

THE SKYLINE



Volume 49, Number 1

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

January 6, 2011

On Base...

✓ Bowling Trio Money League at McCain Lanes:

Organizational meeting will be Jan. 11 at 4 p.m. at McCain Rec Center. This is a 3-person sanctioned handicap league. Minimum of 4 teams needed.

✓ Meridian's Sesame Street Room Opening in Housing:



Ceremony set for Jan. 12 at 2 p.m. in the house beside the Community Center in Housing.

✓ Dr. Martin Luther King Jr. Service:



Set for Jan. 14 at 10 a.m. in the Chapel. The speaker will be Apostle Al Lewis, pastor of Pine Grove Baptist Church.

✓ CPO Exam:

Set for Jan. 20 at 7 a.m. in the Navy Gateway Inn and Suites Banquet Room. Call Chief Bobby Lee at (601) 679-3879 for information.

✓ **Staff Night:** Rudders hosts Staff Night on Jan. 27 beginning at 3:30 p.m. For more information, call (601) 679-2636.

✓ **Navy Exchange Stores:** The main NEX Store will close for inventory on Jan. 29 at 3 p.m. Both stores will be closed on Jan. 30.

✓ **Prayer Breakfast:** Set for Feb. 3 at 6:30 a.m. in the Galley. NAS Pensacola Command Chaplain Cmdr. David Gibson will be the guest speaker. The program is open to all who work on base.

A Day in Naval History

January 6...
1916: First enlisted flight training class at Pensacola, Fla.
1942: Japanese capture 11 Navy nurses in Manila, Philippines
1967: Operation Deckhouse V begins in Mekong Delta, Vietnam.
1996: USS Hopper, named for Rear Admiral Grace Hopper, was commissioned.
 -- www.history.navy.mil

The Skyline is a CHIN-FO Award-Winning Newspaper

OOORAH! Marines collect 12,000 toys for tots

By Penny Randall
Staff Writer

U.S. Marines from Marine Aviation Training Support Squadron One on board NAS Meridian delivered almost 12,000 new toys on Dec. 17 to the Salvation Army. The toys were collected during the 2010 Toys for Tots campaign – three times the number of toys collected in 2009.

Officials from the Salvation Army welcomed the Marines and the toys which made Christmas special for thousands of children in Neshoba, Newton, Kemper and Lauderdale counties in East Mississippi.

"I'm overwhelmed by the generosity of the Marines and the community," said Mary Welch, who along with her husband, Steve, are the commanders of the Salvation Army in Meridian. "We had a 40 percent increase in those who registered for assistance this year. This is truly a blessing."

The toys were dropped off at the former Save Rite Grocery Store on North Frontage Road. Welch said thanks to the officials at Winn Dixie, they were able to use the massive building for their collection and sorting center.



Photo by Penny Randall

Marines from Marine Aviation Training Support Squadron One on board NAS Meridian help sort toys at the Salvation Army Toy Distribution Center in Meridian. Almost 12,000 toys were collected during the 2010 Toys for Tots campaign, nearly three times the number of toys collected in 2009.

2010 was a record breaking year in terms of toys and monetary donations which totaled \$24,338.53. The toys were distributed to needy children in the East Mississippi area just in time for Christmas.

Staff Sgt. Anthony Walker, 2010 Toys for Tots coordinator, said the con-

tributions from the community, both in the amount of toys and in the money raised, were outstanding.

"I really can't put my finger on it as to why we did so much better this year than in years past," Walker said. "Regardless of the reason, this just proves the giving and compassion-

ate nature of the people in this community."

In addition to the Salvation Army, Toys for Tots also donated to the Wesley House Community Center, individuals, as well as several area churches.

"I would like to say thank you to the organizations who donated money this year, such as the

Optimist Club and Wal-Mart," Walker said. "This year was a testament to the community who came out in a big way – an unexpected way. We had Marines out in the community every weekend for two months. I think the community enjoyed seeing the Marines working hard for Toys for Tots."

NAS names Sailors of the Year



Hinson



Bryan



Clark

Naval Air Station Meridian's Sailors of the Year are Air Traffic Controller 1st Class (AW) Dwayne Hinson, Air Traffic Controller 2nd Class (AW/SW) Michael Bryan and Aviation Boatswain's Mate Handler 3rd Class (AW/SW) Brian Clark.

Hinson, a 14-year veteran of the Navy, is a native of Mobile, Ala. He has been stationed at NAS Meridian since

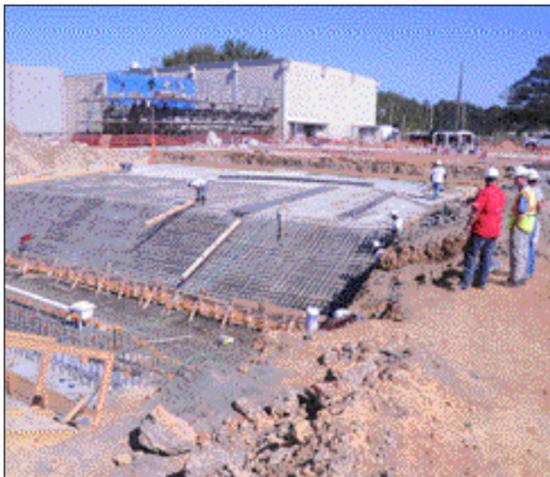
November 2006.

Bryan, who enlisted in the Navy in 2002, has been stationed at NAS Meridian for three years. He is a native of New York City.

Clark, who enlisted in the Navy in 2003, has been stationed at NAS Meridian for 15 months. He is a native of Hoover, Ala.

Congratulations to you all.

Construction progress



The Sonny Montgomery Fitness Center is scheduled to reopen in Spring 2011. The \$6.9 million renovation project includes 2,100 square feet added to the cardio room, two racquetball courts, a six-lane 400 meter track with synthetic surface, new bathhouse and eight-lane, 25-meter outdoor pool.

Photo by Penny Randall

Announcer, civilian acts announced for Meridian air show

By Penny Randall
Staff Writer

Famed air show announcer Rob Reider returns to Naval Air Station Meridian to headline the March 26-27 "Golden Wings Over Meridian" air show featuring the Navy's demonstration team, the Blue Angels.

This year marks the 50th anniversary of NAS Meridian and the centennial of naval aviation.

Reider is an entertainer, pilot, Midwest television personality, singer, performer, writer, and winner of five Emmy awards. This year marks Reider's 33rd year as an announcer and his sixth as a full-time air show announcer. With 88 shows completed in the last four years, he's excited about the upcoming season.

At the International Council of Air Shows 2007 convention in Las Vegas, Reider became the 34th recipient of the ICAS "Sword of Excellence," the highest award an air show professional can receive. He's recognized by pilots around the country as the on-camera host for Sporty's Pilot Shops pilot training videos.

All of his entertainment, show business, video, and aviation experience have given him the ability to communicate the excitement of air shows to the audience. "I've never gotten over just how amazing air show performers are," Reider notes on his web site.

● **Air Show, page 12**



Submitted Photo

The Warbirds will perform at the March 26-27 "Golden Wings Over Meridian" air show.

Re-enlistment rules benefit top-performing Sailors, fleet, readiness

By MCl LaTunya Howard
Navy Personnel Command
Public Affairs Office

MILLINGTON, Tenn. (NNS) -- Two new algorithms were developed for the Perform-to-Serve/Fleet Rating Identification Engine (PTS/Fleet RIDE) system and activated Oct. 1, to better identify top-performing Sailors.

The new algorithms benefit Sailors by including factors that distinguish them from their peers.

"These algorithms were built from fleet input," said Joe Kelly, PTS program manager. "One is specifically for in-rate applications, and the other is for rating-conversion requests. Both algorithms were created with specific

factors that better align the application with the Sailor's desires."

The algorithm ranks Sailors using the following performance indicators in order of priority:

- Highest Pay Grade – Senior pay grades will rank highest in the system.

- Selected-Not Yet Advanced – Frocked Sailors rank higher than those not yet picked for

advancement.

- Average Ranking of Five Most Recent Evaluations – Early Promote, Must Promote, and Promotable have numeric values of 5, 4, and 3, respectively. This is used instead of calculating trait averages.

- Critical Navy Enlisted Classification (NEC) – Critical

● **Re-enlistment, page 6**

Look Inside



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Midshipmen spend time with 'Wish Kids'



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Captain's Cup Bowling Champs

Photo of the Week

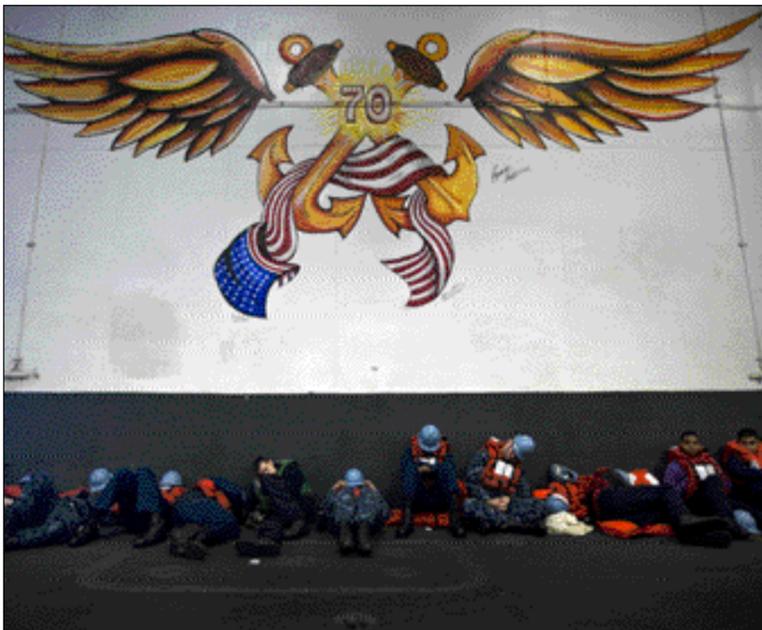


Photo by MC2 James R. Evans

PACIFIC OCEAN -- Sailors rest in the hangar bay while waiting to relieve line handlers during an underway replenishment aboard the aircraft carrier USS Carl Vinson (CVN 70), Dec. 21. Carl Vinson and Carrier Air Wing (CVW) 17 are on a deployment to the U.S. 7th and U.S. 5th Fleet areas of responsibility.

Secretary of the Navy concludes six-country trip in Afghanistan

By MC2 Kevin O'Brien
Secretary of the Navy
Public Affairs

A F G H A N I S T A N (NNS) -- The secretary of the Navy (SECNAV) concluded a seven-day, six-country trip Dec. 22 that included Malta, Afghanistan, Saudi Arabia, Israel, Italy and Algeria.

SECNAV Ray Mabus began his trip with a stop in Valletta, Malta.

During his stay, Mabus visited with Malta's Chief of Defense Brigadier General Martin Xuereb. Mabus expressed appreciation for Malta being the regional leader in search and rescue.

"The U.S. Navy is looking forward to expanding our relationship with Malta," said Mabus. "I have heard excellent reports about your Search and Rescue Training Center. I am confident you will be just as successful in transforming it into a larger Maritime Safety and Security Training Center."

Following his time in Malta, Mabus traveled to Afghanistan to spend a day touring forward operating bases and visiting with deployed Sailors and Marines. Mabus took a walking tour of Marjah with Marines assigned to 3rd Battalion, 9th Marines and 2nd Battalion, 6th Marines after which he expressed his gratitude for their service and sacrifice.

"I came here today to personally thank you for your service to your nation. You're the best led, the best trained and you are making a difference," said Mabus, to Marines during an all hands call. "Six months ago, no one would have imagined walking down the streets of Marjah without fighting, but today because of what you've done in Marjah, it's safer and the people of Marjah can return to their lives."

During his time in Afghanistan, Mabus also visited with the district governors in Sangin and



Photo by MC2 Kevin S. O'Brien

MARJAH, Afghanistan -- Secretary of the Navy the Honorable Ray Mabus attaches a sergeant's pin on the collar of a Marine assigned to 3rd Battalion, 9th Marines following an all-hands call. Mabus spent the day touring forward operating bases in the Helmand Province area.

Nawa. The governor of Nawa informed Mabus that Marines are turning over large portions of security in the town to the Afghan security force, and expressed his thanks to Mabus for the training the local forces have received.

Saudi Arabia was the next stop on the tour. Mabus spent time there meeting with senior military leaders including Vice Adm. Wagdani, commander, Royal Saudi Naval Forces. During his visit with Wagdani, Mabus expressed his appreciation for the long standing relationship between the two nation's naval forces.

"We've had a special relationship with Saudi Arabia for over 50 years, and I look forward to furthering this relationship as secretary of the Navy," said Mabus.

Mabus also thanked the Saudi commander for the Royal Saudi navy's counter-piracy support.

Concluding his visit to Saudi Arabia, Mabus made a two-day visit to Israel. Mabus' first day consisted of office calls with Israel's Chief of Naval Operation Eliezer Marum and Minister of Defense Ehud Barak in Tel Aviv.

On Mabus' second day

in Israel, he had an office call with Israeli Prime Minister Binyamin Netanyahu. He spoke about naval cooperation between Israel and the United States.

"As we continue to explore ways we can broaden our interaction and increase joint capability, I would personally welcome any ideas you may have on new ways our navies can work together," said Mabus.

Mabus concluded his trip with a visit to Algeria. During his stay there, he met with Minister Delegate Abdelmalek Guenaizia and Commander, Naval Forces General-Major Malek Necib. Mabus expressed the importance of Algeria's contribution to the region's security.

"The leading role your country has taken against extremism in the region is commendable," said Mabus. "Combating terrorism is an important objective for both our countries. I appreciate your involvement in the Exercise Phoenix Express and look forward to conducting more joint activities. We stand ready to continue working with you and expanding our partnership."

Area Happenings

JANUARY

12-Feb. 26: Meridian Museum of Art Exhibit – "Art is a Love Affair" featuring Lowery Wilson and Crossley. Reception will be Jan. 22 from 6-8 p.m. at the museum, 628 25th Ave., Meridian. Museum hours: Wednesday-Saturday 11 a.m.-5 p.m. Admission is free. For information, call (601) 693-1501 or go to: www.meridianmuseum.org.

15-16: Meridian Little Theatre's Youth Division presents "Aladdin" at the Highway 39 Playhouse. Two performances on Saturday and one on Sunday are open to the public. For information and tickets, call MLT office at (601) 483-6371 or www.meridianlittletheatre.com.

