

'GreenTruck': Driving force behind energy reduction

By Penny Randall
Staff Writer

Naval Air Station Meridian has expanded its energy efficient fleet of vehicles.

Four new GreenTrucks -- an electric and solar powered truck made by Vantage -- arrived recently at NAS Meridian's Public Works Department.

Public Works Officer Lt. Cmdr. Lance Coe said he expects 10 more of the "Green" vehicles to arrive on board the installation over the next two years.

Presidential Executive Order 13423 mandated government facilities to improve energy efficiency and reduce greenhouse gas emissions by the year 2015. Other legislation includes the Energy Independence and Security Act of 2007 and the Energy Policy Act of 2005.

"These vehicles are here for people to use on base," said Roger Dozier, NAS Meridian's Resource Efficiency Manager. "These vehicles will reduce our reliance on petroleum products -- which is one of the

● Green, page 4

235th Happy Birthday Navy!



Photo by MC2 Flordeliz Valerio

Air Traffic Controlman Tyler Bolosan watches as Lt. Cmdr. Clifford Ford, NAS Meridian command chaplain, cuts the traditional birthday cake during NAS Meridian's 2010 Navy Ball. The event was held at the Riley Center on Oct. 16. Mississippi Congressman Gregg Harper was the guest speaker at the celebration. Meridian Area Navy League also awarded the Navy and Marine Corps Instructors of the Year to Lt. Steve Moore, Training Squadron Seven; and Maj. Benjamin Ausbrooks, Training Squadron Nine. See page 10 for more pictures.

Tactical Combat Training Casualty Care taught in Meridian for first time

By MC2 Flordeliz Valerio
Staff Writer

Naval Operational Support Center Meridian on board NAS Meridian was the home to a Tactical Combat Casualty Care Course for active and reserve Navy personnel, Oct. 13-15.

Most of the personnel were assigned to Navy Hospital Pensacola and Naval Medical Branch Health Clinic Meridian.

The course consisted of field training, a team-building portion and classroom discussion.

All portions are necessary to pass the course, which is required for Navy hospital corpsmen in order to perform proper medical treatment in combat scenarios. After passing a written exam and actual performance portions of the course, the students receive a certificate of completion.

Navy Reservist Chief Hospital Corpsman Clifford Duerfeldt, one of the course instructors, said he wanted to share information and his experience in the battlefield.

"This course helps corpsmen learn how to keep people alive in

● Course, page 8

On Base...

✓ Uniform Change:

Effective Nov. 1 NAS Meridian Navy personnel will change to winter uniform.

✓ Halloween Bowling:

Oct 30th at McCain Lanes. Wear a costume (not military uniform) and bowl one game FREE from 5 p.m.-close

✓ Trick-or-Treat in Housing:

Set for Saturday, Oct. 30, from 5-8 p.m. Please keep your porch light on if you would like children to stop.



✓ Autumn Fest: Set for Oct. 29 from 4:30-7:30 p.m. at Bernath Field. The event is for the entire family and will have activities and fun designed to welcome in the fall weather.

✓ Holiday Food Drive: The NAS Meridian Chapel has started its annual "Holiday Food Drive," which runs Nov. 8-Dec. 18. See page 7 for more information on how and where to donate items.



Photo of the Week



Submitted Photo

On Oct. 15, more than 60 military and civilians volunteered 8-hours of their work day to help build the newest Habitat for Humanity home in Meridian. Workers spent the day attaching siding to the home, clean up the yard, cleaning the inside of the home after dry wall was installed and painting the interior of the home.

Off Limits Establishments

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

The Underground (Bonita Lakes Mall)
Meridian Underground Music Exchange

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

THE Skyline

~ Naval Air Station Meridian, Miss.

Command Staff

Commanding Officer ~ Capt. Charles M. Gibson
 Executive Officer ~ Cmdr. Edward Donohoe
 Command Master Chief ~ CMDCM Sharon Laguna

Editorial Staff

Public Affairs Officer ~ Susan Junkins
 Public Affairs Specialist/Editor ~ Penny Randall
 Staff Writer/Photographer ~ MC2 Flordeliz Valerio

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of *The Skyline* are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or NAS Meridian, Mississippi.

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

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

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

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

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

Area Happenings

OCTOBER

30: 2010 Blues Fest and Birthday Bash featuring: J. Blackfoot, Omar Cunningham and Mississippi's own Jody and Love Undercover Band featuring Patricia Allen. The festival will be held at the Frank Cochran Center, 1725 Carousel Drive. Doors open at 7 p.m., show starts at 8 p.m. Tickets are \$20 in advance, \$25 at the door. For information e-mail terry@tmortonproductions.com or call 800-725-6450.

31: The Fleet Reserve Association Branch 264 will be holding their monthly meeting at 3 p.m. in the branch home, 8874 Hwy 39, Meridian. For more information, contact Michelle at (601) 479-8440.

NOVEMBER

5-6: Meridian Little Theatre Ladies Guild's Annual Fall Variety Sale at theatre on Highway 39 North. Hours are Nov. 5, from 9 a.m.-5 p.m. and Nov. 6, from 9 a.m.-3 p.m. The Guild is a non-profit organization and all funds raised are used for the benefit of the theatre. Items for sale include, men's, ladies, and children's clothing and accessories, toys, household items, linens, knick-knacks, electronics, furniture, and other items too numerous to mention. For information, call (601) 482-6371 or Nancy Myers at (601) 462-9312.

6: Mississippi Industrial Heritage Museum and Railfest "Whistlestop Weekend" featuring art casting and molten iron pour at 4:30 p.m. on Nov. 6 at Mississippi Industrial Heritage Museum, 402 19th Ave. Events also held at Union Station's Singing Brakeman Park, Front Street in downtown Meridian from 9 a.m.-6 p.m. For information, call (601) 482-8001.

6-7: Homemaker Craft Show and Sale sponsored by the Lauderdale County Cooperative Extension Service at Frank Cochran Center in Highland Park, 1725 Carousel Drive. Times: Saturday from 10 a.m.-5 p.m.; and Sunday from noon-5 p.m. Admission: 50 cents. For information, call (601) 482-9764.

6: The Riley Center presents Dayton Contemporary Dance Company performance at 7:30 p.m. at The MSU Riley Center, 2200 5th St. Tickets are: \$28 and \$22. For information, call (601) 696-2200 or visit www.msurileycenter.com.

11: Veteran's Day Ceremony and Parade with the theme "Veterans Helping Veterans." Ceremony begins at 10 a.m. at the Doughboy Monument, 6th Street and 23rd Avenue in downtown Meridian. The parade is at 3 p.m. in downtown Meridian. For information, call Chuck McElroy at (601) 482-4508.

11: Meridian Community College Jazz Band Reunion Concert at 7 p.m. in the college's McCain Theatre, 910 Hwy 19 North. For tickets and information, call (601) 484-8696.

13: Fifteenth Avenue Baptist MOPS is hosting a parking lot yard sale from 8 a.m.-1 p.m. MOPS (Mothers of Preschoolers) is an organization that encourages mothers of young children. If you want to sell any unwanted items and make some money for the upcoming holidays, come join us at 1315 15th Ave. Parking spaces are available for purchase (1/\$15 or 2/\$25). Tables and chairs are not provided, but you may bring your own. As a Christian organization we reserve the right to ask you to remove offensive items. Coffee, pastries, hot dogs, and more will be available for purchase. For more information, contact FAB-MOPS@yahoo.com or Beth Blankenship at (601) 350.0040.

13: Run for Hope 10K Trail Run, 5K Run, 2 Mile Walk and 1 Mile Fun Run at Bonita Lakes. All proceeds benefit Hope Village for children. Applications available at Jeff Anderson Fitness Center for advance registration or at 6:30 a.m. day of race at Bonita Lakes. Race begins at 8 a.m. For information, call 553-8660 or Kim Monsour at (601) 934-2851.

14: The Riley Center presents "The Diary of Ann Frank" presented by Barter Theatre. Performance at 4 p.m. Tickets are \$39 and \$33. For information, call (601) 696-2200 or visit www.msurileycenter.com.

Cpl. Jason Garcia

MATSS-1 Aviation Supply Clerk
Hometown: Big Spring, Texas

Cpl. Jason Garcia is very familiar with Marine Aviation Training Support Squadron One. Two years ago he was a student at the training squadron and is now back to serve as a staff member.

Cpl. Garcia is an aviation supply clerk who joined the Marine Corps on April 14, 2008.

While stationed on board NAS Meridian, Garcia plans to pursue his degree so he can apply for a commissioning.

"I knew the Marine Corps would provide structure in my life," Garcia said. "I have matured mentally and my life has become more real."

A native of Big Spring, Texas, Garcia is engaged to Korinna Solis.

While stationed in Okinawa, Japan, Garcia was assigned as the driver for the commanding officer of MAG-12.

"In this billet I was introduced to numerous flag officers, and established outstanding credibility with them."

It's not a person that Garcia most admires -- "I admire our country for what it has become."

OOORAH!**Pfc. Carlos Reyna**

MATSS-1 Student
Hometown: Yonkers, N.Y.

Pfc. Carlos Reyna is a student in the Marine Aviation Supply Specialist course at MATSS-1 on board NAS Meridian.

"I joined the Marines to live a life of honor, be a role model to my younger brother and to be less lazy," said Reyna who enlisted on June 7, 2010.

He is the son of Ermita Reyna and Enio Reyna, and has two brothers: Marcos and Enio.

His hobbies include working on cars, reading and playing video games.

Reyna said he is ready to be deployed to Afghanistan and is striving to earn advancement.

The person he most admires is his Drill Instructor Staff Sgt Hardy.

"No matter how much life threw at him, he would carry on with his mission of training young Marines. He taught me a lot about the Marine Corps."



Taking the reins: Marine Corps welcomes new commandant

By Sgt. Jimmy D. Shea
 Headquarters Marine Corps

WASHINGTON -- Gen. James T. Conway relinquished his position as commandant of the Marine Corps to Gen. James F. Amos during a change-of-command ceremony at Marine Barracks Washington Oct. 22.

Amos said he is ready to lead the "nation's most ready force," just moments after receiving the Marine Corps' official colors, signifying the charge of the Corps is now in his hands.

Each commandant is appointed by the president and serves for four years as a member of the Joint Chiefs of Staff and reports directly to the Secretary of the Department of the Navy.

