



THE SKYLINE



Volume 49, Number 6

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

March 17, 2011

On Base...

✓ **Air Show Concession Booth:**
Any group or organization interested in operating a concession booth during the Golden Wings Over Meridian Air show on March 26-27 should contact Dave Atkins at (601) 679-2526 or e-mail: david.w.atkins@navy.mil.

✓ **Calling all active duty and retired Chief Petty Officers!**
You are invited to take part in the Chief's birthday and NAS Meridian's 50th anniversary commemorative photo shoot. Two separate photos will be taken. First Photo: Active duty and retired personnel in service khakis with combination covers. This photo will be a simulated 1950's era photo with traditional Chief's garb (coffee cup, cigar, etc.). Second photo: Service khakis uncovered or appropriate civilian attire for the retired CPOs. Date: April 1, 10 a.m. Place: ADMIN Building 255 in of the aircraft Alternate location if raining: CPO Mess at NTTC

✓ **Upcoming Safety Courses**
April 4: AAA
April 5-6: Basic Rider Course
April 7: Experienced Rider Course
April 8: Sport Bike Course
BRC and ERC class is open to 12 students. Register by going to www.navy.motorcyclerider.com

A Day in Naval History

March 18
1945: Carriers begin 3 month Okinawa Campaign by destroying aircraft on Kyushu, Japan.
1974: Navy sent to sweep mines from Suez Canal.
March 19
1917: Navy Department authorizes enrollment of women in Naval Reserve with ratings of yeoman, radio electrician, or other essential ratings.
1942: SecNav gave Civil Engineering Corps command of Seabees
2003: Operation Iraqi Freedom begins with Tomahawk strikes from Navy ships and submarines.

— www.history.navy.mil
THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER

Golden Wings Over Meridian

Parking gates open at 8 a.m.; booths open at 9 a.m.
Opening Ceremony begins at 11:15 a.m.
General parking entrance is accessible from Highway 45

By Penny Randall
Staff Writer

The performers are signed. Static aircraft are set to arrive next week. The 2011 Golden Wings Over Meridian air show will welcome thousands to Naval Air Station Meridian on March 26-27.

Opening ceremony for the two-day air show will be at 11:15 a.m. with the Black Daggers -- the U.S. Army Special Operations Command Parachute Demonstration Team bringing in the American flag as they parachute miles to the ground.

The Navy's elite demonstration team -- the Blue Angels will be the grand finale act.

Special exhibits located on the south end of the east side of the hangar will include 27 quilts from Thread Tails and Vapor Trails program. Other exhibits include the Navy Meteorology and Oceanography Command, and the Navy and Marine Corps Centennial of Aviation tributes. Be sure to check out the NAS Meridian 50th anniversary exhibit.

One of the most exciting moments during the air show will be when the classic Warbirds Demonstration Team takes to the sky over NAS Meridian. Known as the Trojan Horsemen, the pilots repertoires include both four-ship and six-ship formation demonstrations including formation aerobatics by the two

solo pilots. The routine is a patriotic tribute to the United States Armed Forces with music and narration.

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

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

Also scheduled to perform is the Viper West Team, one of two F-16 demonstration teams in the U.S. Air Forces' Air Combat Command. The F-16 Fighting Falcon, more commonly known to military pilots as the Viper, is a compact, extremely maneuverable multi-role fighter aircraft. The F-16 has proven itself in air-to-air combat as well as air-to-surface attack. It provides a relatively low-cost, high-performance weapon system for the air forces of the United States and other allied nations.



- Static Aircraft Include:**
- [Navy](#)
 - F-5, E-2
 - T-6, T-34
 - TH-57
 - TC-12
 - T-45
 - EA6-B
 - FA-18G
 - H-60
 - [Coast Guard](#)
 - HC-144A
 - T-34
 - [Army Air National Guard](#)
 - CH-47
 - [Air Force:](#) C-17
 - [Others](#)
 - PRM1-
 - Premier 1A
 - BE20-King Air
 - 200GT
 - BE58-Baron
 - G58

Tune to 97.1 FM and 105.7 FM on air show days for traffic updates



Kendal Simpson in the Pitts Model 12



Gary Ward in the MX2

Pitts, MX2 promise to thrill air show spectators

By Penny Randall
Staff Writer

With more than 25 years of combined flight experience, aerobatic pilots Kendal Simpson in a Pitts Model 12 and Gary Ward in the MX2 will thrill onlookers at "Golden Wings Over Meridian" air show celebrating the 50th anniversary of NAS Meridian and the centennial of Naval Aviation.

Set for March 26-27 at Naval Air Station Meridian, the Navy's elite demonstration team, the Blue Angels will headline the air show with numerous civilian and military acts also set to perform.

From a very young age, Simpson was always fascinated with airplanes. In May 1995 at the age of 19, one of his life-long goals was accomplished when he obtained his private pilot certificate with only 42 hours of flight time. In 2001, Simpson bought his first biplane and started practicing aerobatics. Simpson has accumulated more than 6,800 flight hours in more than 60 different aircraft types. Besides aerobatics he has experienced all types of aviation including: Flying freight, charter flights, flight instruction, crop dusting, glider towing, corpo-

rate, and airline flying. He currently flies some of the most advanced corporate jets in the world both domestically and internationally. His air show two-seater ultimate biplane is 19 feet, 8 inches long, stands 9 feet, 9 inches in height, and weighs 1,525 pounds. It has a wing span of 22 feet.

Ward developed an interest in airplanes as a young teenager, soloed at age 16 in a Piper J-3 Cub and has been passionate about aviation ever since. After high school and a tour with the U.S. Air Force as a jet engine mechanic, Ward graduated from Georgia Institute of Technology with a degree in aerospace engineering. He worked as a design engineer on the Cessna Citation for about a year before "switching hats" to work in a family operated lumber manufacturing business.

Ward began his air show career in 1998 flying a Pitts S2-B. He will dazzle the audience in his MX2 -- an aerobatic aircraft. It is strong, fast and very agile. The entire airframe is construct-

ed of aerospace quality carbon fiber to provide maximum strength and stiffness with minimum weight. The MX2 is powered by a Lycoming engine modified by LYCON to produce more than 350 horsepower.

