

THE SKYLINE IS A CHINFO AWARD WINNING NEWSPAPER

Congratulations new chiefs



Photo by MC2 Flordeliz Valerio

The 2010 class of chief petty officers includes from left, OSC Tanya Brooks, Naval Operational Support Center Meridian; PSC Tiberius Taylor, SHC Jodi Ahner, YNC Carolyn Sanders and AZC Melanie Ewing, all from Naval Technical Training Center, march and sing "Anchor's Aweigh" during the chief petty officer pinning ceremony held in the NOSC Meridian drill hall on Sept. 16. Each of the new chief's sponsors placed their cover as family members pinned on the candidates anchors.

At right: MAC Russell Treider is piped over the side during a pinning ceremony held in Ramadi, Iraq, where he is serving an Individual Augmentee assignment. Treider will return to NAS Meridian Security Department after his IA tour is completed.



Energy Awareness: You make it happen

October is Energy Awareness Month and this year's Energy Awareness Month theme is, "Powering America: We're on Target."

The theme depicts how, across the nation, federal agencies continue to zero in on energy targets to stimulate the economy, lower operating expenses, reduce greenhouse gas emissions, and achieve long-term energy and economic security.

Since 1991, the U.S. Department of Energy has been conducting energy awareness campaigns that promote the wise and efficient use of our nation's energy.

Energy Awareness Month is a great time to refocus efforts to reduce energy consumption.

● **Energy, page 5**

Navy officer promotion phasing plan approved

WASHINGTON (NNS) -- The Secretary of the Navy has approved a revised phasing plan for active duty officer promotions beginning in fiscal year 2011, as part of the Navy's multiple efforts to achieve fiscal balance.

Effective Oct. 1, active duty officers selected for promotion to the grades of captain, commander and lieutenant commander will be promoted at a three percent per month rate for 11 months, with the remaining officers to be promoted in September 2011.

All officers selected for promotion during fiscal year 2011 will be promoted in that fiscal

● **Promotion, page 16**

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

✓ **2010 Navy Ball:** Tickets are on sale. Ball will be Oct. 16 at the Riley Center in downtown Meridian. Social hour is at 5 p.m., program starts at 6 p.m. Tickets are E-1-E6 ~ \$30 a person; E7-O3 ~ \$40 a person; O4 & above ~ \$50 a person; Civilian ~ \$50 a person. For information on tickets, call (601) 679-2498 or (601) 679-2602. Holiday Inn Express will offer free shuttle service to and from the Riley Center when reserving a room at the hotel for Oct. 16. Rate: \$89 per night. Call (601) 693-0160.

✓ Navy-Marine Corps Relief Society:

Beginning Oct. 1 the NMCRS office will change hours of operation. The office will be open Tuesdays and Thursdays from 9 a.m.-1 p.m.

Photo of the Week



Photo by MCSN Kevin J. Steinberg

NORFOLK, Va. -- Sailors raise their right hands while reciting the oath of citizenship during a naturalization ceremony in the hangar bay of the aircraft carrier USS George H.W. Bush (CVN 77). Forty Sailors earned their American citizenship in the first naturalization ceremony ever held on board the carrier, Sept. 20.

Area Happenings

OCTOBER

2: Susan Komen Rally for the Cure Golf Tournament at Ponta Creek Golf Course. 4-lady scramble, tee time is 9 a.m. Entry fee is \$60 per person. All proceeds benefit Susan Komen Rally for the Cure. To register, e-mail mayme898@hughes.net or call Becky May at (601) 692-8280.

2: High Heel Cancer Dash and 5K Run through downtown Meridian along 4th or 5th Street, Dumont Plaza, 5K run. Time 8 a.m. For information, call Cindy Cane at (601) 513-7743 or (601) 483-9362.

5: David Sanborn Trio featuring Joey DeFrancesco in concert at 7:30 p.m. at The Riley Center. Tickets are \$35 and \$29. Pre-Show Party at 6 p.m. David Sanborn has created a body of work that spans the genres of rock 'n' roll, R&B, pop and jazz.



7-13: Meridian Little Theatre presents its first play of the season, "Music Man" at the Highway 39 North playhouse. Curtain is at 8 p.m. each night and at 2 p.m. on Sunday. No performance on Monday. For information, call (601) 482-6371 for ticket prices and availabilities or go to: www.meridianlittletheatre.com.

8: First annual "Meridian Goes Red Gala" at the Riley Center. Sponsored by the American Heart Association & American Stroke Association. Radiant red and black tie event with a live and silent auction, gourmet dining, live entertainment and dancing. For information, call Rosa Wilson at (601) 321-1213.

10: Annual Walk for Diabetes at Bonita Lakes in Meridian. \$20 per walker registration fee. For information, contact the Diabetes Foundation of Mississippi at (601) 957.7878 or go to www.msdiabetes.org.

11: 1st Annual Fall Golf Shootout hosted by the Mississippi Fire East Soccer Team at Briarwood Country Club in Meridian. Two tee times: 8 a.m. and 1 p.m. Flighted four person scramble. Cost \$300 per team. For information, call Jennifer Tabb at (601) 679-2120.

14-17: Meridian Community College Arts and Letters Series presents "Cinderella." The play will be in MCC's McCain Theatre, 910 Hwy 19 North. Show times are at 7 p.m., except on Oct. 17 at 2 p.m. For information, call (601) 484-8696.

16: Sam Dale Volunteer Fire Department will sell Hickory Smoked Boston Butts as a fundraiser for the department. Pre-order the butts by calling Greg Davis at the Daleville Country Store at (601) 681-8282. The meat will be ready to pick up on Oct. 16 at the Sam Dale Memorial Park Pavilion. Cost is \$20.



Meridian/Lauderdale County CRIMESTOPPERS Cash REWARDS up to \$1000!

For information about any serious crime, wanted person or stolen property

Call (601) 485-1860 24 Hours a Day

~~ No Name Required ~~

THE Skyline

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

Pvt. Chelsea Johnson

**MATSS-1 Student
Hometown: Fairfield, Calif.**

When Chelsea Johnson joined the Marine Corps on April 5, 2010, she fulfilled a childhood dream.

"I've wanted to join the military since I was in middle school -- the Marines fit me best. I always wanted to push myself and the Corps does that," said Pvt. Johnson who is a student in the Aviation supply Specialist Course at Marine Aviation Training Support Squadron One on board NAS Meridian.

She is the daughter of Galen and Ursula Johnson who were very surprised when their daughter joined the military.

"I'm a only child," she said. "They were not expecting it, but they are very supportive."

Johnson said she is looking forward to all the places she will be stationed. "One day I would like to be a door gunner," Johnson added.

The person she most admires is her mother. "I wasn't a trouble-maker but she had to stay on her toes, she always let me be myself no matter what others said."

OOORAH!

Pvt. Eamon Ryan

**MATSS-1 Student
Hometown: Allentown, Pa.**

Pvt. Eamon Ryan's reason for joining the Marine Corps: "A challenge," said the Aviation Supply Specialist student at Marine Aviation Training Support Squadron One.

"I became a Marine also to become more disciplined, organized and to get more physically fit," he added.

Pvt. Ryan is the youngest of three sons of Barbara Ryan and Michael Ryan of Allentown, Pa.

After graduation from MATSS-1 in November, Ryan said he is ready to be deployed to Afghanistan.

"I'm ready to get to the fleet and experience the daily routine of deployment," he said.

The person he most admires is Staff Sgt. Barkley. "He was one of my drill instructors in boot camp. He is extremely motivating and knowledgeable."



U.S. Marines train Dominican military in martial arts program

By Terence Peck

Naval Station Guantanamo Bay, Cuba,
Public Affairs

GUANTANAMO BAY, Cuba (NNS) -- Fifty Marines with 6th Platoon, Bravo Company, Marine Corps Security Force Regiment honed their fighting skills during Marine Corps Martial Arts training at Marine Hill aboard Naval Station Guantanamo Bay, Cuba Sept. 14.

The Marine Corps Martial Arts Program (MCMAP) consists of a belt ranking system that begins at tan belt and progresses up to sixth-degree black belt.

During this training, the Marines were working toward earning their green belts, the third belt level.

To obtain the green belt, Marines must complete 21 hours of training that includes lessons in bayonet techniques and stresses of combat; knife techniques and combat leadership; and making ethical and moral decisions.

During the training, the Marines focused on "non-lethal baton" and "weapons of opportu-

nity" techniques.

"MCMAP may not be as fancy as other martial arts, however all of the techniques developed for the program can be executed with a full combat load on which is more important to us," said 1st Lt. Travis D Posey, 6th Plt., Bravo Co., platoon commander and brown belt MCMAP instructor. "The warrior ethos portion of the program is meant to be a constant reminder to the Marines that we have a long lineage to uphold."

After completing the non-lethal baton and weapons of opportunity training, the Marines began what is called "ground fighting."

"The Marines are taught a variety of basic positions, techniques, and counters per MCMAP guidelines," Posey said. "All of the fights are closely monitored by a martial arts instructor or instructor trainer."

According to Posey, the fights not only serve to reinforce the techniques they have been taught, but more importantly, they build a mental and



Photo by MC1 Kim Williams

SANTO DOMINGO, Dominican Republic -- U.S. Marine Corps Sgt. Juan Martinez, embarked aboard High Speed Vessel Swift (HSV 2), observes members of the Dominican Republic military during a Marine Corps martial arts subject matter expert exchange. Swift is deployed supporting Southern Partnership Station 2010, a deployment of various specialty platforms to the U.S. Southern Command area of responsibility in the Caribbean and Central America.

physical toughness.

"The fights teach Marines how to get out of the uncomfortable situations without giving up," Posey said. "For exam-

ple, a Marine might have an arm around his throat, but he is not being choked out, he is merely in an uncomfortable situation."