As stated in Title 10, Section 5043 of the United States Code, the commandant is responsible for the overall performance of the Marine Corps, ensuring plans, organization, policy and programs are created and maintained, as well as

advise the president and the secretary of defense on matters involving the Marine Corps.

Amos stated the Marines are the most ready when the nation needs them to be.

Recent humanitarian operations in Haiti, Pakistan and combat operations in Afghanistan are prime examples of the Corps' worth to this nation and their readiness as a force, "and that will continue to be my main focus as commandant," said Amos.

Conway said Amos is "absolutely and uniquely qualified to be our commandant."

Amos, a Wendell, Idaho, native, served as the 31st assistant commandant under Conway from 2008 to 2010. A graduate of the University of Idaho and Marine aviator, Amos is no stranger to leading Marines, having served as commander from the ranks of lieutenant colonel to lieutenant general.

Both generals were all smiles when the command was exchanged

● **Commandant, page 19**



Photo by Cpl. Joseph A. Cabrera

Gen. James Amos receives the Marine Corps Colors from Gen. James T. Conway during a change-of-command ceremony at Marine Barracks Washington Oct. 22. Conway relinquished command of the Marine Corps to Amos, who became the 35th Commandant of the Marine Corps.

*~ MATSS-1
 Marine
 Corps Ball ~
 Nov. 13, 2010
 Cocktail hour 5 p.m.;
 Ceremony 6 p.m.
 Silver Star Casino
 Ballroom in
 Philadelphia*

*For tickets contact:
 Staff Sgt. Cuellar at (601)
 679-2775; or
 Sgt.*

*Iannarelli
 and Sgt
 Ferguson at*

(601) 679-3684





Photos by Penny Randall

Public Works Officer Lt. Cmdr. Lance Coe, Deputy Public Works Officer Danny Cook and NAS Meridian's Resource Efficiency Manager Roger Dozier discuss the new GreenTruck parked outside the Public Works building. NAS Meridian recently received four of the new energy efficient vehicles that operate from solar energy as well as electrical charge. Below: An up-close view of the solar panel on top of the truck.

● Green

President's and CNO's top priorities. At NAS Meridian we are constantly developing ways to reduce energy and water consumption."

Currently one of the GreenTrucks is assigned to the FEAD Department.

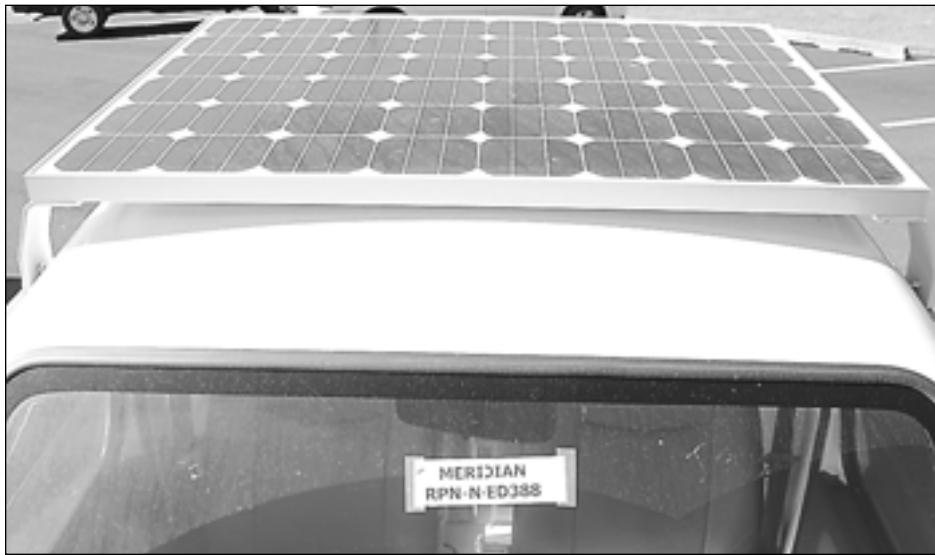
"It's a comfortable vehicle," said Jason Clayton who routinely drives the GreenTruck. "We make every attempt to drive it to places on base."

NAS Meridian's vehicle fleet already contains 11 GEM cars which are completely electric powered vehicles. The difference between the GEM cars and the GreenTrucks is the large solar panel on top of the GreenTrucks. The solar panel aids in charging the batter-

ies used to power the vehicle. It still must be "plugged in" for full electrical charge.

The two-passenger vehicle features drop-down removable sides and tailgate, front tow hitch and four-wheel hydraulic brakes. The power assisted disc and drum brakes are powerful enough to make a quick stop. The DC electric motor has plenty of torque and is constructed for performance and durability.

The truck has six batteries on board the vehicle with a life of up to 30,000 miles. The GreenTruck has a maximum range of up to 40 miles per 4-6 hour charge. The acceleration is zero to 25MPH in five seconds.



Energy Awareness Month



Submitted Photo

To increase knowledge of Energy Awareness Month, several Public Works staff members set up a display at the NAS Meridian Galley on Oct. 11. Public Works Safety Manager Jeffrey Long assists Ellen Howse with a lighting display test station demonstrating how much energy LED, incandescent, and fluorescent (CFL) light bulbs actually use. CFL uses about 30 percent of the energy of an incandescent bulb and LED uses about 10 percent of the energy of an incandescent. The voltmeter at the bottom of the board displays the voltage for each bulb -- incandescent bulb, 50 volts; florescent bulb, 9 volts; and LED bulb, 6 volts. Public Works staff handed out pamphlets and information on how to save energy while engaging galley patrons in conversations about energy awareness.

NEX rewards students with its 'A-OK Student Reward Program'

The Navy Exchange wants to help its customers pay for their children's college education through its A-OK Student Reward Program. Four times per school year, four students will be the recipients of a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of November 2010.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied

by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to win a savings bond through its A-OK Student Reward Program since 1997. Since the program began, NEXCOM has awarded \$504,000 in savings bonds with the help of its generous vendor partners.

Safety is our Duty

Naval Safety Center offer safety self-assessment guidance

Over the last several years, Navy and Marine Corps have had some success at reducing the number of mishaps that occur each year.

Much of the reduction has taken place in ashore workplaces and in the off-duty, recreational and motor vehicle arenas. This Series will provide an overview of a self-assessment (SA) process that can be tailored to the mission and environment for each individual command and will assist us in reaching the next level in risk management and mishap prevention.

Command safety self-assessments are essential to continuous improvement in hazard identification, risk mitigation and ultimately mishap reduction; thereby enhancing mission readiness. Maximizing the effectiveness of the SA process requires the participation of personnel at all levels in the

organization including senior leadership, process owners, and deck-plate operators, as well as the safety staff or BOS safety provider.

A thorough SA requires in-depth reviews of not only safety programs, but also the operations, processes, operating procedures and environments with the potential to cause personal injury, materiel damage or mission failure.

Top level management must be involved as they are the individuals who have the greatest influence on resource allocation and have the authority to make high level risk management decisions and to direct corrective actions. The ultimate goal of the self-assessment is to identify and prioritize deficiencies, develop corrective actions, establish timelines and track completion.

-- From Naval Safety Center Web site

DoN Safety Vision - Seven Key Areas

- **Integrate safety into all on- and off-duty activities, work processes, and weapon system designs to enhance mission readiness, capability, and accomplishment.**
- **Imbed safety culture into the total force (military, civilians, and contractors), with accountability and involvement at all levels, through the adoption of a Safety Management System.**
- **Facilitate continuous improvement in safety performance by managing hazards, mitigating risk, and implementing actions to reduce mishaps, through the use of annual safety program self-assessments.**
- **Maintain effective safety monitoring and performance measuring systems that support senior leadership and unit-specific metrics, data analysis for root causes and development of mitigation strategies.**
- **Employ new technology and the latest management tools to facilitate individual and unit safety awareness and ownership.**
- **Aggressively and transparently communicate safety successes, share hazard awareness and share near-miss lessons learned.**
- **Enable safety performance by developing and maintaining a workforce of talented and skilled safety personnel, both military and civilian, that supports the seamless integration of safety into all work processes, products, and operations.**

Water Efficiency Facts

✓ Repair leaky faucets promptly. One faucet leaking one drop per second can waste 2,400 gallons of water a year. That's 13 years worth of drinking water for one person.

✓ Install low-flow shower heads, toilets and aerators on kitchen and bathroom sink faucets to save water. They will cut water usage by as much as 280 gallons a month for a typical family of four.

✓ Shorten your showers. Each minute less you run the shower you could save from 2.5 to 5 gallons, depending on the type of showerhead you have.

✓ Fill a basin when you wash the dishes by hand instead of letting the water run. You could save up to 25 gallons of water each time you wash dishes.

✓ Don't leave the water running when brushing your teeth. You could save as much as 9 gallons each time you brush. Fill the basin when you shave instead of keeping the water running. You'll use only one gallon of water instead of up to 15 gallons.

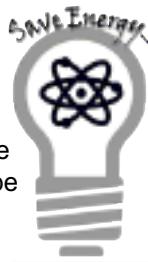
✓ Repair "silent leaks" in the toilet. If food coloring put in the tank ends up in the bowl without flushing, it leaks. Repairing the leak will save up to 200 gallons of water a day. If you need to rinse dishes before putting them in the dishwasher, use cold water.

✓ Run the dishwasher with a full load, not partial (do the same with laundry).

✓ For cold drinks keep a pitcher of water in the refrigerator instead of running the tap. Save hundreds of gallons over the course of a year by not letting water run down the drain.

✓ When landscaping use drought-resistant plants. Check the drought tolerance of plants by reducing the amount of watering a few minutes a day (or cut one day a week) to see how well they do.

For more information and to find more energy saving tips, visit <https://energy.navy.mil>.



Hunter safety brief set for Nov. 4

One of the requirements prior to obtaining a permit to hunt on board NAS Meridian is to attend one Hunter Safety Brief each hunting season (Sept. 1-Aug. 31).

The second Hunter Safety Brief for the 2010-11 season will be Nov. 4 at 5 p.m. in the Hunting Lodge. You are not required to attend this brief if you attended the first safety brief on Sept. 21.

Do not confuse the station hunter's safety brief with the Hunter Education Course, which is offered by all states. They are two separate events, and BOTH are required to hunt on Station. 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, at right is a schedule of classes being offered in the next few months 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.