16: Mississippi Bridal Show & Expo featuring bridal vendors and Special Guest Mrs. Mississippi 2010-2011. Location: Mississippi Trade Mart, 1200 Mississippi Street, Jackson. (Fairgrounds by the coliseum) Time: 11 a.m.-4 p.m. Admission: \$20. For information go to: www.msbridalshowandexpo.com or call (601) 988-1142 or (601) 672-5595.

17: 12th Annual Martin Luther King Jr. Day Parade and Celebration in downtown Meridian. Parade begins at noon. For information, call (601) 485 1944.

18: Daleville Community will hold a town meeting to discuss the results of the Community Needs and Assets survey from 6-7 p.m. at the Sam Dale Firehouse.

20: Meridian Community College's Arts and Letters presents "2nd Mile" in concert at 7 p.m. in McCain Theatre, 910 Hwy 19 North. For information and tickets, call (601) 484-8696.

21: The MSU Riley Center presents Patty Griffin with special guest Buddy Miller in concert. The Center is at 2200 5th Street. Preshow at 6 p.m., concert at 7:30 p.m. Ticket prices \$42 and \$36. For information, call (601) 696-2200 or visit www.msurileycenter.com.

24-Feb. 24: Meridian Community College Arts Faculty Exhibit in the Miller Gallery, 910 Hwy 19 North. Reception is Jan. 24 from 4:30-6:30 p.m. Gallery Hours: Monday-Thursday from 10 a.m.-4 p.m. For information, call (601) 484-8647.

27: The MSU Riley Center presents "Drumline Live" at 7:30 p.m., at the center, 2200 5th Street. Ticket prices are \$42 and \$36. Call (601) 696-2200 or visit www.msurileycenter.com.

FEBRUARY

5: "Art for Meridian" Dinner and Art Auction sponsored by the Meridian Council for the Arts from 6:30-10 p.m. at Northwood County Club. Tickets are \$125 per person. Call Betty Lou Jones at (601) 482-0166.

8: Meridian Community College's Arts and Letters presents "Bluegrassarama with Mississippi Chris Sharp" in McCain Theatre, 910 Hwy 19 North. Show time: 7 p.m. For information, call (601) 484-8696.

12: Meridian Museum of Art presents its Valentine Themed arts and crafts workshop "You are my Heart" for children age 4 to 12. The museum is at 628 25th Ave., Meridian. Workshop time: 10-11:30 a.m. For information, call (601) 693-1501 or go to: www.meridianmuseum.org.



In the Spotlight...

Welcome

The NAS Meridian Family Housing Office staff would like to welcome the new Housing Installation Program Manager, Neil Jacob and his wife, Sonia, to NAS Meridian. The NAS Meridian Family Housing Office is located at 718 Gill St. For more information, call (601) 679-2520.

Happy Anniversary

Thank you, Lona B. for marrying me again. A very eventful, never a dull moment, full of adventure, Happy 19th anniversary with many more to come.

-- Rich

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

TRICARE notes for National Guard or Reserve members

Healthcare for National Guard and Reserve members is based on the sponsor's military status:

- (1) Not on active duty orders (not activated) or
- (2) Activated (called or ordered to active duty for more than 30 consecutive days)

Coverage when not on active duty orders

Typically, National Guard and Reserve members are only covered for medical care under the following circumstances when they are not on active duty orders:

- (1) You may qualify for line of duty care for any injury, illness or disease that occurred or was aggravated in the line of duty (i.e. weekend drills, any period of active duty, etc.).
- (2) You may qualify for and purchase TRICARE Reserve Select (TRS), a premium-based health care plan for selected Reserve members.

Coverage when activated

When activated on federal orders, you become entitled to the same military benefits as active duty service members. Once activated, TRICARE is the only

health benefit you will use. Depending on where you are stationed, you will enroll in one of the following TRICARE Prime options:

TRICARE Prime, TRICARE Prime Remote, TRICARE Prime Overseas, TRICARE Prime Remote Overseas. While you're automatically covered by one of these options, you must enroll by completing an enrollment application. You will probably enroll when you in-process at your final duty station.

Coverage when deactivated

Your military status may be in a constant state of transition. Once you leave active duty, or deactivate, you may be eligible for 180 days of transitional health coverage under the Transitional Assistance Management Program.

Does TRICARE cover prescriptions?

Yes, TRICARE offers a robust pharmacy benefit. You are eligible for prescription drug coverage when you are enrolled in TRICARE Reserve Select, when you are on active duty orders and when you're covered under the Transitional Assistance Management Program.

Seeking volunteers for VITA Tax Office

The tax filing season is coming soon, so that means the Volunteer Income Tax Assistance (VITA) program office will open soon. Motivated Sailors, retirees, and civilian employees (non-working hours only) are being sought to help with the VITA program.

VITA volunteers will help junior Sailors and other members of the military family prepare and file federal and state tax returns. This is a great opportunity to help the community save thousands of dollars in preparation fees, and to gain valuable skills in the process.

Full time and part time volunteers are needed. The more volunteers, the more assistance the center can provide.

The VITA program will be fully operation by Jan. 24. Volunteers will have to complete several online training classes prior to that date. No experience is necessary, the courses are designed for new volunteers.

If interested please e-mail justin.dickson@navy.mil, and provide your name, command, work contact information, and availability. For more information call, (601) 679-3021.

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



For information about any serious crime, wanted person or stolen property 24 hours a day.

Call (601) 485-1860

~~ No Name Required ~~

The Skyline ~ Naval Air Station Meridian, Miss.

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Christmas activities at NAS Meridian



Santa and Mrs. Claus hand out toys to children following the Christmas tree lighting ceremony in the Administration building on board NAS Meridian, Dec. 16. Morale, Welfare and Recreation department sponsored the annual event. MWR served hot cocoa and Christmas cookies to all attendees.



Santa Claus and NAS Meridian Commanding Officer Capt. Charles Gibson pull the switch to light the Christmas tree in the administration building on Dec. 16.



Santa's elf portrayed by ABH3 Joshua D'Andrea, helps Santa, hand out Christmas stockings to children at the NAS Meridian holiday party on Dec. 17.

Photos by MC2 Fiordeliz Valerio

Christmas, New Year's around the Navy, Marine Corps



Above left: AFGHANISTAN -- Sgt. Maj. Carlton Kent, Sgt. Maj. of the Marine Corps, shares a Christmas meal with the Marines and sailors of Regimental Combat Team 2, during his visit with them aboard Forward Operating Base Delaram II, Dec. 25, 2010. Kent traveled with General James F. Amos, 35th Commandant of the Marine Corps, to wish RCT-2 a Merry Christmas; thanking them for carrying on the Marine Corps legacy.

Photo by Cpl. Matthew Troyer

Above right: NORFOLK, Va. -- An F/A-18 Hornet is decorated with Christmas lights on the flight deck of the aircraft carrier USS George H.W. Bush (CVN 77).

Photo by MC3 Kevin J. Steinberg



Left: YOKOSUKA, Japan -- Fireworks explode over the harbor at Commander, Fleet Activities Yokosuka as the U.S. 7th Fleet command ship USS Blue Ridge (LCC 19) is lit by Christmas lights during a new year celebration. At the stroke of midnight U.S. ships sound their whistles and flash their lights to ring in the new year.

Photo by MC2 Steven Khor

Cherry Point wins best Blue Angel Air Show of the Year award

By Cpl. Daniel A. Negrete
Marine Corps Air Station Cherry Point

MARINE CORPS AIR STATION CHERRY POINT N.C. -- The 2010 Marine Corps Air Station Cherry Point Air Show was the first military installation to receive the Blue Angel Air Show

of the Year award for 2010 at the International Council of Air Shows annual convention Dec. 7 in Las Vegas.

The 2010 MCAS Cherry Point Air Show was considered the best of 35 Blue Angel performance locations during 2010.

From May 21-23, Cherry Point

opened its gates to the public and showcased many Marine aviation and Marine Air Ground Task Force capabilities. The 2010 MCAS Cherry Point Air Show featured various other top aviation performers, including the U.S. Navy's Blue Angels, to the delight of approximately 156,000 air show spectators.

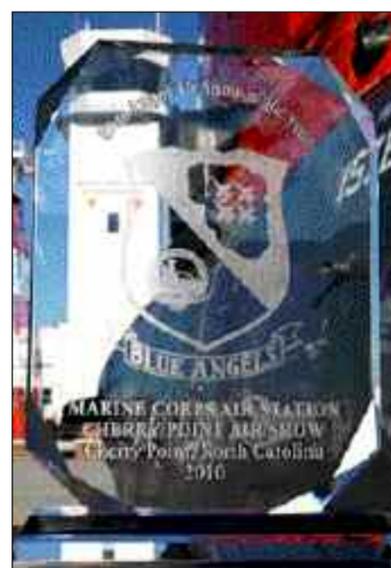
Cherry Point did an unbelievable job this year and it was a pleasure making them the first military installation to earn the Blue Angel Air Show of the Year award, said Navy Lt. Christian J. Simonsen, a Blue Angel pilot.

According to Simonsen, the criteria for this award consisted of complying with the Blue Angel's support manual, meeting specific checklist timelines, maintenance support, media and community involvement and recruiting.

Cherry Point's Blue Angel liaison officer, Maj. Todd E. Yeats, worked in coordination with all 2010 MCAS Cherry Point Air Show Committee leads to ensure the Blue Angels were taken care of before, during and after the air show.

"We coordinated everything from billeting to arranging fuel and maintenance support, as well as setting up recruiting events and community relations efforts for the Blue Angels," said Yeats. "We started this back in December of 2009."

Simonsen also commented on the superior maintenance support provided by Cherry Point during the air show and even after, when a Blue Angels jet remained at Cherry Point for two weeks following the air show for additional

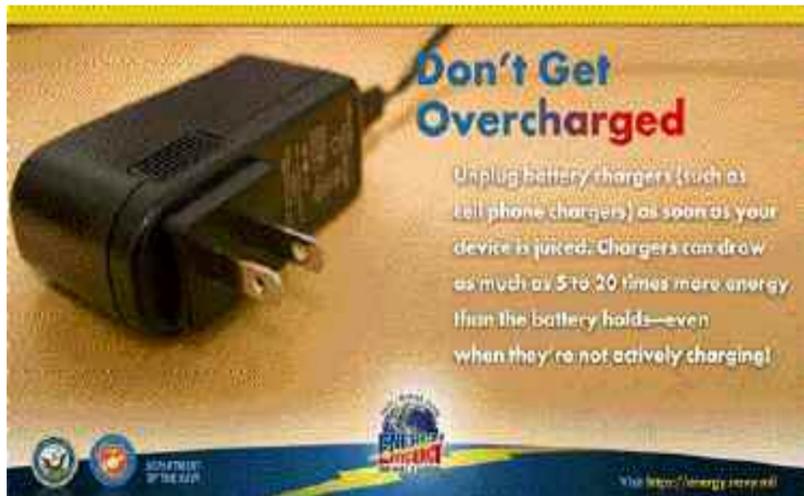


repairs.

During this time, Marine Transport Squadron 1 provided hangar space for the Blue Angels to conduct maintenance. Marine Aerial Refueler Transport Squadron 252 also provided hanger space and maintenance support for the Blue Angels during the air show.

The success at the 2010 MCAS Cherry Point Air Show was a result of a well organized team effort, said James Riemer, the director of the air show.

The next MCAS Cherry Point Air Show is scheduled for the spring of 2012 during the celebration of 100 years of Marine Corps aviation.



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)

Navy launches first aircraft using electromagnetic system

PATUXENT RIVER, Md. (NNS) -- The Navy made history Dec. 18 when it launched the first aircraft from the Naval Air Systems Command (NAVAIR), Lakehurst, N.J., test site using the Electromagnetic Aircraft Launch System, or EMALS, technology.

The Navy has been using steam for more than 50 years to launch aircraft from carriers.

The Aircraft Launch and Recovery Equipment (ALRE) program launched an F/A-18E Super Hornet Dec. 18 using the EMALS technology that will replace steam catapults on future aircraft carriers.

"This is a tremendous achievement not just for the ALRE team, but for the entire Navy," said Capt. James Donnelly, ALRE program manager. "Saturday's EMALS launch demonstrates an evolution in carrier flight deck operations using advanced computer control, system monitoring and automation for tomorrow's carrier air wings."

EMALS is a complete carrier-based launch sys-

tem designed for Gerald R. Ford (CVN 78) and future Ford-class carriers.

"I thought the launch went great," said Lt. Daniel Radocaj, the test pilot from Air Test and Evaluation Squadron 23 (VX 23) who made the first EMALS manned launch. "I got excited once I was on the catapult, but I went through the same procedures as on a steam catapult. The catapult stroke felt similar to a steam catapult and EMALS met all of the expectations I had."

The current aircraft launch system for Navy aircraft carriers is the steam catapult. Newer, heavier and faster aircraft will result in launch energy requirements approaching the limits of the steam catapult system.

The mission and function of EMALS remains the same as the steam catapult; however, EMALS employs entirely different technologies. EMALS will deliver the necessary higher launch energy capacity as well as substantial improvements in

system weight, maintenance, increased efficiency and more accurate end-speed control.

"I felt honored to be chosen as the shooter to help launch the first live aircraft tested on the new EMALS track at Lakehurst," said Chief Aviation Boatswain's Mate (Equipment) Brandon Barr, Naval Air Warfare Center Aircraft Division Test Department, Lakehurst. "It was very exciting to knowingly be a part of naval aviation history. Aviation Boatswain's Mate (Equipment) 1st Class Hunsaker and Robinson, Aviation Boatswain's Mate (Equipment) 2nd Class Williams, Wong and Simmons, were the Sailors on my team who worked together to help make this test a success. We all look forward to seeing this cutting edge technology deployed on the Gerald R. Ford."

"I'm excited about the improvement EMALS will bring to the fleet from a capability and reliability perspective," said Cmdr.



U.S. Navy photo

An F/A-18E Super Hornet is launched during a test of the Electromagnetic Aircraft Launch System (EMALS) at Naval Air Systems Command, Lakehurst, N.J. The Navy has used steam catapults for more than 50 years to launch aircraft from aircraft carriers. EMALS is a complete carrier-based launch system designed for Gerald R. Ford (CVN 78) and future Ford-class carriers. The first ship components are on schedule to be delivered to CVN 78 in 2011.