Ward puts the MX2 through an exciting performance. The action starts on takeoff as Ward pulls steeply up and goes into a spectacular take off maneuver. The entire sequence is jam packed with breathtaking gyrations that range from zero speed hovers to dives in excess of 250 mph. The MX2 is so powerful that at the end of an inverted flat spin, rotation is stopped and the MX2 will fly out, inverted, without the nose ever dropping below the horizon. Ward makes full use of the power and agility of the MX2 to perform many maneuvers that an "airplane just isn't supposed to do!"

The MX2 has a wing span of 24 feet and is 21 feet, 6 inches in length. The plane's cruise speed is 218 mph. Its max speed in dives is 264 mph

College degrees can increase Sailors' advancement percentage

By Ed Barker
Naval Education and Training Command Public Affairs

PENSACOLA, Fla. (NNS) -- Sailors with college degrees can increase their chances for advancement, according to data provided by the Navy Advancement Center (NAC) on March 7.

According to the NAC data on the September 2009 through September 2010 advancement cycles for E4/E5/E6, Sailors with a college degree advanced at a rate that was higher than their counterparts without a

degree. For example, on the September 2010 cycle 208 exams, 22.9 percent of Sailors with a degree advanced, while 16.4 percent of Sailors without a degree advanced.

"The September 2008 exam cycle was the introduction of education points into the calculations for the E4-E6 final multiple score (FMS)," said Lt. Cmdr. Jim LeViness, director of the NAC. "This review of the data shows the difference a degree can make, but only if it's combined with sustained, superior performance and excellent test scores. An important point is

that degrees must be verified and recorded properly to earn points."

Details of the education points process can be found in Naval Administrative Message 301/07. Sailors competing for advancement to paygrades E4-E6 will be awarded two points for an accredited associate degree, and four points for an accredited baccalaureate degree or above. Education points will be awarded for the highest degree held, and will increase the overall FMS points with no reduction in points from

• Degrees, page 2

Look Inside



~ Page 3 ~
Allyson Cagle named Civilian of the Year



~ Page 5 ~
MATSS-1 promotes 3 staff members



~ Page 6 ~
Officer Green asks, "Can love prevent crime?"



~ Page 8 ~
Work continues on Fitness Center

Photo of the Week



Photo by Sgt. Monique Wallace

RECRUITING STATION LOS ANGELES -- Television personality, Bob Barker signs a \$2 million check held by Karen Guenther, center, and retired Maj. Gen. Mike Myatt during a press conference outside the Marine Corps Recruiting Sub Station Hollywood office. Barker's donation to the Semper Fi Fund will help provide financial assistance for post 9-11 Marines, Soldiers, Sailors, Airmen and Coast Guardsmen who are injured while serving in support of Marine forces. The fund was founded in 2004 by Guenther and has awarded close to 26,000 financial grants totaling more than \$46 million.

Area Happenings

APRIL

1-3: Meridian Community College's Arts and Letters "Disney's My Son Pinocchio (Geppetto's Musical Tale)" will be performed in McCain Theatre, 910 Hwy 19 North on April 1 at 9:30 a.m. and 7 p.m., April 2 at 7 p.m., and April 3 at 2 p.m. For information, call (601) 484-8696.

2: Fifteenth Avenue Baptist MOPS is hosting a parking lot yard sale at 1315 15th Ave., Meridian. This is an excellent way to get rid of unwanted items while making money at the same time! Parking spaces are available for purchase (1/\$15 or 2/\$25). We will do ALL the advertising & you keep ALL the profits. Tables & chairs are not provided, but you may bring your own. As a Christian organization we reserve the right to ask you to remove offensive items (pornography, alcohol related items, etc.) Coffee, soda, hot dogs, & more will be available for purchase. Sale starts at 8 a.m. For more information on buying a parking spot contact FABMOPS@yahoo.com or call Beth Blankenship at (601) 678.6090.

2: Threefoot Festival featuring a fine art exhibit, competition, and sale. There will be art demonstrations, live entertainment, food and beverages. The festival will be along 6th and 7th Streets between 23rd and 25th Avenue in downtown Meridian. Times: 9 a.m.-6 p.m. Admission is free.

2: Bonita Lakes Duathlon sponsored by the Bonita Lakes Running Club and Meridian Athletic Association. Race begins at 8 a.m. at Bonita Lakes Park. For information, call Lora Blackledge at (601) 938-0120 or email Stacy Barr at jsbarr57@hotmail.com.

2: The Jimmie Rodgers Foundation presents its annual Gospel and Country Talent Competition at the Temple Theatre Ballroom in downtown Meridian. Youth and adult divisions. Winners will receive prize money. Pre-registration is required by March 31. Registration forms can be found at www.jimmierodgers.com or picked up at the City of Meridian Community Development offices, 711 23rd Avenue, Monday-Friday 8 a.m.-5 p.m. For information, call (601) 416-1630 or e-mail rf2ndmile@hotmail.com.

7: Meridian Community College presents the 7th Annual Job Fair from 9 a.m.-1 p.m. at the college's Webb Hall in the Dulaney & Great Southern Rooms. Come dressed for success and bring a resume. For information, call (601) 481-1370 or (601) 481-1327.

8: Meridian Community College Band performs in the McCain Theatre, 910 Hwy 19 North at 7 p.m. For information and tickets, call (601) 484-8696.

9: Anderson Cup Road Race begins at 8 a.m. in downtown Meridian at 2124 14th St. For more information, call (601) 553-6622.

9-10: The Meridian Little Theatre Ladies Guild will hold its annual Spring Variety Sale at the Meridian Little Theatre on Highway 39 North, Meridian. Hours of operation are Saturday from 9 a.m.-5 p.m. and Sunday from 1-5 p.m. Sunday will be ? price day. Items for sale include ladies, men's and children's clothing, purses, shoes, and other accessories. We also have miscellaneous furniture items, luggage, linens, lots of kitchen items, knickknacks, home decorations, luggage, toys and many other items. For more information, call the box office at (601) 482-6371 or (601) 679-7671.

23: Meridian Symphony Orchestra's annual Crawfish Boil from 6-11 p.m. at the Frank Cochran Center. Tickets are \$20 in advance or \$25 at the door. Live music by Second Chance. T-shirts and huggies for sale at the event. Tickets available at Belle G, The Daily Grind, The Deli on 5th, Cater's Market, Cater's Café & Meridian Symphony office.

Starbase Atlantis and NAS Meridian Child and Youth Programs presents Planetarium, Art & Information Showcase

April 21, from 4-5 p.m. at Building 266

Ages 5-8: Cool Constellations: Starlab Planetarium & Constellation Art

Ages 9-12: Activity sponsored by NAS Child and Youth Programs
Spaces are limited. Please call (601) 679-2448 to register.