Newton County:

Oct. 30,
8 a.m.-6 p.m.

MSU Coastal Plains
Experiment Station,
Hwy 80, Newton
Call:
(601) 859-3421

Clarke County:

Nov. 6,
8 a.m.-6 p.m.

Multi-Purpose
Bldg., Quitman
Call:
(601) 776-3951

Kemper County:

Dec. 11,
8 a.m.-6 p.m.

Kemper County
Sheriff's Office
(Conference
Room), DeKalb
Call:
(601) 859-3421

Navy sailing toward 'Great Green Fleet'

NORFOLK, Va. (NNS) -- The U.S. Navy conducted a full power demonstration of a Riverine Command Boat (experimental) (RCB-X) powered by alternative fuel, Oct. 22, aboard Naval Station Norfolk, Va.

Testing and evaluation of alternative fuels from the 49-foot fast and agile RCB-X boat supports the secretary of the Navy's efforts to reduce the fleet's reliance on fossil fuels and is part of a series of progressively complex tests and evaluations scheduled through 2012.

These exhibitions will culminate in 2012 with a Green Strike Group of U.S. Navy ships operating locally and by 2016 deploying a Great Green Fleet powered entirely by alternative fuels.

"Going green is about combat capability and assuring Navy's mobility," said Rear Adm. Philip Cullom, director of the Chief of Naval Operations Energy and



Photo by MC2 Gregory N. Juday

NORFOLK -- Sailors assigned to Riverine Group 1 conduct maneuvers aboard Riverine Command Boat (Experimental) (RCB-X) at Naval Station Norfolk. The RCB-X is powered by an alternative fuel blend of 50 percent algae-based and 50 percent NATO F-76 fuels to support the secretary of the Navy's efforts to reduce total energy consumption on naval ships.

Environmental Readiness Division, which leads the Navy's Task Force Energy. "It is not just about natural security; it also strengthens national secu-

rity. By having reliable and abundant alternate sources of energy, we will no longer be held hostage by any one source of

• **Green fleet, page 19**

Oral health tips for Halloween and year-round

By Sharon Foster
TRICARE Management Activity

Trick or Treat! It's that time of year again, when kids look forward to Halloween sweets and parents worry about the damage sugar does to their kids' teeth.

TRICARE officials remind beneficiaries that brushing and flossing after eating sugary treats is the best way to keep cavities away and maintain their child's oral health, Halloween and year-round.

"Ideally, we recommend limiting sugary snacks for oral health and overall health, but that may not be practical during Halloween," said Col. Jeffrey Chaffin, Army dentist and chief of the TMA Dental Care Branch.

"When possible, try to encourage healthy snacks. The best advice to parents is to ensure that children brush and floss properly after eating Halloween treats."

Even though the oral health of children has improved significantly over the past few decades, tooth decay still affects children in the United States more than

any other chronic infectious disease, according to the Centers for Disease Control and Prevention (CDC). Untreated, tooth decay causes pain and infections that may lead to problems eating and speaking.

The good news is that tooth decay is preventable. According to the CDC, the combination of dental sealants and fluoride has the potential to nearly eliminate tooth decay in school-age children. Dental sealants are thin coatings that are applied to the grooves on the chewing surfaces of the back teeth to protect them from tooth decay. Most tooth decay in children and teens occurs on these surfaces. Sealants protect the chewing surfaces from tooth decay by keeping germs and food particles out of these grooves.

Fluoride helps strengthen teeth, which in turn helps keep them free of cavities and decay. It is a natural substance contained in toothpaste, mouthwash, and in some cities, water.

TRICARE officials understand the importance of good oral health year-round and think

Halloween is a good time for parents to reevaluate best practices.

Below are several tips to help parents and their kids maintain a healthy smile:

- ✓ Brushing teeth twice a day
- ✓ Avoiding excessive snacking on sweets and carbohydrate rich foods
- ✓ Rinsing with water after meals
- ✓ Cleaning between teeth with floss and/or interdental brushes
- ✓ Getting regular dental checkups

For more dental hygiene tips and coverage information, visit the TRICARE Dental Program (TDP) Web site at www.TRICAREdentalprogram.com. The site offers several tools, such as the children's cavity risk assessment, which focus on preventing cavities and the importance of good oral health.

The TDP newsletter, published three times a year, also offers great information. It is available for download on the public portal of TRICARE's Smart Site at www.tricare.mil/tricaresmart.

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

Need help getting to next pay day?



use the coupons featured in the meridian star

TO HELP YOU
SAVE MONEY

Weekly Savings
in Coupons
OVER \$100

*Does not include hundreds of dollars worth of savings found in the display advertising in the pages of The Meridian Star.

Subscribe today to
The Meridian Star
EZ Pay \$11/month

It pays to subscribe
call 601-693-1551

THE MERIDIAN STAR
YOUR STAR. YOUR WORLD.

NAS Meridian Chapel

211 Fuller Road

Protestant
Sunday Services
9 a.m.

Wednesday
Prayer Lunch
11:15 a.m.

Those wishing to
attend Catholic
service in Meridian
should meet in
Chapel parking lot
no later than
10 a.m. for a ride
to and from
St. Patrick's
Catholic Church.

Come Worship
With Us!
Call (601) 679-3635



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

The City of Meridian will host a Veteran's Day Ceremony and Parade with the theme "Veterans Helping Veterans" on Nov. 11. Ceremony begins at 10 a.m. at the Doughboy Monument, 6th Street and 23rd Avenue in downtown Meridian. The parade is at 3 p.m. in downtown Meridian. For information, call Chuck McElroy at (601) 482-4508.

IT'S ALL ABOUT **ME!**

IT'S ALL ABOUT **ME!**



PICTURES SUBMITTED BY OUR READERS

Runs last day
of every month

ASK US HOW
TO GET YOUR
BUSINESS IN FRONT
OF OUR READERS

← 2X2 ad
as little as
\$75⁰⁰

← 6X3 ad
as little as
\$300⁰⁰

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

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

DEADLINE 24TH OF EACH MONTH

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

*Birthday & memorial pics excluded.

Holiday Food Drive

The NAS Meridian Chapel has started its annual "Holiday Food Drive." Suggested food items include:

| | |
|-----------------|--------------|
| Cranberry Sauce | Gravy Mix |
| Canned Corn | Canned Nuts |
| Potato Mix | Canned Peas |
| Sugar | Dressing Mix |
| Soda | Canned Yams |
| Canned Pumpkin | Marshmallows |
| Green Beans | |

Drop Box Locations:

| | |
|--------------------|-------------------------------|
| Commissary | Supply |
| Medical | Public Works |
| Chapel | TW-1 |
| Air Operations | Fleet & Family Support Center |
| NAS Administration | |

For more information, call the Chapel at 601-679-3536.
The food drive runs Nov. 8-Dec. 18.

Ole Farm Beef House Restaurant

CHARBROILED STEAKS OUR SPECIALTY
Catfish • Seafood • Soup • Salad Bar
Children's Menu • Private Parties Welcome



Locally Owned & Operated Since 1982

2115 Highway 39 N • Meridian, MS
(601) 482-5444

Open: Tues-Thurs 5 pm-9 pm • Fri & Sat 5 pm-9:30 pm

Find out what's happening at the
Liberty Center,
page 14



Photo by MC2 Flordeliz Valerio

Senior Chief Hospital Corpsman Rachel Watson demonstrates how to prepare the needle for intravenous (IV) application during a portion of the Tactical Combat Casualty Care course on board NAS Meridian, Oct. 14. The three-day course aimed to train active and reserve Navy hospital corpsmen to medically treat injuries of casualties under pressure or in combat situations.

● Course

certain battlefield situations,” Duerfeldt said.

Lessons include hemorrhage control of the limbs, arms and legs; cricothyrotomy which is surgically opening the neck and inserting a tube to create an airway; and proper application of the intravenous (IV) solution using a syringe and catheter or tube. Students were also taught alternatives for medical treatment in situations where proper tools are not available.

In the team-building portion of the course, students partner up and apply what they have learned. Instructors find out exactly what the students have learned during this portion of the class.

“There is a very big push for corpsmen to complete this course, because they are the ones who are sent out in combat to do the very important job of saving lives,” Duerfeldt said.

Hospital Corpsman 2nd Class Bryan White from Naval Hospital Pensacola said the course offered a lot of important facts to retain.

“We might be in chaotic and stressful situations, but we have to remain cool, calm and collected in order for the person depending on us to get the proper care needed,” White said.

This is the first time the combat casualty course has been taught in Meridian. More instructors are being trained in order to continue the course in Meridian.

Senior Chief Hospital Corpsman Rachel Watson, attached to Naval Operational Support Center Meridian, has been teaching the Tactical Combat Casualty Care Course for 18 years. She shares her experience with the Sailors and Marines so they can learn from her experiences.



Photo by MC2 Flordeliz Valerio

Hospital Corpsman 3rd Class Angelo Marshall inserts the intravenous (IV) syringe into Hospital Corpsman Apprentice Nicholas Baham's arm during the Tactical Combat Casualty Care course.

“It’s a fantastic course,” Watson said. “It gives students a hands-on opportunity rather than just looking it up in a book or on the Internet. They have to go out and sweat, and feel what it is like to do their job in the worst of conditions.”

Watson added she felt the course’s ultimate goal is teaching Sailors and Marines how to save lives.

“We want the individuals to come back with all their limbs intact,” Watson added. “It is very important to bring individuals from the battlefield back to their families. We can train these corpsmen to go out there, save lives and bring our troops back -- that’s our goal.”

TRICARE: Updating DEERS

You must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) to be eligible for TRICARE.

DEERS is a worldwide, computerized database of uniformed services members (sponsors), their family members, and others who are eligible for military benefits, including TRICARE. All sponsors are automatically registered in DEERS. However, the sponsor must register eligible family members. Family members can update personal information such as addresses and phone numbers once they are registered in DEERS.

Note: Addresses must be a physical address; post office boxes cannot be used. Additionally, if both parents are service members, then either parent (must choose one) may be listed as the child(ren)’s sponsor in DEERS

Enrollment in DEERS is the key to using TRICARE benefits. The sponsor must enroll their family members. When there is a change in information, each family member’s eligibility record must be updated separately. Moving? Getting married? Having a baby? Be sure to update your information in DEERS every time it changes. Visit the DEERS Web site now!

