



THE SKYLINE



On Base...

Legal Assistance Attorney: On board NAS Meridian Feb. 14-18 in the Legal Office (ADMIN Building 255, Suite 222), to assist with the following:

- Power of Attorney or a Will,
- Medical directive
- State tax exemptions
- Family issues, military issues, or consumer law issues

This service is available to active duty military, retirees, and their dependents. Appointment are required. Call (601) 679-2340.

Airfield Vehicle Operator Course: Set for Feb. 7 at 8 a.m. in VT-7 Training Room. Per NAVAIR 00-80T-114

Section 2.7.3.1, organizations with airfield vehicle operators who operate on the aircraft movement area shall ensure operators attend and successfully complete the course initially upon assignment and annually thereafter.

There are no waivers or exceptions on this annual requirement. Call ACC Theriot at (601) 679-2505.

VITA Tax Center: Now open! VITA volunteers will help junior Sailors and other members of the military family prepare and file federal and state tax returns. For more information, call (601) 679-3021.

A Day in Naval History

February 3...
1801: Senate approves peace treaty with France ending undeclared naval war that began 1798.
1917: US severs diplomatic relations with Germany

February 5...
1854: Dedication of first chapel built on Navy property, Annapolis, Md.
1971: Moonwalk by Capt. Alan B. Shepherd Jr., USN, commander of Apollo 14 and Cmdr. Edgar D. Mitchell, USN, Lunar Module pilot. During the nine day mission, 94 pounds of lunar material was collected and Shepard became the first person to hit a golf ball on the moon. Recovery was by helicopter from USS New Orleans (LPH-11).

— www.history.navy.mil

THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER

Drill involves area law enforcement, agencies

By MC2 (AW/SW) Flordeliz Valerio
Staff Writer

Naval Air Station Meridian conducted a mass casualty drill on Jan. 27 in preparation for its "Golden Wings Over Meridian" air show. The drill was designed to test coordination, communication and response to a simulated aircraft mishap occurring during an air show.

Working together for several months prior to the drill, Installation Training Team members representing various NAS departments and commands worked in conjunction with Lauderdale County Sheriff's Department, Lauderdale Emergency Management, Newton County Emergency Management and Metro Ambulance Service.

"It takes a couple of months to prepare for an exercise like this," said NAS Meridian Installation Training Coordinator Chuck Martin. "You do timeline events and you discuss all your issues. All the agencies and different departments talk about their objectives and what they would like to accomplish with the training. The preparation allows you to see what kind of issues you have prior to a real event."

Navy and Marine students from Naval Technical Training Center and Marine Aviation Training Support Squadron One acted as spectators and casualties who were in the crowd of people who received injuries ranging from minor scrapes to severe broken bones and burns. Medical responders attended to each casualty as if they were in a real world situation – assessing, treating and then transporting the injured to hospitals.

"The firefighters and EMT's were really



Photo by MC2 Flordeliz Valerio

Naval Air Station Meridian firefighters carry simulated casualties to awaiting EMT's during the mass casualty drill on board NAS Meridian, Jan. 27. The drill was designed to test the abilities of agencies to coordinate, communicate and respond to an aircraft mishap during an air show.

addressing the triage tag that the student had on them," Martin said. "You could tell the firefighters were really looking at what could possibly be a real injury."

Newton County's Regional Response

Team was an important player in the drill. The team brought its Mobile Emergency Communications/Operations trailer to test the effectiveness of their system.

● Drill, page 3

USS Halsey Sailor returns home



Photo by Penny Randall

Members of the Honor Guard from Naval Air Station Meridian place the coffin with the body of Operations Specialist 2nd Class Dominique Cruz into a hearse on July 28. Cruz was reported missing from the USS Halsey (DDG 97) on Jan. 18. Her body was recovered in the Gulf of Oman on Jan. 19. Honor guard members from Naval Air Station Meridian participated in the funeral on Jan. 29 at Sweet Pilgrim United Methodist Church in Shubuta, Miss. Accompanying OS2 Cruz was her brother, Information Systems Technician 2nd Class Bryan McNair.

Air show lineup expands

By Penny Randall
Staff Writer

The Black Daggers – the U.S. Army Special Operations Command Parachute Demonstration Team will join the list of performers already announced for Naval Air Station Meridian's "Golden Wings Over Meridian" Air Show.

Set for March 26-27 in Meridian, the air show celebrates NAS Meridian's 50th anniversary and the Centennial of Naval Aviation. Headlining the air show will be the Navy's Blue Angels.

The mission of the Black Daggers is to perform live aerial demonstrations in support of Army Special Operations community relations and recruiting. Comprised of volunteers from throughout Army Special Operations, the Daggers have diverse backgrounds and are skilled in various military specialties including Special Forces.

● Air Show, page 6

NTTC, MATSS-1 name Instructors, Sailors, Civilian of the Year



Taylor

Naval Technical Training Center (NTTC) Meridian selected PSC(SW/AW) Tiberius Lionel Taylor as its 2010 Senior Instructor of the Year. Chief Taylor hails from Sumter, S.C., and has served in the Navy for 15 years. Prior to reporting to NTTC Meridian, Chief Taylor was stationed at PSD Atsugi, Japan. Chief Taylor currently serves as the PS "A" School Course Supervisor responsible for training Sailors with the



Franks

skills to become productive Personnel Specialists in the fleet. In addition, he is also the command fitness leader responsible for instilling a culture of fitness to more than 400 students and staff assigned to NTTC Meridian.

NTTC Meridian selected SH2 (SW/AW) Gregnita Teona Marie Franks as its 2010 Sailor of the Year. Petty Officer Franks hails from Cleveland, Ohio, and has been in the Navy for six



Helms

years. Prior to her arrival at NTTC Meridian, she was stationed on board the USS Theodore Roosevelt (CVN 71). Petty Officer Franks is currently serving as the SH "A" School Course Supervisor. She is responsible for the entry level training and sailorization of approximately 266 Ship's Servicemen students annually. With a blended learning environment of computer-based training and hands-on laboratory



Gray

scenarios, she strives to present the fleet with well trained, enthused, and dedicated Sailors. In addition to providing world-class classroom instruction, she handles all administrative issues for each student enrolled in her course, to include receiving orders, scheduling appointments, and maintaining records.

LS1(EXW) Sven A. Helms was named NTTC Meridian's 2010 Instructor of the Year. Petty Officer



Nickerson

Helms hails from Wetumpka, Ala., and has served the Navy for 18 years. Prior to reporting to NTTC Meridian, Helms was stationed at Maritime Expeditionary Security Squadron 8, Detachment 712 in Santa Rita, Guam. He currently serves as the Leading Petty Officer of the Military Standards Department.

Petty Officer Helms is responsible for the indoctrination and general military

● Awards, page 2

Look Inside



~ Page 3 ~
Southeast selects regional Sailor of the Year



~ Page 6 ~
Navy secretary pushes for alternative energy use



~ Page 7 ~
All female catapult team on Lincoln launches success in support of OEF



~ Page 9 ~
NMCRS hosts Baby Boot Camp March 5

Photo of the Week



Photo by Penny Randall

Northeast Lauderdale Middle School Principal Billy Burnham speaks with Capt. NAS Meridian Commanding Officer Charles Gibson, Starbase Atlantis Program Director Pam Litton, Child Development Center Director Deridre Odom and School Liaison Officer Cynthia McDonald, during a Principal Matters Informational Meeting, Jan. 26. The meeting was sponsored by the School Liaison Office to assist parents who children attend the school.

Area Happenings

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.

8: The East Central Mississippi Kennel Club will offer Puppy Kindergarten, Basic Obedience and Advanced Obedience classes to the public. Classes are held at the Frank Cochran Center in Highland Park. The first class owner only orientation/registration (NO DOGS) at 6:30 p.m. Bring copy of written proof of vaccination from a veterinarian. Class objectives, methods and training equipment required will be discussed. Classes with dogs begin on Feb. 15. Graduation is March 29. Cost: Puppy kindergarten: \$35 plus equipment; Basic and Advanced Obedience Classes is \$50 plus equipment. For information, call: (601) 693-7194 or (601) 679-9993.

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.

13: The MSU Riley Center presents "Blues at the Crossroads: The Robert Johnson Centennial Concerts" featuring artists Big Head Todd & The Monsters, David "Honeyboy" Edwards and more. The Center is at 2200 5th St. Preshow gathering at 4:30 p.m. Concert at 6 p.m. Tickets: \$49 and \$43. For information, call (601) 696-2200 or go to: www.msurileycenter.com.

19: Meridian Museum of Art Black History Month Program co-sponsored by Meridian Museum of Art and Delta Nu Zeta Chapter-Zeta Phi Beta Sorority. Program from 5-7 p.m. Meridian Museum of Art, 628 25th Ave., Meridian. For information, call (601) 693-1501 or go to: www.meridianmuseum.org.

24-March: Meridian Little Theatre presents "Hallelujah Girls" at the Highway 39 North playhouse. Show times are at 8 p.m. each night, except Sunday matinee only at 2 p.m. No performance on Monday. For information, call (601) 483-6371 for ticket prices and availability or go to: www.meridianlittletheatre.com.

26: Meridian Symphony Orchestra 50th Anniversary Celebration Concert featuring famed violinist Itzhak Perlman. The concert is at the MSU Riley Center, 2200 5th St., downtown Meridian. Concert time is 7:30 p.m. Special 50th Anniversary Pre Concert Gala at 5:30 p.m. (Gala tickets sold separate). For information, call (601) 696-2200 or go to: www.msurileycenter.com.

MARCH

5: The Meridian Little Theatre Ladies Guild is holding a Book Fair from 9 a.m.-3 p.m. at the Meridian Little Theatre on Hwy 39 North. The Guild is a non-profit organization and we raise money to benefit the Meridian Little Theatre. Donations of unwanted books, magazines, comic books, audio books, movies, cookbooks, school books, etc. are now being accepted. Please bring donations to the theatre Monday-Friday, 10 a.m.-3 p.m. For information, call (601) 482-6371 or (601) 462-9312.



In the Spotlight...

Congratulations...

Starbase Atlantis Meridian received a Certificate of Appreciation from The Space Place, a NASA public education and outreach program.

Marilynn Kirksey, administrative assistant at Starbase Meridian, is very diligent in helping to carry on the partnership with The Space Place that was started when Starbase Meridian began at NAS Meridian in 2002.

Congratulations and a job well done to **Michelle Maples** for the renewal of her Child Development Associate Credentials.

Happy Birthday...

Happy Birthday to **Matthew Parry**, who celebrates his 11th birthday on Feb. 14. ~~ Love Daddy, Mommy, Zack and Sammy

Happy belated Birthday CDC staff members **Sandra Johnson** (Jan. 15) and best wishes to **Kesha Colston** who celebrates on Feb. 28.