Parents will be required to remain with children.

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)

Son of legendary diver speaks at Black History Month celebration in Norfolk

By MC1 (AW) Tim Comerford
Commander, Navy Region Mid Atlantic Public Affairs

NORFOLK, Va. (NNS) -- The son of Master Chief Petty Officer Carl Brashear, the first African-American to qualify and serve as a master diver in the Navy, spoke at Commander, Navy Region Mid-Atlantic's African-American/Black History Month celebration, March 3

Army Warrant Officer Phillip Brashear related his father's legacy and his own determination as an African-American.

"First of all, I'd like to say I feel honored to be here," Brashear said. "I'm a helicopter pilot, and I've spent time in Iraq. During my time in Iraq, I (had) been shot at a lot. So for me to be here before you, 6-foot-4 and 240 pounds -- being a big target for insurgents to get -- I just want to thank God and the military I am here today."

He said the honor of being able to assume his occupation was due to innovators of the past.

"I wouldn't even be flying Blackhawk helicopters if it weren't for a special group that we always should recognize -- the 'Tuskegee Airmen,'" said Brashear. "I fly a multi-million dollar aircraft because they taught America, and the world, that it doesn't matter what color of skin you are. If you have the mental capacity -- you can do anything you want in life."

The Tuskegee Airmen were African-American pilots who fought in World War II. Formerly, they were called the 332nd Fighter Group and the 477th Bombardment Group of the U.S. Army Air Corps. The Tuskegee Airmen were the first African-American military aviators in the

Meridian military, civilians invited to join Embry-Riddle Aeronautical University classes at Columbus Air Force Base

Embry-Riddle Aeronautical University on board Columbus Air Force Base is offering classes to pursue a Master of Aeronautical Science and Master of Science in Management.

Embry-Riddle Aeronautical University awards advanced standing credit hours towards the Master of Aeronautical Science degree for certain military training. The classes meet three times per 9-week term, on the weekends. No GRE or GMAT required for admissions. Use tuition's assistance and/or GI Bill to begin master's degree classes.

The class is open to civilians, retired and active duty military. The next term

United States armed forces. Brashear said the Tuskegee Airmen may have made him a pilot, but the person who made him a man, was his father.

"I wouldn't be a man if it weren't for Carl Brashear," Brashear said. "It is true, my father was introduced into the Navy as a cook, or steward, because back in those days that is all a black man could do. He was introduced to diving when he saw a diver bring up a wrecked sea plane, and he was just so amazed at what a gentleman was doing, he wanted to do that."

"It was a pretty hard goal even to get to the school, but he achieved that goal," Brashear said.

In 1966, while serving aboard the USS Hoist, Brashear was severely injured while diving in search of a nuclear bomb dropped from an Air Force B-52 Stratofortress following a collision with a KC-135 Stratotanker during in-flight refueling off the coast of Palomares, Spain. The incident resulted in the amputation of his left leg below the knee.

Following two years of recovery and rehabilitation, the determined Brashear achieved recertification as a diver, eventually becoming the first African-American master diver in 1970. He retired from the Navy in 1979 as a master chief petty officer.

Brashear said that his father was exceptional even when he was his own worst enemy.

"Later, toward the end of his career, he developed alcoholism," said Brashear. "And people ask me, 'Why do you bring up alcoholism? Your father was a great man.' Well, he did develop alcoholism, but you know what?"

● Diver, page 10

begins March 21 followed by one in May. For more information, call (662) 434-8262 or e-mail: memphis.center@erau.edu.

ERAU online and Memphis campus also offers undergraduate degree programs as: Associate in Science in Professional Aeronautics Associate in Science in Technical Management Bachelor of Science in Professional Aeronautics Bachelor of Science in Technical Management - Logistics Bachelor of Science in Transportation.

Graduate Degree Programs include Master of Aeronautical Science and Master of Business Administration in Aviation Master of Science in Management.

NAS Meridian seeks command ombudsman

The command ombudsman is a volunteer spouse of an active duty command member, who is appointed by the commanding officer, to serve as an information link between command leadership and Navy families.

Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality of life (QOL) improvement opportunities, and "good deals" around the community. They also provide resource referrals when needed, and are instrumen-

tal in resolving family issues before they require extensive command attention. The commanding officer tailors the ombudsman program to fit the needs of his command. The command ombudsman works under the guidance of the commanding officer.

If you are compassionate, professional, knowledgeable, committed, supportive, loyal, friendly and interested in being NAS Meridian's next ombudsman, please contact NAS Meridian Command Master Chief Sharon Laguna at (601) 679-2629 or e-mail sharon.laguna@navy.mil for information concerning the selection process.

Meridian NEX to offer NMCRS benefit sale tickets

Beginning in March, 42 NEXs will be selling a Navy Marine Corps Relief Society (NMCRS) benefit sale ticket to customers for \$5.

The NAS Meridian NEX is participating in this special event.

The money collected from the sale of each ticket will be given to NMCRS to help Sailors and their families in need. When purchased, the sale ticket will entitle customers to specific percent-off discounts for a one-time purchase on either April 11 or 12.

The benefit sales ticket entitles customers to 10 percent off merchandise storewide, excluding: tobacco, alcoholic beverages, electronics, cameras, computers, video game systems, uniforms, gas, DVDs, CDs, NEX Gift cards, prepaid

cards, e-commerce, Exchange Catalog and concession departments. It does not apply to merchandise previously purchased, existing layaways or special orders.

Other percent-off discounts may not be combined with storewide offer. It also gives customers 10 percent off regularly priced furniture, major appliances, tires and merchandise at NEX Autoport locations; 15 percent off entire stock of apparel and shoes, and 20 percent off regularly priced diamonds and fine and consignment jewelry, excluding Rolex and Omega watches as well as Trollbeads and Pandora jewelry; and 30 percent off already reduced furniture ending in .94, .96 and .97 prices.

-- From NEXCOM PAO

● Degrees

other factors. "According to our data, most of the Sailors with degrees would have advanced even without the education points," said Master Chief Electrician's Mate (SS) Jeromie Cook, Naval Education and Training Professional Development and Technology Center command master chief. "Education enables and reinforces the critical thinking skills that make a better Sailor, and a more efficient, more technical future force. Education points help, but a degree alone won't get you there. Sailors need to remember that the biggest point makers will always be their evaluations and exam score."

