these factors and others within the entire record and use its judgment to select Sailors for continuation whose service is in the best interest of the Navy. NAVADMIN 276/10 contains the complete list of board consideration factors.

"This is a performance-based

board, and I have extreme confidence that the senior enlisted leadership who sit the board are focused on fairness and proper adherence to standards," said Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West. "This is a move in the right direction, so we are retaining the best people possible for our Navy."

Commands may re-verify their FY-11 enlisted continuation board eligibility listings weekly until Sept. 1.

For Sailors being reviewed, the board correspondence sub-

mission deadline has been extended to Sept. 1. Board-eligible Sailors must submit any correspondence to the board with a postmark by this date.

West said this is the second year of the Senior Enlisted Continuation Board, but the first year Reserve chiefs will be looked at.

"The continuation board has expanded from last year," West said. "More people are being looked at across the Navy's Total Force including reserves and some communities that were exempt last year."

## Navy encourages Sailors, civilians to participate in SECDEF Efficiency Contest

By Monica A. Wells  
Office of the Deputy Under Secretary of the Navy/Deputy Chief Management Officer Public Affairs

WASHINGTON (NNS) -- The deadline for submissions to the Innovation for New Value, Efficiency and Savings Tomorrow (INVEST) Awards contest is Sept. 24.

The INVEST Awards contest was established as a vehicle to seek innovative ideas, suggestions and proposals outside of official channels.

Secretary of Defense Robert M. Gates announced the launch of the department-wide online contest as part of his Aug. 9 efficiency initiatives announcement.

INVEST solicits and rewards innovative ideas that save money, result in cost avoidance, increase efficiency and agility within the Department of Defense (DoD) and utilize resources more effectively. The contest is open to all DoD military and civilian personnel.

Contest submissions can pertain to the Department of the Navy (DoN), another service or the DoD in its entirety. DoD personnel are encouraged to submit all ideas, both small and large.

● Efficiency, page 15

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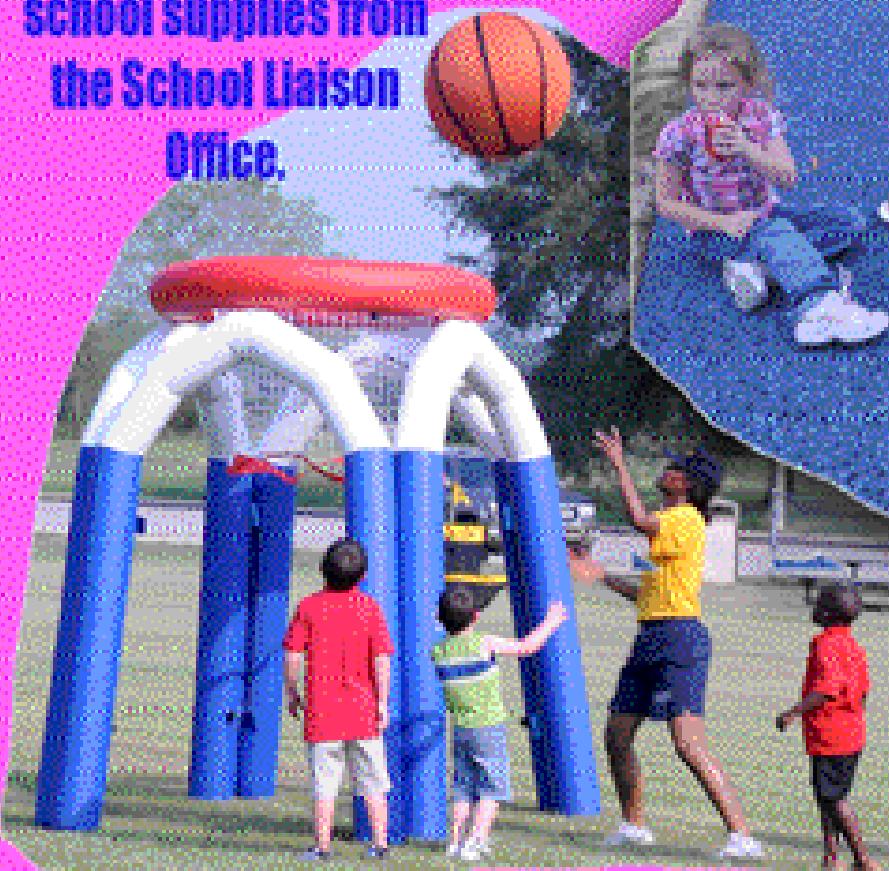
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# Back to School

# BASH!

NAS Meridian's MWR sponsored a "Back to School Bash" on Aug. 27 at the School Age Care Center. Families enjoyed food, music and fun games such as bounce houses and the dunk tank. Kids were treated to face painting and took home free school supplies from the School Liaison Office.



Photos by  
MC2 Flordeliz  
Valerio

# 11 aviators earns 'Wings of Gold' during traditional ceremony

There was a naval aviator designation ceremony on Sept. 2, 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."