Fire Department starts hydrant testing

The fire department will conduct hydrant testing starting Nov. 1 at 8 a.m. The schedule for hydrant testing:

Nov. 1: Administration area starting at the water plant, NTTC, and Navy Gateway Inn and Suites.

Nov. 2: Administration area continued

Nov. 3-4: Navy Housing

Nov. 5: Centroid

Nov. 6: Centroid/areas congested during week (parking lots, etc.)

Nov. 7: Any area that was not tested on above days.

NAS occupants should take precautions/notice when washing white cloths during this time frame. The water could have a rusted or clouded appearance for a short time after the testing.

Please spread the word to all housing occupants and base occupants.

If you have any questions, contact the fire department at (601) 679-2589

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



Navy selects first submarines for female officer assignments

KINGS BAY, Ga. (NNS) -- USS Wyoming (SSBN 742) and USS Georgia (SSGN 729) homeported in Kings Bay, Ga., and USS Maine (SSBN 741) and USS Ohio (SSGN 726) homeported in Bangor, Wash., are the initial four submarines that have been selected to integrate female officers into their crews.

The blue and gold crews of the four submarines will each be assigned three female officers.

Two of the women will be submarine officers, and the third female officer will be a warfare qualified supply officer.

They will be assigned to their first submarine duty station after completing training, which consists of nuclear power school, prototype training and the Submarine Officer Basic Course. They are expected to report to their assigned submarines beginning December 2011.

-- From Commander, Submarine Group 10 Public Affairs

Together we can achieve 'strength through energy security'

By Fifi Kieschnick
NAS Kingsville Public Affairs

Energy efficiency – seems like that's all we hear about at work. It kind of feels as though we're being beaten over the head by it... Reduce energy consumption. Turn off lights. Shut off computers. Conserve. Save.

Reduce. Reduce. Reduce.

It's a given; we are trying to reduce the amount of energy we use and trim the amount required to provide products and services. We do it at home without a second thought.

We insulate, caulk and weath-

er strip our homes so that we use less heating and cooling energy to achieve and maintain a comfortable temperature.

We install fluorescent lights or natural skylights to reduce the amount of energy required to illuminate our homes compared to using traditional incandescent light bulbs.

We turn up the thermostat in the summer and turn it down in the winter.

We turn off lights when we leave a room.

We use ceiling fans in our homes to help maintain a comfortable temperature.

So, why isn't it automatic at work?

Or is it?

"It takes everyone to be aware of the energy they use day-to-day," said Cmdr. Troy Hamilton, NAS Kingsville Public Works Officer. "With everyone's help, we can significantly decrease the Navy's energy consumption and meet the DoD's goal of decreasing energy consumption by 3 percent a year."

This month of October, the Department of the Navy is participating in National Energy Awareness month. This year's theme is "Strength through

Energy Security."

What does that mean? Energy security?

It means attaining efficiency and increasing use of alternative energy sources.

The U.S. government is working toward energy security, reducing the amount of energy we consume. Officials want us to lead the nation toward energy independence, to set the example for other companies, groups, organizations, to follow.

In keeping with this, the Secretary of the Navy has outlined five energy goals. They seek to enhance and better enable our

combat capabilities, sustain the environment for future generations, and promote a clean energy economy.

The SecNav's energy goals are:

Energy Efficient Acquisition: Evaluating energy factors will be mandatory when awarding contracts for systems and buildings.

Sail the "Great Green Fleet": Department of the Navy will demonstrate a Green Strike Group in local operations by 2012 and sail it by 2016.

Reduce Non-Tactical Petroleum Use: By 2015, the Navy will reduce petroleum use in the commercial vehicle fleet by 50 percent.

Increase Alternative Energy Ashore: By 2020, the Navy will produce at least 50 percent of shore-based energy requirements from alternative sources; 50 percent of Navy installations will be net-zero.

Increase Alternative Energy Use Navy-wide: By 2020, 50 percent of total Navy energy consumption will come from alternative sources.

SecNav's goals seem ambitious, don't they?

It will take all of us working as a team to reach these goals.

We must change the way we act. Modify our daily routines, habits.

But the SecNav's goals are attainable -- we have been reducing our energy consumption per gross square foot.

Yes, we have. According to the Navy Office of Information, Navy and Marine Corps shore installations reduced energy consumption per gross square foot by 14 percent relative to the 2003 baseline, exceeding the 12 percent interim goal for the year per the Energy Independence and Security Act of 2007.

Our energy conservation has been measurable.

So, we need to continue to tweak what we do.

To help you become more energy efficient, here are a few tips from the U.S. Department of Energy:

Appliances can drain power when not in use. To save energy and money, connect them to a

● Energy, page 16

**THERE'S ONLY ONE THING AS EXCITING AS A NEW CAR.
A GREAT RATE.**

Rates on new cars as low as
1.99% APR
for 36 months¹

The Power Auto Loan gives more power to you:

- ▶ Low rates and up to 100% financing
- ▶ Member savings on car insurance from GEICOSM
- ▶ Peace of mind with optional protection programs:
Guaranteed Asset Protection and low-cost *Payment Protection Plans*SM
- ▶ Good for new and used cars with no refinancing fee

Visit us online to see how low your payments can be, or give us a call 24/7.
navyfederal.org • 1-888-842-6328

NAVY FEDERAL
Credit Union

ARMY, MARINE CORPS, NAVY, AIR FORCE, DoD—YOU ARE ELIGIBLE!

¹Rates based on creditworthiness, so your rate may differ. Finance example: Loan amount of \$20,000 at 1.99% APR for 36 months would have monthly payment of \$572.44.
Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. SMYour purchase of Guaranteed Asset Protection and a Payment Protection Plan is optional.
Federally insured by NCUA. © 2010 Navy Federal NCUA 11538 (10-10)

2010 Navy Ball in Pictures...



Photos by MC2 Flordeliz Valerio and Susan Junkins

12 aviators earn 'Wings of Gold' in Oct. 22 ceremony

There was be a naval aviator designation ceremony on Oct. 22, in the chapel at NAS Meridian.

The naval aviator designation ceremony is not prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition. It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous demands of aerial combat and carrier operations -- earning each the title of "Naval Aviator" and the right to wear the coveted "Wings of Gold."

Eight U.S. Marine Corps aviators and four French navy pilots received "Wings of Gold." They were:

Lt. Raphael Calais, French navy, earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Aug. 27. Calais completed Advanced Jet Flight Training with Training Squadron Seven;

First Lt. Benjamin Cather IV, USMC, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on July 20. Cather completed Advanced Flight Training with Training Squadron Nine;

First Lt. Matthew Dupre, USMC, who was named to the Commodore's List during Primary Flight Training. During Advanced Jet Flight Training he earned three Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Sept. 27. Dupre completed Advanced Flight Training with Training Squadron Nine;

Lt. Remi Gaudin, French navy, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on



Calais



Cather



Dupre



Gaudin



Holsey



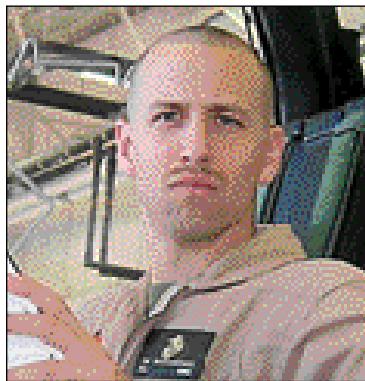
Jenkins



Kamber



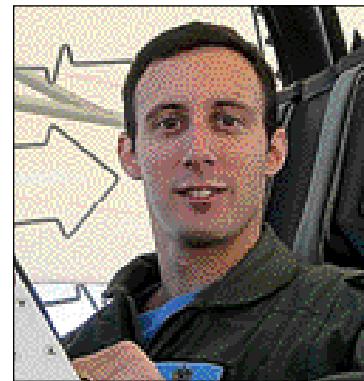
Mettler



Schwamberger



Stevens



Szychowiak



Zier

Aug. 27. Gaudin completed Advanced Jet Flight Training with Training Squadron Seven;

First Lt. Kyle Holsey, USMC, who was named to the Commodore's List during Primary Flight Training. He earned four Navy "E's" for bombing accuracy and received the "Top Gun" award for outstanding performance in Air Combat Maneuvering (ACM) during Advanced Strike Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Aug. 27. Holsey completed Advanced Jet Flight Training with Training Squadron Seven;

First Lt. Casey Jenkins, USMC, who earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Aug. 24. Jenkins completed Advanced Jet Flight Training with Training Squadron Nine;

Ensign Herve Kamber, French navy, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Aug. 27. Kamber completed

Advanced Jet Flight Training with Training Squadron Seven;

First Lt. Andrew Mettler, USMC, who was named to the Commodore's List during Primary Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Sept. 28. Mettler completed Advanced Jet Flight Training with Training Squadron Nine;

First Lt. Christopher Schwamberger, USMC, who was named to the Commodore's List during Primary Flight Training. He earned three Navy "E's" for bombing accuracy during Advanced Jet Flight

Training and earned the "Best Bomber" award for his class. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Sept. 27. Schwamberger completed Advanced Jet Flight Training with Training Squadron Nine;

First Lt. Scott Stevens, USMC, who was selected as VT-9's Student of the Month for December 2009. During Advanced Jet Flight Training, he was named to the Commodore's List, earned six Navy "E's" for bombing accuracy, and carrier qualified in the T-45C on board the USS

● **Winging, page 16**

Navy Surgeon General tours Gulf Coast medical facilities

By Rodney Duren

Naval Hospital Pensacola Public Affairs

PENSACOLA, Fla. (NNS) -- Navy Medical commands in the Gulf Coast region were the focus of the Navy Surgeon General's four-day tour Oct. 18-21.

Vice Adm. Adam M. Robinson Jr., Navy surgeon general and chief of the Bureau of Medicine and Surgery, continued his northern Gulf Coast swing of Navy Medicine facilities including Naval Hospital Pensacola, Naval Operational Medicine Institute (NOMI), and the Naval Aerospace Medical Research Laboratory (NAMRL).

While visiting NOMI, Robinson presented a Bronze Star Medal to Capt. Jerry J. Hodge for service as Combined Joint Medical Reconstruction and Development officer in Kabul, Afghanistan. Hodge is currently a Naval Aerospace Medical Institute flight surgeon aboard Naval Air Station Pensacola.