Russ McCormack, ALRE, PMA-251, deputy program manager for future systems. "EMALS was designed for just that purpose, and the team is delivering that requirement."

The system's technology allows for a smooth

acceleration at both high and low speeds, increasing the carrier's ability to launch aircraft in support of the warfighter.

The system will provide the capability for launching all current and future carrier air wing platforms -- lightweight

unmanned to heavy strike fighters.

Engineers will continue system functional demonstration testing at NAVAIR Lakehurst. The team will expand aircraft launches with the addition of T-45 and C-2 aircraft in 2011.

MCPON stresses do your part for 'Zero Tolerance' on sexual assault

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West released the following message on Sexual Assault to the Fleet Dec. 28.



West

"Shipmates, as this year comes to an end and we start to focus on priorities for 2011, I'd like to address a subject that is impacting our great Navy, and that is sexual assault.

It is incomprehensible that a shipmate would commit such a horrible crime to another shipmate. Sexual assault in our Navy undermines teamwork, morale, unit cohesion, and operational readiness. Also, the long-term effects of sexual assault dramatically impact the victim for years to come.

For these reasons, sexual assault does not belong in our Navy. We have a 'zero tolerance' policy for this criminal offense and it is each and every Sailor's responsibility to adhere to this policy and do your part to alleviate this crime within our ranks.

At the close of this year, reports of sexual assault have increased from last year, which could be attributed to victims' increased willingness to report the crime, but data also shows that sexual assaults are still occurring in our Navy.

The highest risk group for victims over the past several fiscal years remains E-1 to E-4, ages 20 to 24, with most incidents occurring during the weekends. In most sexual assault incidents alcohol was a major factor impairing the judgment of predators, victims and bystanders.

Additionally, the most common sexual assault scenarios include

off base parties, hotel rooms, barracks, night clubs and bars during liberty. Simply put, sexual assault knows no boundaries and the majority of victims know their offender.

Sexual assault is a personal crime and we should all take it personally and think 'what if it was my sister/brother, my son/daughter or my wife/husband?' Wouldn't you do everything in your power to protect them? That's how we should think about our shipmates -- we are a Navy family, we rely on each other every day. Shipmates should be looking out for Shipmates and getting involved when you see someone starting to steer into danger.

In order to remove sexual assault from our Navy we need to ensure commands have a strong partnership with Sexual Assault Response Coordinators (SARC) and a robust Sexual Assault Prevention and Response (SAPR) Program which fosters an environment where 'shipmates help shipmates' by not allowing destructive behavior to occur.

One of the ways to encourage the idea of 'shipmates helping shipmates' is through the Coalition of Sailors Against Destructive Decisions (CSADD) peer mentoring program. The Navy launched the

- Assault, page 11

NEW CAR? OR KITCHEN UPGRADE? SHE FINANCED BOTH AT NAVY FEDERAL.

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Pfc. Andre Hawkins

**MATSS-1 Student
Hometown: Laurel, Md.**

Pfc. Andre Hawkins is a native of Laurel, Md., and the son of Shirleen and Albert Hawkins. He has one younger sister, Aliyah, 12.

"I hope that I'm a role model to her," said Hawkins who enlisted in the Marine Corps on April 22, 2010, and is currently a student at Marine Aviation Training Support Squadron One.

"I wanted to serve my country and joined the Marine Corps for the challenge and to build confidence. I'm looking forward to deployment."

His hobbies include basketball, football, pool, playing cards and listening to music.

The person he most admires is professional basketball Dwayne Wade from the Miami Heat.

"He shows great sportsmanship on and off the court, and at the same time is great as a player on the court."

OOORAH!**Pfc. Aaron Fowler**

**MATSS-1 Student
Hometown: Conyers, Ga.**

Pfc. Aaron Fowler has a goal for his future in the Marine Corps.

"I'm working towards becoming a pilot and going to Officer Candidate School. I know it will be hard, but I've always wanted to fly the Cobra helicopter," said Fowler who enlisted in the Marine Corps on June 28, 2010. He is currently a student in the Aviation Operations Specialists Course at MATSS-1 on board NAS Meridian.

He is the son of Jeff Fowler and Sherry Fowler, and has one older sister, Alex. His hobbies include soccer and running.

The person he most admires is his father.

"After being laid off three times, he still never gave up. He always provided for me and my sister."

35th Marine commandant spends first Christmas in Afghanistan

By Staff Sgt. Christine Polvorosa
3rd Marine Aircraft Wing (FWD)

CAMP LEATHERNECK, Afghanistan -- Eyes were fixed, center stage, on the 35th commandant of the Marine Corps, Gen. James F. Amos, as he addressed thousands of Marines and sailors serving aboard Camp Leatherneck, Dec. 23.

While accompanied by the 16th sergeant major of the Marine Corps, Sgt. Maj. Carlton W. Kent, the commandant spoke about the future of the Corps, topics in his planning guidance and the sacrifices Marines have made in service to their country.

Amos also relayed a message from President Barack Obama -- "Tell the Marines in Afghanistan thank you, and I appreciate what they are doing and the fact they are away from their families at Christmas."

Marines are all too familiar with

being forward deployed during the holidays, expressed Amos. So if there are going to be Marines and sailors here in Afghanistan, that's where their commandant will be -- spending Christmas with them.

At the end of his address, Amos opened the floor for questions, which allowed the Marines the opportunity to engage the commandant with inquiries and concerns.

Significant topics of inquiry included the Marine administrative message directing assignment for female drill instructors, the repeal of the 'Don't Ask, Don't Tell' policy, implementation of the F-35 Joint Strike Fighter and the possible designation of counter improvised explosive ordnance training as a military occupational specialty.

After questions wrapped up, the commandant and sergeant major concluded their visit with a show of appre-



The 35th commandant of the Marine Corps, Gen. James F. Amos, and 16th sergeant major of the Marine Corps, Sgt. Maj. Carlton W. Kent, address Marines and sailors during their holiday visit to Camp Leatherneck, Afghanistan, Dec. 23. Amos and Kent visited several bases throughout Afghanistan to wish the troops merry Christmas.

Photo by Staff Sgt. Christine E. Polvorosa

ciation to the Marines and sailors. "The commandant and I just want to say that we are extremely proud of

what you do for our Corps," said Kent. "You are truly living up to the great legacy of our Corps."

**Silver Star**

Sgt. William W. Rollins stands in front of Marines from his unit, 2nd Battalion, 7th Marines, during a ceremony in which Rollins was awarded the Silver Star, the Nation's third-highest award in a ceremony at the Combat Center's Lance Cpl. Torrey L. Gray Parade Field Dec. 17, 2010. Rollins was awarded the Silver Star for his heroic actions in Afghanistan. During a reconnaissance patrol to the village of Dowlatabad, enemy fighters ambushed Rollins' squad with a high volume of machine gun and rocket propelled grenade fire from multiple prepared positions. With the majority of his squad pinned down by the accurate enemy fires, Rollins rushed to within 30 meters of the enemy positions, and in the face of almost certain death, provided suppressive fire which allowed his men to escape the immediate ambush area, according to the official awards citation.

Photo by Lance Cpl. Sarah Anderson

Marines to lead way with implementation of DADT repeal

By Cpl. Scott Schmidt
Headquarters Marine Corps

ARLINGTON, Va. -- President Barack Obama may have signed a new law Dec. 22 that allows gay service members to serve openly, but no change will take effect until the Defense Department issues implementation guidance, Marine officials said.

According to a new Marine Corps-wide message from the commandant, Gen. James Amos, the Corps "will implement the new policy in accordance with specific directions and guidance from our chain of command."

Such guidance is now being worked out.

The message reiterates that, though Title 10 U.S. Code 654 has been repealed, changes have not yet been implemented

and thus, "It remains DoD policy not to ask service members or recruit applicants about their sexual orientation."

Labeled by the American press as an advocate against repealing "don't ask, don't tell," Commandant of the Marine Corps, Gen. James Amos immediately acknowledged the repeal and said the Corps would lead the way in its implementation.

"Above all else, we are loyal to the Constitution, our Commander in Chief, Congress, our chain of command and the American people," Amos said in a written statement. "The Marine Corps will step out smartly to faithfully implement this new policy. I, and the sergeant major of the Marine Corps, will personally lead this effort."

The new message applies to the Marine Corps total force.

Safety is Our Duty**Drinking and driving among younger Sailors and Marines**

By April Phillips

Naval Safety Center Public Affairs

It's a safe bet that very few young Sailors and Marines start out an evening of fun with the plan to drive home drunk.

Yet, every year, several of them wind up in jail cells, sleeping it off and watching helplessly as their once-bright futures slip away in the aftermath. And that's just the lucky ones who got caught. Others never get the chance to learn from this mistake and instead become tragic statistics. Unfortunately, the number of drunken driving arrests and traffic fatalities increases every year during the holiday season.

"It could be the result of family get-togethers or command parties," said Dan Dray, a traffic safety specialist at the Naval Safety Center.

"Either way, it's important to plan for a safe ride home."

He also said that it's important to make

"When a Shipmate is lost, it's not just a military member. That person is also a father, mother, brother, sister, son or daughter."

Bonnie Revell
Traffic Safety Specialist

that plan before taking the first sip of alcohol. The best of intentions can fall apart as alcohol impairs judgment.

Young service members are at increased risk for driving impaired. Many are away from home for the first time. Nonetheless, personal responsibility is key, and Sailors and Marines will be held accountable, regardless of their ages. That's why it's important to look out for

one another.

"We know that the young Sailors and Marines are going to go out and have fun, but the biggest asset they have in terms of safety is their peers. Everyone carries a cell phone these days, so if you've had too much to drink, call a friend to come pick you up or take advantage of the safe ride programs that many ships offer," Dray said.

These safe ride programs are usually sponsored by a command's Morale, Welfare and Recreation department. They involve "no questions asked" rides back to the ship and Dray said there is no punishment for using the service.

"The only thing is you'll be asked to pay the taxi bill later," he said. It's a lot cheaper than the fines, lawyer bills, community service, and career ramifications that come with a DUI charge.

Drunk driving doesn't just affect one Sailor or Marine and his or her career. The ramifications ripple through the unit and

the surrounding community.

"When a shipmate is lost, it's not just a military member," said Bonnie Revell, also a traffic safety specialist. "That person is also a father, mother, brother, sister, son or daughter."

Revell has also talked to members of Mothers Against Drunk Driving, and said she's seen the anguish in the faces of those who have lost children as a result of an intoxicated driver.

"The heartbreak is intense. Knowing they will never hear 'I love you' again, or that they will never have grandchildren because they lost their only child. It's just devastating," she said.

When she speaks to Sailors and Marines across the fleet, Revell said she tries to get this point across. One night on the town isn't worth the risk. She reminds people that it's not just their careers at stake, but lives.

The Naval Safety Center offers more resources to combat drunk driving at www.safetycenter.navy.mil.

**Emergency Management
Why should we talk about Winter weather?**

Each year, dozens of Americans die due to exposure to cold. Add to that number, vehicle accidents and fatalities, fires due to dangerous use of heaters and other winter weather fatalities and you have a significant threat.

A major winter storm can last for several days and be accompanied by high winds, freezing rain or sleet, heavy snowfall and cold temperatures.

People can become trapped at home or in a car, without utilities or other assistance. Attempting to walk for help in a winter storm can also be a deadly decision.

Threats, such as hypothermia and frostbite, can lead to loss of fingers and toes or cause permanent kidney, pancreas and liver injury and even death. You must prepare properly to avoid these extreme dangers. You also need to know what to do if you see symptoms of these threats.

The aftermath of a winter storm can have an

impact on a community or region for days, weeks or even months.

Be prepared for an emergency

NAS Meridian Emergency Management recommends everyone should make an emergency plan that includes a disaster supply kit. This kit should include enough water, dried and canned food, and emergency supplies (flashlights, batteries, first-aid supplies, prescription medicines, and a digital thermometer) to last at least three days. Use battery-powered flashlights and lanterns, rather than candles, gas lanterns, or torches (to minimize the risk of fire).

You can find more information on emergency plans and supply kits in the "Are You Ready?" guideline booklet available at the Emergency Management office located in Administration Building 255, Room 249.

-- From EM Staff

T-45 crashes near Tallahassee

TALLAHASSEE, Fla (NNS) -- A U.S. Navy T-45C Goshawk training jet assigned to Training Air Wing Six crashed east of Tallahassee, Fla. while conducting a training mission at approximately 10:15 a.m. CST, Dec. 29.

Both occupants ejected safely and have been transported to a local hospital for evaluation.

The aircraft was conducting a routine training mission.

The T-45C Goshawk is a tandem-seat, carrier capable, jet trainer whose mission is to train Navy and Marine Corps pilots and naval flight officers.

An investigation is underway to determine the cause of the incident.

-- From Chief of Naval Air Training Center

Upcoming Traffic Training Classes

Feb. 7: AAA Driving

Feb. 8-9: Basic Motorcycle Rider

Feb. 10: Sport Bike Rider

To register for these classes go to:

www.Navymotorcyclerrider.com or call (601) 679-3756.

LDO, CWO communities under review

MILLINGTON, Tenn. (NNS) -- In an effort to ensure the right specialists are in the right place, the Bureau of Naval Personnel (BUPERS) announced Dec. 29 that it has been conducting a review of its technical leadership since August and will brief Navy leadership in early January 2011.

The Navy's limited duty officer (LDO) and chief warrant officer (CWO) communities are being evaluated so that the right technical specialists are doing technical leadership jobs, said Capt. John Jones, LDO/CWO community manager at BUPERS.

"We want to make sure that we have the right balance within our pay-grade structure to allow the opportunity for upward mobility without bottlenecks or even a lack of opportunity at a particular pay grade," said Jones. "Correcting our structure will ensure better opportunities for advancement, manage expectations and improve opportunity for many designators – particularly CWOs."

The chief of naval personnel ordered the review of both LDO and CWO designators and billets.

"The assumption is that all of the billets reviewed are valid work, so what we have done is identify very small designators where the work is done by both LDOs and CWOs," said Jones. "Billets that look like division officer work were transferred from LDO to CWO. Billets that had significant senior positions were transferred from CWO to LDO."

Additionally, Jones explained that current senior LDOs and CWOs in positions that may transfer will be continued on active duty.