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

**Lt. j.g. William Favia**, USN, who earned one Navy "E" 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 13, when he was named "Best at the Boat" for that carrier qualification evolution. Favia completed Advanced Jet Flight Training with Training Squadron Seven;

**First Lt. Michael Ford**, USMC, who earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He was selected as VT-9's Student of the Month for February 2010 and also earned the "Best Bomber" award for his class. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 12. Ford completed Advanced Jet Flight Training with Training Squadron Nine;

**First Lt. Keith Hibbert**, USMC, who was named to the Commodore's List during Primary Flight Training. He earned four 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 on June 14. Hibbert completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Eric Holler**, USN who was selected VT-7's Student of the Month for May 2010. 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 July 18. Holler completed Advanced Jet Flight Training with Training



Favia



Ford



Hibbert



Holler



McCadden



Moore



Moos



Radabaugh

Squadron Seven;

**Lt. j.g. Kevin McCadden**, USN, who was named to the Commodore's List during Primary Flight Training. He 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 July 18. McCadden completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Garrett Moore**, USN, who earned four 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. Moore completed Advanced Jet Flight Training with Training Squadron Nine;

**First Lt. Eric Moos**, USMC, who earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He was selected as VT-9's Student of the Month for October 2009 and earned the "Top Gun" award for his class. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 14, when he was named



Robie

"Best at the Boat" for that carrier qualification evolution. Moos completed Advanced Jet Flight training in Training Squadron Nine;

**First Lt. Jason Radabaugh**, USMC, 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 14. Radabaugh completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. John Robie**, USN, who



Romig

earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He was selected VT-9 Student of the Month for January 2010 and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 14. Robie completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Leslie Romig**, USN, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. She carrier qualified in the T-45C on



Wright

board the USS George H.W. Bush (CVN-77) on June 14. Romig completed Advanced Jet Flight Training in Training Squadron Nine; and

**Lt. j.g. Craig Wright**, USN, who earned five 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 July 18. Wright completed Advanced Jet Flight Training with Training Squadron Seven.

# NHB Sailors part of arrival ceremony of 9/11 World Trade Center steel beams

By Douglas H. Stutz  
Naval Hospital Bremerton Public Affairs

SILVERDALE, Wash. (NNS) -- The Naval Hospital Bremerton (NHB) Color Guard participated in a ceremony at the Kitsap Mall marking the arrival of two steel I-beams from the World Trade Center scheduled for inclusion in the Kitsap County Memorial.

NHB Color Guard members assisted with folding the American flag which covered the two approximately 24-foot long 5,000 pound beams, which will be incorporated into the memorial's archway.

"I almost cried it was so emotional," said Hospitalman Brianna Bartholomew. "The gloves I wore I will forever save. We all were very honored to help fold the flag."

Joining Bartholomew were Hospital Corpsman 2nd Class Jonathan Hart, Yeoman Seaman Jasmine Stewart, Hospitalman Dustin Hayden and Hospitalman Recruit Shane Murphy.

"Our Color Guard gave the just honors that the memorial deserves," said Chief Gunner's Mate (SW) Brandi Painter, NHB Substance Abuse Rehabilitation Program counselor leading chief petty officer. "They really did well, as always."

After folding the flag with members of the Central Kitsap Fire Department, NHB's Color Guard paraded the colors during the national anthem at the start of the formal ceremony.

"To be able to honor and remember those who died on 9/11 is just the right thing to do and this memorial will help keep their memory alive," said Painter, who

was joined by many members of NHB's Chief Petty Officers Mess, along with chief petty officer selectees.

The event drew a sizable crowd of active duty and retired service members, local fire, police and sheriff personnel, various civic organizations and state, county and local dignitaries. Hundreds of Patriot Guard motorcycle enthusiasts, who escorted the beams from the Washington/Idaho border, also gathered at the Kitsap Mall north parking lot for the ceremony.

The Kitsap 9/11 Memorial Committee assisted Central Kitsap Fire and Rescue personnel in organizing the transportation of the two steel beams from New York City to Silverdale.

The Families of September 11 and Port Authority of New York and New Jersey awarded CK Fire and Rescue the honor of receiving the beams.

## Fire safe attitudes make happy summer memories

Do you have a fire safe attitude?

Nothing puts a damper on your favorite summertime activity like a fire or an injury.

NAS Meridian Fire Department urges you to follow these safety tips and to adopt a fire safe attitude so that your activities are remembered only for the fun!



### MATCHES

AND LIGHTERS: Tools for grown-ups -- not toys for kids!

- Always keep matches and lighters out of the sight and reach of children.

- Discourage your children from picking them up and encourage them to tell an adult if found.

### SMOKING MATERIALS:

Use the ashtray -- not the roadway!

During the summer months, the U.S. experiences a sharp increase in brush fires that start from discarded cigarette butts tossed into roadside shrubbery or bark dust.

- Extinguish and discard cigarette butts in an appropriate metal container or ashtray.

### GASOLINE SAFETY: Fuel

for equipment -- fuel for a fire!

- Never smoke or strike a match or lighter while fueling a chain saw, garden tractor, lawn mower, and other gasoline engines. The

invisible vapors are considered dangerous and explosive.

- When refueling your lawn mower or other gasoline-powered yard equipment, always turn off the engine to avoid stray sparks.

- Pour gasoline very carefully. If you spill gasoline, wipe it up immediately and let the saturated rag air out thoroughly.

- Keep gasoline in an approved container with a tight fitting lid to keep the vapors inside.

- Store gasoline containers out of the reach of children and away from potential ignition sources.

- Never store or use gasoline in an enclosed area or in the presence of pilot lights.

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

### • Marine

and district and subdistrict governors overseeing the rule of law.

"When [the International Security Assistance Force] is able to construct a self-contained cell phone system," Conway said, "I'm convinced that tips and intelligence will pick up, making it virtually impossible for the Taliban to operate while hiding behind the citizens."

Conway noted that the Taliban are trying to "string" out the situation in Marja, located in Helmand province, for as long as they can since they realize the loss will be a major defeat for them.