"One of the things Navy Medicine does well is operational medicine," said Robinson. "We must continue to take care of the warfighters and their families no matter where they serve; at home or forward deployed."

Robinson was joined on the trip by the Bureau of Medicine and Surgery's Force Master Chief [FMF] Laura A. Martinez; which included sessions with the commands' leadership, as well as, participating in all-hands talks with enlisted per-

sonnel.

The two NAS Pensacola-based commands -- NOMI and NAMRL -- are heavily involved in research, development, testing, and evaluating aerospace and operational medicine.

Robinson said these commands have contributed to Navy Medicine research for the development of vaccines for Dengue fever, motion sickness gel, and advancement in battlefield wound management. Navy Medicine would not be able to accomplish its mission without vibrant research and development.

Navy Medicine researchers' work has a "direct impact on the treatment we are able to provide from bedside to the battlefield," Robinson told an all-hands gathering of NOMI sailors. "We anticipate further advancements in all areas of medicine, but only if we maintain a sharp focus on our research and development priorities."

Navy Medicine has also played a major role in providing Individual Augmentees to support all military services in Afghanistan and Iraq. It is at the tip of the spear in support of Force Readiness, and humanitarian assistance, that included sending the hospital ship



Robinson Jr.

USNS Comfort to provide medical and surgical care following the Haiti earthquake earlier this year and most recently with 'Pacific Partnership 10' to Southeast Asia.

Thirty-seven personnel from orthopedic and general surgeons, to radiologists and culinary specialists from Naval Hospital Pensacola, served aboard the Comfort during the Haitian relief operation.

Among the commands in the Gulf Coast region, Naval Hospital Pensacola has deployed more than 1,700 personnel since the start of Operation Iraqi Freedom in 2003; and continues to support U.S. efforts worldwide, deploying about 10 percent of its staff on any given day.

"Our staff does an excellent job, whether they are working here in the hospital or deployed to support Sailors and Marines in Afghanistan," said Capt. Jennifer Vedral-Baron, Naval Hospital Pensacola commanding officer. "And while they share that same dirt, those deployed can be assured that their family has become 'our family' and that Navy Medicine will do its best to provide care and comfort to them while their loved one is deployed."

Vedral-Baron discussed an array of initiatives about to be unveiled at the hospital including the completion of an \$18.5 million pair of construction projects that will culminate in January with the with opening of five state-of-the-art operating rooms, a post-anesthesia care

unit, six private intensive care units, and same-day surgery suites. Last year, the hospital opened a new inpatient ward.

This month, the medical facility is beginning a journey to implement what is known as 'Medical Home'; and on National Smoke Out Day [Nov. 18] will become a tobacco-free campus along with its 11 branch clinics across five states.

"Medical Home will be a real game changer for Navy Medicine and the entire Military Health System," said Robinson. "It will provide our service members and their families better access to care, reducing reliance on private sector care and emergency room visits for off hour standard care needs."

The Pensacola trip culminated with the regional premier of a Navy Medicine-produced documentary called "The Lucky Few: The Story of USS Kirk."

The documentary featured Pensacola resident and retired Master Chief Hospital Corpsman Stephen Burwinkel. It is the story of a small frigate that became both a haven and an escort for more than 30,000 refugees fleeing South Vietnam at the close of the Vietnam War.

Robinson made a stop-over at the Naval Branch Health Clinic -- a satellite facility of NH Pensacola -- and the Navy Mobilization Processing Site (NMPS) Oct. 19, both at the Naval Construction Battalion Center in Gulfport, Miss. NMPS is one of only four such mobilization units in the continental United States.

Enlisted field service record closeout extended

MILLINGTON, Tenn. (NNS) -- Navy Personnel Command (NPC) has extended the deadline for closeout of the Enlisted Field Service Record (EFSR) to Dec. 30 for shore commands and Sept. 30, 2011, for aircraft carriers.

The original EFSR closeout was announced in NAVADMIN 040/10 with a deadline of Sept. 30.

"While we are close, approximately 74 percent, and good progress have been made, a delay in fielding the EFSR closeout application and Fleet resource challenges required to complete this effort have necessitated an extension of the deadline," said Jim Tanner, NPC assistant commander for Personnel Information Management.

The message directs commands to begin generating and maintaining service record information through a secure Internet connection with the Navy Standard Integrated Personnel System (NSIPS) Electronic Service Record (ESR) by the listed deadlines.

"Record holders need to close out the EFSRs

as soon as possible, as finishing this project will eliminate confusion caused by some Sailors still having paper records and enable us to move towards accomplishing our human resource functions electronically," said Tanner.

According to the NAVADMIN, the ESR allows for global transactions for medals and awards, training and education, personnel qualification standards, routine administrative remarks and creates electronic forms that can be printed and signed when a hard copy is required.

Once transitioned to the ESR, commands will still be required to maintain a smaller hard-copy file to support their associated programs. The documents maintained locally should include the Record of Emergency Data, Servicemember's Group Life Insurance, Security Clearance Eligibility Certification and Family Care plans.

For more information visit the NPC Web site at www.npc.navy.mil.

-- From Navy Personnel Command Public Affairs Office

Electronic leave deadline nears for all shore commands

MILLINGTON, Tenn. (NNS) -- According to NAVADMIN 252/10, all shore commands will need to begin using the Electronic Leave (E-Leave) option available through the Electronic Service Record (ESR) to process leave requests Nov. 1.

In preparation, Sailors should take the time now to ensure they have access to their ESR self-service accounts, so they'll be prepared to submit E-Leave requests ahead of the deadline.

"Most Sailors currently have ESR self-service access, but 10 percent still lack a self-service account," said Senior Chief Personnel Specialist Lance A. Partain, assigned to the Personnel Service Delivery Transformation Office at the Bureau of Naval Personnel. "Routing a paper leave chit is becoming obsolete. Eventually, all Sailors will be required to use E-Leave, but make sure your shore Sailors have ESR self-ser-

vice access now rather than waiting to the last minute. The bottom line is no ESR access, no E-Leave, no leave."

ESR self-service accounts are accessed online through the Navy Standard Integrated Personnel System (NSIPS) with a Common Access Card at <https://nsips.nmci.navy.mil>.

"It should take about five minutes to establish an ESR self-service account," said Art Tate, NSIPS/ESR implementation manager and fleet liaison. Tate advises Sailors with ESR or E-Leave issues to call the NSIPS help desk toll-free at (877) 589-5991 or e-mail nsiphelpdesk@navy.mil.

To learn more about ESR and other Navy Career Tools, visit the Sailor Career Toolbox page on the Navy Personnel Command Web site at <http://www.npc.navy.mil/CareerInfo/CareerToolbox/>.

-- From Navy Personnel Command Public Affairs

NTTC honors military, civilian personnel

Naval Technical Training Center Meridian is proud to recognize LS1(EXW) Sven Helms as Sailor of the Quarter; YNC(SW) Carolyn Sanders as Senior Instructor of the Quarter; LS1(EXW/SW) Joel Wallace as Junior Instructor of the Quarter; and Chris Goodwin as Civilian of the Quarter, Third Quarter Calendar Year 2010. Congratulations to all for your stellar performance!



Helms



Sanders



Wallace



Goodwin

Photos by Tom Childress

Public Works honors employees



NAS Meridian Commanding Officer Capt. Charles Gibson presents Harold Whitlock with the Civilian Meritorious Service Medal for his 30 years of honorable service. Whitlock, who served as Union president, recently retired.



Lt. Cmdr. Lance Coe congratulates Alan Henley and presents him with his 30-year civilian service award.



Photo by Tom Childress

Cmdr. Shane Harris, commanding officer of Naval Technical Training Center Meridian recognizes PSSN Nigel James from the Customer Service Desk, NAS Meridian for his outstanding support. Seaman James' professionalism and exemplary work ethic while assigned as a transfers clerk were critical in the completion of transferring a total of 239 students in a timely manner in September 2010. Great job Seaman James and many thanks.



Success Story

Tim Jewell, a retired master chief petty officer, who began his civilian career five years ago with the Meridian Public Works Department as an HVAC technician has been pursuing his college degree in business for many years. Jewell has completed his two-year associate's degree with East Mississippi Community College. He recently received a two-year scholarship to Mississippi State University to pursue a bachelor's degree.



Cmdr. Shane Harris recognizes AZAA Christopher Ozimek for his outstanding voluntary contributions in support of Naval Technical Training Center Staff and Students Helping Interesting People of the Meridian Area Through Enthusiastic Services (SHIPMATES) Program for April through October 2010. Airman Ozimek personally participated in the numerous community service projects to include Meridian Schools Soccer Tournament, 75th Diamond Celebration of the Key Brothers' Endurance Flight Record, Run for the Wall, NAS Meridian SAC Back to School Bash, Veterans of Foreign Wars Dinner, Mississippi's Gaits to Greatness program, the Walk for Diabetes Walk-A-Thon, and the Habitat for Humanity Home Building Project. The surrounding communities benefited greatly from his 67 hours of volunteer service. Airman Ozimek is a true SHIPMATE!