"This 'aging of the workforce' will ensure the Navy gets the technical experts it needs in the future," said Jones.

LDOs and CWOs are technical leaders who are selected from the enlisted ranks based on merit, technical knowledge and sound leadership. LDOs are selected from E-6 to E-9 with eight to 16 years of service. Because they are more technically centered than LDOs, CWOs are only selected from E-7s and above with 12 to 22 years of service. Selection boards for both LDO and CWOs are held in January.

"I think most people, when first hearing of this review, thought that it was all doom and gloom," said Jones. "But the reality is that it's a necessary evolution that will leave us stronger."

"A big problem we had in the past is that we select the numbers we need by designator to keep a balanced entry into each technical field," said Jones. "Later on, we promote with everyone in one large pot and some designators with less sea duty are disadvantaged. We are evaluating a move toward promotion by designator to ensure we get the right balance at the senior level as well – this fits in well with the initiative to keep the communities viable and sustainable."

"The future is bright for the LDO/CWO community," said Jones. "This very necessary review, the largest since our collective inception in 1948, is long overdue. Most encouraging is the consistent overwhelming support from senior Navy leadership who highly value this community of seasoned technical leadership."

--From Commander, Navy Personnel Command Public Affairs

● Re-enlistment

NECs rank higher than non-critical NECs (The conversion algorithm substitutes Fleet RIDE scores for critical NECs).

• Fleet RIDE/Rank Score – Provides an indicator of potential success in the rating requested; largely based on a Sailor's ASVAB score (This applies to a conversion algorithm only).

• Physical Fitness Assessment (PFA) Results – PFAs are calculated based on the number of failures within the past four-year period. Only physically ready Sailors can reenlist.

• Proximity to End-of-Obligated-Service (EAOS) – Sailors closer to their EAOS rank higher in PTS. This indicator would be the tie-breaker between otherwise equally qualified Sailors.

The new PTS/Fleet RIDE system includes the enlisted community managers (ECM) in the selection process by giving them the ability to review the algorithm results for content and accuracy. The Head ECM can then review all approved and denied quotas, forwarded from the ECMs, to ensure their list complies with end-strength goals set forth by the chief of naval

personnel, resulting in better program oversight and management.

Another improvement in PTS is the shift to year group management, vice zones.

"Year group management is advantageous for several reasons," said Capt. Hank Roux, head enlisted community manager. "It now compares Sailors with their contemporaries, Sailors who are in the same rating and entered the Navy in the same fiscal year. The pre-October legacy system compared those at extreme ends of each zone against each other."

For example, a hospital corpsman with four years of service no longer has to compete against a corpsman with six years.

"We are constantly reviewing our processes to develop modifications that will provide the fleet with the best system to evaluate our Sailors for continued service," said Mike Dawson, enlisted community manager deputy.

For more PTS/Fleet RIDE algorithm information, read NAVADMIN 352/10 or contact the Navy Personnel Command Customer Service Center at 1-866-U-ASK-NPC or via e-mail at CSCMailbox@navy.mil.

USS Carl Vinson Strike Group arrives in 7th Fleet

By MC2 Byron C. Linder

Commander, Seventh Fleet Public Affairs

PACIFIC OCEAN (NNS) -- The Carl Vinson Strike Group arrived in the 7th Fleet area of responsibility Dec. 31 as part of a scheduled deployment.

While in the 7th Fleet, the Strike Group will conduct exercises with allies and partners and visit ports around the region. Carrier Strike Group 1 (CSG 1) is commanded by Rear Adm. Samuel Perez.

The Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) is deployed with USS Bunker Hill (CG 52), USS Stockdale (DDG 106) and USS Gridley (DDG 101). Destroyer Squadron 1 is embarked aboard Vinson along with Carrier Air Wing (CVW) 17. CVW-17 is comprised of the "Red Lions" of Helicopter Anti-

submarine Squadron 15, the "Fighting Redcocks" of Strike Fighter Squadron 22, the "Fist of the Fleet" of Strike Fighter Squadron 25, the "Sunliners" of Strike Fighter Squadron 81, the "Rawhides" of Fleet Logistics Support Squadron 40, the "Garudas" of Electronic Attack Squadron 134, the "Stingers" of Strike Fighter Squadron 113 and the "Tigertails" of Carrier Airborne Early Warning Squadron 125.

"We are looking forward to every opportunity to build friendships and enhance partnerships in the region," said Perez.

The U.S. Navy maintains a robust forward presence in the Asia-Pacific region, utilizing both forward deployed naval forces in Japan and Guam, as well as rotationally deployed forces from the continental

United States and Hawaii.

This deployment by the Vinson Strike Group includes several firsts. It is the first major deployment for USS Carl Vinson after a three-year nuclear refueling, and it is the first major deployment by Carrier Strike Group 1 (CSG-1) since its establishment October 1, 2009. CSG 1 led USS Carl Vinson and USS Bunker Hill earlier this year in support of disaster response and humanitarian operations in Haiti. This is also the first deployment of the Arleigh Burke-class destroyer USS Stockdale, and USS Bunker Hill's first deployment since it underwent cruiser modernization, the first Ticonderoga class guided missile cruiser to complete its mid-life modernization.

This is USS Carl Vinson's first visit to 7th Fleet since 2005.

Celebrity chefs chow down at Recruit Training Command

By Sue Krawczyk

Recruit Training Command Public Affairs

NAVAL STATION GREAT LAKES, Ill., (NNS) -- Celebrity chefs from the Food Network recently visited Recruit Training Command (RTC) Dec. 10, as part of their America's Chefs tour.

While at RTC they were given a first-hand look at how nutrition plays an important role in developing today's Navy recruits.

"Stretch" Jeff Rumaner, "Gorilla" Rich Bacchi, "Panini Pete" Blohme and Hodad's "Boss Man" Mike Hardin from the Food Network's "Diners, Drive-Ins & Dives!" made up the tour that visited Naval Station Great Lakes and RTC.

America's Chefs organizes celebrity chefs and other culinary-related personalities for shows and cooking demonstrations at select military bases and installations. During the show, the culinary experts offer educational and health tips as well as fun cooking competitions.

"We're here to educate and entertain the troops," said Christian Vaughan, who does public relations for the chefs. "This is our fourth stop in six months. We bring a little taste of home to the

Sailors. This is hugely popular."

The primary purpose of America's Chefs is to work with all facets of the U.S. military and their families, both domestically and abroad, to provide entertainment, education and boost morale through culinary-related shows and demonstrations.

"It's an honor to serve the troops," Bacchi said. "It's heartwarming to put smiles on their faces. We're the Bob Hopes of the galleys."

Their first stop at RTC was at USS Triton, a recruit barracks, where they sat down for breakfast with Capt. Steven Bethke, RTC commanding officer.

"Recruit nutrition is extremely important," Bethke said. "If they (recruits) are not getting the right food, it's hard for them to focus on the mission and complete training."

"The quality is here, which is good," Bacchi said. "It's good to see they're working on nutrition with the recruits. We focus on nutrition and that's what we're trying to project. It's good to see in the galleys there is no sugar or deep fat fryers. This is turning the kids on to better food."

Bacchi believes that over time, nutrition has decreased with kids in

general.

"They are used to eating chicken nuggets or microwaved food while sitting in front of the TV playing video games" Bacchi said. "It's good to see the recruits improving their nutrition."

The chefs said they enjoyed their breakfast.

"It was excellent," Hodad said. "It was really good."

"This is a lot better than I thought it would be," Bacchi said.

"The biscuits and gravy were real nice," Vaughn said.

The chefs continued their tour by visiting Freedom Hall, the recruits' fitness training facility; a recruit compartment and classroom; the USS Indianapolis combat training pool; and the in-processing building called Golden Thirteen, named after the first African-American Navy officers, where recruits are processed upon their arrival to RTC.

They also toured USS Trayer (BST 21), a 210 ft. long replica of an Arleigh Burke-class destroyer and the Navy's largest simulator, housed in the USS Iowa headquarters building.

Trayer is the training platform that provides recruits with their final test, Battle Stations 21, before graduating from

boot camp. Battle Stations 21 is 12 grueling hours of 17 scenarios from fighting fires and stopping floods to line handling and mass casualty evacuations.

Seeing the type of training the recruits endure for eight weeks during boot camp gave the chefs a deeper appreciation of the military.

"I'm blown away by the dedication in these kids," Rumaner said. "They have dropped everything to go save the world. Boot camp is a lot more humane than (depicted in) TV or movies and in ways I've heard it to be."

Bacchi said he is now motivated to tour more military bases.

"It's an eye-opening, life-changing experience, and I am proud to be here," Bacchi said. "I am proud to be an American."

Blohme agrees with his fellow chefs' observations.

"I have a deeper respect for the military," Blohme said. "You take fewer things for granted after seeing how hard the recruits are training. I'm looking at these young kids in here and they're brave. They have an opportunity to do something. No matter what their reason is for joining the Navy, we benefit from their dedication."

Advanced education opportunities available for officers

By Ed Barker

Naval Education and Training Command Public Affairs

PENSACOLA, Fla. (NNS) -- The Naval Education and Training Command announced Dec. 29 that the Navy continues to invest in a broad range of officer advanced education opportunities to meet existing and future mission requirements as well as support the Maritime Strategy by building the future force.

Navy graduate education programs directly support validated fleet requirements through the Navy Subspecialty System (NSS). The NSS ensures that all graduate education programs are aligned to support fleet requirements. Graduates are assigned to specialization tours as soon as practical, typically within the first or second shore assignment following graduation. The Navy aims to place officers in multiple subspecialty assignments throughout their careers to maximize its return on investment.

"We have a robust advanced education program that covers from the beginning of your career to the executive level," said Lt. Cmdr. Joseph Scott, graduate education programs section head for the office of the Chief of Naval Operations (OPNAV). "The Navy funded more than 1,300 full-time master's and doctorate degrees over the past two years. In addition, there are numerous fellowships and other development paths available for qualified officers."

The Navy uses more than 70 degree programs at military and civilian institutions, with degrees ranging from electrical engineering to Department of Defense-focused financial management. The majority of the Navy's graduate degrees are obtained through the Naval Postgraduate School (NPS) in Monterey, Calif.

"One of the best possible investments we can make is education," said Vice Adm. Mark Ferguson, the chief of naval personnel. "These graduate programs provide officers the professional and technical competency needed in their current duties and enable them to anticipate future requirements and capabilities. Our success as a Navy that's forward-deployed and engaged around the world depends on the right education and training."

Officers interested in graduate education should contact their detailers to determine the best timing and paths to reach their academic goals and identify applicable subspecialties.

"The Navy selects only the highest-caliber officers for graduate education in conjunction with career timing," said Scott. "Detailers work to schedule advanced education and subsequent assignments so that graduates meet career progression milestones while encouraging professional growth."

Graduate education requires that candidates meet their particular degree program's admission requirements. For NPS, this means having a qualifying Academic Profile Code (APC). All advanced education opportunities are competitive and receive numerous applicants, so competition is keen. For a complete listing of Naval Postgraduate School opportunities and qualifying APCs, see the course catalog at <http://www.nps.edu/Academics/Admissions/Registrar/AcademicCatalog/>.

For more information about officer graduation opportunities, visit: http://www.persnet.navy.mil/Officer/Education_Placement
 a>> For more information about the Naval Education and Training Command, visit the NETC website at: <https://www.netc.navy.mil>.

A partial listing of graduate educational opportunities includes:

● The Naval Postgraduate School in Monterey, Calif., an accredited research university that grants both master's and doctoral degrees. (<http://www.nps.edu/>)

● The Naval War College in Newport, R.I., an education and research institution that grants master's degrees in conjunction with its Professional Military Education (PME) program of study. (<http://www.usnwc.edu/>)

● The Olmsted Scholarship Program, a full-time master's degree program for selected unrestricted line (URL) and Information Warfare Officers (181X) and Intelligence Officers (183X) that provides two years of full-time graduate study using a foreign language and leads to a degree from a foreign university. (See Naval Administrative Message (NAVADMIN) 202-10.)

● The Naval Academy GET (Graduate Education + Teaching Program), which offers selected URL officers 12 months of full-time graduate education at selected civilian institutions directly followed by two-academic-year teaching assignments at the Naval Academy as officer instructors. (See NAVADMIN 260-10.)

● The Executive Master of Business Administration Distance Learning Degree Program, offered by NPS at selected locations. (See NAVADMIN 173-10.)

Navy Medicine Manpower, Personnel, Education & Training Command (NAVMED MPT&E) has free Hospital Corpsman advancement study material available in hard copy or online as a download. Hospital Corpsman Manual Flashcards (NMHCMF10V1), a flashcard "quizzier," are available via Navy eLearning and accessed via NKO. NAVEDTRA 14295A, the Hospital Corpsman Rate Training Manual, is available at <https://www.sas.cnet.navy.mil/Login/SASLogin.aspx?redirecturl=https://www.courses.netc.navy.mil/>. For more information, contact Chris Hawkins at RTM_feedback@med.navy.mil.



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Navy.mil names Top 10 events of 2010

WASHINGTON (NNS) -- In 2010, the Navy News Service staff published nearly 6,000 stories on Navy.mil with subjects ranging from Navy green energy initiatives to global exercises to humanitarian relief in Pakistan and Haiti to women serving aboard submarines.

Compiled below are the stories, photos, video and social media links related to the top 10 stories of 2010:

#10. The Green Navy (Green Fleet, Green Hornet, 2010 Navy Energy Forum)

"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 Environmental Readiness Division, which leads the Navy's Task Force Energy. "It is not just about natural security; it also strengthens national security. By having reliable and abundant alternate sources of energy, we will no longer be held hostage by any one source of energy, such as petroleum.

#9. RIMPAC 2010

The biennial Rim of the Pacific (RIMPAC) exercise officially kicked off June 23 as 14 nations, 32 ships, five submarines, more than 170 aircraft, and 20,000 personnel arrived in Hawaii. The world's largest multinational maritime exercise, took place from June 23 through Aug. 1 in the waters around the Hawaiian Islands.

#8. Counter-Piracy Efforts

At approximately 5 a.m. local time, Sept. 9, 24 U.S. Marines from the 15th Marine Expeditionary Unit's Maritime Raid Force (MRF) aboard USS Dubuque (LPD 8) operating under Combined Task Force 151 (CTF-151), boarded and seized control of Antigua-Barbuda-flagged, German-owned vessel M/V Magellan Star from pirates who attacked and boarded the vessel early Sept. 8. This successful mission by Combined Maritime Forces (CMF) secured the safety of the ship's crew and returned control of the ship to the civilian mariners.