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

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 leadership disturbed by 'Spice' usage rise

By MC1(AW) Tim Comerford

The Flagship

NORFOLK -- Navy leaders are expressing alarm at recent statistics that show that Sailors' use of "Spice" and similar so-called designer drugs rose in the last quarter of 2010. Spice and similar products are essentially an herbal, synthetic form of marijuana, mimicking the chemical compounds found in the drug. These products are banned for Navy personnel.

"The number of incidents of designer drug usage is rising at an alarming rate in our Navy. In the last four months alone, 79 of our Fleet Forces Sailors and 72 Pacific Fleet Sailors have been accused of using or possession of the drug. That's 151 Sailors that if found guilty will be administratively separated from our Navy," said Adm. John C. Harvey, Commander, U.S. Fleet Forces Command.

Harvey believes it's everyone's responsibility to deal with what could be a dangerous trend.

"I need each and every one of our Sailors looking out for each other," Harvey explained. "Talk to your shipmates about Spice and make sure they understand the dangers and serious consequences involved with its use."

In response to the rising concerns of the military over Spice and similar products, the Armed Forces Disciplinary Control Board of Southeastern Virginia and Northeastern North Carolina placed 10 businesses in Hampton Roads off-limits to service members in November.

Since the release of Naval Administrative Message (NAVADMIN) 108/10 in March 2010, which reemphasized the Navy's drug policy, the U.S. Navy has been proactively campaigning to reduce the number of incidents related to the use of synthetic marijuana.

More to know about TRICARE Pharmacy Program

The Department of Defense (DoD) provides a world-class pharmacy benefit through TRICARE to all eligible uniformed service members, retirees, and family members, including beneficiaries age 65 and older.

The TRICARE Pharmacy Program provides outpatient prescription drugs to more than 9.6 million beneficiaries. Prescription drug coverage is the same regardless your beneficiary category or which health plan option you are using.

The TRICARE Pharmacy Program is available worldwide, however there are some limitations to having your prescriptions filled in some overseas areas.

Pharmacy costs are based on whether the prescription is classified as a formulary generic (Tier 1), formulary brand name (Tier 2) or non-formulary (Tier 3) drug, and where you choose to have your prescription filled.

Below is an overview of prescription costs:

"Our Navy has zero tolerance for drug use. If you are considering using Spice or a similar drug, I strongly urge you to reconsider," Harvey said. "If you are caught using it, even once, you will be separated from the Navy. There is no second chance."

Navy personnel determined to be unlawfully using, possessing, promoting, manufacturing or distributing drugs and/or drug abuse paraphernalia shall be disciplined, as appropriate and processed for administrative separation, according to Navy regulations.

In the Navy, drug abuse includes: the wrongful use, possession, manufacture or distribution of a controlled substance. Drug abuse also includes: the unlawful use of controlled substance analogues (designer drugs), natural substances (e.g., fungi, excretions), chemicals (e.g., chemicals wrongfully used as inhalants), propellants and/or prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to induce intoxication, excitement or stupefaction of the central nervous system and will subject the violator to punitive action under the Uniform Code of Military Justice (UCMJ) and/or adverse administrative action. Examples of other substances, the wrongful use of which constitutes drug abuse, includes, but is not limited to the following: Products that contain synthetic cannabinoid compounds, such as Spice, Genie, Blaze, Dream, Ex-Ses, Spark, Fusion, Dark Knight, Yukatan Fire and K2. Natural substances such as Salvia divinorum and mushrooms. Common items abused by inhaling or huffing, such as Dust-Off, glue, paint thinner and gasoline. Over-the-counter products such as Robitussin and Coricidin HBP. Prescription medications such as Oxycodone, Vicodin, Adderall and Valium.

Military Treatment Facility (MTF) Pharmacy -- \$0 copayment for up to a 90-day supply of most medications. Not all medications are available at MTF pharmacies. Call first to check availability.

TRICARE Pharmacy Home Delivery -- \$3 for generic formulary medications, \$9 for brand-name formulary medications, \$22 for non-formulary medications. May receive up to a 90-day supply of most medications

TRICARE Retail Network Pharmacy -- \$3 for generic formulary medications, \$9 for brand-name formulary medications, \$22 for non-formulary medications. May receive up to a 30-day supply of most medications

You'll pay more to have prescriptions filled at non-network pharmacies and costs vary depending on who you are and which health plan you are using. Active duty service members pay nothing out of pocket for prescriptions at any of the pharmacies listed above.

NEX Customer Satisfaction Survey increases again

For the past 13 years, NEX customers have been asked to take a survey on their shopping experience in their local store. This Customer Satisfaction Survey, or CSI, allows the NEX to better serve its customers whether it is stocking a different merchandise assortment, providing better customer service, or updating its facilities.

The NEX CSI score for 2010 went up one point to 83. This should be compared to an overall retail industry average of 76.

"One of my top focuses is to enhance our customers' experience each time they shop in a NEX," said Rear Adm. (Sel) Glenn C. Robillard, commander, Navy Exchange Service Command (NEX-COM). "The best way we can improve is by asking for feedback. Based on the results from our most recent survey, we are confident that we are providing our customers with

quality products, great customer service and the best facilities possible. It's gratifying to know our customers see and appreciate it as well."

The biggest jump in score came in the area of problem resolution which rose seven points in 2010. Other areas that showed increases were checkout, up two points; and associates, returns, store environment, pricing, sales flyers and merchandise, which all rose one point each. Based on this year's survey, NEXCOM will concentrate its efforts in 2011 on sales flyers, merchandise and pricing.

"In 2009, one of our focus areas was problem resolution," said Mike Conner, Vice President, Marketing Insights. "That focus definitely paid off with a seven point increase in that area. We're happy that our customers have seen the changes we've made in our customer service training

and have recognized us for our efforts."

Both overseas and United States districts showed increases as well. Overseas rose three points to 79 while districts in the United States rose one point to 84. NEX districts scores in 2010 were Hawaii, up one point to 86; Mid-South up two points to 86; Tidewater stayed the same at 84; Southeast and Western increased one point each to 83; Northwest and Guam increased two points each to 83; Capital/Northeast decreased one point to 82; Japan increased five points to 82; and Europe increased two points to 76.

"For the first time, there are no NEXs with scores below 70," said Conner. "Our NEXs take these surveys seriously and work hard throughout the year on the top priorities. It's great to see all that hard work showing up in the increase in the scores."

● Awards

training of all newly reporting students at NTTC and ensures that all NTTC student rules and regulations are adhered to.

NTTC Meridian selected Lena E. Gray as its 2010 Civilian of the Year. Gray is a native of Homerville, Ga. She retired from the United States Navy and became a DoD civilian. Prior to checking on board NTTC Meridian, she worked at CSD Meridian. She is currently serving as the legal assistant, responsible for providing administrative command legal services in military law, providing administrative and technical assistance in courts martial, investigations, administrative boards and personal affairs.

Marine Aviation Training Support

Squadron One (MATSS-1) selected Staff Sgt. James Nickerson as its Instructor of the Year. A native of Huntsville, Ala., Nickerson joined the Marine Corps in May 2001 and arrived at MATSS-1 in October 2008 where his currently duty assignment is IMRL Asset Managers School Course Instructor.

In July 2006, Nickerson transferred to the MAG-39, MALS-39 on board Camp Pendleton, Calif. He served as the NCOIC of the IMRL shop until December 2007. Sgt. Nickerson was temporarily attached to MAG-16, MALS-16 Miramar, Calif., in January of 2008. He deployed with MAG 16, MALS 16 FWD from January 2008 to August 2008 as the IMRL NCOIC in support of Operation Iraqi Freedom.

— From Staff Reports

The Skyline ~ Naval Air Station Meridian, Miss.

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

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

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

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

The editorial content of this publication

is the responsibility of the NAS Meridian Public Affairs Office. *The Skyline* solicits news contributions from military and civilian sources. It reserves the right to edit material selected for publication. **The deadline for material is 4:30 p.m. the Thursday before publication.** Send submissions to: *The Skyline*, 255 Rosenbaum Ave., Suite 201, Public Affairs Office, Naval Air Station, Meridian, MS 39309-5003 or e-mail: penny.randall@navy.mil or susan.junkins@navy.mil. For more information, call (601) 679-2318 or (601) 679-2809.

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

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

Navy Region Southeast selects regional Sailor of the Year

By MCC Monica Nelson

Navy Region Southeast Public Affairs Office

Commander Navy Region Southeast Rear Adm. Tim Alexander announced Air Traffic Controller Petty Officer 1st Class Sarah Howell of Naval Air Station Joint Reserve Base Fort Worth, Texas, as the Regional Sailor of the Year during a banquet at The Players Championship Sawgrass, Jan. 13.

"It was a huge honor to be nominated, let alone selected as the RSOY, considering how many Sailors are in the region, and also the caliber of the Sailors who were chosen to represent each installation," said AC1 Howell. "The whole week was an opportunity that many do not get a chance to experience, which is very humbling for those of us that did.

Each individual that came here has a great deal of responsibility at their installation and demonstrated a knowledge and wisdom of their programs, all of which could be envied by many. Every one of us was honored to be a part of the week no matter what the outcome was."

Howell, who has seven years in the Navy, currently serves as the air traffic control tower chief at the Fort Worth Joint Reserve Base. Navy Region Southeast hosted the Regional Sailor of the Year competition aboard Naval Air Station Jacksonville, Fla., inviting 17 Sailors and their command master chiefs to visit the tri-base area and explore local hotspots, Jan. 10-13.

"We chose to bring in all the region's SOYs for the week, instead of just the top five, because they all deserve to be honored for what they've done for the Navy and our Sailors," said Commander, Navy Region Southeast Rear Adm. Tim Alexander. "It's a gesture that's important to us. We've also designed it to further develop

each of Sailor of the Year by surrounding them with others like them, as well as the area command master chiefs."

"It was a humbling experience being next to so many great Sailors, to learn from them and from the command master chiefs. My wife and I had a great time," said Navy Diver 1st Class Brent Roberts of Naval Station Guantanamo Bay, Cuba, whose wife Melissa accompanied him for the week.

The kick-off event Monday evening was a meet-and-greet at Mulligan's, a restaurant on board NAS Jacksonville. Installation Sailors of the Year were able to mingle with the aviation wings' Sailors of the Year over appetizers. The following morning, CNRSE SOYs traveled to Naval Submarine Base Kings Bay for breakfast in the Chief's Club, enjoyed a tour of Trident submarine USS Alaska, and tested their skills in various submarine simulators.

"I have such a great respect for the guys who operate in those confined spaces for as long as they are deployed," said Air Traffic Controller 1st Class Dwayne Hinson of Naval Air Station Meridian, Miss.