Photo by Tom Childress

MWR

Mission First... Sailors Always



November Specials

Mondays ~ RCTA Visiting Police Special

4:30 p.m. to close

\$2.50 a game, includes shoes

Fridays ~ NTTC/MATSS-1 Student Special

5 p.m. to close

\$2 a game, \$1 shoe rental

Saturdays ~ Cosmic Bowling

7 p.m. to close

\$2 a game, \$1 shoe rental

Sundays ~ Family Special

4 p.m. to close

\$2 a game, includes shoes

~~~

#### Veteran's Day Nov. 11

All Games \$1.50 shoes \$1.

1 p.m. to close

#### Thanksgiving Day Nov. 25

\$2 a game, \$1 shoe rental

4 p.m. to close

(McCain Lanes opens at 4 p.m. on Thanksgiving Day)

Oct 30th:

Halloween FUN!

Wear a costume

(not military uniform)

and bowl one game FREE

from 5 p.m.-close

#### Captain's Cup Bowling Standings

1st: Eagles

2nd: Air Ops

3rd: PW Keglers

4th: NBHC Spin Docs

5th: Devil Dawgs

6th: Gutter Dusters

High Game (Week 7)

Men: Tim Norris ~ Women: Michelle Spangler

High Game (Week 8)

Men: Tyler Bolosan

Women: Michelle Spangler

### 6 Mile Run Results



Photo by Matt Davis

First place winners in the different divisions of the 6 Mile Cross Country Run on Oct. 16 are from left; Ben Barnett, male first place age 30-39 (49:25); G. Franks, female first place age 25-29 (54:08); J.S. Wilson, male first place age 25-29 (46:23); Darrell Hill, male first place age 40 & up (40:17); Ashley Loague, female first place age 16-24 (57:58); Patrick Baxter, male first place age 16-24 (40:19); Kim Monsour female first place age 30-39 (52:39); Felicia Brown, female first place age 40 & up (1:08:58).

### Club Championship

Cmdr. Shane Harris makes a putt on the 18th green during the NAS Meridian Club Championship at Ponta Creek Golf Course on Oct. 16.

Club Championship Winners  
Active Duty Division Champion  
Lance Coe 83+80=163

Open Division Champion  
Wayne Boren 76+78=154

Senior Division Champion  
Les Wilkes 74+80=154

Women's Division Champion  
Trish Coe



Photo by Matt Davis

### MWR MOBILE CANTENEN READY TO TRAVEL



MWR's Mobile Canteen new operating hours begin Nov. 1:

8-10 a.m.: Breakfast at NTTC

11 a.m.-12:30 p.m.: Lunch at NTTC

4:30-6 p.m.: Dinner at the Flightline

Stay tuned for updates regarding the menu and locations of the mobile canteen.



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

**31:** The Liberty Center will host a "Spooktacular Costume Party" filled with music, food, scary movies and prizes for a variety of costume categories. The Center will extend its hours for this fun event from 7-9:30 p.m.

### November

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

**6:** New Orleans Trip

A time for shopping, exploring the French Quarter & sampling a wide array of Creole food! Bus leaves Library parking lot at 8:30 a.m. Cost is \$10 per person. Pay and register at Liberty Center by Nov. 3. Minimum of 20 people needed for event to run - NO REFUNDS (unless the trip is cancelled).

**7:** Turkey Bowl... Bowl a frozen turkey outside of the Liberty Center at 2 p.m. Prizes awarded to top 3 high scores.

**8:** Head to the football field across from medical for an end of the day game. Game time is 6 p.m.-- be at field by 5:45 p.m. No registration necessary - come ready to play!

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

**14:** Stomp Out Tobacco Carnival In honor of the upcoming Nov. 18 "Great American Smokeout", Liberty is hosting an outdoor "carnival" with a variety of games, prize give-a-ways, light snacks and best of all FUN! Event takes place from 1-3 p.m.

# 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. 30: "Toy Story 3" (G)
- Nov. 2: "Twilight: Eclipse" (PG-13)
- Nov. 3: "Boyz in the Hood" (R)
- Nov. 6: "The Last Airbender" (PG)
- Nov. 9: "The Anchorman" (PG-13)
- Nov. 13: "Small Soldiers" (PG-13)
- Nov. 16: "Get Him to the Greek" (R)
- Nov. 17: "Grownups" (PG-13)
- Nov. 20: "Mrs. Doubtfire" (PG-13)
- Nov. 23: "Killers" (R)
- Nov. 24: "A Few Good Men" (R)
- Nov. 27: "Day After Tomorrow" (PG-13)
- Nov. 30: "Predators" (R)

#### Football Officials Needed

Flag football season is here and football officials are needed. Contact Johnny Davis at (601) 679-2427 or e-mail NASMR-NAFOA@gmail.com

### Fitness Center

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

- Mondays ~ 6 p.m.:** Self Defense with Dawg Kerwood
- Tuesdays ~ 11:15 a.m.:** Step Aerobics with Shannon
- Wednesdays ~ 6 p.m.:** Self Defense with Dawg Kerwood
- Thursdays ~ 11:15 a.m.:** Step Aerobics with Shannon
- \*\*\*Yoga times COMING SOON \*\*\*
- \*\*P90X and Insanity available any time!\*\*

Fitness Center Policy: The Sonny Montgomery Fitness Center will conduct a 100 percent ID check of all fitness center patrons.

- 1.) ID check will be administered to ALL unless wearing issued PT gear or are in uniform.
- 2.) If NO issued PT gear is worn, then you must show ID to enter the workout zones.
- 3.) If any civilian is sponsored by authorized personnel, they must pay the daily fee of \$2.
- 4.) All contractors must pay the daily fees or monthly dues and show ID to enter workout zones.

The NAS Meridian Fitness Center is in its temporary location in Building 266 (Behind Starbase Atlantis). Call (601) 679-2367.

### Meridian/NAS Bus Schedule

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

| Union Station                                   | MATSS-1   | NTTC       | McCain Lanes | Bonita Lakes Mall          | Wal-Mart  |
|-------------------------------------------------|-----------|------------|--------------|----------------------------|-----------|
| <b>FRIDAY</b>                                   |           |            |              |                            |           |
| 4:35 p.m.                                       | 5 p.m.    | 5:05 p.m.  | 5:10 p.m.    | 5:30 p.m.                  | 6:40 p.m. |
|                                                 | 6 p.m.    | 6:05 p.m.  | 6:10 p.m.    | 6:30 p.m.                  |           |
| 7 p.m.                                          | 8:10 p.m. | 8:20 p.m.  | 8:30 p.m.    | 9 p.m.                     |           |
|                                                 | 10 p.m.   | 10:05 p.m. | 10:10 p.m.   | Drop off if any.....       |           |
| <b>SATURDAY</b>                                 |           |            |              |                            |           |
| 9:30 a.m.                                       | 10 a.m.   | 10:05 a.m. | 10:10 a.m.   | 10:50 a.m.                 | 11 a.m.   |
| 11:10 a.m.                                      | 12 p.m.   | 12:05 p.m. | 12:10 p.m.   | 12:50 p.m.                 | 1 p.m.    |
| 1:10 a.m.                                       | 2 p.m.    | 2:05 p.m.  | 2:10 p.m.    | 2:50 p.m.                  | 3 p.m.    |
| 3:10 p.m.                                       | 4 p.m.    | 4:05 p.m.  | 4:10 p.m.    | 4:30 p.m.                  |           |
|                                                 | 5 p.m.    | 5:05 p.m.  | 5:10 p.m.    | 5:30 p.m.                  |           |
|                                                 | 6 p.m.    | 6:05 p.m.  | 6:10 p.m.    | 6:30 p.m.                  |           |
| 7:40 p.m.                                       | 7 p.m.    | 7:05 p.m.  | 7:10 p.m.    | 7:30 p.m.                  |           |
|                                                 | 8:10 p.m. | 8:20 p.m.  | 8:30 p.m.    | 9 p.m.                     |           |
|                                                 | 10 p.m.   | 10:05 p.m. | 10:10 p.m.   | Pass. Drop off if any..... |           |
| <b>SUNDAY</b>                                   |           |            |              |                            |           |
| 12:30 p.m.                                      | 1 p.m.    | 1:05 p.m.  | 1:10 p.m.    | 1:30 p.m.                  |           |
|                                                 | 2 p.m.    | 2:05 p.m.  | 2:10 p.m.    | 2:30 p.m.                  |           |
| 3:40 p.m.                                       | 3 p.m.    | 3:05 p.m.  | 3:10 p.m.    | 3:30 p.m.                  |           |
|                                                 | 5 p.m.    | 5:05 p.m.  | 5:10 p.m.    | 6 p.m.                     | 6:05 p.m. |
| 6:10 p.m.                                       | 6:40 p.m. | 6:45 p.m.  | 6:50 p.m.    | Pass. Drop if any          | 7:20 p.m. |
| Applebee's Restaurant ..... (upon request only) |           |            |              |                            |           |

### ~ ~ 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'. POV and Personal Storage units for rent. Starting at \$20 month for military & \$25 month for DoD. Call (601) 679-2609 or come by for more details!

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. Wednesday is Ladies Night!

#### New Special at Rudders

Buy wings priced at \$3 or pizza priced at \$1.50 and get a free order of spicy french fires or soft drink.

**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! GolfLogix Garmin GPS Now in all golf carts. Use this new tool to see how far you are from the pin. For more information, call (601) 679-2526.

### College Football

Tailgate Cookoff

Saturday  
November 6

At McCain Rec Center  
Starts at 9am  
Judging at 1pm

Bring your tailgate special already prepared or cook it on site. There will be an award for 1st place.

For more info call  
(601) 679-2609.



The Outpost  
601-679-2609

**Kids Stuff**

**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. 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**

**NEW ITEM! Golds Gym Elliptical** in excellent condition. Asking \$150 OBO. Call (601) 462-1376.

**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**

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

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

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

**Two 36-inch 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**

**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: accrcalais@gmail.com.

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

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

**1996 Isuzu Rodeo,** black (new paint), V6, 4 door, auto, air,

# Sale ... or

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! 1999 Suzuki GS 500,** black and yellow, 4,500 miles Like new. Asking \$2250. Call John at (601) 484-7244.

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

**2006 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.

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

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

**2005 Yamaha FJR 1300.** 145 hp., 8020 miles, electric blue, power adjustable windshield, ABS front & rear brakes, front & rear adjustable ride. 2 hardshell (removable) side bags with inserts. 2 helmets & 2 "Joe Rocket" jackets included. Just serviced and is in perfect condition. 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 Sell:** Home located in The Meadows, 3 BR/2 BA home with a 2 car garage. Open floor plan. Huge back yard with a deck and small sun room. 10 minutes to NAS Meridian and 10 minutes to town in the opposite direction. Asking \$163,000. Call (601) 701-3332.

**Wanted to Rent:** Home in Meridian with easy commute to NAS, 3/4 bedrooms, 2 bath, and two-car garage. My wife and I are moving from California, want to rent starting December or January. Contact: william.whitmire1@navy.mil or Anna at (601) 527-3217.

**NEW ITEM! For Rent:** Home in Plantation Villa Subdivision. 3 BR/2BA full baths, appliances included, open floor plan, central heat and air, fenced in back yard, covered patio, nice quiet neighborhood. 10 minutes from NAS. Asking \$1300 month. Contact Bryan McCarra at (601) 917-2113.

**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:** 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 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: ctfiz@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.

**NEW PRICE! 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 \$110,000. Call (601) 604-3869 or (601) 743-4818

**Wanted to Buy**

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