To receive the advancement points for education, Sailors must ensure transcripts with degree information are forwarded directly from their academic institution to the Virtual Education Center (VEC) at: Center for Personal and Professional Development
Attn: Virtual Education Center
1905 Regulus Ave
Suite 234

Virginia Beach, VA 23461-2099
Phone: (877) 838-1659

"We've always known that education has a positive impact on performance and advancement, but this is the first time we had numbers to validate how much," said Jennie Humes, deputy director of Voluntary Education (VOLED) for the Navy. "Command leaders should guide Sailors in the attainment of their career goals by ensuring Sailors are aware of available education opportunities, including academic skills courses in addition to degree programs. Developing study habits from earning a degree can also help Sailors in their studying for exams."

Sailors are also strongly encouraged to verify degrees and are documented in their Sailor Marine American Council on Education Registry Transcript (SMART) by visiting https://smart.navy.mil.

To allow sufficient time for the VEC to process all documents, transcripts for Sailors competing for advancement for E4-E6 must be received by no later than the first of the month in which their advancement exam occurs.

The Skyline ~ Naval Air Station Meridian, Miss.

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

NGIS strives to be more efficient with in house laundry

By Penny Randall
Staff Writer

The Navy Gateway Inn and Suites on board Naval Air Station Meridian is focused on efficiency and saving money.

Since October 2010, the NGIS has operated its own laundry services which were previously contracted to an outside agency.

NGIS Manager John Houdek is thrilled with the laundry, but the energy and budget savings is even more exciting to him.

"I've been getting calls from Navy Gateways in other areas of the country wanting to know more about the in house laundry – it's the envy of the region," Houdek said. "They are asking about the machines and the products we use. Outsourcing costs a lot of money and the product we were getting was not as good as the product we are getting in house. We are very pleased with the product we have now, we're not losing linen and having to replace it at our cost. We're saving linen because the laundry workers are taking real good care of it."

NGIS Meridian operates 247 rooms completing on average 280 loads of laundry a month including sheets, towels, pillow cases, blankets and bedspread. The laundry also assists MWR with washing towels for the gym, all does all the linen for Naval Technical Training Center barracks rooms and bachelor housing.

The laundry space consists of three computerized front load 100 pound capacity washers, three front load dryers and one laundry ironer, along with lots of space to sort, fold and store the linens.

"The guests have noticed the change also," Houdek said. "No complaints and we are getting compliments on the sheets."

Four new jobs were created at NGIS to operate the laundry. Laundry Supervisor is Arnetra McGlothlin who

supervises three other employees.

"It's perfect – we are very pleased with the new washers and dryers," McGlothlin said. "It makes the process of cleaning a room so much more efficient. The housekeepers do not have to wait on the linens to be delivered."

In fiscal year 2010, NGIS spent \$187,000 for linen cleaning. In fiscal year 2011, Houdek estimates he will spend \$119,000. This includes salaries, chemicals and depreciation on machines and facility. Houdek estimates the savings will be \$68,000.

The water to the state-of-the-art laundry is heated by a solar collector panel system installed at a cost of \$498,000. The solar collector, located just yards from the NGIS, cover a total area of 1,920 square feet. The fixed panel array is ground mounted and installed at the optimum angle to gather the sun's energy from early morning to late afternoon.

"NAS Meridian is actively pursuing renewable energy conservation projects which will reduce our dependence on fossil fuels and lower the amount and cost of energy," said Gary J. Stacey, NAS Meridian Utilities and Energy Management Supervisor. Stacey is also a Certified Energy Manager.

The project was developed by NAS Meridian's NAVFAC Southeast Public Works Department who oversaw the construction. The solar panels use energy from the sun to save the equivalent of 156 barrels of oil annually or 65 gallons of gasoline.

The system also heats shower water for all rooms at the Navy Gateway Inn & Suites. The project at NGIS meets the Energy Policy Act of 2005, which requires Federal Agencies to achieve 5 percent consumption of renewable energy by fiscal year 2010 and 7.5 percent by fiscal year 2013.



Photos by Penny Randall

Above: Michelle Crowell and Arnetra McGlothlin fold towels in the state-of-the-art laundry room at the Navy Gateway Inn & Suites. Below, the solar collector panels, located just yards from the NGIS on board NAS Meridian, cover a total area of 1,920 square feet. The fixed panel array is ground mounted and installed at the optimum angle to gather the sun's energy from early morning to late afternoon.



Congratulations



Civilian of the Quarter
(1st Quarter)