"It's fascinating the way their whole world is secretive and exclusive, not to mention how they have to be aware of sound levels at all times. They live a completely different experience than what most of us in the Navy do, and being able to see that up close without actually living it was awesome. Submariners know their stuff, they have to; there is no room -- literally -- for error!"

Later that evening, the SOYs displayed their bowling prowess at NAS Jacksonville's Freedom Lanes. They had an early start the next morning tackling circuit training with the aviation wings' SOYs. They're busy schedule continued with a tour of the



Photo by MCC Monica R. Nelson

Navy Region Southeast's top five Sailors of the Year Navy Diver Petty Officer First Class Brent Roberts of Naval Station Guantanamo Bay, Cuba, Master-at-Arms 1st Class Pierre Peacock from Naval Air Station Joint Reserve Base New Orleans; Air Traffic Controller 1st Class Sarah Howell of Naval Air Station Joint Reserve Base Fort Worth, Texas; Operations Specialist 1st Class McCajor Quinn of Naval Station Mayport; and Air Traffic Controller 1st Class Dwayne Hinson of Naval Air Station Meridian, Miss., wait for their formal boards to begin that will decide the winner of the Regional Sailor of the Year competition, Jan. 13.

Jacksonville Jaguars stadium, lunch at Jacksonville Landing, and a visit to the Budweiser Brewery, just a few of the local hot spots the CNRSE SOYs visited on Wednesday.

"The Jaguars stadium was one of the highlights of the week for me," said Personnel Specialist 1st Class James Long of Naval Weapons Station Charleston, S.C. "To be taken behind the scenes and see how the NFL runs a professional team was informative and something I enjoyed."

On Thursday morning, regional master chiefs boarded the top five SOYs to determine who would be the Regional Sailor of the Year. Master-at-Arms

Petty Officer 1st Class Pierre Peacock from Naval Air Station Joint Reserve Base New Orleans, Operations Specialist 1st Class McCajor Quinn of Naval Station Mayport, AC1 Hinson, ND1 Roberts, and AC1 Howell answered questions about Navy heritage, policy, organization, as well as questions on broader topics like the Bill of Rights.

"It's always impressive to see the leadership and capabilities of Sailors within our region," said Navy Region Southeast Regional Command Master Chief Joseph Curtin. "We had a difficult time choosing the top five and an even harder time choosing the RSOY. That's a testament

to a lot of people who have influenced each one of these Sailors, but especially the mentorship going on at their local installations."

The remaining SOYs traveled to St. Augustine to explore the old city and enjoy lunch. Following their boards, the top five were invited to lunch in the Chief's Mess before an afternoon of skeet and trap shooting at the NAS Jacksonville range.

The week ended with dinner and speeches at TPC Sawgrass, an event put on by the TPC, Geico, VyStar Credit Union, and the region and installation CPO messes.

Northeast Lauderdale High School holds annual military inspection

By MC2 (AW/SW) Flordeliz Valerio
Staff Writer

Eighty-four Naval Junior Reserve Officers Training Corps (NJROTC) cadets stood in their well-pressed uniforms inside the Northeast Lauderdale High School gym prepared for their annual military inspection, Jan. 26.

Sophomore Cadet Molly Bridges, 16, was checking her platoon-mate's uniform while waiting for the inspector.

"I'm so nervous. This is my first year in NJROTC and my first inspection," Bridges said. "There is no such thing as being too prepared. It's not just about an individual cadet, but about the unit as a whole."

"Attention on deck!" called a cadet from the gym's entrance.

Accompanied by Northeast Lauderdale NJROTC Naval Science Instructors Lt. Cmdr. Michael Joseph and Master Chief Dexter Deen, NAS Meridian Commanding Officer Capt. Charles Gibson walked in as everyone stood at attention. Capt. Gibson served as the guest speaker and inspector.

The day's events began with a personnel inspection, followed by basic marching drills and awards ceremony. One by one, Capt. Gibson went face-to-face with each cadet, checking their uniform and asking them questions about basic military knowledge.

"Who is the Commander in Chief?" Gibson asked.

"The Commander in Chief is President Barack Obama, sir," answered one cadet.

"Who is the CNO?" Gibson asked another cadet as he moved along down the formation.

"Admiral Gary Roughead, sir," replied a cadet.

Eight cadets were awarded best in uniform and six cadets were promoted to their next rank during the awards ceremony. Six cadets were also recognized for completion of their Emergency Medical Services (EMS) training.

The last phase of the inspection was a display of the unit's marching teams during the pass-in-review.

"I think that they are accomplishing everything that we could have hoped for," Deen said. "I am very proud of them and I would stack them up against any unit anywhere."

After the morning events, the senior staff of 15 cadets had a chance to hold a question and answer session with



Photo by MC2 Flordeliz Valerio

NAS Meridian Commanding Officer Capt. Charles Gibson conducts a uniform inspection inside Northeast Lauderdale High School gym during the school's Naval Junior Reserve Officer's Training Corps (NJROTC) annual military inspection on Jan. 26. Eighty-four cadets participated in the inspection.

Capt. Gibson who shared stories and his experiences to help the cadets understand life in the military.

"I've obviously chosen a military career and I'm thrilled with it," Gibson said. "Always apply your goals... Find a mentor and a role model to help you in life. (Remember) teamwork and discipline will serve you well in life."

Cadet Dustin McDaniel, 17, a senior who was promoted to the unit's cadet commanding officer, made positive comments about his fellow cadets' performance and the

base CO's visit.

"Everybody did great from the preparation down to the inspection itself," McDaniel said. "This is a great learning experience. I enjoyed Capt. Gibson's presence as our guest inspector."

Lastly, Capt. Gibson sat down and enjoyed lunch with the senior staff after a brief tour of the uniform supply rooms and the campus.

"The inspection was great," Gibson said. "This is a very nice experience and I'm glad to be here."

CALLING ALL CROSSFITTERS



VISIT MERIDIAN'S ONLY CROSSFIT AFFILIATE

Never heard of Crossfit? DON'T BE LEFT OUT!

Call Steve for more details.

601.485.7152 | 601.480.1892 (CELL)
2315 Highway 39N (the big white building on top of the hill behind AT&T)



• Drill

"Our job is to set up communications where everybody can talk to each other. What we've done here today is work with different agencies, whether it is a civilian agency communicating to a military agency, or vice versa," said Ron Davis, emergency management director for the City of Newton and Task Force 2 Communications Officer. "As far as our part, it went very well."

The communications/operations trailer is equipped with the ACU1000 audio box hooked up to computers that accept different audio equipment from various frequencies.

"(The equipment) makes life a lot easier than when we had people coming and going from the operations trailer just to talk to each agency," added Davis. "It

allows (agencies) the opportunity to utilize and test the equipment they already have."

Lauderdale County E911 Director Jared Stanley said coordinating communications over the airwaves is a job that deals with a lot of complexities.

"It is difficult in the sense that there is a lot of traffic happening on the airwave at once," Stanley said. "It's a lot of coordination that has to happen and attention to detail."

Martin was very pleased and satisfied with how the exercise went.

"It went real well," he said, "and there's always room for improvement. With all exercises and even real world scenarios, you can always improve on communications. That's what we worked on the hardest."



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

Navy announces new uniform components, rules

WASHINGTON (NNS) -- The chief of naval operations approved Navy Uniform Board recommendations Jan. 25.

The recommendations include a new cutlass for chiefs, an overblouse for female officers and chiefs, updated rules for portable communication devices and clarification on the manner of wear for flight suits.

"Whether addressing new proposals or updating old regulations to the current operating environment, the Uniform Board has taken input from the fleet and provided the best recommendations and proposed solutions for CNO's approval," said Capt. William Park, head, Officer Personnel Plans and Policy, who also oversees the Uniform Matters Office. "The result is a set of adaptive uniform regulations that maintains the professional appearance of our Sailors."

Designed to be worn by members of an official party during ceremonies requiring officers to wear swords, the chief petty officer (CPO) cutlass may be the most visible of the announced uniform changes. With a 26-inch stainless steel blade and four laser engraved CPO anchors (CPO, SCPO, MCPO and MCPON) on the base, the new cutlass is expected to be available for purchase

in August. As an optional uniform item, the Uniform Board sought to ensure uniformity in appearance by directing the cutlass to be worn only when all members of an official party are wearing swords.

The next change was the approval of an overblouse option for female officers and chiefs when wearing the poly/wool service khaki uniform. Since the roll-out of the service uniform for junior enlisted, the Office of Women's Policy had received regular feedback from the fleet, requesting a similar overblouse option for female officers and CPOs to wear with their service khaki uniform. When this change takes effect in 60 days, female officers and CPOs will be able to wear the overblouse with slacks or skirts.

Portable electronic devices were another topic of concern for Sailors, which prompted the Uniform Board to make several noteworthy changes. Effective 60 days from the announcement, Sailors will be authorized to use these devices while in their service or working uniform, to include when walking. Although authorized, the device must be conservative in color and design, cannot distract from the appearance of the uniform, must be worn on the belt aft of the elbow and cannot

interfere with the rendering of military courtesies and honors.

The final set of changes announced in the update were regarding the manner of wear for the aircrew flight suit. While in the continental United States, the green flight suit will be worn with a black undershirt, while overseas, aircrew may wear tan flight suits with brown undershirts as determined by the Navy component commander.

To support the Centennial of Naval Aviation, CNO is allowing flight suits to be worn at designated events in calendar year 2011. A list of these approved Centennial of Naval Aviation events will be released quarterly by Commander, Naval Air Forces.

To learn more about these uniform changes, read NAVADMIN 025/11, at <http://www.npc.navy.mil/NR/rdonlyres/713FA622-A1A1-46FE-9CB5-3DAF854ECAD5/0/NAV11025.txt>

For information on obtaining uniform items contact NEX Uniform Support Center toll-free at 1-800-368-4088, or by going to https://www.navy-nex.com/command/about_us/p-uniformsupport.html.

-- From Chief of Naval Personnel Public Affairs

USS Enterprise Carrier Strike Group enters 6th Fleet

By MCC Stephen M. White

USS Enterprise (CVN 65) Public Affairs

USS ENTERPRISE, At Sea (NNS) -- The ships and embarked squadrons from the Enterprise Carrier Strike Group (CSG) entered U.S. 6th Fleet's Area of Responsibility (AOR) Jan. 20.

This milestone marks the culmination of more than two years of work for thousands of

Sailors aboard the world's oldest, largest and first nuclear-powered aircraft carrier.

USS Enterprise (CVN 65), CSG 12, Destroyer Squadron 2, the guided-missile cruiser USS Leyte Gulf (CG 55), the guided-missile destroyers USS Barry (DDG 52), USS Bulkeley (DDG 84) and USS Mason (DDG 87) and the eight squadrons of Carrier Air Wing (CVW) 1 entered the AOR, an imaginary

line that transfers operational tasking authority for the CSG from U.S. 2nd Fleet.