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

**Miscellaneous**

**NEW ITEM!** New upholstery/sewing braid and trim in gold, off white and light green in different stich designs, minimum 1 yd, up to 4+ yards. \$8 takes all. Call (757) 472-1189.

**NEW ITEM!** SKS Chinese Type 56 Carbine. 740rds of 7.62x39 with two bandoliers. New! Asking \$375. Call John at (601) 484-7244.

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

**ESPN 7.5 ft 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.**

**• Energy**

power strip and turn the strip off when not in use.

Refrigerators account for nearly 7 percent of an energy bill. Fridges made before 1980 cost \$150 more per year to operate than newer models. Used properly, a programmable thermostat can save an average of \$150 a year.

Compact fluorescent light bulbs can turn 2 watt of electricity into 100

lumens of light, while "normal" light bulbs create only 15 lumens. Compact fluorescent bulbs can last as much as 10 times longer than normal bulbs.

Energy Star washing machines will save you an average of \$50 a year and save an average of 7,000 gallons of water a year.

For more tips and information, visit the Department of Energy's Web site at <http://www.energy.gov/>.

**• Winging**

George H.W. Bush (CVN-77) on July 19, when he was named "Best at the Boat" for that carrier qualification evolution. Stevens completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. Johann Szychowiak,** French navy, who earned five Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on

Aug. 26, when he was named "Best at the Boat" for that carrier qualification evolution. Szychowiak completed Advanced Jet Flight Training with Training Squadron Seven; and

**First Lt. Jonathan Zier,** USMC, who earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on July 19. Zier completed Advanced Jet Flight Training with Training Squadron Seven.

# Helping your child deal with bullying

Bullying is very common in many schools and neighborhoods, and it can be extremely painful to children. A study funded by the U.S. Department of Justice found that about one in six children are physically bullied each year, and many others are emotionally bullied.

Although bullying can take many forms, it often includes verbal abuse, such as taunts, name-calling, cruel teasing, or threats. In some cases, it involves stealing or vandalizing another child's belongings and physical violence. Bullying can happen online, too. Children can spread hurtful words or pictures through e-mail, text messages, instant messaging, and social networks.

When your child is being bullied or is bullying others, it's important to talk with your child about the situation. By providing loving support, you can help your child deal with the intense feelings bullying may involve and keep the situation from getting worse. You also need to learn enough about the situation to know whether your child is at risk.

## Helping your child cope with a bully

When you learn that your child is being bullied, your first instinct might be to call the parents of the bully and demand that they take action. It's usually more effective to offer support and suggestions to help your child handle the problem.

If you call the parents of the bully, they may punish their child, and the bully may take it out on your child. Even if that doesn't happen, your child won't learn from the situation if you solve the problem for him. Instead of trying to resolve the situation yourself, find ways to help your child deal with the problem.

- Brainstorm with your child about how to respond to cruel behavior. You don't want him to hit or lash out at a bully, which might lead to violence. But you also don't want him to let other children walk all over him. Give your child ideas on how to avoid these extremes. Remind him that ignoring a bully may cause the bully to lose interest and leave him alone, so he might try this

approach first. Another approach is to be direct without escalating the conflict. Encourage him to look a bully in the eye, tell the person to stop, and then walk away.

- Keep in mind that your child may want to respond differently to strangers and friends. If she doesn't know the bully, she might try simply ignoring the bully. If she considers the person a friend, she say, "I like playing with you, but it bothers me when you say things that aren't true, and I'd like you to stop."

- "Rehearse" situations that might be difficult. If your son will be attending an event that's likely to include someone who has bullied him, give him a chance to practice what he can do if the bullying happens again. Rehearse the words he might say, and help him practice saying them in a calm tone of voice.

- Encourage your child to talk with her friends about the problem. Your child's best friend or a close teammate might support her when bullying occurs by saying things like, "I don't think that's funny, either." Or one of them might have experienced bullying herself and have ideas about what might be helpful.

- Help your child understand the bully's motives. Sometimes children who are bullied begin to think that they deserve to be treated in mean or cruel ways. Tell your child that everybody deserves to be treated courteously, and that bullies often act the way they do because it makes them feel powerful.

- Bring up the possibility that alcohol or drugs might be involved. Bullying may occur because an adolescent or a teenager has had too much to drink or is using drugs and has less control over his actions. If this happens, your child's words may have no effect, because the bully won't "hear" them. Tell your child to walk away from someone who doesn't seem to be in control of his actions, and, if your child wants to say something to him, wait for another time.

- Build your child's self-esteem. Being bullied can make a child feel less self-confident. Give your child many opportunities to enjoy activities that make her feel safe. Help her find groups likely to attract

people she can admire such as respected volunteer organizations. Some children benefit from participating in activities in another town, where the bully has no influence. Others find that taking classes in karate or self-defense boosts their physical self-confidence.

- Teach your child strategies for resolving conflicts. Your child may find it easier to deal with bullies if he's had practice settling other disagreements. Teach him how to take a step-by-step approach to resolving conflicts. It might include identifying the conflict, deciding what to do about it, listing possible solutions, figuring out which would work best, making a plan of action, and evaluating how well the plan worked. Then help him use role-playing to apply this method. For example, he might practice what he could do if he were eating in the lunchroom and a child grabbed a bag of potato chips off his tray and wouldn't give it back.

- Encourage your child to report serious or repeated incidents of bullying to a trusted adult. Some incidents go beyond a situation he can handle or solve on his own. Your child should know that it is okay to ask for help from the teacher or principal. School policies prohibit bullying and encourage a culture of safety, respect and acceptance.

- Guide your child toward helpful resources. You might start by encouraging your child to visit the award-winning, child-friendly, KidsHealth, which tells on how to deal with bullies in language children can understand at <http://bit.ly/KHbullies>.

- Set a good example. Let your child see you responding calmly and listening to other viewpoints - - for example, when you feel you've been overcharged by a store or when you and your partner disagree on which movie to see. The National Crime Prevention Council has additional tips on how to help your child deal with bullying at [www.ncpc.org/topics/bullying](http://www.ncpc.org/topics/bullying).

From Military One Source. Written with the help of Mary Beth Klotz, Ph.D. Dr. Klotz, nationally certified school psychologist. Dr. Klotz worked as a school psychologist and special educator for 15 years in a variety of public school settings.

# 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.*

**Portable Careers: Nov. 2 from 9-11 a.m.** This workshop defines what the military considers to be "portable careers" for military families on the move. We'll identify examples of portable careers and discuss career education and training benefits available to military spouses to maximize their ability to enter job fields that will move with them!

**Controlling Anger: Nov. 3 from 2-3 p.m. or Nov. 30 from 10-11 a.m.** Everyone gets angry every now and then from normal frustrating life events, but some people handle angry feelings better than others. Your upbringing, personality, and other factors affect how you display anger and how you argue with others. However, you aren't a slave to those patterns, and you CAN learn better ways to express angry feelings and argue constructively. If you frequently "blow up" or if the way you currently handle anger is threatening your relationships and/or work, come to this workshop to learn better anger management techniques.

**Welcome Aboard: Nov. 4 from 8-11:30 a.m.** FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, medical/dental, Exceptional Family Member (EFM) Program, TRICARE, vehicle registration, on-and off-base driving regulations, legal services, community service, chapel and other area religious services, MWR, things to do at NAS and in Meridian, School Liaison Program, and more!

**Holiday Budgeting: Nov. 9 from 9-10 a.m. or Nov. 22 from noon-1 p.m.** These days, gift-giving during the holidays is practically mandatory. In addition, many military families travel during the holidays, putting further stress on the old pocketbook. So how can you spread a little cheer to your friends and family without doing massive damage to your personal finances this year? We'll learn strategies for planning (and sticking to!) a holiday budget this year -- and we might even steal a trick or two from Santa himself!

**Deployment & Kids: Nov. 10 from 3- 4 p.m.** Are you worried about the effects of your (or your spouse's) deployment on your children? Different kids react in different ways to separation from a parent, but you can learn some ways to help them cope.

**Transition Assistance Program (TAP) Seminar: Nov. 15-18 from 8-4 p.m.** Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: re'sume's, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, PSD/ID cards, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, Naval Reserve programs, military obligations, and more!

**10 Steps to a Federal Job: Nov. 16 from 4-6 p.m.** The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding and analyzing federal job announcements; crafting a federal-style re'sume' and an electronic re'sume'; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; writing "KSAs"; and much more!

**IA Spouse Discussion Group: Nov. 19 from 9:30-11 a.m.** FFSC hosts this IA Spouse Discussion Group over coffee! Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back and chat!

## Sailors earn Navy's newest warfare pin

WASHINGTON (NNS) -- Seventy-one officers and three enlisted Sailors became one of the first groups to receive the information dominance warfare pin during a ceremony at the Naval Observatory in Washington, D.C., Oct. 20.