#7. 10th Anniversary of attack on USS Cole

A ceremony honoring the U.S. Navy Sailors who were killed and injured during a suicide bombing on USS Cole (DDG 67) was held at the U.S. Embassy in Yemen Oct. 11 to commemorate the 10th anniversary of the attack. The attack occurred Oct. 12, 2000, while Cole was refueling in port Aden, Yemen. Seventeen Sailors were killed in the attack and 39 injured. "The signifi-

cance of holding a ceremony to remember the victims of the attack on the USS Cole, on the tenth anniversary of the attack, is to honor our fallen and let their families know that their sacrifice is not forgotten," said Cmdr. Mike Merren, U.S. Naval Forces Central Command's Liaison in Yemen. "It was an also an opportunity to reaffirm, with our Yemeni partners, our commitment to each other in our joint efforts against violent extremism."

#6. USS George Washington Strike Group exercises with South Korea

The George Washington Carrier Strike Group (GWCSG) entered the waters west of the Korean peninsula to participate in a combined military exercise with the Republic of Korea (ROK) on Nov. 28. The purpose of the four-day exercise is to enhance the readiness and interoperability of ROK and U.S. forces during routine operations in international waters and airspace. Both militaries have conducted similar exercises together in recent months on both sides of the peninsula. The exercise will include more than 7,000 personnel, 11 ships and a variety of aircraft to include F-18 Super Hornets, F-16C Fighting Falcons, A-10C Thunderbolt II, F-15Ks and KF-16s.

#5. Safest Summer on record for the Navy

Labor Day marked the traditional end of summer for Sailors and Marines and also the end of the Naval Safety Center's (NSC) annual summer safety campaign, "Live to Play, Play to Live." Although mishap reports for the long weekend are not complete, it appears that both the Navy and Marine Corps enjoyed the safest summer since NSC started keeping these statistics. However, that still means that 14 Sailors and 14 Marines lost their lives between Memorial Day and Labor Day weekends. Nonetheless, this is a considerable improvement from 2009, when 39 Sailors and Marines lost their lives during the same period.

4. Commissionings

Navy Commissions Destroyer Gravelly USS Missouri Joins Commissioned Fleet
USS Jason Dunham Commissioned
Submarine New Mexico Joins the Fleet
USS Dewey Commissioned at Seal Beach
USS Independence Commissioned

#3. Submarine community policy changes

The Department of the Navy announced a policy change that will allow women to serve

on submarines. The change was considered by Congress after Secretary of Defense Robert Gates formally presented a letter to congressional leaders Feb. 19, 2010 notifying them of the Department of Navy's desire to reverse current policy of prohibiting submarine service to women.

#2. Remarkable Rescues

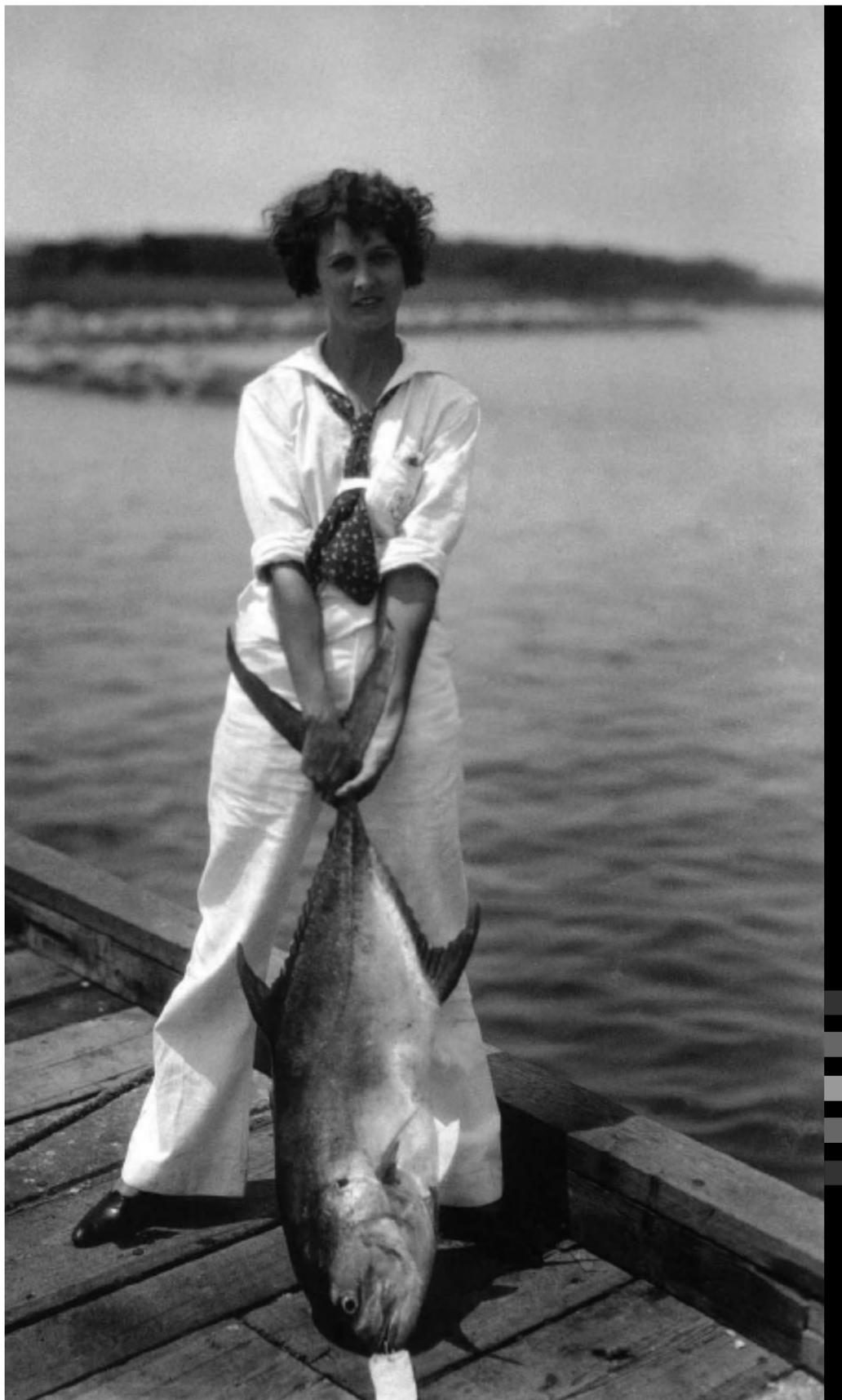
Sailors from Special Boat Team 20 helped rescue nine people July 7 from an overturned tourist boat in the Delaware River. According to Philadelphia police, the boat was struck by a barge and capsized, throwing 35 passengers and two crew members in the water. The Navy crew members worked together with the Coast Guard, Philadelphia Police and fire rescue teams.

#1. Humanitarian Assistance/Disaster Relief in Haiti, Pakistan, Millington

U.S. Southern Command (SOUTHCOM) released the U.S. Navy carrier USS Carl Vinson (CVN 70) Feb. 1. The ship and its embarked air wing distributed more than 1.1 million pounds of emergency humanitarian aid for earthquake survivors in Haiti since commencing operations in support of Operation Unified Response. Nineteen helicopters embarked aboard Carl Vinson, the first large-scale, airlift capability to arrive on scene, flew more than 1,000 hours in support of the operation and evacuated more than 450 patients requiring medical attention since their arrival off Haiti Jan. 15. Also departing after contributing to the relief efforts are the guided-missile cruiser USS Bunker Hill (CG52) and the oceanographic survey ship USNS Henson (T-AGS 63).

Chief of Naval Operations Adm. Gary Roughead accompanied by Chief of Naval Personnel, Vice Adm. Mark Ferguson and Commander, Navy Installations Command, Vice Adm. Mike Vitale got a firsthand look at the condition of the base and discussed the path ahead for the Sailors, Navy civilians and their families as they recover from the flooding that overtook the base May 1. CNO said the Sailors' and Navy civilians' swift reactions to the flooding ensured the safety of those who work and live on the base. "I can't say enough about how prepared this base was and how responsive everyone who serves here was," said Roughead. "First and foremost [to] safety, but then volunteering and making sure that everybody was taken care of."

-- From Defense Media Activity - Navy



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all on Facebook. Become a fan!



Midshipmen spend time with 'Wish Kids'

By MCC Dennis J. Herring
U.S. Naval Academy Public Affairs

SAN DIEGO (NNS) -- Six Midshipmen from the U.S. Naval Academy football team and the team's head coach paused from an afternoon of rain-interrupted practices to spend a few hours with local San Diego "Wish Kids" Dec. 21.

The Naval Academy football team is in San Diego to compete against San Diego State University in the San Diego County Credit Union Poinsettia Bowl Dec. 23.

The "Wish Kids" are all beneficiaries of the Make-A-Wish Foundation's mission to grant the wishes of children with life-threatening medical conditions to enrich their life with hope, strength and joy.

According to the San Diego chapter, the local group of the Make-A-Wish Foundation has been the Poinsettia Bowl game's beneficiary since its inception in 2005. The charity receives \$1 from each game ticket sold. "Wish Kids" also play important roles in the game, including flipping the coin, serving as honorary captains and retrieving the tee after the opening kickoff. Hundreds also participate in a pregame parade in the charity's honor.

"I'm definitely honored to be able to come here and to be able to make a difference in these Make-A-Wish kids' lives," said Midshipman 1st Class Ricky Dobbs, quarterback and offensive captain of the team. "This is overwhelming, so many kids at one time. Actually, these are kids I look up to, going through what they have to go through."



U.S. Naval Academy quarterback Ricky Dobbs signs an autograph for a child at a Make-A-Wish Foundation event leading up to the San Diego County Credit Union Poinsettia Bowl college football game between San Diego State University and the U.S. Naval Academy.

Photo by Midshipman 2nd Class Ivin Dysangco

The pre-bowl event afforded players from not only the Naval Academy team but also the San Diego State University team to spend a few hours with the children. During the visit, players and "Wish Kids" ate pizza and talked about each other's experiences. During the introductions, some of the children talked to the group about their wishes that had been granted by the charity.

"One thing that I reflect on with this is you definitely look up to these

kids, as much as they might look up to you," said Midshipman 1st Class Greg Jones, wide receiver for the team. "It's been a pleasure going around and meeting these kids. I'm learning as much from them as they are from me."

Along with Dobbs and Jones, Midshipmen 1st Class Wyatt Middleton, Midshipmen 1st Class Jeff Battipaglia, Midshipmen 1st Class Tyler Simmons and Midshipmen 1st Class Kevin Edwards attended the event.

Commander, 1st Naval Construction announces Battle 'E' winners

By Daryl Smith
Commander, 1st Naval Construction Division Public Affairs

VIRGINIA BEACH, Va. (NNS) - The 1st Naval Construction Division (1NCD) announced the winners of the 2010 Battle "E" Award Dec. 21 in Virginia Beach, Va.

The Battle "E" Award recognizes outstanding operational performance.

"Competition for the Battle 'E' this year was exceptionally close, highlighting the superb performance of naval construction forces in meeting the continually elevated demands of today's operational environment," said Rear Adm. Mark A. Handley, commander, 1NCD. "Both active and reserve component units provided outstanding support of worldwide combatant commander requirements."

Seabees provided a wide range of critical construction support in 2010, including doubling their forces in Afghanistan as part of the surge and responding to the earthquake in Haiti.

NMCB 133 deployed 600 Seabees from Gulfport, Miss., to Kandahar Airfield, Afghanistan in March 2010. Unlike most Seabee deployments, they did not relieve another battalion, but served as the first in a line of surge engineering

The recipients of the Battle "E" Award for 1NCD are:

**Atlantic Fleet:
Naval Mobile Construction
Battalion 133 (Active)
NMCB 14 (Reserve)**

**Pacific Fleet:
NMCB 4 (Active)
NMCB 18 (Reserve)**

units to support the initial operating capability. The battalion executed more than 45,000 project man-days of construction valued at more than \$200 million. In total, they executed more than 400 construction projects, including 1.6 million square meters of forward operating base (FOB) expansions.

Based in Jacksonville, Fla., NMCB 14 provided 28,750 man-days of construction support and 5,900 man-days of skills training. They constructed a handicapped accessible beach ramp in Mayport, Fla. The battalion increased its readiness by 28 percent and maintained 100 percent gear accountability. The unit was also noted for its superior

advancement rates and training programs.

Originally slated for a deployment to the Pacific Command Area of Responsibility, NMCB 4 quickly shifted focus when the president called for a surge of military engineers into Afghanistan. Their efforts were vital to the surge of more than 7,000 troops and 70 helicopters into Northern Afghanistan. They completed more than 100 projects and 400 acres of FOB and combat outpost (COP) expansions. NMCB 4 also performed the largest earth-moving operation by a single battalion since World War II during the construction of Deh Dadi II, a 300-acre FOB in Northern Afghanistan.

Based in Fort Lewis, Wash., and drawing personnel from 22 states, NMCB 18 deployed to Northwestern Afghanistan in July 2010, where they were cited for improving the operational environment and quality of life under Task Force Endurance and Task Force Keystone. They expended more than 76,000 man-days, including 80 projects valued at more than \$34 million.

"My congratulations to the Seabees of NMCB 133, NMCB 14, NMCB 4 and NMCB 18. Your efforts in support of our supported commanders globally exemplified the Seabee 'can-do' tradition and ethos of our force," Handley said.

Sale .. or

CAR POOL NEEDED

Shirley Portis, an employee of NAS Meridian ServMats is seeing a car pool from the Toomsba area to NAS Meridian. Call (601) 513-7268 or (601) 932-1647.

KIDS STUFF

Graco color blocked play yard in good condition \$25. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

Rainforest Jump-a-roo in excellent condition. Asking \$50. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

Graco Playpen w/changing table and napper. Asking \$60. Call (601) 679-2447 or (601) 938-1683.

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.

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

Gold's 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

1994 Fleetwood Wilderness 28ft 5th wheel camper in good condition, everything works with numerous upgrades. Only selling because we upgraded to a larger unit. Asking \$5,000. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

2007 Chaparral 180 SSI Ski

Boat, 66 Hours on engine, 190 HP Engine. Includes skis, wakeboard, pulling tube and all ropes. Asking \$17,000 OBO. Call Jessie Whittington at (601) 604-0876.