Congratulations

The following Marine Aviation Training Support Squadron One personnel have been selected to the rank of staff sergeant:

Sgt. Chris Iannarelli
Sgt. Brandi Molitor
Sgt. Michael Ta
Sgt. Jordan Thomas
Sgt. Anthony Walker



In the Spotlight

Birth Announcement...

Tom and Jen Luft announce the birth of a son, **Avery Thomas**, born Sept. 12, 2010. He weighed 8 pounds, 9 ounces; and was 20 inches long!



Sgt. Brandi and John Molitor (MATSS-1) announce the birth of a daughter, **Cadence Rose**, on Sept. 23, 2010. She weighed 5 pounds, 8 ounces; and was 19 inches long.



LSSA Lauren West announces the birth of a son, **Shaun Michael**, born Sept. 15. He weighed 6 pounds, 14 ounces; and was 21 inches long.

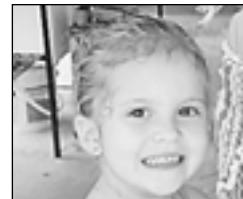
Congratulations to Karen Lanier (Public Works Financial Management) and Wayne Lanier on the birth of their first grandchild, **Gavin Riley Lanier**, born June 24, 2010, to Jared and Kristan Lanier of Conehatta. He weighed 8 pounds, 13 ounces and was 21 inches long.

Happy Birthday...

Andrew Jackson Jr. celebrated his 3rd birthday on Sept. 29. He is the son of A.J. and Courtney Jackson.



Happy Birthday wishes go out to **Chloe Treider** who celebrated her 4th birthday on Sept. 22. She is the daughter of Chief Russell and Kristen Treider.



Master Sgt. Ismael Reyes, MATSS-1 Schools SNCOIC, sends out Happy Birthdays wishes to his wife, **Janell**, who celebrates her birthday on Oct. 4. His daughter, "**Daddy's Girl**" **Gabrielle**, who turns 2 years old on Oct. 23, and my son, **Dustin**, who celebrates his 8th birthday on Oct. 28.



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

Moving with TRICARE: Basics you need to know

TRICARE Prime coverage is portable -- you can easily transfer your TRICARE Prime enrollment when you move within your TRICARE region or to a new TRICARE region. Follow these simple steps to ensure continuous coverage when you move:

- Do not disenroll from TRICARE Prime before you move to your new location.
- Once you arrive at your new location, update DEERS immediately.
- Select a new PCM or transfer your TRICARE Prime enrollment within 30 days of arriving at your new location.

If you move to another TRICARE Prime Service Area (PSA) in the South TRICARE region, contact Humana Military; you will only

need to change your PCM. If you move to a TRICARE PSA in another TRICARE region, contact the new regional contractor to transfer your enrollment. The enrollment transfer is effective when your new enrollment application is received by your new regional contractor.

Above information is from the PRIME Handbook. More information is available via the Web sites: Tricare.mil or Humana-Military.com or by calling Humana Military at 1-800-444-5445.

On board NAS Meridian, assistance is provided at the Humana Military TRICARE Service Center located inside Naval Branch Health Clinic, Monday through Friday from 7 a.m.-2 p.m. Office is closed on federal holidays.

'The Music Man' opens at Meridian Little Theatre

"The Music Man," the two time smash Broadway hit, is coming to Meridian Little Theatre.

As American as apple pie and a Fourth of July, this family favorite opens on Oct. 7 for a full week of performances. The original Broadway production won eight Tony Awards, including Best Musical, along with the Theatre World Award, and the Drama Desk Critics Award.

An affectionate salute to Smalltown, U.S.A. of a bygone era, Meredith Willson's "The Music Man" follows fast-talking traveling salesman Harold Hill (Keith Farmer) as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys' band he vows to organize -- this despite the fact he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian the librarian (Amy Poole), who transforms him into a respectable citizen by curtain's fall.

Upon his arrival in River City, Harold discovers that an old friend, Marcellus (John Triplett) has "gone legitimate" and now lives in town. Marcellus informs him that the only one in town who knows music is Marian, the librarian. Harold follows Marian home and attempts to flirt with her, but she pays no attention to him. At home, Marian gives a piano lesson to a little girl named Amaryllis (Anna Lea Stewart) while arguing with her mother, Mrs. Paroo (Buffi Crouch), about her "standards where men are concerned".

Harold takes the stage at the Fourth of July celebration and announces to the townspeople that he will prevent "sin and corruption" by forming a boys' band. After the town is overcome by Harold's smooth talk, Mayor Shinn (David Miller) instructs the school board to get his credentials, but again, Harold evades getting caught by turning the school board into a Barbershop Quartet (Benny Egger, Benjamin Johnson, Gene Kinard, Tom Belcher). He also gets on the good side of the mayor's wife (Connie Shannon) and all the town ladies (Nancy Gibson, Linda McInnis, Regan Harwell, Emily McIlwain) by forming a committee of the dance.

In order to win over the town kids, Harold also

sets up Zaneeta (Alexis Kercheval), the mayor's eldest daughter, with Tommy Djilas (Austin Smith), a boy from the wrong side of town.

Harold, again trying to deceive Marian, declares his unrequited love for her, by leading the teenagers (McKenzie Griffin, Chase Cooksey, Arrielle Dale, Colton Cooksey, Rosey Lau, Tanner Goldman, K.K. Johnson, Tanner Felton, Kyra Smiley) in the library in a dance.

Marian is set to expose Harold as a fraud, when little Gracie Shinn (Katelyn Allen) announces "The Wells Fargo Wagon" has arrived. As Marian's lispier younger brother Winthrop (Ahmed Pasha) forgets to be shy and self-conscious because he is so happy about his new cornet, Marian begins to see Harold in a new light.

Charlie Cowell (Chuck Enderlin), a rival salesman, arrives in town to expose Harold and a frantic chase ensues. After Harold is caught, Mayor Shinn, reminds the citizens of River City of the promises Harold made by saying "Where's the band? Where's the band?" The boys all enter in uniform and Harold proceeds to conduct them in a very bad rendition of Beethoven's Minuet in G. All the townspeople (Larry Birzer, Kay Poole, Bethany Davis, Tom Fair, Arlen Guidry, Michelle Pasha, Holly Triplett, Genie Durden, Andrea Ertel, Cade Cooksey, Grant Guidry, Dalton McIlwain, Morgan Ausbrooks, Grayce Crouch) are thrilled to see the boys playing, and Harold emerges as the hero.

The show is directed by Jimmy Pigford, with David Benson as music director. Meredith Jones and Heather LaCoste of Alpha School of Dance are choreographers. Orchestration will be by Carey Smith, with Rio Cross as production manager.

"The Music Man" will be staged Oct. 7-13. Season memberships are still available. Individual guest tickets are \$20 for adults, \$18 for seniors and military. For more information or to purchase tickets, call the theatre box office at (601) 482-6371, Monday through Friday, from 9 a.m.-4 p.m., or visit the Web site at www.meridianlittletheatre.com.

-- Story from MLT staff

Safety is our Duty

Taking the bite out of bed bugs

By Mary Anne Broderick Tubman
Navy Region Southeast Public Affairs

In recent years, a worldwide resurgence of a long-forgotten nemesis -- the bed bug--has invaded public consciousness.

The way we live today, with increased domestic and international travel, living in close quarters, and limited use of insecticides, have all contributed to the bed bugs' unwelcome return. While the mere mention of the pint-sized pest is enough to make anyone's skin crawl, knowing what they are, where they come from, and how to treat and prevent them are important to calming fears about their significance as a threat to public health.

What exactly are bed bugs? They're small, brown, nocturnal insects that survive on the blood of their hosts, which are usually sleeping humans. "Bed" bug is something of a misnomer as they can live just about anywhere, including clothing, carpets, cracks, and crevices. While they are not known to carry diseases like mosquitoes or ticks, they can be difficult to eliminate and can make life miserable for anyone who experiences an infestation. These unpleasant characteristics have made the bed bug an object

of fear for many, including military members and their families.

Dr. Harold J. Harlan, a board-certified Entomologist of the Information Services Division of the Armed Forces Pest Management Board in Washington, D.C., has studied *Cimex lectularius* L., the common bed bug, for more than 38 years. In his dealings with both the insects and with people, including those bitten by them and those tasked with controlling them, he's ready and willing to address the common perceptions about bed bug behavior and their effect on quality of life.

"The most common public misconception about bed bugs is that they are only present in unsanitary conditions," Harlan said. "The reality is that bed bugs have been found in just about every place you find people, including hotels, apartment buildings, cruise ships, movie theaters, trains, and long-term care facilities."

How do they get around in the first place? Bed bugs and their eggs are transferred from location to location in a variety of ways, most commonly on bedding, moving boxes, and furniture. Travelers are especially vulnerable to picking up bed bugs on both their luggage and clothing.

Reactions to bed bug bites vary from individ-

ual to individual. While bites often go undetected, they can cause skin reactions after repeated bites that are the result of proteins in the bed bugs' saliva. Very often, people will seek medical attention for bed bug bites because of their general fear of the insect.

"Another common misconception that bed bug bites cause terrible and long-lasting medical problems for their victims," Harlan added.

Most of the time, concern about the bites drives people to seek information and help.

"Usually, we hear from individuals who have stayed somewhere and been bitten," said Lt. Cmdr. Craig Stoops, acting officer in charge of the Navy Entomology Center of Excellence (NECE), a field activity of the Navy and Marine Corps Public Health Center, located on board Naval Air Station Jacksonville, Fla. "We receive anywhere from one to two inquiries about bed bugs every month."

What is the best way to keep bed bugs out of your home and property? Travelers can treat luggage with a commercially available, EPA-labeled pesticide developed specifically for these insects. Check hotel rooms for bed bugs and inform the management if any are detected.