"We are dealing with a very intelligent enemy here who realizes that Marja, probably more than any other battle in Afghanistan, has the capture of an international audience," he said. "And so they're not giving up that easily."

"They're sniping at us, there's throwing a few rounds here and there, they're shooting at our helicopters," he continued, "but mainly, they're intimidating people ... so as to maintain a presence there and keep Marja from being, again, this strategic victory on the part of Marines in the south of Helmand." Conway praised the Marines serving in Helmand province. They embody the meaning of expeditionary, he said. Their ability to be fast, flexible and lethal throws the enemy off balance, he explained, and it's not uncommon to find units away from their forward operating bases for 30 days at a time.

"Using superior firepower and battlefield mobility, I believe that they hold the initiative," he said of the Marines. "Even in the height of

the Taliban's so-called fighting season, they are making the enemy react to them."

Conway also acknowledged the challenges that lie ahead. The Afghan army's capacity is hitting a critical stage, he said. Army Lt. Gen. William B. Caldwell IV, commander of NATO Training Mission Afghanistan and Combined Security Transition Command Afghanistan, is ahead of schedule in training Afghan infantry companies and kandaks, or battalions, he said, although the quality "varies widely."

But the toughest part of Caldwell's mission -- recruiting and training Afghan military aviators and enablers -- lies ahead, Conway said. Enablers are the equivalent of the Marines' combat support units, he explained.

"Those troops will require a higher level of education and skills training than his 'grunt' units have required to date," he said. "That said, the organization and approach that he and his joint combined team have taken appears to be, to the interested observer, just right for the task at hand."

A military force shapes the environment, Conway said, with better security enabling other lines of operation, such as the economy and government, to take shape.

"That's why what General Caldwell and his people are doing is so important," Conway said. "That's why we're partnering right now, almost on every patrol, with Afghan security forces when we go out. That's why we want to posture the police, so they can be successful."

The goal is to transition an increasing amount of responsibili-

ties to host nation forces.

"When we think that we have sufficiently beaten down the insurgency in the area, we have sufficiently built up the Afghan capability to deal with what's there, then I think we have done the essence of what we were sent there to do," he said.

Conway acknowledged reports that indicate Americans are "increasingly growing tired of the war," but he noted that the last of the 30,000 troops President Barack Obama ordered to Afghanistan have only just arrived this month.

Military leaders need to do a better job of convincing Americans of the need for the war in Afghanistan, Conway said.

"I don't think that we have done a strong enough job in convincing the American people there are good and just reasons why we have to destroy al-Qaida and the associated Taliban in Afghanistan, similar to what we did in Iraq," he said, "certainly to the point where there is no future opportunity for safe haven, certainly to the degree that we can create conditions for that Afghan government to rule the country and avoid safe haven."

While Americans may not all support the war, the general noted that they firmly support the troops. "I am so proud of our American public, that regardless of how they see what happened in Iraq or what's happening in Afghanistan, they support the troops," Conway said. "And that's the message that they get from me; that's the message that they see when they come home to dwell. And in that regard, I'm just incredibly proud of our country."

# Long term civil service employees recognized



Patricia Everette, left, Allyson Cagle and Dana Simmons, all staff members from Fleet and Family Support Center pose with their government service award certificates received during a All Hands Call Aug. 24. Everette and Cagle earned 20-year awards, and Simmons received a 15-year award.



Capt. Charles Gibson, NAS Meridian commanding officer, presents Eugene Derusha, a Morale, Welfare and Recreation Department employee, with his 35 year government service certificate and pin.



Capt. Charles Gibson presents Willie Frazier his 35-year government service certificate and pin. Frazier is MWR's recreation director.



Capt. Charles Gibson presents fire fighter William Mosby his 25-year government service certificate and pin.



Capt. Charles Gibson presents fire fighter Capt. Cecil Price Jr. his 10-year government service certificate and pin.



Capt. Charles Gibson presents fire fighter Scott Vance his 10-year government service certificate and pin.



Capt. Charles Gibson presents fire fighter Jeffrey Ramsey with his 10-year government service certificate and pin.



Capt. Charles Gibson presents Michelle Maples, an employee of MWR's Child Development Center, her 20-year government service certificate and pin.



Capt. Charles Gibson presents MWR employee David Hatcher his 10-year government service certificate and pin.

# MWR Mission First... Sailors Always



## September Specials

SUNDAYS 11 a.m.-3 p.m.

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WEDNESDAYS Sept. 8 and 29

Rent-a-Lane for \$25 for

5 people from 7-9 p.m.

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FRIDAYS Sept. 3 and 17

No Tap Bowling Tournament

\$10 per person,

sign-up by 6 p.m.

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FRIDAYS Sept. 10 and 24

Cosmic Bowling at 7 p.m. --

regular rates apply

~~~

SATURDAYS Sept. 4 and 18

Cosmic Bowling at 7 p.m. --

regular rates apply

~~~

SATURDAYS Sept. 11 and 25

NAS Staff Bowling Special

from 11 a.m.-5 p.m.

\$2.50 a game, including shoes

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## CDC earns accreditation from NAEYC

By Stephanie Nicholson  
Training & Curriculum Specialist

The employees of the NAS Meridian Child and Youth Program (CYP) are proud to announce the accreditation of the Child Development Center (CDC) through the National Association for the Education of Young Children (NAEYC).

The National Association for the Education of Young Children is the premier accrediting body for early childhood programs in the United States.