HOUSEHOLD ITEMS

NEW ITEM! MAYTAG Front loader washer. Asking \$200. Call (601) 626-7703.

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

Seashell shaped coffee table, white/pink approx. 35" x 19" with 36" dia. glass top 1/2" thick. Asking \$100; **2 pair Pinch Pleat drapes**, lined 75 x 84, burgundy. Asking \$30; **2 pair Pinch Pleat drapes**, lined 50 x 84, sage green. Asking \$25. Call (601) 553-8298.

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, ETC.

black, 3rd row seating, A/C and heat, CD, running boards, tow package, and power everything. Excellent condition in and out. NEW brakes (Nov) and NEW tires (Dec). Asking \$9K. Call (757) 814-9739 / (601) 479-3446.

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

1998 GMC Sonoma SLS 3rd door 4.3L Vortec V6, 5 speed, PW, PDL, PM, tilt, cruise, CD, new AC as

of last year, has 205,000 miles, legal tinted windows, vent visors, new spray in bed liner, custom grill, integrated fog lamps, K&N air filter. Asking \$4500. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

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

2005 Ford Freestar Limited van, 57k tan leather seating, 2 power sliding doors, power rear door. Two tone maroon and gold. Great shape. Asking \$11,500. Call (601) 604-9180.

1 Goodyear Wrangler Tire P235 75 R16. Never touched the road! Asking \$50. Call JJ at (601) 553-8298.

2005 Pontiac Montana S-26, 3.5L, Minivan, 65k. Excellent interior and exterior condition. Dark grey, new tires, new front brakes, CD, DVD Video, power sliding door, power driver seat. Asking \$8,700. Call (210) 250-0187 or email: acrcalais@gmail.com.

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

2007 Chrysler Pacifica, dark blue, approx 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, 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.

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.

NEW ITEM! 2004 Honda

MOTORCYCLES/GEAR

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

2006 Yamaha Raptor 80cc. Asking \$650 and **2007 Eton Viper 70cc.** Asking \$650. Call (601) 938-1683.

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.

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.

For Rent: Large modern, 3 BR/2.5

HOMES/APARTMENTS

BA with den, dining, kitchen combination. The den has a wood burning heater. Laundry room with a washer/dryer already installed. Kitchen has refrigerator and gas stove. Huge yard with space for a garden if desired. House located 20 minutes north of NAS Meridian off Hwy 45. A must see if you desire country living. Asking \$600/month plus deposit. Can see full details at www.ahm.com or call (504)450-9833 or (504)244-0975. Direct deposit is required for monthly rental.

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 \$80,000. Call (601) 604-3870.

'Major Milestone' in construction reached at future Walter Reed

By James Johnson

Naval Facilities Engineering Command Washington Public Affairs

WASHINGTON (NNS) -- Construction at the future Walter Reed National Military Medical Center (WRNMMC) in Bethesda, Md., reached a milestone Dec. 22, as a ribbon cutting ceremony was held for two buildings that will provide care for military personnel and their families.

"The reason we do this, is because we are trying to create an environment of care, both aesthetically and professionally for the men and women of this country who provide their blood, their sweat and occasionally their tears, in defending us and stepping out in front of everybody else and saying 'nothing will hurt you all, I have the watch,'" said Rear Adm. Matthew Nathan, commander, National Naval Medical Center (NNMC) Bethesda. "Those men and women and their families, both in active service and the legacy they leave as retirees, deserve our best and deserve the best environment of care and deserve the best professionalism and competency of care, and I think this is a down-payment on that promise."

The America Building, a new six-floor outpatient clinic and cancer treatment center, and the Arrowhead Building, an inpatient addition to the hospital, have been completed by the Naval Facilities Engineering Command (NAVFAC) Washington Office-in-Charge of Construction (OICC) Bethesda.

"This is a major milestone to be sure," said, Capt. Steve Hamer, commanding officer, NAVFAC OICC Bethesda. "This is a key one for us, to be able to have building 'A' (America) already seeing patients and 'B' (Arrowhead) soon to be seeing patients. This is a reflection of a lot of hard work, a lot of dedicated people and a lot of talent."

Construction on the America Building began in July 2008. It will provide facilities for radiation oncology treatment, Cancer Centers of Excellence, an amputee center to include prosthetics and physical and occupational therapy, including a swimming pool, behavioral health for adults, adolescents and children and other outpatient clinics such as orthopedics, dermatology, audiology, allergy/immunology and internal medicine. The 515,000 square foot facility will also house a satellite pharmacy and lab.

The Arrowhead Building, a 162,000 square foot addition to Building 9, began construction in August 2008. It provides expanded space for the emergency department, cardiology, interventional imaging, nuclear medicine and an additional 50 intensive care patient beds. The facility's patient bedrooms are private and each provides natural light and outside air to minimize air recirculation.

"This is a demonstration of the Department's commitment -- to taking care of the sons and daughters -- to fulfill the covenant that we have with the sons and daughters of America who go to war for us and come back," said Vice Adm. John Mateczun, commander, Joint Task Force National Capital Region Medical.

The construction contractor for the two buildings is Clark/Balfour Beatty, a joint venture. They received a \$6.4 million award from NAVFAC Washington in March 2008.

Improvements at the site are being made as the result of the 2005 Base Realignment and Closure law. Some medical services at Walter Reed Army Medical Center, in Washington, D.C., are being relocated to NNMC, Bethesda, establishing it as the Walter Reed National Military Medical Center (WRNMMC), Bethesda. All work is scheduled for completion in September 2011.

For Rent: 3 BD/2 BA mobile home in Hill Country Park on Briarwood Road. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

For Sale: Unique tri-level home in Northeast Lauderdale School District. Spacious, over 3300 sq ft., 4 large BR, study, den, huge room that can be used as game room etc., 3 full BA, new roof, new cook top/hood, double oven, sink, all new floors, new front door, freshly painted throughout. Ideal for big family, or several bachelors to share. Minutes from NAS Meridian (about 6 miles). Call (601) 616-2263.

For Sale: 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.

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 McCarran at (601) 917-2113.

For Rent: Very quiet 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, dining area & sun-room 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 (601) 513-7161 or Stacy at (601) 604-4659.

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 MilitaryBuyowner.com, or call (601) 693-8386.

Motorcycles any size any condi-

WANTED TO BUY

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

SKS Chinese Type 56 Carbine.

MISCELLANEOUS

740rds of 7.62x39 with two bandoliers. New! Asking \$375. Call John at (601) 484-7244.

Fussball table, Asking \$100 OBO. Call Edward 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 checks 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.

Holiday season around the Navy, Marine Corps

USS Constitution gives back to veterans during holiday season

By MC3 Kathryn E. Macdonald
USS Constitution Public Affairs

BOSTON (NNS) -- USS Constitution Sailors helped spread holiday cheer to veterans of the New England Center for Homeless Veterans (NECHV) in Boston, Dec. 25.

Lt. Cmdr. Anthony Savage, USS Constitution executive officer; Chief Hospital Corpsman (SW/SS) Timothy Shaeffer; Gunner's Mate Seaman Kali Morris, Master-at-Arms Seaman Gary Matthias; and Airman Sang Nguyen served Christmas dinner and talked to veterans as part of Constitution's partnership with the NECHV.

"I enjoyed volunteering at the veteran's center," said Matthias. "Since it was my first Christmas in Boston, it felt good to spend time with them. It really opened my eyes to a world I have never seen before."

Since establishing their partnership with the NECHV in April of this year, Constitution's Sailors have lent 1,113 man hours helping veterans. They also served Thanksgiving dinner.

"It's an honor for us to have this special partnership with the Sailors aboard the USS Constitution," said Steve Cunniff, NECHV director of community affairs. "The legacy of 'Old Ironsides' as our nation's oldest commissioned ship - having remained undefeated since its launching in 1797 - provides also a symbolic inspiration to veterans experiencing any kind of hardship; helping them to remember that a strong and united nation stands behind them to lend its support."

USS Constitution Sailors participate in more than 50 volunteer projects annually. They were also winners of the Commander Navy Region Middle Atlantic Good Neighbor Flagship award for small shore commands, lending more than 3,000 hours of community service in 2010.

'For the Troops' volunteers deliver care packages to Seabees, Sailors overseas

By Mason Lowery
Naval Facilities Expeditionary Logistics Center Public Affairs

SIMI VALLEY, Calif. (NNS) -- Volunteers from the nonprofit organization "For The Troops" sent their 34,430th care package to service members deployed around the world Dec. 22.

"I co-founded 'For The Troops' with my friend Janie Josephson to show our appreciation to all service members. They sacrifice on a daily basis so we are free in this country," said Paula Cornell. "Thank you to all service members and especially their families because they have the hard job. Our job is easy, we have so many people come in every day and help us pack and send these care packages. But the families of the service members really deserve our gratitude for sacrificing so much while their husbands and wives are deployed protecting our freedom."

Seabees from Naval Mobile Construction Battalion (NMCB) 5 recently returned from a six-month deployment as part of a troop surge to Afghanistan. While there, NMCB 5 Seabees helped expand infrastructures, from building living and working stations on Camp Leatherneck to improving outposts and roads outside the comforts of the camp.

Many of them Seabees from NMCB 5 remember receiving care packages from "For The Troops" while they were forward deployed.

"We receive emails, thank you letters and pictures from deployed troops telling us they're thankful for our care packages. Some of them stop by when they return. We tell them that we support them, America is behind them, and thank them for their service and all the sacrifices they make for us," said Cornell.

A Seabee from NMCB 5, Builder 3rd Class Jennifer Ireland, said the care packages she and her fellow Seabees received in Afghanistan helped them get through the deployment.

"The packages were really awesome. They make you feel appreciated and that people back home really are thinking of you. The whole office got really excited when we got a package; all standing around the table to open it," said Ireland.

Yeoman Seaman Joseph Pollema, from NMCB 5, echoed Ireland's fond memories and thanked the volunteers from "For The Troops" for the care packages.

"I thank them for their invested time, money and effort to think of us all and send us much-appreciated packages," said Pollema. "I want to let them know we appreciate them just as much."

Capt. John Korka, commander, 31st Seabee Readiness Group and commanding officer, Naval Facilities Expeditionary Logistics Center, recognizes the value of the services the volunteers provide.

I really appreciate the support the volunteers at 'For The Troops' give to our deployed Seabees, and I know they do too. Getting a care package while you're deployed is a great feeling. Even something as simple as a pair of new, clean socks can brighten a deployed Seabee's day," said Korka.

Cornell encourages anyone who appreciates service members to volunteer or contribute however he or she can.

"I am so thankful to all the volunteers at 'For The Troops.' The organization is funded, staffed and equipped all by volunteers. Even our headquarters building is donated to us by Sycamore Village. We couldn't do what we do without their help," said Cornell.

Navy steps up protection of Sailor information

MILLINGTON, Tenn. (NNS) -- To comply with a Nov. 23 Department of Defense directive aimed at protecting Sailors' personal information, Navy Personnel Command (NPC) will change the method for posting official messages containing partial social security numbers (SSN) on its public website.

"All messages to be reviewed were pulled from the Web in December (2010), and NAVADMINS from 2009 and 2010 were scrubbed of personally identifiable information (PII)," said NPC Webmaster Don Koehler. "We reposted the recent ones to the 'NPC Messages Page' after the partial SSNs were removed."

According to Koehler, messages from 2008 and earlier that contain PII



Photo by MC3 Kathryn E. Macdonald
Lt. Cmdr. Anthony Savage, executive officer of USS Constitution, serves Juice and chats to a veteran at the New England Center for Homeless Veterans during a Christmas dinner visit. Constitution Sailors have volunteered 1,113 man-hours to the center since establishing a partnership in April.

"The NECHV is there to help veterans who are suffering from any number of setbacks, including trauma, mental illness or unemployment," said Savage. "Constitution's partnership with the center allows our Sailors the opportunity to help these veterans, and the veterans at the center really appreciate seeing volunteers in uniform. I believe being with Sailors bolsters the pride in their service."

Constitution is located in the Charlestown Navy Yard of Boston Harbor. It is the world's oldest commissioned warship afloat and welcomes more than 500,000 visitors a year.

"The packages were really awesome. They make you feel appreciated and that people back home really are thinking of you."

Builder 3rd Class
Jennifer Ireland

NMCB 7 returns from 10 month deployment in time for Christmas

By MCC Yan Kennon
Naval Mobile Construction Battalion 7 Public Affairs

GULFPORT, Miss. (NNS) -- More than 600 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 returned to their homeport of Gulfport, Miss., Dec. 17, marking the completion of a successful 10-month deployment.

During the deployment, NMCB 7 provided contingency construction, humanitarian and civic assistance and exercise related construction projects throughout the European, African and Southern Command areas of responsibility.

NMCB 7 began its deployment in February and exercised command and control of their entire deployment from Naval Station Rota's Camp Mitchell. Once on deck, the battalion began deploying detachments, which completed construction and contingency projects in 33 separate locations in Africa, Eastern Europe, the Mediterranean, Central and South America.

More than 120 Seabees were continually assigned to Combined Joint Task Force Horn of Africa (CJTF-HOA) at Camp Lemonnier, Djibouti, as an enduring detachment, with smaller detachments completing projects in Kenya, Comoros, Ethiopia, and the Djiboutian countryside. The battalion also embarked Seabees aboard USS Iwo Jima (LHD 7), debarking for projects in several countries on the Pacific shores.

Prior to the battalions scheduled deployment, NMCB 7 was called upon to assist with disaster relief efforts in Haiti, during Operation Unified Response, amidst the aftermath of a 7.0 earthquake which struck the area Jan. 12.

During Operation Unified Response, NMCB 7's Air Detachment made a huge impact supporting the Joint Task Force, while working with Underwater Construction Team 1, Amphibious Battalion 2, U.S. Marine Corps and various other joint forces.

"Though the situation was tragic, our Seabees reinforced the value of the naval construction force to the nation's national security strategy and our partner nations," said Cmdr. Jayson Mitchell, NMCB 7 commanding officer.