● **Bed bugs, page 6**

Energy Saving Facts

When to turn off personal computers

If you're wondering when you should turn off your personal computer for energy savings, here are some general guidelines to help you make that decision:

Though there is a small surge in energy when a computer starts up, this small amount of energy is still less than the energy used when a computer is running for long periods of time. For energy savings and convenience, consider turning off:

- The monitor if you aren't going to use your PC for more than 20 minutes

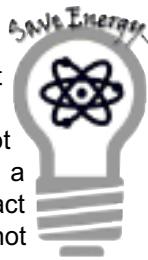
- Both the CPU and monitor if you're not going to use your PC for more than two hours.

Plug in your monitors, print-

ers, and other accessories into a power strip. When this equipment is not in use for extended periods, turn off the switch on the power strip to prevent them from drawing power even when shut off. If you don't use a power strip, unplug extra equipment when it's not in use.

Screen savers are not energy savers. Using a screen saver may in fact use more energy than not using one, and the

power-down feature may not work if you have a screen saver activated. In fact, modern LCD color monitors do not need screen savers at all. For more tips, visit the Department of Energy Web site at www.energysavers.gov/your_home/appliances/index.cfm/mytopic=10070.



Food service and refrigeration equipment

It is important to be aware when NMCI updates your computer. Contact your Building Energy Monitor or Resource Efficiency Manager if you have any questions.

Fully load cooking equipment to use energy efficiently. However, be careful not to overload beyond the recommended capacity.

Keep pots covered to reduce heat loss.

Remember, keep refrigerators full too. A full refrigerator retains the cold longer and will cycle on less frequently.

If ice makers are used in your business, reduce your

energy costs by choosing the right one for the job.

Preheat cooking equipment at the manufacturer's recommended setting.

Keep evaporator coils clean and free of ice build-up with regular maintenance.

Install automatic door-closers and strip curtains on walk-in freezers or coolers.

Make sure oven doors fit tightly by adjusting door latches, and that gaskets are in good condition.

Buy insulated cooking equipment when possible since insulation keeps more heat in the equipment instead of the room.

Consider replacing broilers with smooth or grooved griddles... your energy consumption will be significantly reduced.

● Energy

Make energy conservation a part of day-to-day activity through these simple but important actions.

- ✓ Switch off all unnecessary lights and equipment.

- ✓ Use efficient ENERGY STAR products.

- ✓ Use compact fluorescent light bulbs.

- ✓ Use power-down or sleep mode feature for CPU's and monitors.

- ✓ At the end of the day, turn the copy machine and printer off.

- ✓ Keep government vehicles maintained and only drive when necessary.

- ✓ Walk, carpool or use public transportation to conserve fuel.

The Navy's commitment to energy savings is greater than ever. Government personnel should become knowledgeable stewards of energy resources and begin conserving energy for a stronger future. You make it happen!

-- From Navy Region Southeast Public Affairs

Navy leadership outlines 2010 Combined Federal Campaign goals

By MC3 Shannon Burns
Defense Media Activity - Anacostia Public Affairs

ARLINGTON, Va. (NNS) -- Senior Navy leadership outlined individual Combined Federal Campaign (CFC) goals for Navy organizations across the fleet during a Sept. 23 ceremony at the Pentagon Center Courtyard in Arlington, Va.

Under Secretary of the Navy Robert Work described CFC donation goals to Navy leaders from 16 organizations, including Naval Information Operations Command, Space and Naval Warfare Systems Center and United States Marine Corps Headquarters.

He presented representatives from each

organization with a small board denoting Department of the Navy (DoN) CFC goals during the ceremony. Work also explained how funds raised through CFC have a nationwide impact.

"This is worth doing," said Work. "It impacts Sailors, Wounded Warriors and communities throughout the United States."

Work added that although there are numerous reasons the CFC has remained integral in the DoN, the thousands of sea service members and Department of Defense (DoD) employees choosing to participate in the program are who ensure the program's continuing legacy.

"One reason why we're successful is

because of our Sailors, Marines and civilians," said Work. "They have already dedicated their lives to providing a service to the country. They understand what it means to give and what it means to sacrifice."

Of the more than 4,000 charities eligible for participation in the 2010 CFC, numerous charities maintain close military ties, including Puppies Behind Bars, an organization which trains and donates aide dogs to Wounded Warriors.

"The CFC is an incredibly important donor to us not only because of the amount of funds generated as a whole but also because when we get private individuals who want to give us money from their pay-

checks it tells us that the work we are doing is important," said Gloria Gilbert Stoga, Puppies Behind Bars president.

DoN CFC expectations during 2009 were set at \$3.82 million, but more than \$4 million were collected. DoN CFC organizers established a goal of 3.9 million dollars for this year's campaign.

The CFC, officially formed in 1964 as a test project in six cities, consolidated numerous charity drives into one annual combined campaign resulting in a substantial increase in contributions ranging from 20 percent to 125 percent. In 1971, former President Richard Nixon announced that the CFC would be the uniform fundraising method for the federal service.

DoD announces absentee voting week; launches electronic voting support wizard

The Department of Defense (DoD) announced Absentee Voting Week from Sept. 27 to Oct. 4. The week will encourage all citizens voting under the Uniformed and Overseas Citizens Absentee Voting Act who have not received their absentee ballot to go to <http://www.FVAP.gov> to fill it out as soon as possible.

Commanders and voting assistance officers will use this week to emphasize the importance of filling out and returning the absentee ballot. They will also educate eligible personnel on how to use the new online tools to fill out their absentee ballot, plus encourage the use of emailing and faxing as an alternative to sending the voted ballot to local election officials where allowed.

"We encourage all military personnel, their family members, and overseas citizens to exercise their right to vote," said Clifford Stanley, undersecretary of defense for personnel and readiness. "We strongly recommend they complete and mail their absentee ballots immedi-

ately, so they are received by local election officials in time to be counted for the November general election. Make your vote count."

The Federal Assistance Voting Program is responsible for making the absentee voting process easier and more efficient. One of their new initiatives is to provide military members, their families and overseas voters electronic alternatives to requesting, receiving or returning their ballots. If someone has not received their state absentee ballot, it is not too late.

"This year, the states and FVAP launched new online products that make completing absentee ballots much easier. In many cases voters can request their ballot, fill it out and mail or fax it back in 10 to 15 minutes," said Stanley. "When I was a junior officer, this process could take 30 to 40 days. The new online tools have remarkably reduced the wait time. Go to FVAP.gov to fill out your state ballot or the federal write-in absentee ballot online and send it, today."

• Bed bugs

Keep luggage and personal items off of the floor and hang clothing that isn't being worn. When returning home, avoid bringing bed bugs into the home by checking belongings for bugs or eggs, which are both readily visible. Wash affected clothing in hot water followed by drying in a hot

dryer, which will kill bed bugs in all states of development. Vacuum bed bugs from box springs and mattresses with a high energy particulate air (HEPA) filtered vacuum. Seal any openings where they have access to the home. Enclose mattresses and box springs in commercially available plastic covers, which will

prevent bed bugs from entering and entomb any bugs that are already present.

If a bed bug infestation is discovered, seek the services of a qualified pest management professional. They use a variety of extermination methods, including pesticide placement, heat, cold and steam.



Sept. 27 - Oct. 3, 2010

SCHEDULE OF EVENTS:

Friday, Oct. 1st (4pm -Midnight)
"Military Day"

\$2 off Gate Admission (with Military I.D.)

CEFCO presents a Silent Auction

benefiting the Favre 4 Hope Foundation

4pm - midnight -\$16 Armbands (unlimited rides)

4pm - 7pm -97.1 OKK Remote

6pm - "Little Miss Queen City Fair" Pageant

7pm - Chad Peavy Band

Saturday, Oct. 2nd (Noon-Midnight)
"Meridian Star Day"

Noon - 4pm -Dollar Rides

1pm - Pet Talent Show

3pm - Meridian Taekwondo Exhibition

4pm - Carol Merrill Dance Exhibition

5pm - Pat Gray Dancers/Meridian Gymnastics

6pm - 12am -\$18 Armbands (unlimited rides)

7pm - 10pm -105.7 "The Beat" Remote

Lauderdale County Agri-Center Meridian, MS

Sunday, Oct. 3rd (Noon -8pm)

CEFCO Family Fun Day

\$10 Gate Admission (includes 2 Adults & up to 2 kids)

Noon - 8pm \$12.00 Armbands (unlimited rides)

FREE EVENTS:

- Petting Zoo • Local Talent Stage
- Rhinestone Roper • Chainsaw Carver
- Nat'l Guard Rock Climbing Wall
- Blacksmith Demonstration
- Live Music • Youth Nite Concert
- Antique Engines & Tractors
- "Little Miss Queen City Fair" Pageant

GATE ADMISSION: \$6

Kids Under 6 FREE

PARKING: \$2

FAIR INFORMATION: www.queencityfair.net
www.themeridianstar.com & www.wtok.com
601-934-4866 or email lenmcrae@comcast.net

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Wednesday
Prayer Lunch
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DEADLINE 24TH OF EACH MONTH

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

*Birthday & memorial pics excluded.

Hunter Education Course requirement to hunt on board NAS Meridian

One of the requirements prior to obtaining a permit to hunt on board Naval Air Station Meridian is to attend a Hunter Education Course, which is offered by all states. All hunters that are 12 years old and older must have proof of passing a Hunter Education Course from any state.

If you don't have proof of passing a Hunter Education Course in the past, below is a schedule of classes being offered in October

Lauderdale County:

Oct. 23, 7 a.m.-5 p.m.
Mitchell Distributing, 49th
Avenue, Meridian
Call: (601) 482-6161

Kemper County:

Oct. 23, 8 a.m.-6 p.m.
Kemper County Sheriff's Office
(Conference Room), DeKalb
Call: (601) 859-3421

by the Mississippi Department of Wildlife, Fisheries, and Parks for Lauderdale and surrounding counties. Call early for reservations to assure attendance in the classes. It is now also possible to obtain partial Hunter Education certification via the internet, followed by only three hours of classroom study.

If you have any other questions, call NAS Meridian Wildlife Biologist Chris Bucciantini at (601) 679-3539.