Early childhood programs are required to be successful in the nine competency areas for accreditation. These competency areas include: Safety and Health, Environments, Relationships, Teaching, Assessment,

Teachers and Families, Community Relationships, Leadership and Management, and Curriculum.

The accreditation process is a challenging and lengthy one that includes program assessments, family involvement, establishment of classroom and program evidence portfolios and a final NAEYC validator observation visit. The validator visit for NAS Meridian CDC was June 27.

The entire CYP team is proud of its accomplishment and commitment to high quality early childhood programming. Further, they appreciate the assistance of families and other community members who supported their efforts on behalf of NAS Meridian children. For more information call (601) 679-2652.



Child and Youth Program employees include Dorothy Hudnall, left, Erica White, Michelle Maples, Stephanie Nicholson and Mary Leggett.

Photos by Matt Davis

Sandra Johnson, Yolanda Ott, CYP Director Deridre Odom, Brenda McElroy and Joyce Grace. Not pictured are Sheila McCoy, CYP assistant director, Rosalyn McCoy, Linda Griffin, Cynthia McDonald and Keshia Colston.



The following are activities scheduled for single and unaccompanied active duty military on board NAS Meridian. For information or if you have an idea for a trip or event, call (601) 679-3760. The Liberty Program is housed on the second floor of NTTC Admin Building 220.

Hours of operation: Monday-Thursday: 11 a.m.-1 p.m. and 3-9 p.m.; Friday: 11 a.m.-1 p.m. and 3-11 p.m.; Saturday: 11 a.m.-11 p.m.; Sunday: 11 a.m.-9 p.m.

## September

**4:** Travel with Liberty to Pensacola, Fla., for a day of relaxation on the beach, shopping and dinner. Bus leaves Liberty parking lot at 8 a.m. and returns to base around 11 p.m. Cost is \$10 per person. Minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

**5:** Starting at 10 p.m. you can wear your pajamas to the Liberty Center! All Liberty patrons MUST be appropriately covered or you will not be allowed into the Liberty Center. Liberty Center open until 2 a.m. to provide you with continuous movies, food, music (you are the DJ's so bring your IPOD's) and contests.

**6:** Double Elimination Pool Tournament begins at 7 p.m. in the Liberty Center. No entry fee – prize awarded to the winner. Register day of event at the Liberty Center.

**8:** Water Balloon Fight & "Blue Monster" Slip-n-Slide Water slide will be available at 5:30 p.m. and the water balloon fight takes place at 6:30 p.m. outside Liberty Center.

**9:** 3-on-3 Basketball Head over to the basketball courts across from Rudders for an end of the day basketball game at 6:30 p.m. No registration necessary.

**11:** Atlanta Braves Baseball Game Atlanta Braves vs. Cardinals. Cost is \$30 per person. Must register & pay for the trip by Sept. 8. Ask Liberty staff for further trip details. Minimum of 20 people needed for the trip to run – NO REFUNDS (unless the trip is cancelled).



NAS Meridian, Fleet and Family Support Center and MWR are all on Facebook. Become a Fan!

# 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!

- Sept. 4: "Ironman 2" (PG-13)
- Sept. 7: "The Back Up Plan" (PG-13)
- Sept. 8: "Why Did I Get Married" (PG-13)
- Sept. 11: "Bend It Like Beckham" (PG-13)
- Sept. 14: "Nightmare on Elm Street" (2010) (R)
- Sept. 15: "The Ghost Writer" (PG-13)
- Sept. 18: "A League of Their Own" (PG-13)
- Sept. 21: "The Losers" (PG-13)

### Ponta Creek Golf Course now features

GolfLogix Garmin GPS in all golf carts. Use this new tool to see how far you are from the pin. For more info call

(601) 679-2526.



### Fitness Center

#### NEW ... Group Exercise Schedule:

- Mondays ~ 11:15 a.m.: Fitness/stretch with Beth
- Tuesdays ~ 11:15 a.m.: Step Aerobics with Shannon
- Wednesdays ~ 11:15 a.m.: Fitness/stretch with Beth
- Thursdays ~ 11:15 a.m.: Step Aerobics with Shannon

\*\*\*Watch for Yoga times in evenings TBA \*\*\*

\*\*ProFitness times TBA (when weather cools)\*\*

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  |
|-----------------|-----------|------------|--------------|----------------------------|-----------|
| <b>FRIDAY</b>   |           |            |              |                            |           |
| 4:35 p.m.       | 5 p.m.    | 5:05 p.m.  | 5:10 p.m.    | 5:30 p.m.                  | 6:40 p.m. |
|                 | 6 p.m.    | 6:05 p.m.  | 6:10 p.m.    | 6:30 p.m.                  |           |
| 7 p.m.          | 8:10 p.m. | 8:20 p.m.  | 8:30 p.m.    | 9 p.m.                     |           |
|                 | 10 p.m.   | 10:05 p.m. | 10:10 p.m.   | Drop off if any.....       |           |
| <b>SATURDAY</b> |           |            |              |                            |           |
| 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..... |           |
| <b>SUNDAY</b>   |           |            |              |                            |           |
| 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)

**Sweet It! SUBS**  
**\$5.00**  
**Foot Long Subs**  
 Choice of: Italian, Turkey, Ham or Roast Beef.  
**Available At:**  
**MEAN GENES BURGERS**

#### ● Efficiency

DoN leadership will nominate and forward the top 25 ideas for improving efficiency to the DoD Oct. 15. At the end of October 2010, DoD senior leadership will announce 25 overall winners who will receive tiered cash prizes ranging from \$500 to \$1,000.