While in the area, the Enterprise CSG will conduct the full range of maritime operations and theater security cooperation efforts in concert with coalition, joint, interagency and other partners in order to improve maritime safety and security.

"We already have an exten-

sive schedule of operations and exercises with our maritime partners throughout the region," said Rear Adm. Terry B. Kraft, commander, Enterprise CSG. "The Mediterranean Sea is a critical sea lane in our global economy and remains secure because of the strong relationships between the navies that operate in the area."

Operating with allied

navies and building upon already strong relationships is a key tenant in the Maritime Strategy. Also key to building such relationships is developing our Sailors and Marines to better understand the cultures, history and languages of the region, according to Capt. Dee L. Mewbourne, commanding officer of Enterprise.

"We have trained hard to

• Enterprise, page 9

Meridian Symphony and Itzhak Perlman celebrate orchestra's 50th anniversary season

Dr. Claire Fox Hillard has designated 2010-2011, Meridian Symphony Orchestra's 50th Anniversary, "A Season of Celebration!"

Adding to that excitement -- Itzhak Perlman, the world's most notable violinist of the 20th century will be on stage with the orchestra on Feb. 26, in a performance of the Bruch Violin Concerto No. 1 in G minor and theme from the movie "Schindler's List." John Williams composed the theme from "Schindler's List." Perlman played the solo violin for the movie score and will perform it on stage at the MSU Riley Center.

The evening begins with a wonderful 50th Anniversary Gala, hosted by the Meridian Symphony Association, Inc. and Meridian Rotary Club. This spectacular celebration of the orchestra's golden anniversary features a tribute to the pioneers of the organization, live music, and a variety of heavy hors d'oeuvres. Proceeds from the event benefit Meridian Symphony Orchestra and Rotary Club's "End Polio Now" program.

Undeniably the reigning virtuoso of the violin, Itzhak Perlman enjoys superstar status rarely afforded a classical musician. In 2009, Perlman was honored to take part in the Inauguration of President Barack Obama. President Reagan granted him a "Medal of Liberty" in 1986, and President Clinton awarded him the "National Medal of Arts" in December 2000. In 2003, he was a Kennedy Center Honoree. In 2007, he performed at the State Dinner for Her Majesty the Queen and His Royal Highness the Duke of Edinburgh, hosted by President George W. Bush and Mrs. Bush at the White House.

Perlman also performs as conductor with leading orchestras; this season marks his third as artistic director of the Westchester Philharmonic Orchestra.

Perlman devotes considerable time to education, both in his participation each summer in the Perlman Music Program and his teaching at the Juilliard School, where he holds the Dorothy Richard Starling Foundation Chair. He proudly possesses four Emmy Awards and 15 Grammy awards. He was awarded an honorary doctorate and a centennial medal on the occasion of Juilliard's 100th commencement ceremony in 2005.

In the 2009-2010 MSO season, "Brave the Elements", Carey Smith contributed to each concert, single movements from his new Symphony No. 1, "Elements." They were innovative, skillfully crafted, beautiful, and memorable; in succession they were Wind, Water, Fire, and Earth. On this evening, all four movements will be played as a unit -- the entire Symphony No. 1. This February performance will showcase the orchestral talents of our own composer-in-residence Carey Smith.

The opening number on this night will be significant for those who were present at the initial MSO concert in 1962. It is Domenico Cimarosa's Overture to "The Secret Marriage", his most famous opera.

The concert is funded in part by the Riley Foundation and the Phil Hardin Foundation.

For more information about this special evening, please visit www.meridiansymphonyorchestra.com, or call (601) 693-2224. For tickets to the concert, call MSU Riley Center at (601) 696-

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

Whether it's a "want" or a "need," you can finance it at Navy Federal. Get a great-rate loan for just about anything, along with a variety of terms to keep your budget manageable. Apply today at navyfederal.org or by calling 1-888-842-6328.

Proudly serving all branches of the military. Join today!

NAVY FEDERAL Credit Union

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

Federally insured by NCUA. © 2010 Navy Federal NFD0311504152-100.

RENEW SALON AND SPA

20% OFF

First initial visit for MILITARY PERSONNEL & FAMILY

CALL FOR AN APPOINTMENT WITH JENNIFER MARCETT OR KAYLA DAVIS

NOW THROUGH THE MONTH OF FEBRUARY 10% OFF subsequent visit

WALK-INS ALWAYS WELCOME • WE DO FADES

601.286.3021

47th Court (off North Hills Street behind KFC)

Pfc. Jarett Rosas
MATSS-1 Student
Hometown: Freehold, N.J.

Pfc. Jarett Rosas had three reasons why she joined the Marine Corps. "I wanted a challenge, to be able to travel and go to school," said Rosas who enlisted on June 21, 2010. She is currently a student in the Marine Aviation Supply Specialist Course at Marine Aviation Training Support Squadron One on board NAS Meridian.

"I looking forward to meeting new people and going to school to obtain my nursing degree."

After graduation, Rosas hopes to be stationed in Okinawa, Japan. She is the daughter of Rebeca Benitez and has two siblings, Ivania and Jose. Her hobbies include reading, listening to music, playing video games and cleaning.

The person Rosas most admires is one of her boot camp instructors, Gunnery Sgt. Halstead. "She is the type of Marine I hope to become soon. She is dedicated to her job. She is also a very good parent, she takes care of both her job and family very well."

OOORAH!

Pvt. Vernte Bryant
MATSS-1 Student
Hometown: Kinston, N.C.

Pvt. Vernte Bryant has great memories from Boot Camp.

"My most memorable experience was when my platoon won final drill," she said. "We had worked so hard for that during our time at Parris Island."

Bryant is currently a student in the Marine Aviation Supply Specialist Course at Marine Aviation Training Support Squadron One.

"I became a Marine because I wanted to do something different with my life from what my friends around me were doing."

He is the son of Brenda and Vernelet Bryant and has one sister, Valencia.

His hobbies include playing basketball, playing video games and loves to watch sports on TV.

The person he most admires is his father.

"All the things that he taught me are coming into effect. I can honestly say that if I wouldn't have listened to him, I don't know where I would be right now."



MATSS-1 Marine puts musical talent to use

By Penny Randall
Staff Writer

Pfc. Jin Soo Park's talent for playing the trumpet was soon realized shortly after he arrived at Marine Aviation Training Support Squadron One (MATSS-1) on board Naval Air Station Meridian.

Park surprised everyone in attendance at the annual Dr. Martin Luther King Jr. Commemorative Service where he played the National Anthem on a borrowed trumpet.

"I asked my father to send me my trumpet and it broke during shipping so someone on base had a trumpet that I used," said Park who added, "I often notice people tearing up during my performances and I say to myself, 'How am I reaching these people?'"

Park didn't always think he had the talent to be a great trumpet player, but knew he had found a love for music at an early age.

"I started playing in middle school at age 10," he said. "My best friend started playing trumpet two years before me, but my father wanted me to play saxophone -- I really wanted to play the trumpet.

For the first two years my teacher said I had potential, but I thought I sucked. I did have any formal lessons the first couple of years; I actually learned what I could from U Tub."

Once a freshman at Beverly Hills High School in California, Park said his high school band teacher really motivated and encouraged him.

"My band director was a trumpet player and taught me a lot. After a while I got pretty good -- I truly believe the harder you try, the better you get," Park said modestly.

"I was even accepted into the symphonic band at my school which is usually only for seniors -- I was a freshman." During his high school years, Park participated in the Beverly Hills Police Department's Explorer Program.

"My first real solo performance was playing the National Anthem for the department's police recruit graduation," said Park who reads music but also learns by ear. "I think that was the first time that my dad realized I had talent and loved to play the trumpet."

After that performance, Park was invited to play the National Anthem at a Los Angeles Dodgers baseball game in 2009.

"It was exciting to stand in center field before 50,000 people at such a young age," Park said. "I also had the opportunity to play on the soundtrack for the movie Transformers 2 in a recording studio at Paramount. I played at Larry King's engagement party and for several other celebrity events."

A native of a native of Seoul, South Korea, Park's love for music was blossoming at this time.

As a senior in high school, Park received eight college scholarships for either swimming or academics. He was training for the 2012 Olympic swim team -- he would compete for South Korea.

"I was really unhappy and very stressed out," Park said. "I believe that is what led me to wanting to play the trumpet more and more -- it is a stress release for me. People actually notice that type of mood I'm in when I play. When I'm in a bad mood or sad I play different."

Park said he wasn't ready for college and wanted a change in his life. After talking with a Marine recruiter he learned about the Marine Corps Band.

"I tried out and didn't make it the first time," Park said. "I'll admit I didn't know what to expect and I was very nervous. I tried out again a few months later and I made it only to find out that it was a year and a half wait for a trumpet position. The gunnery sergeant that was in charge suggested I try out for the Drum and Bugle Corps. It's probably the world's finest band next to the President's own."

Once again, Park passed the audition, but again there was a wait

● Trumpet, page 6



Photo by Penny Randall

Pfc. Jin Soo Park, at student at Marine Aviation Training Support Squadron One, is pursuing his dream of being a member of the Marine Corps Band.

Combat Center at 29 Palms unveils Corps' largest range

By Cpl. M. C. Nerl

Marine Corps Air Ground Combat Center Twentynine Palms

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. -- The Combat Center opened its newest, live fire, full immersion, training area at Range 220 with a ribbon cutting ceremony Jan. 25, 2011.

The 274-acre Combined Arms Military Operations on Urban Terrain range complex is composed of 1,560 buildings and is roughly equivalent in size to downtown San Diego. It was designed to allow Marines to practice and refine the complex and dangerous tactics while being deployed to urban settings around the world, according to a Combat Center release.

Although service members have been training on sections of the complex for some time, the completion of the facility makes it the Marine Corps' largest training range, said Col. David A. Smith, the program manager with Training Systems, Marine Corps Systems Command, Marine Corps Base Quantico, Va.

"This is absolutely a great investment and a great training venue, not only for the Marine Corps, but other branches and our allies," Smith said. "This is the jewel in the crown so to speak. It's a great cap off to [the Combat Center], which is already a great training base."

Smith added the advantages of the new range will bear fruits when the Marines are overseas. The complex will be able to support elements from a small 12-man squad up to a full Marine Expeditionary Brigade and all of its supporting units, about 15,000 Marines and sailors.

"The CAMOUT facility gives us the opportunity to train on a larger scale than before," Smith said. "The facility is oriented toward urban training, giving Marines a chance to train in everything from platoon and squad tactics, to room clearing and humanitarian assistance."

With realistic settings such as classrooms, markets, hotels and other businesses, complete with role-players.