Neshoba County:

Oct. 23, 8 a.m.-6 p.m.
Railroad Depot, 256 West
Beacon Street, Philadelphia
Call: (601) 656-4011

Newton County:

Oct. 30, 8 a.m.-6 p.m.
MSU Coastal Plains Experiment
Station, Hwy 80, Newton
Call: (601) 859-3421

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What's happening at the Liberty Center,
page 14

Reservists supporting regional efforts across the spectrum

By Suzanne Speight
Navy Region Southeast Public Affairs

In a time with one war winding down and another ongoing, with massive third world natural disasters and an active hurricane season, the constant strain on the Navy is requiring its Reserve Force to live up to its motto of "Ready Now, Anytime, Anywhere." In Navy Region Southeast (NRSE) they are doing just that.

When Cmdr. Pete Antonacci went on temporary orders for annual refresher flight training, Lt. Cmdr. Joshua Russell stepped in to the full-time job of current operations officer, coordinating regional emergency response efforts and leading a team of 25 military and civilians. When a Navy T-39 aircraft crashed in a rural area north of Atlanta, Master-at-Arms 3rd Class Benjamin Stanfield was one of the initial military first responders to set up operational command of the crash site.

Russell, of Navy Reserve Commander Navy Region Southeast Regional Operations Center (NR CNRSE ROC) unit, and Stanfield, a member of Navy Reserve Security Force Navy Supply Corps School Athens (NR NSF NSCS Athens), are two examples of how Reservists are supporting NRSE every day. Throughout the region, Reservists are supporting NRSE across the spectrum as chaplains, legal officers, security force augments, administrative staff, operational project managers and more.

"Reservists have completely integrated into the structure of the active component and they are a tremendous force multiplier," said Capt. Rey Consunji, Commander, Navy Region Southeast Reserve Component Command (NRSE RCC). "More so now than ever, we are a total force, with seamless integration throughout."

With 28 Navy Operational Support Centers (NOSC) providing training and administrative support to 15,000 Reservists in seven states and Puerto Rico, NRSE RCC is the largest Navy Reserve Component region. Its structure parallels the active component region, stretching from

South Carolina to Florida and Puerto Rico, and west to Texas. From the significant presence of Reserve security units (there are 18 NR NSF units supporting regional installations) to the unique contribution of an individual Navy Emergency Preparedness Liaison Officer (NEPLO) assigned to each state, Reserve support varies greatly in scope and focus. One common trait is the ability to respond in a time of crisis.

"From a strategic standpoint, this region has contributed to providing Reserve talent to everything from hurricanes, to disaster relief in places like Haiti, to oil spill response in the Gulf," Consunji said. "When you are talking about Reservists supporting this region, humanitarian and crisis response is a big part of that."

Lt. Cmdr. Tenisha Finley is an operational support officer for the NRSE Reserve units. "Our Reservists are able to step in and have an immediate impact on the mission," she said. When the Gulf oil spill was at its peak, Finley sent several Reservists to help in different capacities, including two officers performing as Navy liaisons in Mobile, Ala., and Houma, La., and enlisted Sailors to provide administrative support. NRSE Reservists supported the relief mission in Haiti earlier this year, and 10 Sailors from NR NSF NSCS Athens supported a 24-hour security detail at the T-39 crash site in Georgia. "They are true professionals, dedicated to the mission," said Finley.

Capt. Bill Hiscock was one of the NEPLOs mobilized during the Gulf oil spill. Within three days after receiving notification, he was on the ground in Mobile, providing situational awareness and reporting to the NRSE emergency management team. The NEPLO's job is to coordinate with local, state, and federal agencies responding to an emergency event and provide a liaison back to the regional commander.

"During a situation like the oil spill, I am looking for anything that involves or may impact a Navy equity, and I anticipate any requests that might be coming up," he said. "It's really about helping to get the right resources

to the right place." As a civilian airline pilot and small business owner, Hiscock says the job draws on a number of different disciplines, including management and operational planning. Like many Reservists, he brings a wealth of civilian skill to the table in his Reserve job.

Consunji said leveraging that kind of experience and skill is critical to the Total Force concept. "It is a testament to both the quality of our people and the work they do," he said, referencing an example of a senior JAG Corps officer who is a circuit court judge in South Carolina. "If you bring that kind of talent to the table, you are going to garner respect and you are going to be a huge asset to the Navy."

Cmdr. Joe Kohla, NRSE RCC Operations Officer, said he believes the Navy Region Southeast is setting a standard for seamless integration. "Every base, if you look around, Reservists are doing the day-to-day work alongside their active

• **Reservists, page 12**



Photo by MC1 Monica R. Nelson

HENDERSON POINT, Miss. - Reserve Lt. Cmdr. Rob Johnson, Navy In-Shore Recovery Group East liaison officer for Mobile's Incident Command Post, explains Navy skimmer capabilities to Coast Guard Lt. Nathan Curry, while Master Chief Boatswain's Mate Richard James, leading chief petty officer for Navy's Southeast Region Oil Spill Response Detachment, listens in. Johnson, commanding officer of Navy Reserve Security Force Navy Supply Corps School Athens (NR NSF NSCS Athens), was one of a number of Reservists called to active duty during the Gulf oil spill.

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@ 6:00PM

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Attention all authorized NEX patrons -- tell us how well we are doing. Please take a few minutes and fill out our Customer Satisfaction Index survey. Each customer that completes this survey will receive a \$5 coupon good towards a future NEX purchase.

Last year, we surpassed all previous years, scoring an 88... this was three points higher than the previous year, six points higher than the company average and four points higher than the MidSouth District average.

"We are so appreciative of your support and feedback," said NEX Manager Courtney Jackson.

The surveys can be obtained at the Electronics Mini Mart, Building 212.

Celebrating Hispanic Heritage Month

Hispanic Heritage Month was established in 1988 to celebrate the culture and traditions of those who trace their roots to Spain, Mexico, and the Spanish-speaking nations of Central America, South America, and the Caribbean.

While originally proclaimed as National Heritage Week in 1968, Hispanic Heritage Month is now celebrated from Sept. 15-Oct. 15, coinciding with the anniversaries of the independence of five Latin American countries, Mexico and Chile.

At a population of more than 48 million, Hispanics comprise our nation's largest ethnic or racial minority.

This year's theme, "Heritage, Diversity, Integrity, and Honor: The Renewed Hope of America," reflects the unique experiences and contributions that Hispanics have made to our nation.

In 2010, four admirals, three members of the senior executive service and 156 master chief petty officers of Hispanic heritage are leading the Navy.

The Navy's strength is a product of its diversity. Hispanics have served bravely in the Navy through every war and conflict since the American Revolution.

Today, more than 63,000 Hispanic and Latino Sailors and civilians serve in the Navy Total Force. Some notable Hispanics in our Navy, past and present, include:

- Naval aviator Cmdr. Everett Alvarez, who was shot down over Vietnam in 1964 and withstood more than eight years of torture and solitary confinement before being released.

- Cmdr. Yvette Davids became the first Hispanic woman to command a surface combatant when she took command of the USS Curts (FFG 38) in 2007.

- Edward Hildago became the first Hispanic to serve as secretary of the Navy in 1979.

- Hospital Corpsman 2nd Class Phillip Azevedo was awarded a Bronze Star for his actions during a 12-month individual augmentee deployment to Afghanistan in 2009.



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Oil spill response det demobilizes in Gulfport

By Stephen Strickland
Navy Region Southeast Public Affairs

JACKSONVILLE, Fla. -- In Gulfport, Miss., Navy Region Southeast personnel are preparing the last skimmers and utility boats for return to their home installation following their use in cleanup of the Deepwater Horizon oil spill in the Gulf of Mexico. Rear Adm. Tim Alexander, Commander, Navy Region Southeast, reflected on the support the region received from Navy commands around the country.

"From Puget Sound to Key West, and San Diego to Rhode Island, installations and Navy regions stepped up to help us in our efforts to clean up oil in the Gulf region," Alexander said. "The professional response we had from so many commands nationwide ensured the success of the Southeast Oil Spill Response Detachment."

The Southeast Oil Spill Response Detachment (SE OSR DET) was created under the cognizance of Navy Region Southeast in June when the Coast Guard asked the Navy for assistance in the cleanup efforts. While the Navy was already providing assistance to the cleanup efforts through the Navy Sea Systems Command's Supervisor of Salvage and Diving (SUPSALV), the Coast Guard asked what other resources the Navy could bring to bear to help in the fight.

The Navy's response was to bring 27 skimmers, 35 utility boats, and four Harbour Buster skimmers into the Gulf region from installations around the country. Navy Region Southeast brought these boats and nearly 200 crew members and support personnel to the Gulfport, Miss., laydown area. Under the leadership of Lt. John "Stormy" Fairweather of NAS Key West, SE OSR DET began operations as directed by the Coast Guard and BP-led Unified Area Command.

"Moving all these assets took a lot of cooperation and hard work by so many organizations and people," Alexander said.

"Environmental departments had to coordinate with state agencies to ensure that we weren't leaving other areas vulnerable. The Fleet Industrial Supply Center had to coordinate transportation and myriad other things to stand up the detachment. All of our other stateside Navy regions had to track personnel and assets. Naval Facilities Engineering Command brought a lot of their expertise to the fight. Our Port Operations folks were the experts on the ground. And SUPSALV gave us great support in the Gulf region, from helping with maintenance contracts to giving us the lay of the land in oil spill response."

The coordination of the response effort touched dozens of Navy commands and departments. Messing and berthing had to be arranged, hurricane evacuation plans had to be developed, transportation requirements had to be vetted, and personnel had to be trained. Most importantly, boats and crews had to deploy quickly to help prevent an environmental disaster along the Gulf Coast.

Crews quickly started operating in Pensacola, Fla., Perdido Pass in Alabama, Myrtle Grove in Louisiana, and Bay St. Louis in Mississippi. After initially recovering a good amount of oil and tar balls, the crews eventually found that oil was becoming harder and harder to find.