Forms for contest submissions, official contest details and eligibility requirements are available at [www.defense.gov/invest/](http://www.defense.gov/invest/).

### ~~ MWR News ~~

Don't forget that the **CDC/SAC** has spaces available for drop-in care. For more information, call (601) 679-2652.

Do-It-Yourself at the **Outpost** The Outpost has auto lifts that rent for \$4 an hour and stall rentals that start at \$3 per hour. Call (601) 679-2609.

**MWR POV Lot** now has two covered parking slots available. Sizes are approximately 15'x30'. Fees for covered slots are \$30 month or \$300 annually. Call (601) 679-2609 for more details & size information.

Stop by the **ITT Office** to take advantage of the Walt Disney Military Salute today! For more information call (601) 679-3773.

**Rudders** hosts Hip Hop Night is every Tuesday and Saturday beginning at 7 p.m. Staff Night will be Sept. 30 beginning at 3:30 pm. Wednesday is Ladies Night!

**Ponta Creek Golf Course** Special ~ 18 holes of golf, green fee and cart for only \$20 Monday-Thursday Pro Shop Hours are Monday-Sunday from 7:45 a.m.-5:45 p.m. Stop by the Pro Shop today and stock up on new golf gear!

**Kids Stuff**

**NEW ITEM! Graco Stroller & Carrier Combo** - Fairytale Design. Asking \$75 for both. Call (601) 679-2447 or (601) 938-1683.

**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/Computers**

**NEW ITEM! E-Machines Media Center T6520 Desktop** with 17" CRT Monitor. 2.4 GHz 200GB HD. Asking \$200; **Gateway MX6955 Laptop**. 15.4 1.83 GHz 100GB. Asking \$100. Contact Kevin at (601) 604-3870.

**NEW ITEM! Spiderman CPU & Case**, see through and lights up - web design. Asking \$150. Call (601) 679-2447 or (601) 938-1683.

**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**

**NEW ITEM! Brand new 100 pound weight set** with bench. Asking \$100. Call (601) 679-8652.

**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**

**NEW ITEM! 2007 Chaparral 180 SSI Ski Boat**, 66 Hours on engine, 190 HP Engine. Includes skis, wakeboard, pulling tube and all ropes. Asking \$17,000 OBO. Call Jessie Whittington at (601) 604-0876.

**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! Twin Bed Sealy mattress and box spring**, like new, 6 months old. Asking \$250 for both OBO. Call (417) 664-2528.

**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.

**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**

**2007 Chrysler Pacifica**, dark blue, aprox 55,000 miles, new tires, 6 disc CD changer with additional CD player in radio. Asking \$14,500. Call (601) 934-6284 or (601) 986-5403.

**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

# Sale ... or

locks. 135k miles. Asking \$3,700 OBO. Call (904) 803-8776.

**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.

**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**

**2006 Honda 600 VTX**, 3,500 miles with new windshield. Great bike in very good condition. Asking \$3,500. Call (601) 632-1167.

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

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

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

**Homes/Apartments**

**NEW ITEM! For Rent:** Large 4 BR, 2 BA house in Poplar Springs School Dist., new central air and heat unit, new roof, new water heater, 2 living rooms, new window blinds, double garage, large deck. Asking \$1200 per month, plus deposit, minimum one year lease. Call (601) 917-9876.

**For Sale/Lease:** Dalewood property with awesome view of main lake from the large covered front porch. Open floor plan, surround sound hook up, vaulted ceilings in the great room with large brick fireplace. Large deck on the side of the house with beautiful lake view and hot tub that stays with house, perfect area for entertaining. Only 15 miles from NAS. Approximately 2,000 sq ft. Asking \$143,000 or lease for \$1,300 per month. Call (601) 938-1116 or (769) 798-1399.

**For Sale:** 1625 sq ft. 3 BR, 1.5 BA, den, living room, dining area & sunroom on 0.8 acres. Huge back yard, patio, landscaped, very private. Quiet neighborhood, North Hills area Poplar Springs school district. Asking \$110,000. call Jared at (60) 513-7161 or Stacy at (601) 604-4659.

**For Rent:** One bedroom furnished apartment includes washer & dryer. Quiet area. Water paid. Two persons max. References required. \$400/month \$250 deposit. (601) 693-1708

**For Sale/Lease:** 3BR/2BA home, 5 years old. Located in Plum Point, close to North Hills St. and Poplar Springs Elementary School. Brick home, 1639 sq ft, 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 \$164,900. Call (808) 554-0523. e-mail: cftfz@yahoo.com

**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

**Acreage**

**Beautiful one acre lot in Magnolia Lake Estates subdivision.** Lot is cleared, leveled and ready to build your dream home. Located in the West Lauderdale School District, close to Meridian and NAS. Call (601) 986-2732 or (601) 616-8889.

**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.**

## NEX gift card for new MILITARY STAR Card accounts

One of the many benefits military customers receive is the joint credit card, the MILITARY STAR Card. Apply for a new MILITARY STAR Card account Sept. 15-Oct. 31, and receive a free \$10 NEX Gift card, upon approval.

"The MILITARY STAR Card offers a superior interest rate compared to other civilian credit cards, which typically charge 20 percent or more," said James Winn, Navy Exchange Service Command (NEXCOM) Customer Service Manager. "Currently, the MILITARY STAR Card's interest rate is 10.24 percent."