The new qualification is designed to give members of the Information Dominance Corps a broader understanding of information dominance outside of their specialties.

"You really have to be able to understand, if you're in intelligence, what the cryptology folks are doing," said Master Chief Petty Officer Russell Smith, OPNAV staff command master chief. "You have to know how weather affects your operations. All these things combine together."

Sailors in the information communities train to specialize in fields such as intelligence or information warfare, but the different communities are not always afforded the opportunity to cross train into each other's areas.

Vice Adm. David Dorsett, deputy chief of naval Operations for information dominance, said he thinks the new qualification will increase cross training opportunities and deepen the skill sets for members of the Information Dominance Corps.

"Now, we not only want you to continue that specialization," Dorsett said, "We want our professionals in information dominance to broaden and start to get greater experience and exposure across the other information disciplines."

Officers eligible for the information dominance warfare qualification have 36 months to earn the pin. The enlisted qualification program is currently being phased in throughout the fleet.

-- From Defense Media Activity - Anacostia

**Visit NAS  
Meridian on  
facebook**



**We Also Offer Commitment, Service And Teamwork.  
(Without The Prop Wash.)**

**GEICO is committed to giving our Military customers auto insurance that's second to none: 24-hour service, simple payment plans, money-saving discounts, vehicle storage options and storage protection plans, whether you decide to store it yourself or store it on base. For seventy years, GEICO has been serving the special needs of the special people who serve our country. We're ready to do it for you. Call us anytime.**

**GEICO**  
geico.com

**1-800-MILITARY (1-800-645-4827)**

**AUTO \* HOME \* RENTERS \* MOTORCYCLE \* BOAT**

Some discounts, coverages, payment plans, and features are not available in all states or in all GEICO companies. Homeowners, renters, and boat coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. Motorcycle coverage is underwritten by GEICO Indemnity Company. Government Employees Insurance Co. • GEICO General Insurance Co. • GEICO Indemnity Co. • GEICO Casualty Co. These companies are subsidiaries of Berkshire Hathaway Inc. GEICO, Washington, DC 20076. © 2010 GEICO

# It's Your Turn...

Here's what a few kids who live in NAS Meridian housing had to say about why they selected their Halloween costume...

Photos by MC2 Flordeliz Valerio



**Le'Andre Walker**  
11 years old

"My costume will be a Navy Seal, because they are cool guys."



**Zachery Martin Spires**  
10 years old

"My costume is 'Scream', because he is awesome."



**Sarah Angelica Valerio**  
7 years old

"I'll be a fairy princess. I got the fairy wings that lights up and the wand that has music."



**Joseph Craig Phipps**  
9 years old

"I'll probably wear a pirate costume. I like it because it's awesome."



**David Eidem Jr.**  
12 years old

"I wanna be the Grim Reaper, because he is scary."

## ● Green fleet

energy, such as petroleum.

"First and foremost, energy conservation extends tactical range of our forces while also preserving precious resources. Our goal, as a Navy, is to be an 'early adopter' of new technologies that enhance national security in an environmentally sustainable way," said Cullom.

The fuel, a "drop in replacement" to standard shipboard fuel, is 50 percent algae-based and 50 percent NATO F-76 fuel, which forms a 50/50 blend of hydro-processed renewable diesel, also known in industry as "HR-D."

Additionally, HR-D, as opposed to bio-fuel, does not include water which is incompatible for shipboard fuel systems and does not have the limited serviceable life (typically six months) of bio-fuels. A blended hydro-processed renewable diesel fuel ensures that the integrity of the fuel system is maintained.

The Navy is incorporating a systematic approach of evaluating systems, protocols and standard operating procedures. The testing and certification represents a cost-effective approach for the entire engine inventory.

The testing and evaluation is being led by Naval Sea Systems Command's Advanced Fuels program office.

For more news about Navy energy initiatives and priorities visit <http://greenfleet.dodlive.mil/> or [www.navy.mil/local/nee/](http://www.navy.mil/local/nee/).

-- From Naval Sea Systems Command Public Affairs

## Fiscal year 2010 recruiting numbers achieved

By MCRC Public Affairs  
Marine Corps Recruiting Command

MARINE CORPS BASE QUANTICO, Va. -- Marine Corps Recruiting Command surpassed its recruiting goals for fiscal year 2010 by enlisting 33,887 Marines and accessing 1,703 officers. This is the 15th year in a row that the Marine Corps has reached its total force accessions goals.

Maj. Gen. Robert E. Milstead Jr., commanding general, Marine Corps Recruiting Command, released the following statement.

"Hard work has paid off, again. Our recruiters and commanders met MCRC's Fiscal Year 2010 mission with success, and I'm proud of their collective accomplishments. After achieving 202,000 during fiscal year 2009, this past year was one of transition, from growth to stabilization. We recruited 33,868 enlisted and 1,703 officers. The quality of the enlisted accessions was again impressive -- 99.7 percent tier I (high school graduates) and 72.9 percent mental category I-III (scored in the upper half of military entrance exams). What is most noteworthy, however, is that every one of these young men and women volunteered to join our Corps during a time of war. Each knows that joining the Corps today means they'll have a better than fair chance of moving to the sound of cannons. However, it's now time to focus on the road ahead. The next several years will see an increase in our total force mission. Fiscal year 2011's mis-

*"Although coming off of major success, the recruiting command will continue to look toward the future."*

Maj. Gen. Robert E. Milstead Jr.

sion is 37,330, an increase of 3,462 over last year, and fiscal year 2012's total force enlisted mission is currently projected at approximately 41,200 -- the largest projected mission levied on MCRC since 2008. Marine Corps Recruiting Command is an active duty family like no other, dispersed amongst the population in communities nationwide.

We have 6,000 personnel in 1,575 'fighting holes' spread across all the 50 states and our territories. Over 70 percent of our recruiting forces have deployed. Although now 'home,' there's still a significant amount of time spent away from family. We must rely on one another to meet present and anticipated challenges, maintaining a healthy balance between personal, spiritual and professional maintenance and development.

Although coming off of major success, the recruiting command will continue to look toward the future and focus on their primary task, finding quality citizens willing to accept the challenge to try and become U.S. Marines."

## ● Commandant

on the parade deck of Marine Barracks Washington.

Secretary of Defense Robert Gates addressed all in attendance, and expressed his gratitude to Conway's service.

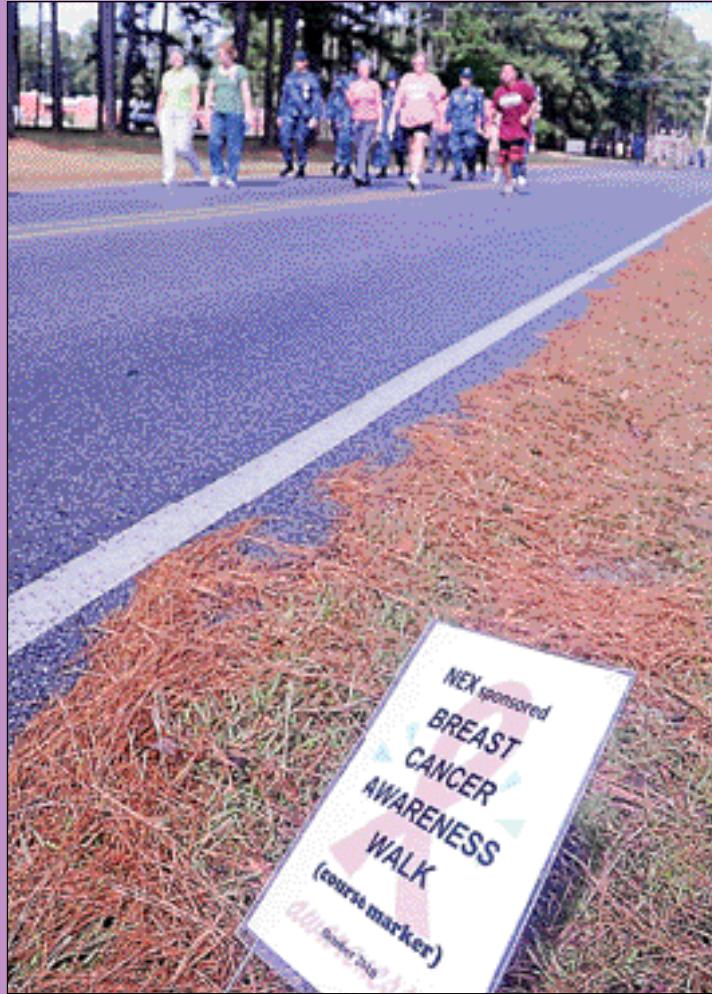
"[Conway] frequently declared wherever there's a fight, that's where the Marine Corps belongs," said Gates. "We're saying goodbye to a true warrior. I thank him for his 40 years of service, and leading and mentoring the Marines."

Conway, born in Walnut Ridge, Ark., and graduate of Southeast Missouri State University, became the 34th commandant Nov. 14, 2006. In the midst of a multi-front war, he created many initiatives to support his Marines in the Long War. One example was the "202K Initiative," which was established to increase the Marine Corps' manpower significantly in order to spread the deployment rate out across more Marines.

"We have brave young men and women fighting in Afghanistan right now. It's a close fight, which has still to be won," said Conway. "There's a good sense of optimism for our future."

As orders were given on behalf of the president of the United States, commanding Conway to stand detached from his duties as commandant, and ordering Amos to stand duty as the most senior Marine in the Corps, a new chapter began, picking up with current operations but with a new Marine in command of all devil dogs.

# Hundreds walk to support NEX-to-NEX Breast Cancer Awareness



Photos by Penny Randall

At left: Despite a light shower of rain, more than 200 military and civilian personnel from NAS Meridian walked in support of the 3rd Annual NEX-to-NEX Breast Cancer Awareness event on Oct. 26. Above: Navy Exchange Sales Associate Peggy Regan hands out free bottles of water to participants. Prior to the walk, NEX General Manager Courtney Jackson welcomed the crowd and read a few interesting facts about breast cancer. Following the walk, the NEX hosted a cake cutting and handed out pieces to all walkers. Representatives from Naval Branch Health Clinic Meridian were also on hand to hand out flyers with facts about cancer.

## Deputy Assistant Secretary for Environment visits Meridian

Deputy Assistant Secretary of the Navy for Environment Donald R. Schregardus visited Naval Air Station Meridian for several days in October.

During his trip he was escorted around the installation and viewed many different departments which related to environmental.

Public Works Officer Lt. Cmdr. Lance Coe and Commanding Officer Capt. Charles Gibson escorted the secretary to NAS Meridian's outlying field, Joe Williams Field in Kemper County. Schregardus was also introduced to the 2,000-pound Belgian draft horses that are used to assist tree loggers on board the installation. The horses are owned by Houston Jarvis of DeKalb, who avoids using heavy equipment that can cause more damage to land and the environment.

The purpose of Schregardus' trip was to promote the Navy's environmental awareness goals. Schregardus is the principal policy advisor on the Navy's environmental programs, including conservation of natural and cultural resources, compliance with environmental laws and regulations, cleanup of contaminated sites and programs for



Photo by Penny Randall

**Donald R. Schregardus greets to a 2,000 pound Belgian draft horse that is used to assist tree loggers on board NAS Meridian. Also pictured is Lt. Cmdr Lance Coe.**

pollution prevention. He reports directly to the assistant Secretary of the Navy (Installations and Environment).

-- By Penny Randall/Staff Writer



Photo by MC2 Flordeliz Valerio

**David Morris, a representative from NAVAIR, discusses the benefits of the Jet Engine Test Cell at the NAS Meridian flightline at Deputy Assistant Secretary of the Navy for Environment Donald R. Schregardus looks on. Also pictured is Steve Wade, Installation Environmental Program Manger.**