"I think we all feel very fortunate that the amount of oil to be recovered was less than expected," Alexander said. "Though we were prepared for a worst-case scenario, thankfully it didn't come to pass. I hope we brought some measure of assurance to the people of the region with our presence, but the Coast Guard has released us from our mission, and it's time to get our people and assets home."

SUPSALV remains in the Gulf Coast region to support the ongoing cleanup efforts, as it has from the beginning. In addition, Naval Air Station Pensacola and Naval Support Activity Panama City are still serving as incident support bases, providing support



Photo by MC2 Jordan J. Miller

MYRTLE GROVE, La. -- Navy civilians conduct skimming operations in southeast Louisiana. Skimming operations are being conducted to aid in the Deepwater Horizon oil spill clean up effort.



Photo by MC1 Monica R. Nelson

GULFPORT, Miss. -- Navy civilian Skip Schaul leads the Great Lakes, Ill., oil spill response team in laying out boom for stenciling in Gulfport, June 25. Schaul, a Navy motor vehicle operator, is one of 35 trained personnel on the Great Lakes team. "They receive facility response training and exercise twice a year on spills. The 12 we brought with us to Gulfport were the most qualified to operate the particular equipment requested," said Kelly Devereaux, Navy Facilities Engineering Command Midwest on-scene coordinator.

to the Coast Guard and BP.

As the last of the skimmers is prepped for transportation back

home, the now-demobilized Southeast Oil Response Detachment will serve as an

example of Navy teamwork, professionalism, and rapid deployment.

15 aviators earn 'Wings of Gold' during ceremony

There will be a naval aviator designation ceremony on Oct. 1, at 1 p.m. 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."

Fifteen U.S. Navy, Marine Corps, Spanish and French aviators will receive their "Wings of Gold." They include:

Lt. j.g. Bradley Garrett Correa, USN, earned three 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 Aug. 26. Lt. j.g. Correa completed Advanced Jet Flight Training

with Training Squadron Seven.

Lt. j.g. Emerand Joseph-Marie Coste De Bagneaux, French Navy, earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on July 19. Lt. j.g. Coste de Bagneaux completed Advanced Jet Flight Training with Training Squadron Seven.

Lt. j.g. Glenn Curtiss Diller, USN, earned three Navy "E's" for bombing accuracy during Advanced Flight Training. He was selected as VT-7's Student of the Month for July 2010 and. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Sept. 27. Lt. j.g. Diller completed Total Strike Training with Training Squadron Seven.

Ensign Louise Anais Favier, French Navy, earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. She carrier qualified in the T-45C

on board the USS George H.W. Bush (CVN-77) on Aug. 26. Ensign Favier completed Advanced Jet Flight Training with Training Squadron Seven.

Lt. j.g. Guillermo Gonzalvez De La Cruz, Spanish Navy, earned two 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 19. Lt. j.g. Gonzalvez completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. j.g. Stephen Parker Huffman, USN, was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Aug. 26. Lt. j.g. Huffman completed Advanced Jet Flight Training with Training Squadron Nine.

● **Winging, page 19**



Correa



Coste de Bagneaux



Diller



Favier



Gonzalvez



Huffman



Latta



Le Rasle



McClure



Mindek



Scott



Stewart



Tordini



Vazquez Alberti



Wheeler

Fire Prevention Week Oct. 3-9: 'Smoke Alarms: A sound you can live with'

The National Fire Protection Association (NFPA) recommends smoke alarms in every bedroom, outside all sleeping areas, and on every level of the home, including the basement.

According to the NFPA, which develops NFPA 72 National Smoke Alarm Code, many homes still don't have that level of protection. Unfortunately, almost two-thirds of home fire deaths per year result from fires in homes with no smoke alarms at all or no working smoke alarms.

In an effort to better educate the public about smoke alarm recommendations, NFPA is promoting "Smoke Alarms: A sound you can live with" as the theme for Fire Prevention Week 2010, Oct. 3-9. NFPA has been

the official sponsor of Fire Prevention Week for 88 years.

"Many U.S. homes may still only have one smoke alarm," says Lorraine Carli, NFPA's vice president of communications. "That is simply not enough." Carli emphasizes that smoke alarms must be installed in all bedrooms, not just near them, to ensure that everyone is alerted in time to escape safely.

Smoke alarms can cut the chance of dying in a fire in half, but they must be working properly to do so. NFPA's data shows that many homes have smoke alarms that aren't working or maintained properly, usually because of missing, disconnected or dead batteries.

"This year's Fire Prevention Week campaign works to moti-

vate the public to actively determine whether they have proper smoke alarm protection throughout their homes," says Carli. "It also encourages people to explore newer, more comprehensive options for smoke alarms."

According to NFPA, interconnected smoke alarms offer the best protection; when one sounds, they all do. This is particularly important in larger or multi-story homes, where the sound from distant smoke alarms may be reduced to the point that it may not be loud enough to provide proper warning, especially for sleeping individuals. Interconnected smoke alarms can be hard-wired or wireless battery-operated interconnected alarms are now available.

NFPA offers the following tips for smoke alarms:

- ✓ Test smoke alarms at least once a month using the test button, and make sure everyone in your home knows their sound.
- ✓ If an alarm "chirps," warning the battery is low, replace the battery right away.
- ✓ Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they're 10 years old (or sooner) if they do not respond properly when tested.

Fire departments throughout the country will be hosting activities during Fire Prevention Week to promote the campaign locally. These educational, family-oriented activities can help everyone learn more about the power of smoke alarms, newer options for installing and maintaining them properly, and ultimately, how to better protect

themselves and loved ones from fire.

To find out more about Fire Prevention Week, smoke alarms and this year's campaign, "Smoke Alarms: A sound you can live with!", visit NFPA's Web site at <http://www.firepreventionweek.org>

New LEO youth club established in Meridian

A new LEO club was established in Meridian on Sept. 23, when 12 charter members celebrate the organization of the club at Poplar Springs Drive United Methodist Church.

The Meridian LIONS Club sponsored the new club for youth, ages 12-18.

Ryan King of Meridian was elected president of the new club, and Joey Bates of Collinsville was selected as the first vice-president. Katy Smith of Meridian will serve as the club secretary. Katie Lee of Meridian is the treasurer.

The Meridian LEO Club has already become involved with a number of local service projects including the 10th Avenue Cemetery Clean-up.

"We are excited to give back to our community," said LEO Club President Ryan King. "Through this important work, we plan to make

a difference."

The Meridian LEO Club meets on the second and fourth Sunday of each month at 6 p.m. at Poplar Springs Drive United Methodist Church.

Meridian LIONS Steven Brown, Toby Bates, and Tommy King are the current LEO club advisors. Young people, ages 12-18, who would like more information about the Meridian LEO Club can contact Ryan King at rhino9@bellsouth.net.

LIONS clubs sponsor approximately 5,500 LEO clubs in more than 120 countries. While helping others in their community, LEOs develop leadership skills and experience teamwork in action. For more information about the LEO Club Program, visit the Youth Programs section of the LIONS Web site at www.LIONSclubs.org.



Submitted photo
LEO President Ryan King accepts the charter of organization from Meridian LIONS Club President Jim Quick on Sept. 23.

Children and fire don't mix

A child under the age of five is twice as likely to die in a residential fire as the rest of the population.

"Prepare. Practice. Prevent the Unthinkable." Parents and caregivers should prepare by doing the following:

- Installing and maintaining working smoke alarms.
- Safely storing lighters and matches out of children's reach and sight.
- Practicing a fire escape

plan with small children, which should include helping toddlers understand how to quickly respond in case of fire, and planning how adults can escape with babies.



Source: U.S. Fire Administration

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

• Reservists

duty counterparts, from aviation squadrons to training command units to Individual Augmentees," he said. "To the average person watching, you can't tell the difference, and that is how it should be, one team, one fight."

The integration is reflected in the prevalence of commands who are now building Reserve support into long-term scheduling and project planning. Reservists like Capt. James Harlan, commanding

officer of the NR CNRSE ROC unit, can now plan annual training support around the needs of the active command. This allows for better communication with civilian employers, who can in turn plan for their own mission accomplishment.

"Employer support is so critical because more and more is being expected. It's important we make our employers aware of what we do," Harlan said. Harlan, a 22-year veteran, said it wasn't always

this way. "Now, more than ever, I think the active Navy is realizing and appreciating Reserve contributions, and both sides of the equation are working hard to function well together."

The Navy's latest recruiting slogan "America's Navy: A Global Force for Good," represents the Navy as a family, fighting for one goal. Consunji couldn't agree more. "We are an integrated Total Force," he said. "You can't have a global force if you don't have one team."



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Awards, retirements honor NAS, PW personnel



EN1 Raymond Paul Jr. is pictured with his children, Emma, Danae and Raymond Paul III following his retirement ceremony on Sept. 24. EN1 served 20 years in the Navy.



Lt. Cmdr. Roger S. Caron presents Carolyn R. Knight with a certificate honoring her 36 years of total government service. She was employed at NAS Meridian Branch Health Clinic as a supply technician for 20 years.



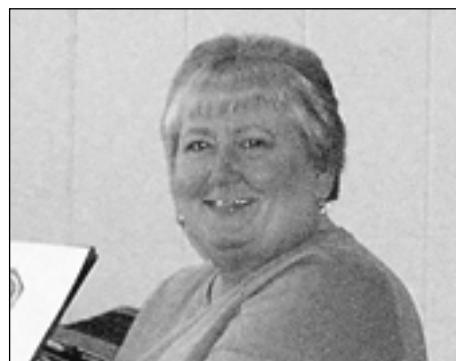
Skip Matuszewski is congratulated by NAS Meridian Commanding Officer Capt. Charles Gibson on the occasion of his retirement from government service on Sept. 21. Matuszewski also received a Meritorious Civil Service certificate honoring his 48 years of service.