● Combat center, page 9



Photo by By Cpl. M. C. Nerl

Marines from 1st Battalion, 5th Marines, Camp Pendleton, Calif., take part in Enhanced Mojave Viper, a pre-deployment training exercise at the 274-acre Combined Arms Military Operations on Urban Terrain complex at Range 220 here Jan. 25.

Safety is Our Duty

Emergency Management Influenza: It's not over

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly and people who have the flu often feel some or all of the following symptoms:

- ✓ Fever or feeling feverish/chills
- ✓ Cough
- ✓ Sore throat
- ✓ Runny or stuffy nose
- ✓ Muscle or body aches
- ✓ Headaches
- ✓ Fatigue (tiredness)
- ✓ Some people may have vomiting and diarrhea, though this is more common in children than adults.

Flu Prevention Tips (per CDC guidance):

Step 1: Get a flu shot.

Step 2: Implement everyday preventive actions to prevent the spread of germs, such as:

- ✓ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ✓ Wash your hands often with soap and water. Use an alcohol-based hand rub if soap and water are not available.
- ✓ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ✓ Try to avoid close contact with sick people.
- ✓ If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- ✓ While sick, limit contact with others as much as possible to keep from infecting them.

Step 3. Take antiviral drugs if prescribed:

- ✓ If you get the flu, antiviral drugs can treat your illness by making the illness milder and shorten the time you are sick. They may also prevent serious flu complications.

● Flu, page 7

Back pain in the aviator community

By Lt. Paul Sargent, M.D. and Lt. Angela Bachmann, M.D.

While most aviators and aircrew complain that back pain is an occupational hazard, the truth is that it is an overwhelming problem for aviators, and non-aviators alike.

It is the fifth most common reason for a visit to a physician in the United States today. It is the second most common cause of work absenteeism. The direct and indirect costs to the consumer have been estimated as high as \$50-100 billion per year.

In aviation, it is a problem across all communities, not limited to any particular platform, but by many accounts worse in the rotary wing community.

Long hours in the cockpit,

ineffective seat padding, poor posture, NVG use, and constant vibration all may contribute to strain and fatigue in the lumbar musculature. For those aviators involved in a mishap, the sudden deceleration can create overloading stresses resulting in an acute back injury ultimately predisposing them to chronic pain for the rest of their career.

The pain can be a mild intermittent annoyance, or may be so debilitating it affects the safety of flight. It is a problem not only for the aviators, but it also can affect squadron operations as a result of hurried or cancelled flights.

The anatomy of the back is quite complicated. The human body has 24 vertebrae from the base of the skull to the top of the

pelvis (seven in the neck, 12 in the thorax, and five in low back region). These segmental vertebrae not only form the central structural element of the back, but also provide flexibility to the neck and torso, as well as protection for the spinal cord, and spinal nerve roots.

Between each vertebra is an intervertebral disk, which helps to increase that flexibility as well as absorb shock and vibration as the body moves. The intervertebral disc has a hard fibrous exterior ring (the annulus fibrosus) and a soft gelatinous center (the nucleus pulposus). The spinal cord travels from the brain stem through the spinal column and branches off as nerve roots between each

● Back pain, page 7

Fire Prevention Checklist

- ✓ Electrical cords are in good condition. (not damaged)
- ✓ All smoke detectors work when tested. (have batteries been changed)
- ✓ All escape routes are clear of clutter and easily accessible
- ✓ Curtains and other things that can burn are away from the stove or heater
- ✓ Space heaters are turned off while asleep or when left unattended.



- ✓ The clothes dryer has a clean vent and filter (no lint buildup)
- ✓ All extension cords are used safely (not under carpets or across walking areas)
- ✓ Portable space heaters are at least 3 feet away from anything that can burn

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

All female catapult team on Lincoln launches success in support of OEF

By MC2 Brian Morales
Abraham Lincoln Public Affairs

USS ABRAHAM LINCOLN, At Sea (NNS) -- Fourteen female Sailors assigned to USS Abraham Lincoln's (CVN 72) Air department formed an all-female catapult crew to launch aircraft in support of Operation Enduring Freedom (OEF), Jan. 23.

Thirteen Aviation Boatswain's Mates (Equipment) (ABE) joined catapult and arresting gear officer, or "shooter", Lt. Cmdr. Jessica Parker, from St. Louis, to form the all-female launch crew manning critical positions such as topside safety petty officer and catapult deck edge operator to launch the missions over the deck.

On and below the flight deck, 167 ABEs maintain and operate the catapults on a daily basis; six percent of which are females.

"The rate for females only opened up not too long ago," said Aviation Boatswain's Mate (Equipment) Airman Sheila Seripap, from Atlanta, Ga. "Every work center only has a handful of females in it."

Lincoln's ABEs work long days and

nights to keep the catapults in a readiness condition, which has led to more than 1,400 sortie missions launched since October 2010 in support of OEF.

"Aviation boatswain's mates are some of the hardest working people on the flight deck of the ship," said Seripap. "It is not that many of us, but we can do it."

Parker, the only female shooter aboard Lincoln, inspected the waist catapults prior to flight operations and signaled the launch of aircraft. She attributed the unique opportunity to field an all-female team to the tenacity of the team members.

"If it weren't for the guys training the women, and the women having the courage to work in the most dangerous four-and-a-half acres of sovereign U.S. territory there is, then we wouldn't have had the opportunity to have an all-female catapult crew," Parker said. "These ladies are awesome, and the guys they work with are awesome too."

The Abraham Lincoln Carrier Strike Group is deployed in the U.S. 5th Fleet area of responsibility in support of maritime security operations and theater security cooperation efforts.



aPhoto by MC2 Brian Morales

Lt. Cmdr. Jessica Parker, from St. Louis, signals the launch of an F/A-18C Hornet assigned to the Vigilantes of Strike Fighter Squadron (VFA) 151 during an all-female catapult crew event aboard the aircraft carrier USS Abraham Lincoln (CVN 72). The Abraham Lincoln Carrier Strike Group is deployed in the U.S. 5th Fleet area of responsibility in support of maritime security operations and theater cooperation efforts.

● Back pain

vertebral segment. The nerve roots quickly branch again into the anterior (forward) and posterior (rear) segments. The anterior segments travel to the limbs to provide motor and sensory function. The posterior segments supply the spine itself and the surrounding paraspinal (next to the spine) musculature. It is these posterior spinal nerves that are responsible for the majority of back pain.

Types of Back Pain

Back pain can be classified into three distinct categories (localized, radicular and referred) and two somewhat overlapping time frames (acute and chronic). Localized pain is confined to the back itself. The source of the problem is in the same general region where the pain is felt.

Radicular pain describes symptoms that radiate to the limbs, while the source of the complaint remains in the back (like a ruptured disk). Referred pain radiates to the back from another area and is typically caused by a problem with one of the internal organs (a kidney infection, pancreatitis, or many others).

Most back pain is mechanical in nature. That is to say it is caused by strain and fatigue rather than a specific medical illness. The musculature of the low back is forced to provide both structure and flexibility in the awkward posture associated with flying helicopters. All helicopter aviators are

familiar with the term "helo hunch" which refers to the bent forward posture most helicopter pilots assume while flying. In the low back, this posture converts the normal S-shaped spinal curvature of the spine to more of a C-shape. This shortens the deep spinal muscles and stretches the superficial ones. This is an unstable posture and results in excessive fatigue.

In addition, this posture forces the front edges of the vertebrae together, and pulls the posterior edges apart putting uneven pressure on the intervertebral disks. In the neck, the pilot is then forced to additionally hyperextend the neck (nose up) in order to see out of the windscreens. Both of these unnatural positions lead to fatigue, overload, and pain.

When vibrational influence is then applied to the back the situation becomes further complicated. Current data is unclear as to the amount of influence helicopter vibrations have on aviator back pain.

However, it is known that vibration can lead to microtrauma and damage to the intervertebral disks on a molecular level.

If the intervertebral disks break down then the back will lose much of its flexibility and may be predisposed to further injury. Injury leads to inflammation, and chronic inflammation can lead to anatomic changes in the shape of the bones themselves. This change in the anatomy can result in chronic low back pain and neurologic

compromise. Neurologic involvement may be caused by either bone or bulging disk material pushing against a nerve root or by a condition known as spinal stenosis.

Nerve root compression by a bulging disk is known as a herniated nucleus pulposus (HNP). This leads to pain, numbness, tingling, or weakness shooting down one leg. Spinal stenosis refers to the more serious condition of narrowing of the spinal canal, which can be caused by either soft or hard tissue impingement into the spinal canal itself.

The hallmark of this disease is referred to as neurologic claudication, or poorly localized pain, which radiates down one or both legs. It is frequently brought on by walking and relieved by sitting. In extreme cases the patient may develop urinary incontinence.

Many studies have been done to look at the demographics of helicopter aviators who suffer from back pain and the operational impact of their suffering. The prevalence of back pain in an otherwise healthy, young population of aviators has been shown to be as high as 82 to 92 percent.

Symptoms occurring during flight were reported in 44 to 50 percent of individuals.

Pain is often a subjective phenomenon and severity is difficult to compare individual to individual. It makes more sense to look at what the overall effect of this pain is on the individual's suffering, and how it affects safety of flight.

● Flu

It's very important that antiviral drugs be used early (within the first two days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who

are sick with flu symptoms and who are at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.

Additional resources are available at:

✓ <http://www.flu.gov> CDC's Flu-specific Website

✓ <http://kidshealth.org/parent/infections/lung/flu.html> Kids Health Flu Page

✓ https://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/EmergencyManagement/OperationPreparedness/BeInformed/Diseases/FluInformation/index.htm Operation Prepare

Retirements



Photo by Penny Randall

Marine Aviation Training Support Squadron One Commanding Officer Maj. A.J. Brooks presents Master Sgt. Jesse Whittington with a flag at his retirement ceremony on Jan. 28. A native of Westwego, La., Whittington enlisted in the Marine Corps on Aug. 8, 1988. Upon his promotion to master sergeant in February 2009, he would volunteer to transfer back to MATSS-1 as the officer in charge of AZ "A" School. His last and final Marine Corps billet would be to serve the Marines of MATSS-1 as the squadron Master Trainer.



Photo by MC2 Flordeliz Valerio

Liz Lagrone receives a Meritorious Civilian Service Medal and certificate from Chief Hospital Corpsman Sharon Francis during Lagrone's retirement ceremony on Jan. 28. Lagrone retires after 38 years of federal service.

Sale ... or

CAR POOL NEEDED

Shirley Portis, an employee of NAS Meridian ServMart is seeing a car pool from the Toomsaba area to NAS Meridian. Call (601) 513-7268 or (601) 632-1647.

KIDS STUFF

NEW! Black/gray infant carrier with car seat base. Asking \$25; **children's play kitchen set** with plastic plates & food. Asking \$50; **3 different girl's electric jeeps.** All in pretty good condition, but need batteries. Asking \$40 each. Call (904) 923-9356/9357.