Robert Clayton

Air Operations/
Field Support

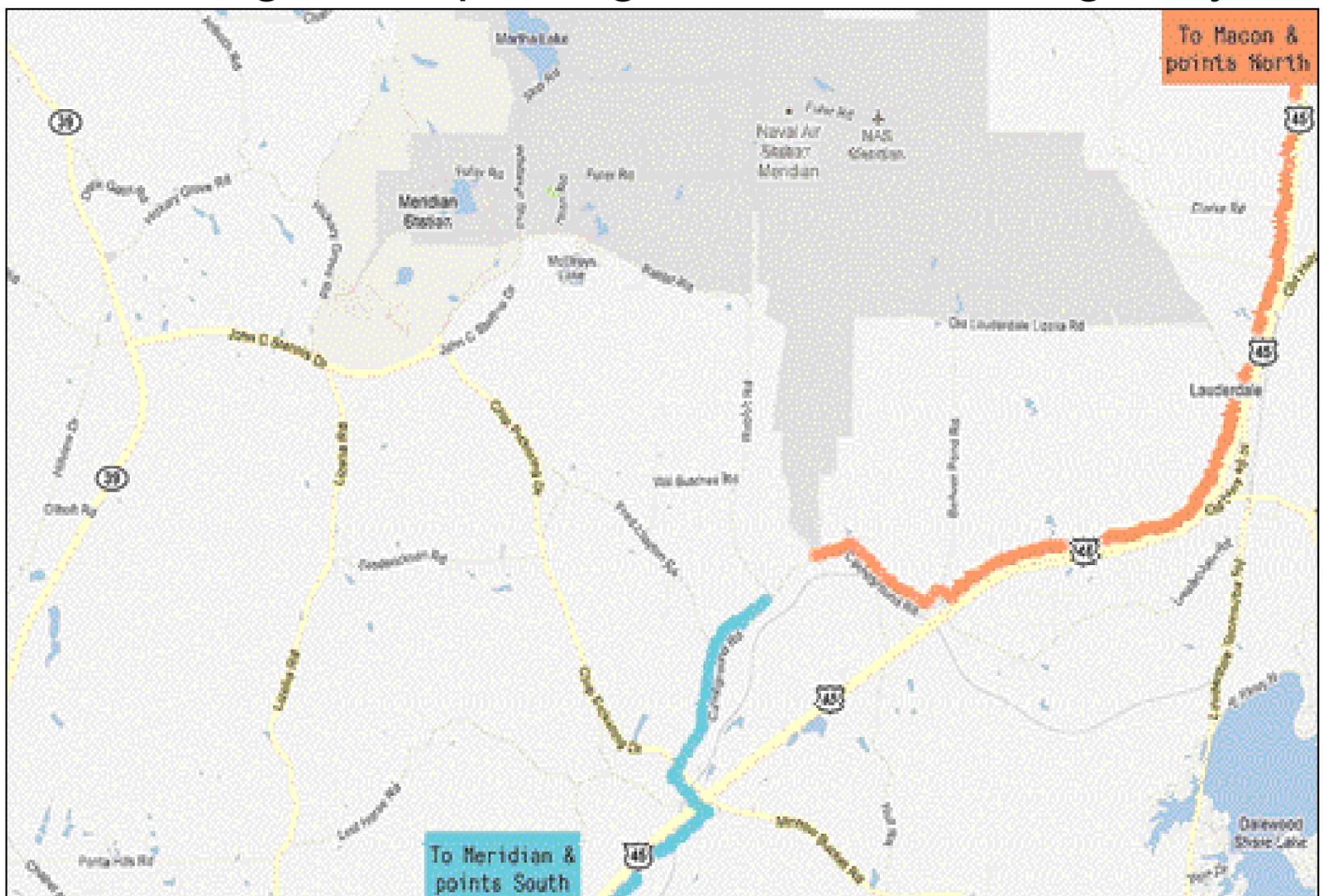


Civilian of the Year
(2010)

Allyson Cagle

Fleet and Family Support Center

Air Show general parking entrance from Highway 45



Parking gates open at 8 a.m.; booths open at 9 a.m.

Opening ceremony begins at 11:15 a.m.

Tune to 97.1 FM and 105.7 FM on air show days for traffic updates

Navy ROTC returns to Harvard

WASHINGTON (NNS) -- Secretary Ray Mabus and Harvard University President Drew Faust will sign an agreement March 4 that will bring the Naval Reserve Officers Training Corps (NROTC) program back to Harvard for the first time in 40 years.

Under the agreement, the NROTC program will have an office on the Harvard University campus. This returns an NROTC presence to Harvard, one of the six original partner institutions of NROTC when the program was established in 1926.

"NROTC's return to Harvard is good for the university, good for the military, and good for the country," said the Secretary of the Navy Ray Mabus. "Together, we have made a decision to enrich the experience open to Harvard's undergraduates, make the military better, and our nation stronger. Because with exposure comes understanding, and through understanding comes strength."

"Our renewed relationship affirms the vital role that the members of our Armed Forces play in serving the nation and securing our freedoms, while also affirming inclusion and opportunity as powerful American ideals," Faust said. "It broadens the pathways for students to participate in an honorable and admirable calling and in so doing advances our commitment to both learning and service."

NROTC active duty Navy and Marine Corps officers will meet with Harvard NROTC midshipmen on the Harvard campus during routinely-scheduled office hours. This partnership will enhance the mentoring and development of the Harvard NROTC midshipmen and provide an opportunity for the Harvard community to learn more about the Navy and Marine Corps.

"The commitment of the University to educating active duty officers and military veterans is absolutely tremendous; over 100 current members of the University are serving or have served. And it is a relationship that, quite literally since the birth of our nation has benefited and enriched the experience of both Harvard and the military."

The NROTC program develops young men and women morally, mentally, and physically, and instills in them the highest ideals of honor, courage, and commitment. The program educates and trains young men and women for leadership positions in an increasingly technical Navy and Marine Corps.

From Secretary of the Navy Public Affairs

CNO visits Gulfport Seabees

By MC2 Kyle Malloy
Chief of Naval Operations Public Affairs

GULFPORT, Miss. (NNS) -- Chief of Naval Operations (CNO), visited Naval Construction Battalion Center Gulfport to meet with Sailors, their families and Navy civilians, March 4.

More than 2,500 servicemembers and civilians attended an all-hands call conducted by Adm. Gary Roughead where he addressed current naval operations and the important role Seabees have played in missions ranging from combat to humanitarian relief.

"The flexibility we have in the Navy is what will be important to the nation in the future," said Roughead.

Roughead addressed the high operational tempo and extensive deployments the Seabees have maintained while serving in Iraq and Afghanistan.

"There is no question we've been pushing you hard," he said. "We have not had this many Seabees deployed since Vietnam."

He further expressed how their efforts have gained them widespread respect and how grateful he was for their hard work throughout the world.

"What you have done over the past few years has been extraordinary," said Roughead. "You have a reputation as the best combat engineers."

Finally, CNO recognized that the work of the Navy could not be done without the support of family, friends and loved ones.

"We are busy but our families behind us make it all possible," said Roughead. "They pick up the strain while we are away and I understand that."

"MOMMY & ME"
Tea and Spring Fashion Show

Saturday, March 19 at 11am
at the Palms (on North Hills)

featuring
a selection of delightful teas and treats
& beautiful spring collections from

Twinkles Kelly's Kids Belle G

Adult \$15, Child (12 & under) \$10
To reserve your tickets, contact Meridian Symphony at 601-653-2224
Tickets available at Twinkles, Belle G, Reflections, the Point and the Symphony.
Proceeds benefit Meridian Symphony's Education Fund

Can love prevent crime?

Every year around this time of Valentine's Day, Hallmark and Wal-Mart tell guys that we need to put on our sensitivity hats and shower our significant others with cards, gifts, flowers, jewelry or we will pay dearly and suffer the wrath of neglected spouses and girlfriends.

OPINION

So we dutifully and sincerely perform these tasks and the effort is appreciated, but we have the human tendency to ritualize and underestimate the true power of the act of love. Love and tragedy seem linked through history, indeed closely with crime. In 270 A.D., the Roman Emperor Claudius II outlawed marriage and Christianity in support of the dictate that he was to be worshiped as the one true God.