Lt. Cmdr. Lance Coe congratulates Public Works Carpenter Work Leader Calvin Cooper on his retirement.



Robert Spire is presented his 30-year civil service certificate from Lt. Cmdr. Lance Coe.



Karen Lanier receives her 25-year civil service certificate.



Lt. Cmdr. Lance Coe presents Mike Easterwood his 25-year civil service certificate.



Fred Warren receives his 15-year service certificate.



Gary Stacey receives his 10-year service certificate.



Ritchie McKee receives his five-year service certificate.



Wiley Pipkin receives his five-year service certificate.



Tami Quinnelly was named Public Works Civilian of the Quarter for January-March 2010.



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

MWR

Mission First... Sailors Always



October Specials

Mondays - NTTC/MATSS-1
Student Special 5 p.m.-close
\$2 a game, including shoes

TUESDAYS, 6 P.M.
Captain's Cup Bowling

Wednesdays - NAS Staff
Special 5 p.m.-close
\$2 a game, including shoes

Saturdays - Family Bowling
Special from 6 p.m.-close
\$2 a game, not include shoes

Friday Oct. 1 and 29 -
Cosmic Bowling
7 p.m.-close, regular
rates apply

Oct. 15 -- 8 Ball Pool Tournament

Sign up by
4 p.m., play
from 5-7 p.m.
\$5 per person
entry fee.



Captain's Cup Bowling

1st: Air Ops
2nd: Eagles
3rd: Gutter Dusters
4th: Devil Dawgs
5th: PW Keglers
6th: NBHC Spin Docs
High Game (Week 4)
Men: Lance Coe
Women: Michelle Spangler

Captain's Cup Golf



NAS Meridian
Captain's Cup
Golf Champions
are Mike
Easterwood, Lt.
Cmdr. Lance
Coe and Steve
Wade. Not pic-
tured are Jamie
Brown and
Wayne Boren.
The team was
undefeated with
a record of 15
wins. They fin-
ished first in the
regular and the
end of season
tournament.

Submitted photo

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Rudders
is open
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Monday
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at 7 p.m.

Ponta Creek Club Championship

October 15-17, 2010

Open to all active duty and individuals
with a monthly/annual membership.

Cost to play will be \$30 and
that will cover Green Fee/Cart
and dinner on Saturday afternoon.

Call (601) 679-2526 to register today!



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.

October

7: Head over to the soccer field across from the clinic for an end of the day flag football game. Game time is 6 p.m.; be at field by 5:45 p.m. No registration necessary.

10: Chuck-a-Pumpkin
Let your pumpkin fly outside of the Liberty Center at 4 p.m. Prize awarded to the person that chucks pumpkin the furthest.

11: Dart Tournament begins at 7 p.m. in Liberty Center. No entry fee - prize awarded to winner. Register day of the event at Liberty Center. Do not bring your own darts - specialized soft tip darts will be provided.

13: Skate Odyssey roller skating rink has been reserved for all Liberty patrons from 7-9 p.m. The bus will leave Library parking lot at 5:30 p.m. and will stop for dinner before skating. Cost is \$5 per person. Please pay and register at Liberty Center by Oct. 10. Minimum of 20 people needed for the event to run - NO REFUNDS (unless the trip is cancelled).

14: FREE bowling to all Liberty patronage at McCain Rec Center from 6-8:30 p.m.

16: Arena and trail riding, on site cookout and horseshoes! Bus will leave Library parking lot at 7:30 a.m. Cost is \$40 per person. Pay and register at Liberty Center by Oct. 3. Minimum of 20 people needed for the event to run - NO REFUNDS (unless the trip is cancelled).



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!

- Oct. 2: "Marmaduke" (PG)
- Oct. 5: "G.I. Jane" (R)
- Oct. 6: "Prince of Persia" (PG-13)
- Oct. 9: "Toy Story" (G)
- Oct. 12: "Robin Hood" (PG-13)
- Oct. 13: "The Rocketeer" (PG-13)
- Oct. 16: "Shrek: Forever After" (PG)
- Oct. 19: "The Rock" (R)
- Oct. 20: "Sex and the City 2" (R)
- Oct. 23: "The Karate Kid" (PG)
- Oct. 26: "Knight & Day" (PG-13)
- Oct. 27: "MacGruber" (R)

New Self Defense Class at Fitness Center

Class is on Monday and Wednesday from 6-8 p.m. and. Class features 6-7 unarmed combatives and 7-8 weapons defense. Instructed by Dave "DAWG" Kerwood. Free to all! Call 601 679-2379 for more information.

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
FRIDAY					
4:35 p.m.	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	6:40 p.m.
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7 p.m.	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.	Drop off if any.....	
SATURDAY					
9:30 a.m.	10 a.m.	10:05 a.m.	10:10 a.m.	10:50 a.m.	11 a.m.
11:10 a.m.	12 p.m.	12:05 p.m.	12:10 p.m.	12:50 p.m.	1 p.m.
1:10 a.m.	2 p.m.	2:05 p.m.	2:10 p.m.	2:50 p.m.	3 p.m.
3:10 p.m.	4 p.m.	4:05 p.m.	4:10 p.m.	4:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7:40 p.m.	7 p.m.	7:05 p.m.	7:10 p.m.	7:30 p.m.	
	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.	Pass. Drop off if any.....	
SUNDAY					
12:30 p.m.	1 p.m.	1:05 p.m.	1:10 p.m.	1:30 p.m.	
	2 p.m.	2:05 p.m.	2:10 p.m.	2:30 p.m.	
3:40 p.m.	3 p.m.	3:05 p.m.	3:10 p.m.	3:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	6 p.m.	6:05 p.m.
6:10 p.m.	6:40 p.m.	6:45 p.m.	6:50 p.m.	Pass. Drop if any	7:20 p.m.

Applebee's Restaurant (upon request only)

~~ MWR News ~~

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

Child and Youth Programs are looking for individuals interested in providing evening care in their homes. 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 a.m.-5 p.m. Stop by the Pro Shop today and stock up on new golf gear!

BBQ pulled pork sandwich



MEAN GENE'S BURGERS

only \$3.50

Kids Stuff

NEW ITEM! Welcome Home Playhouse from Step2. One year old and in EXCELLENT condition. It is VERY large and has only been used maybe 10 times. Paid \$500; willing to sell for \$350 OBO. Call (601) 513-3035.

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

Electronics/Musical/Computers

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.

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

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

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.

Household Items

NEW ITEM! Ashley Furniture Entertainment Center solid wood, like new, holds 40" across or 52" diagonal TV Asking \$800. Call Lisa at (601) 679-8052.

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

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

Two 36-inch 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.

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

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

Automobiles/Accessories

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

NEW ITEM! Tonneau cover, black snap down roll up type -- brand new in box. Fits Ford F-250 1980-98 long bed. Made by Sure Fit. Bought at 4 wheel online (item number TRZA603001), see site for more details. Asking \$100. Call John at (601) 484-7244.

2004 Honda Accord V6, blue with 83K miles, fully loaded: power leather seats, sun roof, 6 disc CD changer, and much more. Asking \$9500 OBO. Call (601) 938-0182.

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

2000 Mitsubishi Mirage Coupe. 2-door, PW, DR LOCKS, cold AC,

Sale ... or

CD player. Asking \$3,000. Call (601) 917-6935 for more info.

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

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

NEW ITEMS! 2006 Yamaha Raptor 80cc. Asking \$775 and **2007 Eton Viper 70cc.** Asking \$775. Call (601) 938-1683.

2008 Kawasaki Ninja 250R, blue with jacket and helmet included, 3800 miles, Asking \$2500. Call (601) 562-6508.

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

1986 Honda Goldwing Aspencade. 1200cc. Two tone tan. 63K miles, new tires, recently serviced. Asking \$2500 Firm. Call John at (601) 484-7244.

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: Very quite home in North Meridian neighborhood. Very close to shopping and all fast food restaurants, supermarket, video store, and bowling alley. Call (601) 485-5546 for details and to view.

For Sale: Doublewide in really good condition with well kept property. Has central heat and air, all appliances. W/L School District 3BR/2 BA on 2 acres. Asking \$85,000. On Mayatt Rd. in Collinsville. Call (601) 479-9229.

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, dinning 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: ctfitz@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

NEW ITEM! Fussball table, Asking \$100 OBO. Call Eduard at (601) 604-7653.

NEW ITEM! ESPN 7.5ft Pool Table. Asking \$150. Call (601) 938-1683.

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.

• Promotion

year. This phasing plan does not affect future selection board promotion rates.

Unrestricted line and human resources officers of the full-time support community will continue to promote at the same rate as their active duty counterparts.

Under previous plans, five percent of officers selected for captain, commander and lieutenant commander were promoted in each of the first eight months of the year, with 15 percent per month during the remaining four months.

Vice Adm. Mark Ferguson, chief of naval personnel, said the plan contributes to keeping the Navy's manpower account in fiscal balance.

"We will continue to fulfill mission requirements for 2011 while controlling growth in manpower costs," Ferguson said. "We will revisit this plan each fiscal year."

For more information on line and staff officer promotion phasing plans, visit <http://www.npc.navy.mil/Boards/ActiveDutyOfficer/>.

-- From Chief of Naval Personnel Public Affairs

**FIND OUT WHAT'S HAPPENING
ON BASE... TUNE TO
COMMAND
INFORMATION
CHANNEL 17**



A closer look at domestic violence

Domestic violence is widespread, estimated to be about 4 million people yearly who are physically abused by their former or current spouses or intimate partners.

Of this number, approximately 95 percent are women. On average, more than three women and one man are murdered by their intimate partners in this country every day.

In 2000, 1,247 women were killed by an intimate partner. The same year, 440 men were killed by an intimate partner. Intimate partner homicides accounted for 30 percent of the murders of women and 5 percent percent of the murders of men.