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

ELECTRONICS MUSICAL/COMPUTERS

\$350 OBO. Call (601) 513-3035.

NEW! Klipsch ProMedia 2.1 Speaker System in used, working condition. Call Bill at (601) 934-8718.

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.

EXERCISE EQUIPMENT

Call (601) 938-9627.

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

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

ProForm XP 160 Elliptical Crosstrainer. Asking \$399.99. Like new -- was used a handful of times.

BIG STUFF

Call (559) 410-1608.

2007 Fleetwood Revolution LE 40ft. Very low miles and very low hours. 400 Cat engine w/ Allison push button transmission w/ fuel economy mode. One piece fiberglass roof, 95 gal. Fresh water system, 40 gal. waste tank, 60 gal. grey water tank, Spartan chassis, automatic leveling, trailer hitch. Plenty of space for storage under coach, storage slide outs. There are 3 wall slide outs, 2 in the living room and one in the bedroom. Has 1 and 1/2 baths and a shower, washer dryer combo, bedroom includes a sleep numbers bed and wall mount 23" TV. With 26" LCD TV Digital Satellite System Home Theater System in the main coach, round table w/4 cushioned chairs (opens to seat 6 w/2 folding chairs to match). Galley has 4-door refrigerator/freezer w/ ice maker and water on the door. GE microwave/convection oven over regular 3 burner gas range w/oven. Cori an counter tops in kitchen and baths. Beige colored carpet throughout, with ceramic tile in kitchen and baths. NON SMOKER RV is in really good condition. Must see to appreciate. Asking \$149,000. Call Gail Brennhof at 601-679-2408 or 601-678-9504.

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

HOUSEHOLD ITEMS

Whittington at (601) 604-0876.

NEW! Butterfly couch and chair with the pillows. Asking \$500 set. Color is forest green. Call (417) 664-5420.

NEW! GE Chill Water Dispenser, great condition, includes 2 (5 gallon) jugs. Call Bill at (601) 934-8718.

NEW! Whirlpool electric dryer, white. Asking \$100. Call (904) 923-9356/9357.

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

Couch & Loveseat, brown tweed with large pillows with reversible patterns. Only sat on for 6 months. Still like new. Smoke free home. Call Tamra at (601) 479-7902 or email: 1proudmom2@live.com for pictures. Asking \$300 for set.

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. **Pink 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.

2004 Jeep Wrangler Sport, new tires and soft top, 6 cylinder, 4WD, 120k miles. Asking \$11,000 OBO. Call (601) 479-1311.

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

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

MOTORCYCLES/GEAR

at (601) 484-7244.

NEW ITEM! 2004 Honda VTX1300C, burnt orange, very clean, runs great, many accessories. Can email pics and more details. Call (601) 513-1738.

2007 Suzuki Burgman Motorscooter, automatic transmission, 50 MPG, easily carries 2 people at interstate speeds. Asking \$4,600. Call (601) 486-3482.

NEW PRICE! 2004 Artic Cat 90 ATV, 2-stroke automatic, runs great, just serviced. Asking \$500 OBO. Call (601) 513-0071.

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

2006 Triumph Speed Triple

1050, white, 3k miles. Asking

HOMES/APARTMENTS

\$6,500. Call (210) 313-5874.

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 \$161,500. Call (601) 701-3332.

For Rent: 1 bedroom cottage, private setting at 11117 Hill Thompson Rd, 2 years old, appliances, just off hwy. 19 north between Meridian & Collinsville. West

Lauderdale just 10 minutes from Meridian and Reservoir. Asking \$400 month, \$200 deposit, 1 year lease. Call Jack at (601) 917-7752.

For Rent: Large modern, 3 BR/2.5 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)244-0975 or (601) 469-1307. 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.

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

For Sale: Doublewide in really good condition with well kept property. Has central heat and air, all appliances. WL 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: Beautiful home on Confederate Drive, 4BR/3.5 BA, 3 fireplaces, solid oak floors throughout, enclosed pool with shower, half-bath and hot-tub, 2.75 acre lot, new roof, remodeled master bath and updating throughout, two-car carport with large storage room and upstairs storage. Under appraised value at only \$328,500. Can see full details at Militarybyowner.com, or call (601)

WANTED TO BUY

693-8386.

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

A inexpensive, reliable car for college student. Call (601) 701-

MISCELLANEOUS

3332.

NEW! Craftsman 10" compound miter saw. Works great. \$40. Call (757) 412-9411. Leave message.

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

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

Mississippi State University home basketball tickets for sale (Various Dates). Two reserved seats (3 and 4) section 235 row 7. Call (601) 479-4162.

ATV Push Blade with tapered design. Has manual lift and is easy to hook up. Great for driveway and field use. Stored in warehouse out of the weather. Call Tamra at (601) 479-7902 or email 1proud-mom2@live.com for pictures. Asking \$250, paid over \$500.

10hp generator for sale used very little. Asking \$450. Call (601) 323-1003.

O/U 12 Ga. shotgun with chocks and cleaning kit, asking \$1,200; **40 round bales of hay,** \$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.

Mission First... Sailors Always



February Specials

Thursdays ~ RCTA Night
\$2.50 a game including shoes

Fridays ~ MATSS-1/NTTC Student Night
\$2 a game including shoes

Saturdays ~ Bowl 'til Your Tired
Special from 11 a.m.-4 p.m.
\$20 per person for 5 hours!

Feb. 6th - Super Bowl Sunday
Join us for the "big" game starting at 5 p.m.

~ Feb. 12th ~

Sweetheart Special
Bowl with your sweetheart
4 games and shoes ~ \$6
5 p.m.-close

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!

- Feb. 5: "You Again" (PG)
- Feb. 8: "The American" (R)
- Feb. 9: "The Town" (R)
- Feb. 10: "Takers" (PG-13)
- Feb. 12: "Legend of the Guardian" (PG)
- Feb. 15: "Let Me In" (R)
- Feb. 16: "Three Kings" (R)
- Feb. 17: "Easy A" (PG-13)
- Feb. 19: "Scott Pilgrim vs the World" (PG-13)
- Feb. 22: "Piranha 3" (R)
- Feb. 23: "The Last Exorcism" (PG-13)
- Feb. 24: "The Switch" (PG-13)
- Feb. 26: "City of Angels" (PG-13)
- March 1: "Going the Distance" (R)



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.

February

5th: Birmingham Shopping Trip to the Riverchase Galleria Mall where a combination of 200 shops and restaurants awaits you. Leave Liberty parking lot at 8:30 a.m. Cost is \$10 per person. Minimum of 20 people needed for the trip to run - NO REFUNDS (unless the trip is cancelled).

6th: Super Bowl Party
Liberty will provide you with an NFL smack down party of FREE food, big screen viewing, Nerf football & prize drawings! The Liberty Center will stay open for the entirety of the game.

9th: Indoor Basketball Hoop Shoot Contest begins at 7 p.m. in the Liberty Center. No entry fee - prize awarded to the winner. Register day of the event at Liberty Center.

10th: Liberty Bowl ~ FREE bowling to all Liberty patronage at McCain Rec Center from 6 p.m.-10:30 p.m.

13th: Carnival Day ~ Silly "carnival games" with prizes and light snacks throughout the day beginning at 2 p.m. in the Liberty Center.

14th: Valentine Dessert Day!
FREE sweets & soda will be available beginning at 7 p.m.

17th: Double Elimination Pool Tournament begins at 7 p.m. in the Liberty Center. No entry fee - prize awarded to winner. Register day of event at Liberty Center.

19th: World of Coca Cola & Georgia Aquarium Trip ~ Bus leaves Liberty parking lot at 5 a.m. Cost is \$30 per person. Pay and register at Liberty Center by Feb. 16. Minimum of 20 people needed for the event to run - NO REFUNDS (unless the trip is cancelled).

Longtime MWR employees say goodbye



Photo by Matt Davis

MWR Director Terry York presents Mattie Baylor a letter of appreciation for her 33 years of service to NAS Meridian. Baylor retired on Jan. 21. A reception was held in her honor at the Sandtrap.



Photo by Matt Davis

Ann Bohannon, left, is congratulated by Capt. Charles Gibson, NAS Meridian commanding officer, during her retirement ceremony at Rudders on Jan. 25. Bohannon was employed at NAS Meridian for more than 35 years.

New Year's Run



Participants await the start of the New Year's Resolution Run on Jan. 29. Participants received prizes for completing 1, 3, 5 and 7 mile increments.

Photo by Matt Davis
MWR Marketing Manager

THE OUTPOST PIT STOP CHALLENGE

Feb. 15 at 5 p.m. Chance to win two tickets to the April Race at Talladega.

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



Child and Youth Programs...

- The Child Development Center has two full time slots available in pre-toddlers and four full time slots available for toddlers. For more information, call Deridre Odom or Linda Griffin at (601) 679-2652.
- The School Age Center has open slots available for before and after care. SAC also offers First Tee, Boys and Girls Club and 4-H. For more information, call Sheila McCoy at (601) 679-5252 or (601) 679-2652.



New Group Class -- Belly Dancing

Starting in February on Monday, Wednesday & Friday from 11:30 a.m.-12:15 p.m. at the Gym. Not just for ladies either, men welcome...that means come join us~! (harder exercise than most may think) Stacey Jemison is the instructor. For information, call (601) 679-2379.



~~ MWR News ~~

ITT is now located next to Navy Federal Credit Union in Administration Building 255. Hours: Monday-Friday from 10 a.m.-5 p.m. Stop by the **ITT Office** to take advantage of the Walt Disney Military Salute today! For more information call (601) 679-3773.

Ponta Creek Golf Course hosts One Person Scramble on Feb. 26. Shotgun start at 10 a.m. Cost is \$30 per person and includes green fee, cart and lunch. For more information, call (601) 679-2526.



Group Exercise Schedule:

- Mondays ~ 11:30 a.m.:** Belly Dancing with Stacey
 - 6 p.m.:** Self Defense with Dawg Kerwood
 - Tuesdays ~ 11:15 a.m.:** Cardio Mix with Shannon
 - Wednesdays ~ 11:30 a.m.:** Belly Dancing with Stacey
 - 6 p.m.:** Self Defense with Dawg Kerwood
 - Thursdays ~ 11:15 a.m.:** Cardio Mix with Shannon
 - Fridays ~ 11:30 a.m.:** Belly Dancing with Stacey
 - **P90X and Insanity available any time!****
- Fitness Center Policy: The Sonny Montgomery Fitness Center will conduct a 100 percent ID check of all fitness center patrons.
- 1.) ID check will be administered to ALL unless wearing issued PT gear or are in uniform.
 - 2.) If NO issued PT gear is worn, then you must show ID to enter the workout zones.
 - 3.) If any civilian is sponsored by authorized personnel, they must pay the daily fee of \$2.
 - 4.) All contractors must pay the daily fees or monthly dues and show ID to enter workout zones.
- The NAS Meridian Fitness Center is in its temporary location in Building 266 (Behind Starbase Atlantis). Call (601) 679-2367.