Among the card's many benefits include 10 percent off the first day's purchases (up to the customer's credit limit); 24-hour Customer

Service, including online access; zero percent interest promotions; free shipping on All Services Exchange Catalog purchases and no annual fee.

In addition, the MILITARY STAR Card has a reduced interest rate program for qualifying Navy and Marine Corps personnel by waiving the monthly payments for account holders for the duration of an assignment over 90 days to a contingency area and interest rate charges are reduced under two options.

MILITARY STAR Card applications are available at local Navy Exchanges.

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

**● Flood**

The MEUs are the theater reserve for the theater commander, Conway explained. Their deployment strips the commander of some capability to respond elsewhere in the theater, he added, but noted that Marines serving in southern Afghanistan's Helmand province aren't affected.

"We aren't relying upon any of the MEU capacity in Helmand province to be able to continue our functions there," he said.

The floods, however, are hav-

ing an impact on Pakistan's security. "The Pakistani leadership is consumed with responding to the aftermath of the flood disaster," Conway said. Pakistan Gen. Ashfaq Kayani, chief of army staff, "cautioned me that the involvement of his army in the flood relief will, for a time, detract from their efforts to secure the Pakistani frontier."

To date, the U.S. military has delivered 1.5 million pounds of relief supplies and food, and helicopters have rescued or transported about 6,500 people.

## Suicide Prevention Month:

# Take action, save lives!

When someone close to you says they are thinking of committing suicide, it can be deeply troubling and difficult to know how to respond. Part of you may want to comfort the person, and another part of you may feel angry that he or she is considering such a thing.

You may feel scared that you'll say the wrong thing. How you respond is very important. Learning the facts about suicide -- and the warning signs -- can help you recognize when and how to get the help your loved one needs.

## Facts about suicide

Suicide is more common than many people believe. Following are some statistics on suicide in the U.S.:

- ✓ According to the Centers for Disease Control and Prevention, suicide is the eighth leading cause of death for all Americans.

- ✓ Among military members, young males who are unmarried or separated are most at risk.

- ✓ For the past 10 years, suicide has been the second or third leading cause of death among active duty Sailors and Marines.

- ✓ There are approximately 30,000 suicides a year in the United States (83 suicides a day; or 1 suicide every 17 minutes).

- ✓ Suicide is the third leading cause of death among young people

(ages 15 to 24), behind accidents and homicide.

- ✓ Males are three to four times more likely to die of suicide, while females are more likely to attempt suicide.

- ✓ It is estimated that there are 25 attempted suicides for each completed suicide.

## Why do people commit suicide?

Although there may not be one answer to this question, many mental health professionals agree that people commit, or attempt to commit, suicide because they are sick. More than 90 percent of people who have committed suicide suffered from significant psychiatric illnesses at the time of their deaths.

A combination of genetic, psychological, and environmental factors can cause a depressive illness, which may lead a person to attempt suicide.

Those who attempt suicide or talk about suicidal feelings are not trying to "prove something" or get sympathy. Chronic depression can lead to feelings of hopelessness and desperation. Most people who attempt or commit suicide do not really want to die -- they just want their suffering to end.

## Warning signs

Although there is no one "typical" suicide victim -- it can happen to

young and old, rich and poor alike -- there are some common warning signs. Most people who are feeling depressed or desperate enough to consider suicide give clues to how they're feeling.

## Signs to look for are:

- ✓ Spoken or written threats of suicide. Suicidal people will sometimes say things like, "I wish the pain would go away" or "I would be better off dead." If the person talks about committing suicide or has written notes or letters to that effect, take it very seriously, especially if the person has a history of suicide attempts. Never assume the person "doesn't really mean it."

- ✓ Reckless or high-risk behavior. Risky actions may include excessive drinking, reckless driving, gambling, Internet addiction, or acting in threatening ways with others.

- ✓ Withdrawal and loss of interest. No longer enjoying activities that used to be enjoyable, isolating oneself from family or friends, and giving up on personal appearance are all common signs of depression.

- ✓ Recent important losses. Many people who attempt or commit suicide are facing problems they feel they cannot overcome. These may include a divorce, a break-up in a relationship, moving to a different area, or the death of a loved one.

● **Suicide, page 18**

# FFSC Briefs

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

## **Stress Management: Sept. 7 from 9-0 a.m. or Sept. 22 from 3-4 p.m.**

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

## **Creating a Financial Plan: Sept. 8 from 1-2:30 p.m.**

With the current spotlight on the economy -- talk of recession, high levels of consumer debt, and the mortgage industry upset -- many Americans are taking a closer look at their personal finances. If you'd like to learn some techniques to better manage your money, this workshop is for you! We'll cover financial planning basics such as net worth, cash flow statements, debt-to-income ratio calculations, and more.

## **IA Spouse Discussion Group: Sept. 10 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!

## **The Keys to Job Fair Success: Sept. 21 from 9-10:30 a.m.**

This workshop will address the importance of job fairs as a job hunting strategy, and how to make the most of your job fair experience. We'll cover how to prepare for a job fair, creating your "30-Second Commercial," and how to most effectively "work" a job fair for maximum networking opportunities.

## **Post-Deployment & PTSD: Sept. 23 from 3:30-4:30 p.m.**

This workshop, for service members who have been (or will be) deployed as Individual Augmentees (IAs) and their families, will focus on the causes and symptoms of Post-Traumatic Stress Disorder (PTSD). We'll also discuss various therapies for PTSD and sources of help.