Many people who are being abused do not see themselves as victims. Also, abusers do not see themselves as being abusive. People often think of domestic violence as physical violence, such as hitting. However, domestic violence takes other forms, such as psychological, emotional, or sexual abuse. Domestic violence is about one person in a relationship using a pattern of behaviors to control the other person. It can happen to people who are married or not married; heterosexual, gay, or lesbian; living together, separated, or dating.

If one partner repeatedly uses one or more of the following to control:

- ✓ Pushing, hitting, slapping, choking, kicking, or biting.
- ✓ Threatening a partner, the children, other family members or pets.

✓ Threatening suicide as a way to get their partner to do something.

✓ Using or threatening to use a weapon against their partner.

✓ Keeping or taking their partner's paycheck.

✓ Put downs or other tactics to make their partner feel bad.

✓ Forcing their partner to have sex or to do sexual acts they do not want or like.

✓ Keeping the partner from seeing friends, family or from going to work.

Domestic violence is the leading cause of injury to women between the ages of 15 and 44 in the United States -- more than car accidents, muggings and rapes combined.

Each year, 1,000 women (that's about four per day) are killed by their husbands or partners. Domestic violence is, indeed, a serious national problem that affects not only individual victims, but the entire community as well.

Here are some statistics about the impact of domestic violence on the community:

Family violence costs the nation from \$5 to \$10 billion annually in medical expenses, police and court costs, shelters and foster care, sick leave, absenteeism and non-productivity.

Husbands and boyfriends commit 13,000 acts of violence against women in the workplace every year.

Statistically, a woman with children who leaves the home has a 50 percent chance that her standard of living will drop below

the poverty level.

Some of the most tragic, and often most ignored, victims of domestic violence are the children living in these homes. There is increasing evidence that violence may pass from generation to generation. A child's exposure to the father abusing the mother is the strongest risk factor for transmitting violent behavior from one generation to the next.

Child abuse occurs in 30 to 60 percent of family violence cases. Children from violent homes have higher risks of alcohol/drug abuse, running away and juvenile delinquency. Many of these children learn to use violence as a way to solve their problems. They are inadequate at labeling and expressing their feelings, so they express them by being aggressive or withdrawing.

A large number of violent criminals were raised in abusive homes. And whether parents believe it or not, 90 percent of children are aware of the violence directed at their mother.

The tolerance of family violence as a way of life in one generation encourages family violence in the next. That makes it difficult to prevent. Prevention must start with people changing their attitudes toward violence and women, a zero tolerance for the use of violence to resolve conflict and express anger in an intimate relationship. No one deserves to be beaten or physically threatened, no matter what the excuse.

-- From FFSC Staff

Navy celebrates Ombudsmen's 40 years of volunteer service to Sailors, families

By Lt. Patrick Evans
Submarine Group 2 Public Affairs

GROTON, Conn. (NNS) -- Groton/New London Ombudsman Assembly members were honored for volunteering to support Sailors and their families during an Ombudsman Appreciation Dinner in Groton, Conn. Sept. 14.

The dinner was part of Navywide events held as part of Ombudsman Appreciation Day.

"Through the years, ombudsmen have performed countless duties with strength, courage and compassion, creating a system of support and

encouragement for our Navy families," said Beth Darius, Naval Submarine Base New London, Fleet and Family Support Center (FFSC) Ombudsman coordinator. "Tonight [Sept. 14], center stage is for our Ombudsmen: past, present and future."

Throughout the day, Navy leadership recognized the tireless efforts of Ombudsmen.

"You may not wear the uniform, but you definitely have answered your nation's call to serve," said Rear Adm. Michael McLaughlin, Commander of Submarine Group 2, the dinner's guest speaker.

● **Ombudsmen, 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.

Understanding Domestic Violence Victims: Oct. 5 from 9:30-10:30 a.m. or Oct. 26 from 4-5 p.m. Domestic violence is a serious issue that affects millions of people in one way or another. In fact, even if you are not the victim of domestic violence, you likely know someone who is. Therefore, whether you are the victim or the friend of someone being abuse, it is important for you to know how to find help and break the cycle of abuse. Come learn about domestic violence, why some victims stay in spite of the abuse, and how you can help break the cycle of abuse.

Why Sexual Assault in the Navy is a Big Deal: Oct. 6 from 4-5 p.m. or Oct. 25 from 9:30-10:30 a.m. Sexual assault is a terrible crime with serious consequences. This workshop will focus on how sexual assault in the Navy affects everyone, not just victims and offenders, and the negative impacts on readiness caused by sexual assault amongst shipmates.

Welcome Aboard & New Spouse Orientation: Oct. 7 from 8-11:30 a.m. (New Spouse Orientation from 11:30 a.m.-12:30 p.m.) FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, medical, dental, Exceptional Family Member Program, TRICARE, vehicle registration, on- and off-base driving regulations, legal services, community services, chapel and other religious services, MWR, things to do at NAS and in Meridian, and more! The New Spouse Orientation will include a Q&A session with command Ombudsmen and other briefs of interest to military spouses.

Bystander Intervention 101: Oct. 13 from 3-4 p.m. or Oct. 26 from 9-10 a.m. You are at a party. During the past hour you notice one of your male friends has been talking to a young woman. They seem to be having a good time, but it is clear that the woman has had too much to drink. At one point your friend walks by you and you hear him say he is just going to get her "one more and that should be enough." A few minutes later you see him put his arm around the young woman and start to lead her upstairs. What do you do? Have you ever found yourself in a similar situation and not known what to do, even though you knew you needed to do something? This seminar will discuss various reasons why individuals who witness a range of inappropriate behaviors may or may not take action, and present ways to encourage and develop greater bystander involvement.

Effects of Domestic Violence on Children: Oct. 14 from 9-10 a.m. or Oct. 27 from 4-5 p.m. Family violence is not a topic people generally like to discuss; however, since October is Domestic Violence Awareness Month, FFSC is offering this workshop to explore the impact of family violence on children. Topics will include: tips on understanding the damage caused by family violence, how to recognize the warning signs of domestic violence, and how to offer support efforts to help end family violence.

IA Readiness Fair: Oct. 15 from 9-11 a.m. FFSC hosts this deployment readiness event to help Individual Augmentee (IA) deployment candidates and their families prepare. We'll have representatives from various departments and agencies on-hand to answer your questions and provide valuable information.

IA Spouse Discussion Group: Oct. 15 from 9:30-11 a.m. FFSC hosts an IA Spouse Discussion Group over coffee (or tea). 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 & chat!

1st-Term CONSEP: Oct. 18-21 from 8 a.m.-3:30 p.m. This version of the Career Options and Navy Skills Evaluation Program (CONSEP) targets Sailors with 1-5 years of active duty service. The four-day class will present you with information and involves a series of practical applications that will help you identify your knowledge, skills, and abilities, pinpoint areas of career interest, organize your financial goals, and develop a specific plan to move you in the direction of the success you desire. Registration is required.

• Ombudsmen

"Thank you for caring for other families, while you cared for your own. Thank you for answering an anxious phone call in the middle of the night, establishing a family e-mail network, coordinating a holiday project, welcoming a new family or just lending an ear."

Chief of Naval Operations (CNO) Adm. Gary Roughead issued a Navy message celebrating Ombudsmen.

"On behalf of the men and women of the United States Navy, I extend my personal thanks to the thousands of dedicated Navy family Ombudsmen

for their dedication and service in support of our Sailors and their families at home and around the globe," said Roughead. "Your continued efforts and support allow our Sailors to focus on their mission, knowing that their families at home have the resources they need. Thank you to all the ombudsmen for continuing to serve and support our Navy family. Your mission is vital as we continue to be a global force for good."

In a recorded statement, Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West recognized the contribu-

tions of Ombudsmen.

"When families respond to the challenges of deployments, natural disasters or family emergencies, Ombudsmen are there to provide guidance and to help them regain a sense of normalcy. They help families find the answers to their questions, promoting their resiliency and self reliance. Mission readiness is directly tied to family readiness, and family readiness is directly tied to the selfless dedication of our extraordinary ombudsman."

Navy spouses have been volunteering for four decades through the Navy's Ombudsman

Program. Former Chief of Naval Operations (CNO) Adm. Elmo Zumwalt introduced the program to the Navy Sept. 14, 1970. Zumwalt adapted the program from a 19th century Scandinavian custom originally established to give private citizens an avenue to express their concerns to high government officials.

Local Ombudsmen are preparing for the next 40 years. "As we look to the future, we

look to the assembly to find new and better ways of building resiliency among our Navy families," said Victoria Taylor, Groton/New London Ombudsman Assembly Chair.

"Through the acts of service today, we are shaping the next generation of Navy families, affecting the Navy for (the) next 40 years. My hope is that our good works today will bring a brighter tomorrow for our Navy."

NAS Meridian's Voting Assistance Officer is Senior Chief Ron Banister. He can be reached at (601) 679-2715.

MCC classes at NAS Meridian

Meridian Community College offers classes at Naval Air Station Meridian and a new term is starting Oct. 11.

The schedule includes:

Monday/Wednesday, 5-7:45 p.m.

- English Comp II
- College Algebra
- Public Speaking

Monday/Wednesday, 4 p.m.

- College Algebra

NAS active duty military dependents are eligible for scholarships. For more information, call NAS Meridian Program Director Ardra Govan at (601) 693-2450.

Ready to work for Habitat

The Federal Women's Program is soliciting participation from all women (and men) at NAS Meridian for the Lauderdale County Habitat's Women Build Oct. 9-14.

In addition to the Oct. 9-14 date, Oct. 4 is World Habitat Day and Habitat would like to have women's groups represented on that day also.

Work will include framing, trusses sheeting, roof, electrical, plumbing, AC, insulation, siding, interior room drywall and sheetrock, interior paint, flooring, tiling, landscape and clean-up.

For more information, call the Lauderdale County Habit for Humanity Office at (601) 485-4992 or NAS Meridian Women's Program Chairperson Barbara Watson at (601) 679-2474.