The Library has a new phone number -- (601) 679-2326.

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

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

Do-It-Yourself at the **Outpost**
The Outpost has auto lifts that rent for \$4 an hour and stall rentals that

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

MWR POV Lot now has two covered parking slots available. Sizes are approximately 15'x30'. POV and Personal Storage units for rent. Starting at \$20 month for military & \$25 month for DoD. Call (601) 679-2609 or come by for more details!

Rudders hosts Hip Hop Night is every Tuesday and Saturday beginning at 7 p.m. Wednesday is Ladies Night!

Meridian/NAS Bus Schedule

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

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

Applebee's Restaurant (upon request only)

It's Your Turn...

Who do you think will win Super Bowl XLV -- the Pittsburgh Steelers or the Green Bay Packers?

Photos by MC2 Flordeliz Valerio



LSSR Samuel Rattet
NTTC Student

"Green Bay! I hate Pittsburgh."



PSSN Timothy McNeil
NTTC Student

"I want Green Bay to win. The Steelers never been welcomed in Dallas -- my hometown. Go Green Bay!"



LS3 Keith Albracht
NTTC Student

"Green Bay is going to stop the Steelers so they have no chance. I feel they don't deserve to even be there."



YNSR Michael Augustine
NTTC Student

"Green Bay all the way! I love the NFL! Go Green Bay!"



YNSN Jack Bersch
NTTC Student

"Green Bay because the Steelers stole the Super Bowl from Seattle."

Fleet & Family Support Center

Tips to help couples communicate better

Good communication is one of the essentials for a strong relationship. It helps couples share their joys and sorrows, understand each other's thoughts and feelings, and solve problems together. And it's a critical skill for couples dealing with the unique challenges of the military way of life.

There are two main keys to communicating well as a couple: careful listening and paying close attention both to what you say and how you say it. Good communication means sending clear and consistent messages, not just with your words but with your tone of voice, gestures, and facial expressions. Just as important, it also means taking the time to truly listen to what the other person is saying.

Tips on communicating as a couple

Learning to communicate well is one of the most important things any couple can do. Poor communication is the number one complaint of couples who split up, and it can make life much more difficult for those who stay together. You might try these ways of strengthening your communication skills.

- Make time to talk to each other. Try to spend some time each day talking to each other -- over a meal, after work, or before bed. This is so important that some busy couples find it helpful to mark time to talk in their calendars. One study found that just talking for as little as 15 minutes a day can help keep a relationship strong. (In contrast, couples who split up spend an average of four minutes a day or less in conversation.) During separations, talk by phone if possible, or use other forms of electronic communication to stay connected when you can't talk to each other.

- Share your thoughts and feelings. One of the joys of being part of a couple is having someone with whom you can share your deepest thoughts and feelings. But after a while, you may fall into a rut. You may seem to talk only about things such as what to have for dinner or watch on television. If this happens, make an extra effort to talk about the things that matter most to you -- the joys and sorrows you can't share (or can't share as well) with anybody else. If you're still having trouble, try taking normal conversations a step further. Talk about what you think about a story in the news, a good book you're reading, or how your supervisor makes you feel.

- Listen carefully. Good communication involves not just speaking clearly but listening closely. This kind of "active listening" means giving each other your full attention and not interrupting. When you're talking about something important, turn off the television or radio and let voicemail take messages. One test to gauge how well you're listening is to pay attention to your thoughts while someone else is speaking. If you find yourself planning what you are going to say as soon as you have a chance to talk, you're probably not listening and need to refocus on the other person.

- Show that you understand what you've heard. It's important not just to listen but to make it clear that you've heard what the other person is telling you. You can do this by reflecting back what you've heard through phrases such as, "So what you're saying is..." or "I want to make sure I understand you correctly. You feel that..." This way your spouse will know that you are truly listening to the conversation. Don't give advice or try to solve problems unless you are asked.

- Offer frequent praise, support, and encouragement. Studies have shown that couples who stay together make many more positive comments to each other than negative ones. You might try to find something to praise every day, even if you've said similar things before. Your praise can be as simple as, "That was a fantastic dinner! I really appreciate all the effort you put into it." Or, "You were so patient when you helped Maria with her homework. I could see what a difference it made to her." If you make a habit of offering support, your words are less likely to meet with resistance when you have to bring up a tough subject.

- Write notes or send e-mail or text messages. Leave a note on the car seat that says, "I love you" or "Good luck with your presentation! I have faith that you'll do a great job." Send e-mails, text messages, or "I miss you" cards when your spouse is deployed or away on temporary duty.

- Pay attention to your body language. Only about 7 percent of communication comes from your words; the rest is from your gestures, facial expressions, and tone of voice. You can send positive messages by doing such things as looking the other person in the eye, giving hugs and kisses, and gently stroking the other person's arm or hair. You'll send negative messages

Helpful things to say when you're having trouble communicating. Sometimes making a few small changes in what you say can make a big difference in how well you communicate as a couple.

Instead of saying: "You never call when you're going to come home late."

Try: "I'd like you to call when you won't be home so that I can adjust my schedule."

Instead of saying: "How many times do I have to ask you to fix that broken step?"

Try: "I'm very concerned that someone will trip on the step and get hurt. When do you think you'll be able to get to this?"

Instead of saying: "Why did you buy a flat-screen TV without telling me first?"

Try: "When you buy expensive things without consulting me, I feel that my opinion doesn't matter to you."

Instead of saying: "You're not making any sense."

Try: "I don't understand what you mean. Are you saying that...?"

Instead of saying: "Don't expect me to clean the house."

Try: "I have a very busy week, so if you want to have your friends over to watch the game on Saturday, you'll need to clean the house. Would you like me to give you a list of what needs to be done?"

if you engage in eye-rolling, finger-pointing, or walking away when your spouse is speaking to you.

Military OneSource is a free 24-hour service is available to all active duty, Guard, and Reserve members (regardless of activation status) and their families. Consultants provide information and make referrals on a wide range of issues, including relationships. Free face-to-face counseling sessions (and their equivalent by phone or online) are also available. Call 1-800-342-9647 or go to www.MilitaryOneSource.com to learn more.

This article was written with the help of Alexandra Mezey, LICSW. She has worked as a family therapist and as an employee assistance program counselor, helping people with issues across the lifespan. She is president of Life Clarity Coaching, based in Massachusetts.

saving money, fuel economy "will improve both the security and combat capability," said Mabus.

He said that increasing the amount of time between refueling ships and aircraft will respectively create more capable units and extend the range of strike missions.

"It's about ensuring the safety and the lives of our troops," said Mabus.

• Enterprise

get to this day and now look forward to learning from and building upon the relationships of our maritime allies in the area," Mewbourne said. "This team of Sailors and Marines has honed its skills at sea, but is also looking forward to experiencing the culture and history of this beautiful part of the world."

This deployment, the 21st for the carrier since its commissioning in 1961, also marks the first deployment of the centennial year of naval aviation.

"For 100 years, we have operated aircraft from the decks of warships. It's appropriate that our most accomplished active aircraft carrier is the first to deploy this year," Kraft said.

Following its mission in 6th Fleet, the CSG is scheduled to operate in the 5th Fleet AOR to support maritime security operations (MSO) and theater security cooperation efforts.

MSO help set the conditions for security and stability in the maritime environment, as well as complement the counterterrorism and security efforts of regional nations. These operations seek to disrupt violent extremists' use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.

• Energy

by Mabus as an example of alternative energy at its best. Through this pilot program, Mabus said Marines have reduced the amount of fossil fuel they use by 20 percent. As a consequence, Marines utilize fuel convoys less.

"If this program can be expanded, it has the potential to achieve monetary savings," said Mabus. Even more important than

• Combat center

Marines will experience the difficulties they will face during deployments as they communicate, coordinate, maneuver and operate in urban settings. Besides what they can plainly see, Marines will also be on the lookout for escape tunnels, hiding places, weapons caches and other dangerous spaces as they search basements, "spiderhole" hiding places, almost 1,900 feet of underground tunnels, a manmade riverbed and dozens of courtyards and compounds, according to the Combat Center release.

"The facility has been in the works close to nine years now," said Brig. Gen. H. Stacy Clardy III, the Combat Center's commanding general, "Before this there was no facility like this in the Marine Corps," he said. "This is a very unique facility for the Marine Corps and the [Department of Defense]."

The building is touted by its makers as one of the largest of its kind in the DoD. Clardy said the facility, which is one of the largest in the DoD, is not just an investment in training.

"This place will certainly accomplish our mission of bringing Marines back alive," said Clardy. "The more you sweat in peace, the less you bleed in war."

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.

Mid-Term CONSEP Training: Feb. 7-10 from 8 a.m.-3:30 p.m. FFSC is presenting the Career Options and Navy Skills Evaluation Program (CONSEP), a mid-career training for Sailors with six to 12 years of active duty who are within 18-24 months of EAOS. The class will assist Sailors in making educated career decisions in order to be competitive, thereby maximizing their potential in the Navy. Participants will learn to market themselves, evaluate their individual skills, set goals, compare civilian and military careers, explore Navy upward mobility options, and enhance financial stability. Spouses are invited.

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

Enhancing Relationships: Feb. 14 from 9-10 a.m. Would you like to learn techniques to help you and your significant other communicate more effectively, solve problems, and maintain the fun, friendship, and intimacy? If so, join other couples in this FFSC seminar to explore specific skills to help you reduce the risk of relationship failure and preserve a lasting commitment and love.

Stress Management: Feb. 15 from 1-2 p.m. Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental and physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress better.

Creative Communication Techniques: Feb. 16 from 2-3 p.m. or Feb. 28 from 10-11 a.m. Communication is a basic life skill, as important as the skills by which you make your way through school or earn a living. Effective communication makes all kinds of relationships -- romantic, business, friendly -- work. This workshop will explore constructive and destructive communication patterns, ground rules for effective communication, and danger signs of communication breakdowns. Sign up today to learn the communication techniques that will make your relationships healthier.

Military Saves Week: Feb. 20-27 Be on the lookout for lots of Military Saves and Military Youth Saves events! More information TBA.

Saving & Investing: Feb. 23 from 9-10 a.m. While money doesn't grow on trees, it does grow when you save and invest wisely. Knowing how to secure your financial well-being is one of the most important things you'll ever need to know in life. You don't have to be a financial genius to do it, you just need to know how to get started. No matter how much or little money you have, the important thing is to start!

NAVY-MARINE CORPS RELIEF SOCIETY

Coming Soon....