NMCB 7 turned over its operational responsibilities to Naval Mobile

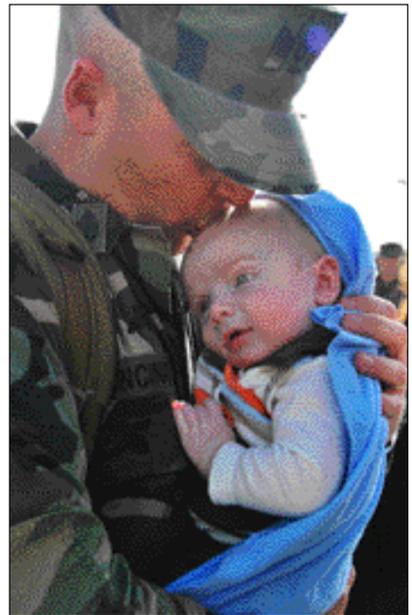


Photo by MC3 Mikayla Mondragon
Chief Equipment Operator Michael Cincinnati, assigned to Naval Mobile Construction Battalion (NMCB) 7, embraces his three-month old son during a homecoming ceremony at the Naval Construction Battalion Center training hall. NMCB-7 is returning from a ten-month deployment to the U.S. European Command and U.S. Africa Command areas of responsibility. Earlier this year NMCB-7 was awarded the Battle Efficiency Award as the top active duty battalion in the U.S. Atlantic Fleet.

Construction Battalion (NMCB) 74 during a December 14 ceremony at Naval Station Rota, Spain.

Throughout their 10 month deployment, NMCB 7 deployed Seabees on more than 15 detachments and details spanning locations such as Israel, Morocco, Liberia, Montenegro, Burkina Faso, Latvia, Senegal, Sao Tome and Romani.

NMCB 7 is one of the original ten Seabee battalions authorized by the Chief of the Navy's Bureau of Yards and Docks in 1942. The battalion is homeported at the Naval Construction Battalion Center Gulfport, Miss., home of the Atlantic Fleet Seabees, and is currently the east coast's Battle "E" Seabee battalion.

Sports super stars make holiday phone calls to deployed military

By MC2 Luciano Marano
USS Abraham Lincoln (CVN 72) Public Affairs

DUBAI, United Arab Emirates (NNS) -- A Boston Celtics player and a coach and player from the New England Patriots spread some holiday cheer when they made a special Christmas Eve phone call Dec. 24 to deployed Sailors aboard USS Abraham Lincoln (CVN 72).

Boston Celtics shooting guard Ray Allen, New England Patriots coach Bill Belichick and wide receiver Wes Welker called Sailors aboard Abraham Lincoln while the ship spent the holiday in Dubai, United Arab Emirates.

The players called to thank the Sailors for their service and to remind them that people at home were thinking of them during the holiday season.

"I grew up in a military family so I know what it's like to have friends and family deployed," said Allen. "What you are doing for us helps me do what I do every single day."

Fourteen Sailors were present for the calls, all of them fans from around the country. They discussed personal game strategies, performance advice and holiday plans.

"Merry Christmas and thanks for everything you all are doing," said Welker.

Born in 1981 in Oklahoma City, Welker is the only receiver in National Football League history to record at least 110 receptions in three consecutive seasons. He has been selected to participate in the Pro Bowl and/or the All-Pro Team in all of his first three seasons with the Patriots.

"He's one of my favorite football players," said Aviation Electrician's Mate 2nd Class Russ Dodge.

Born in 1975 on Castle Air Force Base near Merced, Calif., Allen is a nine-time National Basketball Association all-star and is ranked as one of the most accurate three-point shooters in the history of the game. He won an Olympic gold medal as a member of the 2000 U.S. men's basketball team and also appeared in several feature films.

"I'm a long time Ray Allen fan," said Aviation Boatswain's Mate Electronics Airman Roan Small. "I admire his stability as a player, and his dedication to the game is impressive. He's a fan of the sport before he's a player."

"It's a real pleasure to talk to you guys," said Allen. "On behalf of myself and all my teammates, thanks for everything you are doing for us."

As an added surprise, New England Patriot's Head Coach Bill Belichick also got on the line to wish the Sailors a happy holiday.

Belichick, whose father was the assistant head coach at the U.S. Naval Academy, told the Sailors he understands the military lifestyle and was grateful for and supportive of everything they were doing for the people back home.

The Abraham Lincoln Carrier Strike Group is deployed in the U.S. 5th Fleet Area of Responsibility conducting maritime security operations and theater security cooperation efforts to establish conditions for regional stability.



Photo by MC3 Spencer Mickler
Sailors aboard the aircraft carrier USS Abraham Lincoln (CVN 72) gather around a telephone speaker for a holiday phone call with New England Patriots football coach Bill Belichick, wide receiver Wes Welker and Boston Celtics basketball player Ray Allen. The callers thanked the Sailors aboard Abraham Lincoln and wished everyone a happy holiday.

MWR

Mission First... Sailors Always



January Specials
SUNDAYS: MATSS-1/NTTC
STUDENT SPECIAL 4-9 p.m.
 ~ \$2.50 a game, shoes included

WEDNESDAYS:
RCTA/VISITING OFFICER
NIGHT 4-9 p.m. ~ \$2 a game,
 \$1 for shoe

FRIDAYS: TEEN NIGHT ~
 Dependent children ages 13-17
 bowl for \$1,50 a game if
 parents bowls at regular rate.
 Does not include shoes.

SATURDAYS: FAMILY
COSMIC/DISCO BOWLING ~
 1-4p.m. \$2 a game,
 \$1 for shoes

Bowling News
Jan. 11: Organizational
 meeting for Bowling Trio
 Money League at McCain Rec
 Center. This is a 3-person
 sanctioned handicap league.
 Minimum of 4 teams needed.
 NOTE: Need rosters for
 2-person Lunch League
 turned in by Jan. 14 at 4 p.m.
Jan. 14: Rosters for 2-person
 lunch league Due by 4 p.m.

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!**
 Jan. 8: "Vegas Vacation" (PG)
 Jan. 11: "The Last Samurai" (R)
 Jan. 12: "Thin Red Line" (R)
 Jan. 13: "The Lottery Ticket" (PG-13)
 Jan. 15: "Nanny McPhee
 Returns" (PG)
 Jan. 18: "The Expendables" (R)
 Jan. 19: "Machete" (R)
 Jan. 20: "Memphis Belle" (PG-13)
 Jan. 22: "Flipped" (PG)
 Jan. 25: "Rules of Engagement" (R)
 Jan. 26: "Resident Evil: Afterlife" (R)
 Jan. 27: "Step Up 3" (PG-13)
 Jan. 29: "Ace Ventura:
 Nature Calls" (PG-13)
 Feb. 1: "Wall Street: Money
 Never Sleeps" (R)

Liberty

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.

- January**
8: Winter Sundaes ~
 Chill out at Liberty Center by making
 a FREE sundae, ice cream, whip
 cream and all the toppings available
 at 2 p.m. for you to enjoy.
9: Redneck Horseshoes ~
 Games begin at 2 p.m. outside of
 Liberty Center.
10: Dart Tournament begins at 7 p.m.
 in Liberty Center. No entry fee -
 prize awarded to winner. Register
 day of event. Do not bring your own
 darts - specialized soft tip darts
 will be provided.
13: Free bowling to all Liberty
 patronage at McCain Rec Center
 from 6-8:30 p.m.
15: New Orleans Trip
 A time for shopping exploring the
 French Quarter and sampling Creole
 food! Buss leaves Liberty parking lot
 at 9 a.m. Cost is \$10 per person. Pay
 and register at the Liberty Center by
 Jan. 12. Minimum of 20 people
 needed for event to run. NO
 REFUNDS unless trip is cancelled.
17: Ping-Pong Tournament at 7 p.m.
 at Liberty Center. No entry fee -
 prize awarded to winner.
 Register day of event.
19: Indoor Hoops Contest begins at
 7 p.m. at Liberty Center.
 No entry fee- prize awarded to
 winner. Register day of event.



Captain's Cup Bowling Champs

Congratulations to the
 Public Works Keglars for
 placing first in the Captain's
 Cup Bowling Regular
 Season. NAS Meridian
 Executive Officer Cmdr. Ed
 Donohoe, right, presents
 team members Lance Coe,
 Patricia Coe, Wayne Boren,
 Sarah Boren and Jake Bond
 with the trophy. Not pictured
 are Zack Bond and Steve
 Wade. The Spin Docs, from
 Medical took home first
 place in the End of Season
 Captain's Cup Bowling tour-
 nament played at McCain
 Rec Center on Dec. 14, 2010.

Submitted photo

Martial Arts Class

David "Dawg"
 Kerwood, right,
 instructs students
 during a recent
 martial arts class
 at the Fitness
 Center. The class
 meets on Monday
 and Wednesdays
 from 6-8 p.m. and
 features unarmed
 combatives and
 weapons defense
 techniques. The
 class is free. For
 more information,
 call (601) 679-
 2379.



Submitted photo

ITT in new location Jan. 11

By Matt Davis
 MWR Marketing Manager

The Information, Tickets and Travel Office
 will have new location to begin 2011, The office
 is now located in Administration Building 255
 next to Navy Federal Credit Union.

Stop by the office Monday-Friday from 10
 a.m.-5 p.m. to find out all about local area, get
 discounts on attraction tickets and more.

The ITT Office can also book cruises, hotel
 rooms, cabins and other extended stay condos.

The office also has discounted tickets to
 Walt Disney World, Universal Studios,
 Georgia Aquarium, Six flags Over Georgia,
 Geyser Falls, Medieval Times and more!

For more information about any of the ITT
 services, call (601) 679-3773.

Winter Golf Special

Ponta
 Creek
 Golf
 Course
 Monday-
 Sunday,
 Ride 18
 Holes for
 \$20



Monday-Thursday,
 Ride 9 Holes for \$12 Friday,
 Saturday, Sunday's and
 Holidays after 3 p.m.,
 Ride 9 Holes for \$12

Stop by the Pro Shop today
 and stock up on new golf gear
 for the year! Pro Shop Hours
 Hours of operation are
 Monday-Sunday
 7:30 a.m.-4 p.m.
 GolfLogix Garmin GPS is
 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.

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 con-
 duct 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.

MWR News

CDC/SAC has spaces
 available for drop-in care.
 For more information,
 call (601) 679-2652.

stall rentals that start at \$3
 per hour.
 Call (601) 679-2609.

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

Child and Youth Programs
 are looking for individuals
 interested in providing
 evening care in their homes.
 For more information, call
 (601) 679-2652.

MWR POV Lot now has two
 covered parking slots avail-
 able. 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!

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
 fries or soft drink.

MWR food facilities limit call in orders

Due to space and
 personnel constraints
 MWR Food Facilities
 will be unable to
 accept call-in orders
 between the following
 hours. Mom's Diner:
 6:30 a.m.-8:15 a.m.
 and 10:45 a.m.-12:30
 p.m.; The Sandtrap:
 10:45 a.m.-12:30 p.m.
 At all restaurants as a
 courtesy to all
 customers, large
 orders (4 or more),
 placed by a single
 customer, must be paid
 for as a single order.



The Outpost is open
 the second Saturday of
 every month from 8
 a.m.-4 p.m.
 For information,
 call (601) 679-2609.

Smoothie Subs
\$5.00
Foot Long Subs
 Choice of: Italian, Turkey,
 Ham or Roast Beef.
Available At:

MEAN & CO'S BURGERS

Meridian/NAS Bus Schedule

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

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

It's Your Turn...

What did you enjoy most about your Christmas vacation?

Photos by MC2 Flordeliz Valerio



Alanna Spangler
Age 9

"I enjoyed all my gifts for Christmas. I got a portable piano, clothes, jewelry, headbands and knitting kit."



Jazy Williams
Age 3

"I enjoyed playing with my Barbie car, doll clothes, shoes and pajamas."



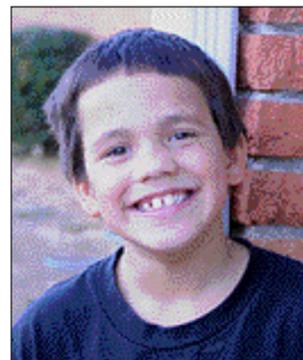
Jayla Williams
Age 5

"I got clothes, shoes, coloring books, markers and crayons."



Thalia Wallace
Age 8

"I got a DS with games, a Barbie, and a hug. That's what I enjoyed from Christmas."



Xavier Stillgess
Age 7

"I visited my family in Ohio. I also got a PSP, remote control car and MP3 player."

Fleet & Family Support Center

Coping with change: Everyone deals with change in different ways

Change is a natural part of life, and everyone faces it at one time or another. Most of us are continually making adjustments that reflect our changing needs or interests -- trying a new restaurant, updating our wardrobe, or finding a more efficient way to do a task at work.

How you react to a change may depend on the results you think it will bring. You may feel excited about change that involves a gain, such as a promotion or a new baby. But you may worry about a change that involves a loss, such as a divorce or layoff. Accepting a sudden, unexpected change can be one of the most difficult challenges in life. You want to have control over the situation and make everything better, but no matter how hard you try, you just can't control some things. When you accept the reality that you do not have full control over what happens in life, it becomes easier to cope. The best strategy for coping with change involves focusing on what you can control and trying to let go of what you can't.

Even if you look forward to a change, adjusting to new realities can be stressful. One key to coping with the difficulties is remembering that most people can adapt well to change with support. Depending on the nature of the change you face, you may want to turn to your family or friends, your manager or co-workers, a professional counselor, or a support group whose members know what you're going through and want to help.

Understanding the benefits of change

Many people have negative reactions when they first hear that they'll be facing a big change. Some people cry or become angry. Others think, "It isn't fair," "I'll never be able to handle this," or "I'm too old to learn a new way of doing things." It may help to remember that a change -- even if you didn't want it -- can be beneficial. Some of the rewards of change can include the following:

- It offers a chance to learn and grow. New experiences can bring greater knowledge and awareness if you allow it.
- It can help you focus on your priorities. Change can give you a new perspective on yourself and others. Sometimes when you are forced to make choices and decisions, you realize what is really valuable to you.
- It can bring new opportunities. Almost every new experience has both advantages and disadvantages. If you don't like certain aspects of a change, you may find that you do like other things about it.
- It can help you stay flexible. It's easy to fall into a rut or become "set in your ways." A change in one area of life can help you stay flexible and make other needed changes.
- It can build self-confidence. Many experts believe that if people don't change, they don't grow. Staying in a comfortable situation can be fine for a while. But over time, it can become tedious or cause you to lose confidence in your ability to do well at other tasks or in another setting.
- It can make you grow and

The physical and mental symptoms of stress include the following:

- Headaches
- Depression
- Anxiety
- Fatigue
- Overeating
- Sleep problems
- Mood swings
- Poor concentration
- Stomachaches or other digestive problems
- Neck aches or backaches
- Alcohol or drug abuse
- Eating disorders
- Heart trouble
- Sexual problems

make you stronger. When you accept a change, you can find something positive in it. When you successfully cope with a tough change, it will help you become stronger for the next change.