Claudius felt that marriage made the soldiers of Rome less motivated.

Bishop Valentine was sentenced to a horrible death for performing marriages in direct defiance of the law. While awaiting the sentence he fell in love with the jailer's blind daughter and during this period she regained her sight, which was declared a miracle, which led to Valentine's sainthood. As a final farewell to his beloved Asterius, he sent a note signed... From Your Valentine.

How does this relate to crime? Well, when we look at criminological theory and how criminals develop from juvenile criminals to serious and sometimes career criminals we know that a large percentage of those in prison today were abused as children. The prevention of such abuse is paramount to curbing future criminal development. Sociologically the factors of poor economic conditions, pre-natal care, nourishment issues and parenting issues have a huge impact on juvenile crime.

In the 1970's Herman Goldstein introduced Problem Oriented Policing, which developed into

• Column, page 10



David Green
NAS Meridian
DoD Patrolman

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Pfc. Sheila Harris

MATSS-1 Student
Hometown: Williamstown, N.J.

OOORAH!

Pfc. Sheila Harris began her classes in the Aviation Operations Supply Specialist Course at Marine Aviation Training Support Squadron One on March 14.

She joined the Marine Corps on Sept. 20, 2010, and went to boot camp.

"I want to prove that some women can do some things better than a man," Harris said.

"I want to be a role model to my younger sister, Shelby. I want her to be proud of me."

After graduation from MATSS-1, Harris would like to be stationed in Japan.

"I've heard only good things about the base there," she said. "I want to visit other countries and learn about different cultures."

The person Harris most admires is her grandmother.

"She is the most bluntly honest person I know. When I need advice she always has an answer. She's my best friend."

**Pvt. Tatiana Jaramillo**

MATSS-1 Student
Hometown: Norwalk, Conn.

Pvt. Tatiana Jaramillo and Pfc. Sheila Harris first met in boot camp. In fact, the two joined the Marine Corps on the same day -- Sept. 20, 2010, and are now station together at Marine Aviation Training Support Squadron One in the same specialist course.

"We were in sister platoons," said Jaramillo who hopes to be stationed in Hawaii or Japan next. "We pulled targets on the rifle range together a lot."

Jaramillo's reason for joining the military: "I wanted to do something different. I am the first female in my family to join the military."

Like many parents, Jaramillo's were concerned when she told them she wanted to enlist.

"They were concerned at first, but now they completely support me," she said.

The person Jaramillo most admires: "My grandfather. He was in the Columbia Army and I've learned a lot from his crazy stories."

MATSS-1 promotes three staff members

Submitted photo

Staff Sgt. Chris Iannarelli was recently promoted to his current rank. Iannarelli is an instructor for the Aviation Maintenance Course.



Submitted photo

Gunnery Sgt. Gary Nichols was recently promoted to his current rank. Nichols is the S-1 Admin Chief.



Submitted photo

Master Sgt. David Eidem was recently promoted to his current rank. Eidem is the course supervisor the Aviation Operation Specialist Course.

Marine leaders weigh in to set example

By Gunnery Sgt. Cindy Fisher
 Marine Corps Bases Japan

CAMP COURTNEY, Okinawa, Japan -- All III Marine Expeditionary Force and Marine Corps Bases Japan Marines are expected to maintain the Marine Corps height and weight standards, said III MEF's top leadership March 4.

Marines must always be ready to answer when the nation calls, and a large component of operational readiness is the physical fitness of the individual Marines, explained Lt. Gen. Kenneth J. Glueck Jr., the commanding general of III MEF.

To validate that his Marines are ready, Glueck has called for a weigh-in of all III MEF and MCBJ Marines no later than March 15, he said.

The Commandant of the Marine Corps directed that commands focus their attention on compliance with Marine Corps height and weight standards, and that is what III MEF and MCBJ are doing, said Glueck.

Leading from the front, Glueck and Sgt. Maj. Daniel J. Fierle, the MEF's sergeant major, along with several III MEF field grade officers, weighed in at Camp Courtney March 4.

"We just wanted to show the Marines that we're not going to ask them to do anything we're not going to be doing," said Fierle. "By doing this openly, we are setting the example."

"This is all about being a basic Marine," Glueck said.

"As the tip of the spear, it is imperative that we are most ready when the nation is least ready. Being physically fit is a major component to our being

ready," he said.

"If you're not fit, you will not be able to withstand the rigors of combat," added Fierle.

While ultimately, physical fitness and maintaining the Corps' weight standards is the responsibility of each individual Marine, leadership bears a responsibility as well, agreed the general and sergeant major.

Leaders have to be engaged with their Marines, said Glueck.

"Marines don't come to us overweight; they leave basic training physically fit, within the standards," said Fierle. "Marines don't show up here severely overweight, and they don't get out of standards overnight."

"Engaged leaders interact with their Marines and conduct group physical training. Being involved, they see Marines before they get out of standards," said Fierle.

"The leadership can identify those who are struggling with (weight) and marry them up with a mentor. The mentor can help with a fitness program, diet, the whole thing," he said.

Engaged leaders set the example with their own physical fitness routines as well, said Glueck.

Being physically fit is more than just passing the physical fitness test and combat fitness test each year, he said. Maintaining the weight standards and staying physically fit requires Marines to establish and maintain a consistent physical training schedule, he said.

"By maintaining a good fitness routine throughout the year you'll definitely stay within standards," he said.

APOE serves as center of travel for East Coast Marines

By Pfc. Cory D. Polom
 Marine Corps Air Station Cherry Point

MARINE CORPS AIR STATION CHERRY POINT, N.C. -- All East Coast Marines ranging from infantry Marines to wing Marines will fly through the Aerial Port of Embarkation at either Marine Corps Air Station Cherry Point or MCAS Beaufort, S.C., en route to their journey toward a deployment.

"We support the 2nd Marine Expeditionary Force in deployment and redeployment," said Sgt. Darrell P. Cohn, the operations chief with aerial port operations group. "We also assist parent units in transporting Marines, Sailors and gear to training and humanitarian missions all over the world."

The APOE plays host to many Marines and Sailors while they await their deployment.

"We work hard all day loading up these huge aircraft," said Cohn. "We have to package everything a specific way because of how we move people from place to place."

The APOE is assisted by the United States Air Force, and all the gear and passengers have to be weighed, recorded and listed.

"The Air Force usual will inspect what an APOE loads into a crate or onto a pallet," said Cohn. "We have three Marines here who have been trained by the Air Force as inspectors."