## **Transition Assistance Program (TAP) Seminar: Sept. 27-30 from 8 a.m.-4 p.m.**

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

## **10 Steps to a Federal Job: Sept. 28 from 4-6 p.m.**

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



## NEW CFS's

Newly trained  
C o m m a n d  
F i n a n c i a l  
S p e c i a l i s t s a r e  
MA1 Albert Willis  
(Medical), LS1  
Victor Stillgess  
(NTTC), LS1 Joel  
Wallace (NTTC),  
and NC1 Timothy  
Bridges (NAS).

Submitted photo

# MCPON sends 2010 Labor Day message to the fleet

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released the following Labor Day message to the fleet Aug. 27.f

"Shipmates and Navy Families,

As we enjoy the last few weeks of summer, I would like to take this opportunity to remind our Sailors and their families to keep safety in mind especially during what is considered to be the unofficial last weekend of summer, Labor Day weekend.

We all need to think about off-duty risk management while planning our Labor Day weekend activities, and not try to cram in too many activities into one weekend which could lead to injury or fatality.

While we have seen success in summer risk management, the loss of even one trained and ready Sailor is unacceptable, and last Labor Day weekend we lost two. As of Aug. 6, 2010, eight Sailors have died this summer during off-duty hours: four in four-wheel motor vehicle mishaps, two on motorcycles and two during recreation mishaps. Based on an average of the last five years, nearly twice as many Sailors are killed on motorcycles during Labor Day weekend than any other weekend. Remember, proper personal protective equipment is a requirement year round,

on or off base. Keep in mind that if you are going to play, play it safe ... summer sports cause numerous minor injuries every year and 12 Sailors were injured participating in sporting activities last year.

I issued a challenge to the fleet during Fourth of July weekend and that was to keep up the success rate of zero fatalities from Memorial Day, and I'm giving you the same challenge for this Labor Day weekend.

Use caution when driving, participating in water activities, and if drinking, have a plan. Stay safe and enjoy your much-deserved time off with your family and friends, and as always, keep in mind our Sailors who are deployed and can't be with their loved ones.

Enjoy your Labor Day weekend and HOOY-AH!"



West

Special from Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West

## • Suicide

✓ Major changes in sleep or eating patterns. Excessive fatigue, not being able to sleep, sleeping excessively, and losing one's appetite or overeating are all signs that someone may be suffering from depression.

✓ Obsession with death. Suicidal people sometimes show an unusual interest in death through the books or movies they choose. They may even spend time preparing for death by making out a will, planning their funeral, or making final arrangements. Having decided to die, they may give away prized possessions and show ambivalence about things that were once important to them.

## What to do when someone you know is suicidal

If you believe or even suspect that someone you care about may be suicidal, don't ignore your suspicions! The Navy encourages individuals to "ACT": Ask - Care - Treat.

**ASK:** Actively listen, Acknowledge their talk, behavior and feeling. DON'T be afraid to ask.

**CARE:** Listen, offer hope, don't judge.

**TREAT:** Take action, get assistance. Never leave the person alone!

## Sources of Help

**NAS Meridian support services:** The Fleet & Family Support Center (601-679-2360) and Chapel (601-679-3635) can provide counseling, referrals to community organizations, and/or crisis intervention services. If someone is attempting suicide or is immediately suicidal, they should be taken to the Branch Medical Clinic (601-679-2633) for assistance.

**The National Hopeline Network:** 1-800-SUICIDE or <http://www.hopeline.com>

**The American Foundation for Suicide Prevention:** 1-888-333-AFSP or <http://www.afsp.org> (Provides research, education, and information on support groups in all 50 states.)

**The American Association of Suicidology:** 1-202-237-2280 or <http://www.suicidology.org> (Provides information on current research, prevention, ways to help a suicidal person, and surviving suicide. A list of crisis centers is also available.)

**Suicide Awareness Voices of Education (SAVE):** 1-888-511-7283 or <http://www.save.org> (Provides information and resources on surviving suicide and depression.)

**Local crisis center or suicide prevention center:** Crisis centers and suicide prevention centers often have listings of local support groups. Check your local Yellow Pages for local listings.

**Military OneSource:** 1-800-342-9647 or <http://www.militaryonesource.com> (This free 24-hour service, provided by the Department of Defense, is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues, including suicide and depression.)

The Petty Officers Association meets on the 2nd and 4th Thursday of each month at 2 p.m. in the conference room at Air Operations.



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# It's Your Turn...

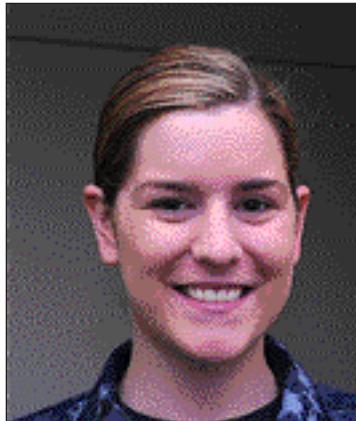
What are your thoughts on making enlisted warfare qualifications mandatory?

Photos by MC2 Flordeliz Valerio



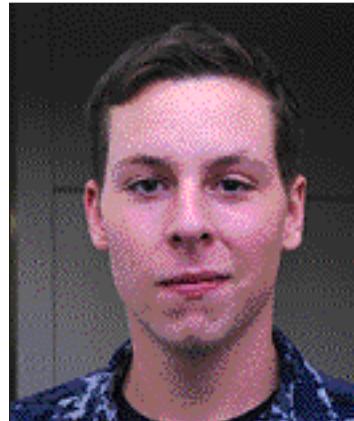
**ABH2 (AW) Chris Somerville**  
Field Support

"There is a certain pride with earning the qualification. Making it mandatory leaves out that sense of accomplishment."