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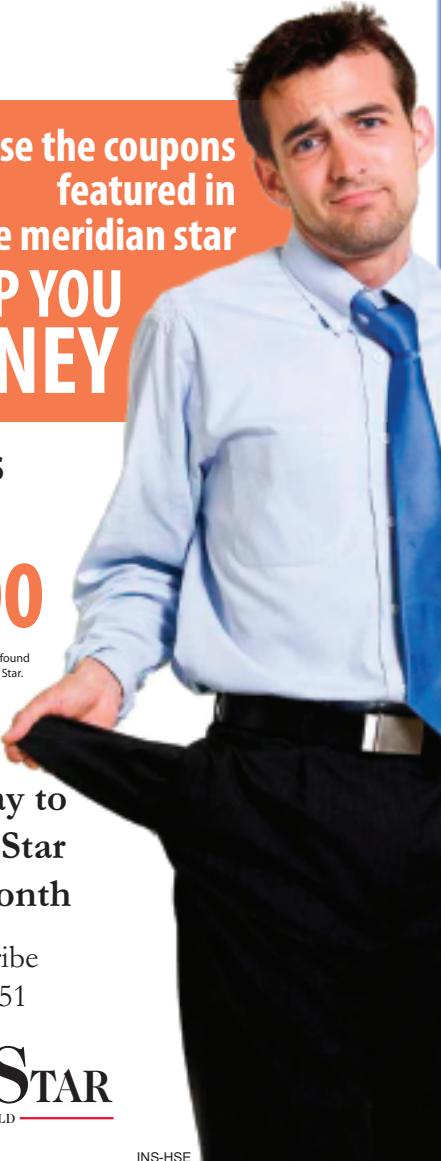
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It's Your Turn...

Besides your current rate/job, what other rate would you like to experience in the military and why?

Photos by MC2 Flordeliz Valerio



HR Evan Sullivan
Branch Health Clinic

"I would be an Equipment Operator or Master-at-Arms. I like seeing progress in building or serving justice."



Pvt. Julio Ramos
Marine Student

"In the infantry because it has been a family tradition."



Pfc. Joseph Sung
Marine Student

"A photojournalist. I would like to be engaged in what's going on in the world."



YN1 Makia Wright
NTTC Staff

"Nuclear-trained rates like Machinist's mate, Electrician's Mate or Electronics Technician -- because their SRB is high in all zones."



Pfc. Patrick Baxter
Marine Student

"I would in the infantry. I believe every Marine wants to see some kind of action in combat."

• Winging.

1st Lt. Robert Wherry Latta, USMC, earned three 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 20. 1st Lt Latta completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. j.g. Guillaume Le Rasle, French Navy, was named to the Commodore's List during Primary Flight Training and earned two 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 19. Lt. j.g. Le Rasle completed Advanced Jet Flight Training with Training Squadron Seven.

1st Lt. Craig Hopkins McClure, USMC, was named to the Commodore's List during Primary Flight Training and was selected as VI-7's Student of the Month for June 2010. During Advanced Jet Flight Training he earned four Navy "E's" for bombing accuracy. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on July 18. 1st Lt. McClure com-

pleted Advanced Jet Flight Training with Training Squadron Seven.

Lt. j.g. Stephen Joseph Mindek, USN, was named to the Commodore's List during Primary Flight Training and earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on July 19. Lt. j.g. Mindek completed Advanced Jet Flight Training with Training Squadron Seven.

Lt. j.g. Michael McGuire Scott, USN, earned two 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 Aug. 26. Lt.j.g. Scott completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. j.g. Patrick Ryan Stewart, USN, was named to the Commodore's List during Primary Flight Training and earned three Navy "E's" for bombing accuracy. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on July 20. Lt. j.g. Stewart completed Advanced Jet

Flight Training with Training Squadron Nine.

Lt. j.g. Anthony Joseph Tordini, USN, earned three 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 20. Lt. j.g. Tordini completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. j.g. Lucas Vazquez Alberti, Spanish Navy, 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 July 19. Lt. j.g. Vazquez Alberti completed Advanced Flight Jet Training with Training Squadron Nine.

1st Lt. Stuart Evan Wheeler, USMC, earned three 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 19 and was named "Best at the Boat" for that carrier qualification evolution. 1st Lt. Wheeler completed Advanced Jet Flight Training with Training Squadron Seven.

SEALs bike across America

By MC2 Shauntae Hinkle-Lymas
Naval Special Warfare Public Affairs

CORONADO, Calif. (NNS) -- Six bike riders participating in a Naval Special Warfare (NSW) Foundation charity bike ride received a ceremonial send-off in Coronado, Calif. Sept. 26.

The riders are scheduled to travel more than 3,000 miles to bring awareness to the NSW Foundation, an organization that provides assistance and support to NSW families and the community. Retired Navy SEALs Mike Badger and Rob Rambeck, along with an East-Coast based SEAL, as well as three NSW supporters, Paul Resnick, Ron Watford, and Mary Jemison, met at Coronado City Hall, the starting point of their ride.

"Today's event is about supporting SEAL families in particular, because they're so often deployed," said Coronado mayor Casey Tanaka, whose father was a SEAL. "I'm all too aware of the importance of this group and their work."

NSW Foundation supports more than 9,000 members in the NSW community.

Rambeck says the ride is not only a good chance for him to give back to the NSW community, but it's also an opportunity for him to ride with members of his Basic Underwater Demolition/SEALs class on the way to Florida.

"We only had 26 guys who graduated (from my class), so it's kind of unusual that we have that many people en route," Rambeck said.

The tour is slated to end in Ft. Pierce, Fla., where the riders will join other NSW community members and supporters for the National Navy Underwater Demolition Team-SEAL Museum's annual Muster event. The Muster event, which is in its 25th year, will reunite SEALs from across the country, and exemplifies the partnership between the museum and the local community.

NSW is a maritime component of U.S. Special Operations Command and the Navy's special operations force. The community is composed of over 6,700 personnel, including 2,300 SEALs, 600 Special Warfare Combatant-craft Crewmen (SWCC), along with military support personnel, reserve components, and civilian staff.



Photo by MC2 Greg Johnson

PHILIPPINE SEA -- Sgt. Jeff Bartlett, top, and Cpl. Kevin Carter, both assigned to Marine Attack Squadron (VMA) 542, move an AV-8B Harrier jet aircraft triple ejector rack aboard the forward-deployed amphibious assault ship USS Essex (LHD 2). Essex is part of the forward-deployed Essex Amphibious Ready Group and is underway in the Western Pacific.



MURMANSK, Russia (Sept. 7, 2010) Color guard members stationed aboard the Oliver Hazard Perry-class guided-missile frigate USS Taylor (FFG 50) stand at attention alongside members from the Russian armed forces during a wreath laying ceremony at Alyosha WW II Monument. Taylor is in Murmansk honoring the 65th anniversary of the end of WWII. Taylor is on a scheduled deployment in the U.S. 6th Fleet area of responsibility.

Photo by MC3 Adam Thomas

PHOTOS

GULFPORT, Miss. -- Participants in the 15th annual Seabee Volkslauf Mud Run trudge through one of the first obstacles of the five-mile course at Naval Construction Battalion Center. More than 1,000 people participated in this year's mud run, raising more than \$27,000 to help fund the 2011 Seabee Ball.

Photo by EO3 Mikayla Mondragon



from the Fleet



Photo by MC3 Charles Oki

PACIFIC OCEAN -- A Sailor shoots a basket while playing a 3-on-3 basketball game during a steel beach picnic aboard the aircraft carrier USS George Washington (CVN 73). Steel beach picnics provide Sailors an opportunity to relax after being underway for prolonged periods of time. George Washington, the Navy's only permanently forward-deployed aircraft carrier is underway helping to ensure security and stability in the western Pacific Ocean.

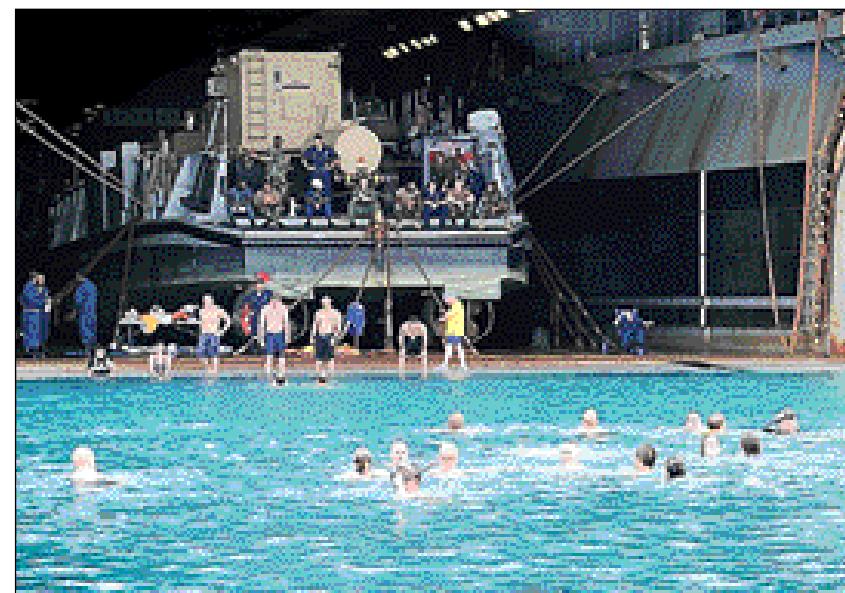


Photo by MC2 Bryan Weyers

Service members embarked aboard the multipurpose amphibious assault ship USS Iwo Jima (LHD 7) swim in the Caribbean waters during a swim call off the coast of Bluefields, Nicaragua. Iwo Jima is anchored off the coast of Nicaragua conducting a Continuing Promise 2010 humanitarian civic assistance (HCA) mission.