The inspector's job is to inspect and list all materials put into the storage containers.

"We use three different ways to store the gear," said Cohn.

"We have quad cons, pal cons and international shipping unit 90s. The ISU 90s are carried out to an aircraft by means of a vehicle called next generation small loaders, or NGLSLs."

According to Cohn, in 2010, the APOE has had more than 530 aircraft come through carrying a combined total of 61,318 passengers, and more than 13,000 tons of gear.

Corps leadership must balance missions with uncertain battle future

By Lance Cpl. Jacob D. Osborne
 Headquarters Marine Corps

MARINE CORPS BASE QUANTICO, Va. -- The Marine Corps is changing, and while focused on operations in Afghanistan, senior leadership must balance the Corps' future missions with today's uncertain battle space.

Lt. Gen. George J. Flynn, commanding general of Marine Corps Combat Development Command, recently held a media event to talk about the 2010 Force Structure Review.

In September 2010, the Marine Corps formed the Force Structure Review Group to develop the organization, posture and capabilities of the Marine Corps and its role within the joint force in a fis-

cally constrained, post-Operation Enduring Freedom-Afghanistan environment.

The Secretary of Defense Robert Gates has been briefed on the Marine Corp's Force Structure Review and has confirmed the role of the Marine Corps in the future operating environment.

Gates' guidance to the Marine Corps, as outlined in his San Francisco Speech Aug. 12, 2010, that informed the Force Structure Review process was "to be at the 'tip of the spear' in the future, when the U.S. military is likely to confront a range of irregular and hybrid conflicts." Furthermore, that the "the maritime soul of the Marine Corps needs to be preserved."

Flynn discussed how the re-shaping

of the Marine Corps reflects our historic role as the nation's crisis response force and provides unique capabilities to the joint force in terms readiness, adaptability, flexibility and utility at an affordable cost.

Some of the Force Structure Review recommendations are:

- A reduction in force structure from 202,000 to 186,800 when conditions in Afghanistan warrant

-Reduction in ground combat forces, to include a reduction in infantry (regimental headquarters from eight to seven; infantry battalions from 27-24); a reduction in cannon artillery battalions (nine to seven; but a reorganization of batteries to support distributed operations), and a reduction in armor (10 companies

to 8)

-Increasing unit readiness within the operating forces by ensuring 99 percent manning of enlisted billets and 95 percent manning of officer billets

-Aligning five joint task force capable, regionally-focused Marine Expeditionary Brigade command elements that are habitually aligned subordinate elements to improve ground combat effectiveness and speed of response

-Increase cyber structure by 67 percent for cyber network defense, exploitation and attack operations by augmenting our communication and radio battalions, and by increasing the structure of Marine Corps Forces Cyberspace Command

● **Marine, page 10**

Safety is Our Duty**Acquisition Safety: Noise control aboard ships, around aircraft**

For the more than 107,000 Sailors living and working aboard U.S. Navy ships, noise is a fact of everyday life.

In addition to flight operation noise, there are numerous noise sources on deck and throughout Navy ships that exceed safe limits for all but the shortest exposures. Long-term exposure to high levels of noise is a source of permanent hearing loss. Shipboard noise control is critical to the preservation of crew health, mission success, and personnel retention.

Noise-induced hearing loss is the fleet's number one occupational health expense. The economic consequences to the Navy of hearing impairment include lost time and decreased productivity, loss of qualified workers through medical disqualification, military disability settle-

ments, retraining, and expenses related to medical treatment, such as for hearing aids.

Disability payments to veterans for hearing loss show a continuing upward trend, as demonstrated in the graph below. In 2004, the Veterans Administration (VA) spent \$108 million dollars in disability payments to 15,800 former Navy personnel for hearing loss - an increase of \$65 million in VA spending on Navy hearing disability payments since 1999.

Given the enormity of the increase in spending by the VA on hearing loss disability payments to former Navy personnel, it is important to find the sources of hearing loss in the Navy and then investigate ways to reverse this trend. For example, a recent study by the Centers

for Naval Analyses (CNA) - Statistical Analysis of Hearing Loss Among Navy Personnel, CRM D0011228.A2/Final February 2005, Geoffrey B. Shaw and Robert P. Trost - demonstrated a clear correlation between long term assignment aboard surface warships (e.g., carriers, surface combatants, and amphibious ships) and an increased rate of hearing loss.

Noise exposure can be described by the intensity of the noise, its frequency, and its duration. Intensity of noise reflects the loudness of the sound while the frequency of the noise is reflected in how high or low pitched the noise is. The duration or length of time an individual is exposed to noise may have a significant detrimental impact on that person's hearing. Exposure to loud noise levels for

short periods of time may cause temporary hearing loss (hearing is usually restored within 24 hours). Long-term exposure to hazardous noise levels, however, can cause permanent hearing damage.

Noise may be described as continuous or impulse (impact).

Because the range of sound intensity is so great, noise is usually measured in units called decibels, or dB using the "A" weighting scale. Measurements obtained using the A-weighting scale provides a better estimation of the threat to human hearing than do other weighting scales.

The decibel scale uses powers of ten; an increase of ten decibels represents a ten fold increase in sound power. The faintest sound humans with normal

● **Noise, page 10**

Navy units prepare to support tsunami-damaged areas

PEARL HARBOR, Hawaii (NNS) -- U.S. Pacific Fleet ships in the Western Pacific were converging on Japan to be in the best position to help those in areas damaged by the massive earthquake and subsequent tsunami.

They include the aircraft carrier USS Ronald Reagan (CVN 76), which departed Southern California waters on March 5 for a regularly scheduled deployment to the Western Pacific and U.S. Central Command area of responsibility. Reagan is the flagship of the Ronald Reagan Carrier Strike Group, which includes USS Chancellorsville (CG 62) and USS Preble (DDG 88). All three ships were headed to Honshu's east coast. It is too early to say what they will be tasked with once they arrive.

USS Essex (LHD 2), also forward deployed to Sasebo, had just arrived in Malaysia, but is getting ready to return to Japan to rendezvous with USS Harpers Ferry (LSD 49) and USS Germantown (LSD 42) off Tokyo to prepare for any humanitarian assistance/disaster relief duties.

USS Tortuga (LSD 46), a dock landing ship that carries helicopters and landing craft to support amphibious operations, left its forward deployed port of Sasebo in Southern Japan last evening to embark MH-53 heavy lift helicopters.