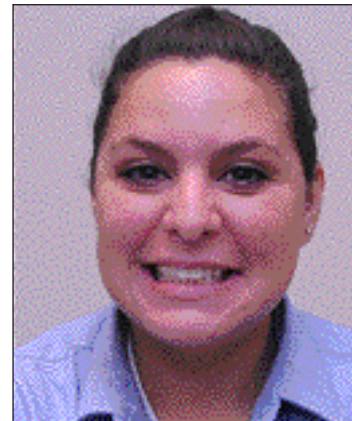
**HA Katherine Sagebiel**  
NBHC Hospital Corpsman

"Making it mandatory would mean losing all the meaning behind getting your warfare pin. It would become an everyday thing."



**HR Ryan Hauke**  
NBHC Hospital Corpsman

"I think it should be earned, not made mandatory. It should be something you take pride in getting."



**ABH3 (AW) Susan Worley**  
Field Support

"My warfare pin defines my blood, sweat and tears earned on the ship. Making it a requirement takes away my badge of honor."



**HM1 (SW) Thomas Wolff**  
NMBHC Admin LPO

"I agree that Sailors need to know the operations of their specific billet, but making it mandatory takes away the prestige behind the warfare device."

## Long term civil service employees recognized



Capt. Charles Gibson presents Jason Odom, an electronic technician from Air Operations, his 10-year government service certificate and pin during an All Hands Call on Aug. 24.



Capt. Charles Gibson presents Marc Seymour his 15-year government service certificate and pin. Seymour is a Air Operations navigation aids technician.



Capt. Charles Gibson presents Lee East his 30-year government service certificate and pin. East is an electronics technician from Air Operations.



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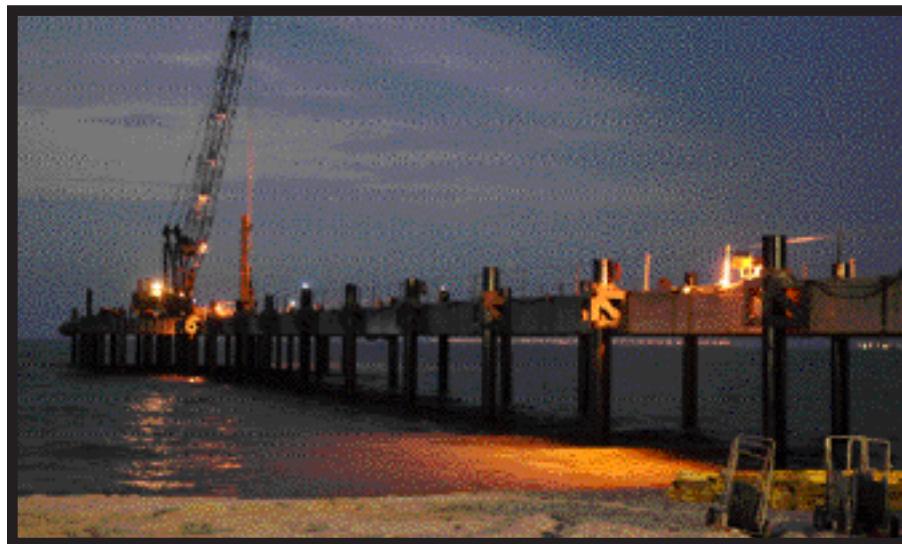
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Photo by MC1 Cassandra Thompson

**ARABIAN GULF** -- Lt. Cmdr. Matthew Coombs, assigned to Task Group 52.1, climbs a ladder to an SH-60F Sea Hawk helicopter during a mine countermeasures training evolution, Aug. 20. Explosive Ordnance Disposal Mobile Unit (EODMU) 1 trained with coalition ships, aerial assets and divers.



**LITTLE CREEK, Va.** -- Sailors work on the construction of an Navy Elevated Causeway System-Modular (ELCAS(M)). The ELCAS(M) is an expeditionary pier used to off-load containers beyond the surf zone to shore on an elevated roadway structure.

Photo by MC2 Meranda Keller



**ATLANTIC OCEAN** -- Sailors assigned to the Red Rippers of Strike Fighter Squadron (VFA) 11 prepare to put a CATM-9 missile on an F/A-18F Super Hornet aboard the aircraft carrier USS Enterprise (CVN 65). Enterprise is on a scheduled underway for its tailored ship's training availability and is making preparations for its 21st deployment.

Photo by MC3 Michael L. Croft



## from the Fleet



Photo by MC3 Matthew Jackson

**DILI, TIMOR-LESTE** -- Musician 2nd Class Jason Gay, a member of the U.S. Pacific Fleet Band embarked aboard the Military Sealift Command hospital ship USNS Mercy (T-AH 19), plays the saxophone during a community service event at the Santa Bakhita Orphanage. Mercy is in Timor-Leste supporting Pacific Partnership 2010, the fifth in a series of annual U.S. Pacific Fleet humanitarian and civic assistance endeavors.

**ANNAPOLIS, Md. -- U.S. Naval Academy Midshipmen** strippers, students holding a position of leadership within the brigade, receive drill instruction in Techumseh Court on the school's campus. The lesson focused on how to properly carry swords during formations and parades. The Academy's first practice parade of the academic year is scheduled for Aug. 25.

Photo by MC1 Chad Runge