BABY BOOT CAMP

Navy-Marine Corps Relief Society
Building 206, Suite B06
Naval Air Station
Meridian, MS 38749-3883
Phone: 601-473-2394
Fax: 601-479-0298
E-mail: nmcrs@idias@yahoo.com

- LIGHT REFRESHMENTS
- LOCAL LACTATION CONSULTANT SPEAKER
- LOCAL PEDIATRIC NURSE SPEAKER
- BABY GEAR & WEBSITE INFORMATION
- BABY FINANCIAL INFORMATION
- ISSUED BABY FIRST SEA BAG (LAVETTE)
- DOOR PRIZES FROM LOCAL BUSINESSES

Baby Boot Camp Workshop Date:
Saturday, March 5, 2011
9:30-11:30 A.M.
at 598R
Navy-Marine Corps Relief Society Office

Reserve your spot by calling (601) 679-2504
or email us at nmcrs@idias@yahoo.com.
Available to all active duty and retired service members and their spouses.

10 Navy, Marine Corps aviators earn 'Wings of Gold'

There was a naval aviator designation ceremony on Jan. 21 in the chapel at NAS Meridian.

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

Ten U.S. Navy and Marine Corps aviators will receive "Wings of Gold." They were:

First Lt. Travis Bond, USMC, who was named to the Commodore's List during Primary Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Dec. 11, when he was named VT-7's "Top Hook" for that carrier qualification evolution. Bond completed Advanced Jet Flight Training with Training Squadron Seven;

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



Bond



DeVuomo



Gardenhire



Golemi



Heinz



McCook



Reeves



E. Smith



M. Smith Jr.



Wigginton

Training Squadron Nine;

First Lt. Stanton Gardenhire, USMC, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and was selected as VT-9's Student of the Month for July 2010. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Dec. 11, when he was named VT-9's "Top Hook" for that carrier qualification evolution. Gardenhire completed Advanced Jet Flight Training with Training Squadron Nine;

Lt. j.g. Anthony Golemi, USN, who earned two Navy "E's" for bombing accuracy during

Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Dec. 12. Golemi completed Advanced Jet Flight Training with Training Squadron Nine;

First Lt. Derek Heinz, USMC, who earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Dec. 12. Heinz completed Advanced Jet Flight Training with Training Squadron Nine;

Lt. j.g. Christopher

McCook, USN, who was named to the Commodore's List during Primary Flight Training and earned five Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Dec. 12. McCook completed Advanced Jet Flight Training with Training Squadron Seven;

Lt. j.g. John Reeves, USN, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Nimitz (CVN-68) on Nov. 6.

Reeves completed Advanced Jet Flight Training with Training Squadron Seven;

Lt. j.g. Erik Smith, USN, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Dec. 11. Smith completed Advanced Jet Flight Training with Training Squadron Nine;

Lt. j.g. Michael Smith Jr., USN, who was selected VT-9's Student of the Month for June 2010 and earned the "Best Bomber" award for his class. He was named to

the Commodore's List during Advanced Jet Flight Training and earned three Navy "E's" for bombing accuracy. He carrier qualified in the T-45C on board the USS Nimitz (CVN-68) on Nov. 6. Smith completed Advanced Jet Flight Training with Training Squadron Nine; and

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

Pensacola honors its past at Centennial of Naval Aviation event

By Joy Samsel
NETC Public Affairs

PENSACOLA, Fla. -- Addressing a crowd of more than 500 people at the kickoff event Jan. 20 for Naval Air Station (NAS) Pensacola's year-long commemoration of the Centennial of Naval Aviation, the commander of Naval Education and Training Command (NETC) told the audience how important aviation is to America.

Rear Adm. Joseph Kilkenny, NETC commander, said the opinions of Navy leadership about aviation have greatly changed over the years.

"In this year of 2011, we absolutely know how aviation positively impacts our Maritime Forces, and is essential to the defense of our Republic," Kilkenny said. "That was not always the case. In 1901 Rear Adm. George Melville wrote in the North American Review that neither the dirigible airship nor the powered flying machine would ever prove of any use commercially, let alone in warfare. Rear Adm. Melville called flight - 'wholly unwarranted if not absurd.'

"Well nobody ever said making admirals gives you wisdom," quipped Kilkenny.

Speakers at the event included Kilkenny, Capt.

Christopher Plummer, commanding officer, NAS Pensacola, and Florida Gov. Rick Scott.

The Navy officially dates the beginning of its aviation element to 8 May 1911, when the service's first aircraft were requisitioned. Marine Corps Aviation dates its birth to 22 May of the following year, when First Lieutenant Alfred A. Cunningham reported for duty as the first Marine Corps aviator.

The date for Pensacola's kickoff was selected to coincide with the arrival of the team who would develop the first training program and base.

"Today marks the exact day 97 years ago - 20 January 1914 - in the spot where Lt. John H. Towers and Lt. Cmdr. Henry C. Mustin landed in Pensacola," said Plummer. "Towers was the officer-in-charge of an aviation unit from Annapolis, Md., consisting of 9 officers and 23 Sailors who arrived on board the battleship USS Mississippi (BB 23) and USS Orion (a cargo ship) to setup a Navy flying school on these beautiful shores. Mustin was in command of the USS Mississippi and this new Naval Air Station. This cadre of naval officers and Sailors erected what became known as the

Cradle of Naval Aviation. The rest is history."

Kilkenny told the audience that as you drive around the Pensacola region, the names of the first pioneers of Naval Aviation mark the streets, building and other facilities.

"Chambers Avenue, Mustin Street, and Whiting Field," Kilkenny said. "These are but a few of the names of our earliest aviation pioneers. The efforts of the brave souls who took to the skies, has grown into a formidable force. In the last 100 years, more than 337,400 men and women have earned their wings as aviators or naval flight officers."

According to Kilkenny, the people who fly aircraft are only part of the maritime aviation story.

"From the first, importance was placed on not only training pilots, but also the critical training of the mechanics who maintain the aircraft," Kilkenny said. "As aviation was new, both pilots and mechanics learned 'on the fly.' According to early flyer Lt. John Towers, 'there was no science to flying; it was mostly trial and error.'"

The first aircraft mechanics learned by working in various shops to watch how the wooden frames and pontoons were



Photo by Joy Samsel

Rear Adm. Joseph Kilkenny, commander, Naval Education and Training Command addresses the audience at the NAS Pensacola kickoff event for the Centennial of Naval Aviation Jan 20. Staged at NAS Pensacola's Historic Pavilion, the event was attended by more than 500 military and civilian guests, and featured remarks from local civic leaders, as well as Florida Gov. Rick Scott.

built, and the fabric was stretched on the wings. The idea was to make them jack-of-all-trades with some knowledge of motors, rigging, blacksmithing, balloons, and how to launch and recover the aircraft from the beach.

"Today our aircraft are among the most technologically advanced in the world," Kilkenny told the audience. "Their maintenance and support is critical to the success of our maritime missions. Most of the skilled aviation technicians are trained here in Pensacola

at Naval Air Technical Training Center, just a few hundred yards from here at Chevalier Field. It is this exemplary training that enables our Navy, Marine Corps and Coast Guard to successfully execute the Maritime Strategy. And it begins here in Pensacola."

During his address, Kilkenny outlined how aviation has expanded its abilities since the early days when aircraft were mainly used for observation. World War II was a turning point for the naval service as the Navy and Marine Corps battlefields

came to include the skies over contested land and sea. For the first time, naval engagements were fought entirely in the air.

"Today, from putting boots on the ground to placing precision munitions on target, there are few places on the planet beyond the reach of Naval Aviation," Kilkenny said. "This year, we celebrate 100 years of Naval Aviation. And we look forward to the next 100 years as Pensacola and the Cradle of Naval Aviation continues to build the Global Force for Good."

Navy publishes notice of intent to prepare West Coast JSF Homebasing EIS

NORFOLK (NNS) -- A notice of intent will be published in the Federal Register Jan. 28 announcing the Navy's intent to prepare an environmental impact statement (EIS) that will evaluate the potential environmental effects associated with basing the F-35C Joint Strike Fighter (JSF) aircraft on the West Coast of the United States.

Under this proposal, a total of seven active-duty F/A-18C Hornet squadrons and one fleet replacement squadron (FRS), a total of 100 aircraft, will progressively transition from the F/A-18C Hornet aircraft to the more advanced F-35C JSF beginning in 2015. This transition will occur as a one-for-one replacement.

During the initial planning process to identify suitable home base locations for the F-35C, the Navy evaluated 134 Department of Defense installations against the operational and facilities requirements necessary to support the homebasing of the F-35C. The preliminary screening process identified two potentially suitable West Coast home basing locations: Naval Air Station (NAS) Lemoore, located in Kings County, Calif., and Naval Air Facility (NAF) El Centro, located in Imperial County, Calif.

In order to maximize efficiency of support facilities, simulation devices and on-site support personnel, the Navy intends to base all its West Coast F-35C aircraft at one location. Accordingly, initial alternatives to be considered in the U.S. Navy F-35C West Coast EIS are basing seven F-35C fleet squadrons and one F-35C FRS at either NAS Lemoore or NAF El Centro. Additionally, a no action alternative will be evaluated at each of the

potential homebase locations to provide a baseline for comparison and analysis of the environmental consequences associated with the basing alternatives.

The Navy is initiating the scoping process to identify community concerns and local issues that will be addressed in the EIS. As part of the EIS public participation process, the Navy plans to hold scoping meetings in February 2011 to obtain public input on the scope of the EIS.

Scoping meetings will be held on the following days, at the following locations:

1. Feb. 15 at the Southwest High School, 2001 Ocotillo Drive, El Centro, Calif., 92243 (located in Imperial County, Calif.)

2. Feb. 17 at Lemoore Senior Center - Gene Stebbins Building, 789 S Lemoore Avenue (S 18th Avenue), Lemoore, Calif. (located in Kings County, Calif.)

Each meeting will occur from 5-8 p.m. The meetings will be conducted using an open house format with informational displays and materials available for public review. The primary purpose of scoping is to provide the public an opportunity to submit comments on environmental concerns that should be addressed in the U.S. Navy F-35C West Coast homebasing EIS. Although many details regarding this basing effort can only be determined after thorough analysis, Navy staff will be present at these open houses to answer general questions on the homebasing action and the EIS process.

Comments may be submitted electronically at the project website, www.navyf35cwestcoasteis.com, or



Photo courtesy of Lockheed Martin

The first F-35C Lightning II carrier variant, the U.S. Navy's first stealth fighter, arrives at Naval Air Station Patuxent River, Md.

through the mail by sending them to:

U.S. Navy F-35C West Coast Homebasing EIS Project Manager; Naval Facilities Engineering Command, Southwest, Attn: Code EV21.AK, 1220 Pacific Highway, Bldg. 1, San Diego, Calif., 92132.