Change and stress

Although change can be rewarding in the long run, it can seem very stressful at first. Depending on the nature of your adjustment, the difficulties can last anywhere from a few days to several years. There are many different kinds of changes and everyone reacts differently to events. Some people may feel stress because of events that are happy ones, such as a wedding or the birth of a baby.

Others may have trouble coping with divorce, controversy at work, or a move. And there are also smaller events that can bring about change that could cause stress, such as an upcoming holiday, trouble with in-laws, or even a vacation.

Change can be both physically and mentally stressful. As a rule, the larger the change, the more stress you may face. Many people find it particularly difficult to move from one major stage of life to another -- for example, to adjust to leaving school, having a child, reaching midlife, becoming a step-parent or grandparent, or retirement.

Because so many different changes can cause stress, it's important that you are able to recognize the signs of stress.

If you keep having these symptoms long after a change has occurred, you may want to talk to your health care provider or a counselor or therapist about ways to cope with stress.

Here are some tips on coping with change.

• Anticipate change. Take steps to avoid becoming rigid and afraid of new experiences. Throughout life, keep making friends, exploring a variety of interests and activities, and accepting new challenges at work.

• Take care of your physical and emotional health. If you're facing a big change, take extra care to eat a healthy diet, exercise regularly, get enough sleep, and limit your alcohol consumption. Make sure to take some breaks and make time to do something you find enjoyable with friends or family.

• Learn some relaxation techniques. You might find it helpful to take a yoga class or listen to relax-

ation recordings, which are available at most bookstores and public libraries. Or, set aside a few minutes each day (in the morning, at night, or on your lunch hour) to visualize yourself remaining calm.

• Keep an open mind. Just because you haven't done something before doesn't mean you won't like it.

• Stay positive. Remember, you have a choice on how you respond to the changes you face. Keeping a positive attitude will help you through the tough times.

• Take it slow. Making change is really a series of small transitions. You will find it easier to cope with a big change by breaking it down into small steps so that you can make gradual adjustments over time.

• Gather information. The most stressful thing about change may be the uncertainty it brings. To ease your anxieties, learn as much as you can about what you're facing. Do research online or at the library. Talk to friends and co-workers who've faced the same kind of changes you're facing and ask what helped them the most. Or, read a book like *Who Moved My Cheese?* by Spencer Johnson, which talks about different ways of coping with change.

• Identify obstacles. Just about everyone encounters obstacles that get in the way of change. Take the time to write yours down. It will help you clarify and figure out how to get past the obstacles you may be facing.

• Limit or "pace" your changes. Try not to take on a big change before you've adjusted to another one, and avoid trying to make a lot of smaller changes all at once. If you know that you're already experiencing stress, try to postpone making big decisions that will bring about change and, possibly, more stress.

• Talk about your feelings with people who can help. Be as specific as you can about your concerns. You might say to your partner, "I've had more responsibilities at work since I've been promoted, and it's become harder for me to make dinner every night. What we can do about this?"

• Consider joining a support group. If a change feels too big to handle alone, consider joining a support group for people who are going through a similar experience. You might join a group for step-parent, newcomers to a community, or people who have begun caring for an older adult with Alzheimer's disease. You can find groups listed in the weekly calendar in your local newspaper or by searching online for a national organization devoted to the issue that concerns you.

• Hold onto your sense of humor. When you're feeling stressed, rent a DVD of your favorite comedy or go out to lunch with a friend who makes you laugh.

• Seek professional help if you are having difficulty coping with change. Don't be afraid to ask for help. Even strong people need support and guidance when faced with tough circumstances. Your employee assistance program (EAP) or the program that provided this publication can provide you with resources and support.

Written with the help of Alexandra Mezey, who holds a master's degree in social welfare and completed post-graduate training in family therapy and advisement for Employee Assistance Professional certification.

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.

IA Readiness Fair: Jan. 7 from 9-11 a.m. FFSC hosts this deployment readiness event to help Individual Augmentee (IA) deployment candidates and their families prepare. We'll have representatives from various departments and agencies on-hand to answer your questions and provide valuable information.

Controlling Anger: Jan. 10 from 1-2 p.m. or Jan. 18 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.

Developing Your Spending Plan: Jan. 12 from 9-10:30 a.m. or Jan. 31 from 2-3:30 p.m. Is one of your New Year's Resolutions to take better care of your finances in 2011? Come to this workshop to learn about the importance of developing financial goals and having a written plan to help you make your goals a reality. Using the Financial Planning Worksheet, a comprehensive financial planning tool, you will learn how to measure your wealth by calculating net worth, account for all of your income, document living expenses, and detail your indebtedness. You will also learn easy ways to improve your cash flow, reduce unnecessary living expenses and pay off debt, and know where to go for help!

IA Spouse Discussion Group: Jan. 14 from 9:30-11 a.m. FFSC hosts this IA Spouse Discussion Group over coffee (or tea). Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back & chat!

Keeping Your New Year's Resolutions: Jan. 20 from 3-4 p.m. Do you always make New Year's Resolutions with the best intentions, only to lose steam (and will-power) after a few weeks? Come to this workshop to learn some ways to extend the life of your resolutions! We'll talk about how to keep your motivation to help you reach the goals you've set for yourself this year.

Transition Assistance Program (TAP) Seminar: Jan. 24-27 from 8 a.m.-4 p.m. Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: Resumes, 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: Jan. 25 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 resume and an electronic resume; 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.

• Assault

CSADD program June 24 with the focus on helping junior Sailors make better decisions.

CSADD's mission is: to provide Sailors with the best prevention and intervention tools possible to deal with the issues of drinking, reckless driving, and other destructive decisions while maintaining good order and discipline; to assist Sailors in making life decisions that will maintain positive lifestyles in keeping with the Navy's core values; to guide Sailors away from making poor and destructive decisions by providing them with positive and dynamic training; and to show Sailors how to make quick positive decisions and put their training to use in moments of high stress and peer pressure.

Every command is encouraged to start a CSADD chapter with Sailors in the age group of 18-25 and enable them to take on a leadership role

within their CSADD chapter. For more information on starting a CSADD chapter, see OPNAVINST 1500.80 Coalition of Sailors Against Destructive Decisions Peer Mentoring Program, or the CSADD Facebook page at: <http://www.facebook.com/#!/pages/Coalition-of-Sailors-Against-Destructive-Decisions-CSADD/299642495316>

We must continue to promote a positive command climate based on our Navy core values and Ethos in order to defend against sexual assault and continue to promote responsible, personal behavior. Eliminating sexual assault from our Navy is an All Hands effort, and I am confident that each of you will step up and take on this charge for the betterment of our Navy. Everyday you're making a difference and working hard in all corners of the world. YOU can put a stop to this crime! HOYAH!"

• Information

"Specifically the OSD ordered that '(Social Security Numbers) shall not be posted, in whole or in part, on any public-facing and/or open government website in any form.'"

Beginning in 2011, selection and promotion messages will be posted without partial SSNs. Given that there is the potential for service members with the same name to be up for the same selection or promotion

board, Sailors may go to BUPERS Online to check their personal selection or promotion status.

Access the "NPC Messages Page" at <http://www.npc.navy.mil/ReferenceLibrary/Messages>.

To access pre-2009 messages that have been removed for PII, or for other questions about this change, call the NPC Customer Service Center at 1-866-U-ASK-NPC (866-827-5672).

-- From Navy Personnel Command Public Affairs

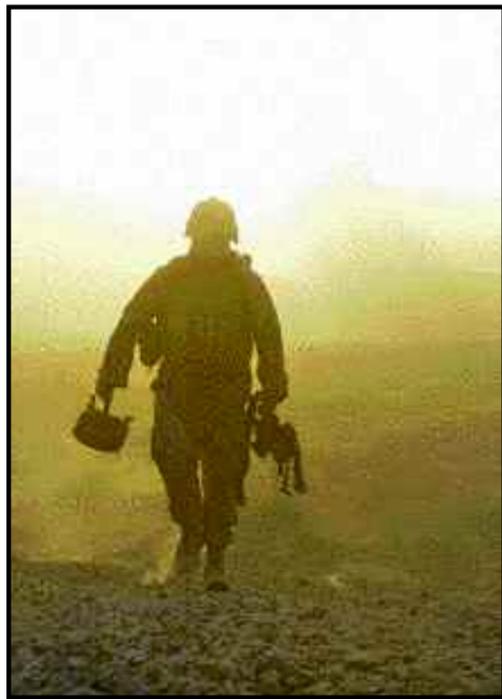


Photo by MCC Michael B. Watkins
KHAVAJEH MOLK, Afghanistan -- Construction Mechanic 3rd Class Ty Ramsey finishes a day of work at combat outpost Khavajeh Molk, Afghanistan, Dec. 13, 2010. Active duty and reserve component Seabees assigned to Naval Mobile Construction Battalions 40, 18 and 26 secure and fortify a remote combat outpost on the eastern edge of Khavajeh Molk, Afghanistan. The village is located approximately 25 miles north of Kandahar and is being used as a patrol base for the U.S. Army 1st Battalion, 66th Armored Regiment. Combined efforts by joint forces will restrict movement of Taliban insurgents and help secure the self-governing efforts in Afghanistan.

Right: PACIFIC OCEAN -- HH-60H Sea Hawk helicopters assigned to Helicopter Anti-Submarine Squadron (HS) 15 pass a rainbow while delivering mail to the aircraft carrier USS Carl Vinson (CVN 70) during a vertical replenishment at sea on Dec. 24, 2010. Carl Vinson and Carrier Air Wing (CVW) 17 are on a deployment to the U.S. 7th and U.S. 5th Fleet areas of responsibility.

Photo by MC2 James R. Evans



Photo by MC1 David P. Coleman
GUANTANAMO BAY, Cuba -- Logistics Specialist Seaman Dominique A. Williams sorts Joint Task Force Guantanamo mail being unloaded from a cargo plane at Leeward Airfield, Dec. 28, 2010. The Joint Task Force Guantanamo postal personnel handle more than 10,000 pounds of mail per week, supporting the Joint Task Force Guantanamo mission.



Photo by Gunnery Sgt. Sergio Jimenez
CALIFORNIA -- Combat Center Marines don't let a little flash-flood weather stop them from training Dec. 21, 2010, aboard the Corps' premiere combined-arms, live-fire training facility located in the Mojave Desert.



PACIFIC OCEAN -- Lt. Cmdr. Kimberly Syres, right, a surgeon aboard the aircraft carrier USS Carl Vinson (CVN 70), performs a laparoscopic appendectomy in the operating room on Dec. 31, 2010. Hospital Corpsman 1st Class Sajata Taylor, center, and Hospital Corpsman 2nd Class Rashan Robinson provide assistance. Carl Vinson and Carrier Air Wing (CVW) 17 are on a deployment to the U.S. 7th Fleet area of responsibility.

Photo by MC2 James R. Evans

● **Air Show**

"Narrating a show is a wonderful opportunity to try to put an audience 'into the cockpit.' Besides, when I'm announcing, I have the best seat in the house!"

One of the most exciting moments during the air show will be when the classic Warbirds Demonstration Team takes to the sky over NAS Meridian. Known as the Trojan Horsemen, the pilots' repertoires include both four-ship and six-ship formation demonstrations including formation aerobatics by the two solo pilots. The routine is a patriotic tribute to the United States Armed Forces with music and narration.

The team is built around the T-28 Trojan aircraft -- a crowd pleasing large, fast and loud warbird with combat history and a growling 1425 HP radial engine. The aircraft have smoke systems and sport authentic U.S. Air Force and U.S. Navy paint schemes and markings to complement the patriotic theme.

The 16-member team consists of former military pilots, decorated veterans, instructors, airline pilots, and experienced civilian air show pilots with hundreds of years combined experience, unblemished safety records and all required credentials.

Also flying during "Golden Wings Over Meridian" will be the SBD-5 Dauntless.

The Northrop Corporation first developed the SBD before World War II. It was first flown in July 1935, but considered obsolete by December 1941 when the Japanese attacked Pearl Harbor. Douglas Aircraft purchased the SBD contract and the SBD-1 was first delivered in late 1940. More than 5,000 aircraft were built and production of the carrier-based scout, dive and



Submitted photo

Rob Reider will be the air show announcer at "Golden Wings Over Meridian" set for March 26-27 at NAS Meridian.

torpedo bomber ceased in July 1944. The aircraft helped turn the tide of World War II at the Battle of Midway on June 4, 1942. The "Dauntless" sunk four major aircraft carriers of the Japanese Navy, ceasing Japanese expansion in the Pacific. The SBD also served with 20 U.S. Marine Corps Squadrons and many SBDs were retrofitted with Westinghouse ASB radar, the first to be used by the U.S. Navy. The SBD was the first American combat aircraft to shoot down a Japanese Zero fighter over the skies of Pearl Harbor on Dec. 7, 1941.

The SBD was the only U.S. combat aircraft to fight from the beginning of World War II until the end. It earned the nickname, "Slow, But Deadly!" After the war, the U.S. Marine Corps continued to use the SBD, and in the 1950s, the French Air Force used SBDs in its war in Indo-China. If you want to see the "Dauntless" SBD-5 in action, watch the film "Midway."

In addition, the Grumman TBF



Submitted photo

The Grumman TBF Avenger was a torpedo bomber developed initially for the U.S. Navy and Marine Corps.



Submitted photo

The SBD-5 Dauntless was first developed before World War II. It was first flown in July 1935.

Avenger will perform. The TBF was a torpedo bomber developed initially for the U.S. Navy and Marine Corps, and eventually used by several air or naval arms around the world.

It entered U.S. service in 1942 and first saw action during the Battle of Midway. Despite losing five of the six

Avengers on its debut, it survived in service to become one of the outstanding torpedo bombers of World War II. Greatly modified after the war, it remained in use until the 1960s.

For more information about the Meridian air show go to www.wingsovermeridian.com.



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