USS Blue Ridge (LCC 19), the U.S. Seventh Fleet command ship, had arrived in Singapore yesterday for a port visit, but immediately changed its focus to loading humanitarian assistance/disaster relief equipment and preparing to return to Japan to provide support as directed.

"We obviously have huge sympathy for the people of Japan, and we are prepared to help them in any way we possibly can," Defense Secretary Robert Gates said in a statement. "It's obviously a very sophisticated country, but this is a huge disaster and we will do all, anything we are asked to do to help out."

--From U.S. Pacific Fleet Public Affairs



Sailors assigned to the U.S. 7th Fleet command ship USS Blue Ridge (LCC 19) load humanitarian assistance supplies in Singapore to ensure the ship and crew are ready if directed to support earthquake and tsunami relief operations in Japan.

Photo by MC1 Josh Huebner

CTF 76 heads Maritime Response Cell supporting earthquake, tsunami relief

YOKOTA AIR BASE, Japan (NNS) -- In response to the earthquake and tsunami disasters in Northern Honshu, Commander, U.S. 7th Fleet, Vice Adm. Scott Van Buskirk, directed Commander, Task Force (CTF) 76 to organize a Maritime Response cell on March 11, to coordinate U.S. Naval relief efforts out of U.S. Forces Japan (USFJ) headquarters on Yokota Air Base.

As the amphibious force for 7th Fleet, CTF 76, commanded by Rear Adm. Richard Landolt, is designated as the Humanitarian and Disaster relief executive agent for earthquake and tsunami response in Japan.

"Seventh Fleet's amphibious forces have a lot of experience with humanitarian and disaster relief," said Landolt. "So it makes sense to use that experience to shape our response and help our ally and regional partner recover from this

catastrophic event."

In order to centralize command and control efforts for surveying affected areas, logistic support, troop and equipment transfer, and helicopter operations, representatives from CTF 76, CTF 70, CTF 72, CTF 73, and CTF 74 formed a Maritime Response cell to advise USFJ, and carry out the combined efforts of the Navy's air, ground, and sea assets. This also allows for more effective coordination with our Japan Maritime Self-Defense Force (JMSDF) counterparts, to ensure that the right assets are employed to affect a prompt and appropriate response.

U.S. 7th Fleet forces are assisting in search and rescue operations, surveying at-sea debris fields, and will soon assist the JMSDF with transporting vehicles, equipment, and supplies to support relief efforts.

-- From Task Force 76 Public Affairs

Fifth Fleet awards enlisted Sailor with Navy's newest warfare pin

MANAMA, Bahrain (NNS) -- Commander, U.S. Naval Forces Central Command (NAVCENT)/5th Fleet awarded an enlisted Sailor with the new Information Dominance Warfare (IDW) pin, March 9.

Vice Adm. Mark Fox, commander NAVCENT/5th Fleet, presented the award to Intelligence Specialist 1st Class Christopher Emerson.

"It felt great to earn the IDW pin today," said Emerson. "I feel extremely privileged to have had this opportunity."

For enlisted personnel to obtain the designation, they must be a member of one of the information dominance ratings. These ratings are: Aerographer's Mate, Intelligence Specialist, Information Systems Technician and any of the Cryptologic ratings.

NAVCENT/5th Fleet is the first of the fleet headquarters, not under 10th Fleet, to stand up an IDW program. Emerson, who helped initiate the program for the command, earned the pin while helping create the IDW Specific Personnel Qualification Standard (PQS). He

was involved with drafting the training briefs and materials, as well as the questions for the final qualification test.

"By being so involved with building the program, I was able to learn everything I needed to know about it," said Emerson. "Learning about what all the other rates do, truly gave me the broad spectrum of the information dominance community and how important we are in today's Navy."

NAVCENT Command Master Chief Marco Ramirez commended Emerson's efforts.

"Petty officer Emerson's contribution to establishing the program was tremendous," Ramirez said. "His efforts were instrumental in getting the program launched, and he'll play a pivotal role in its success in the future."

Although the designation has not been made mandatory yet, NAVCENT/5th Fleet is building a training program and will require that all qualified Sailors earn the pin within nine months of receiving their PQS books.

--By MC2 Tracey L. Mass

USS John S. McCain gets underway for search, rescue

By MC1 (SW) Talley Reeve
USS John S. McCain

PACIFIC OCEAN (NNS) -- The guided-missile destroyer USS John S. McCain (DDG 56) departed from Commander Fleet Activities Yokosuka on March 12, to provide humanitarian assistance in support of earthquake and tsunami relief operations in Japan as directed.

"We had just pulled into Yokosuka when I got the word to head back out and proceed north. We're now part of the search and rescue operations taking place off of the coast of Japan," said Cmdr. Matt Lehman, commanding officer of John S. McCain.

"As a member of Destroyer Squadron 15 and the George Washington Carrier Strike Group, we'll be working side-by-side with USS Ronald Reagan and other Japan Maritime Self Defense Force (JMSDF) ships, helping with any humanitarian operations that come up," he added.

McCain's mission involves using rigid-hull inflatable boats to search for anything adrift in the water and providing support for any helicopter operations by acting as a refueling station; an operation also known as "lily padding."

"I'm really proud of my guys," said Lehman. "We got the call late at night, right when we returned from an exercise and here we are again doing our thing. It's a real testament to the all the Sailors in the U.S. Navy that we can get underway in such a short period. I'm proud to be part of this operation and I know we'll do the best we can do and help everyone we can."

McCain along with the destroyers USS McCampbell (DDG 85) and USS Curtis Wilbur (DDG 54) will assist Japanese authorities off the Miyagi Prefecture of Japan to provide at-sea search and rescue recovery operations.

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MARCH ★

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AIR SHOW TIPS

- Cash – Admission is free, but you may want to purchase food, beverages or souvenirs. Limited ATMs available.
- Purses/Diaper Bags – No backpacks. Only small bags with infant care items or needed medications.
- Strollers/Wagons – For transportation of small children.
- Moist Towellets – Air shows normally have outdoor bathroom facilities and having a way to freshen up afterwards is a good idea.
- Hat/Head Cover – Can make a lot of difference to your comfort level. Ball caps are OK, but watch out for sunburn on your lower face and neck. Many people prefer to wear hats with wide brims for better protection.
- Sunglasses – Polarized lenses are especially good for shows since they reduce glare.
- Something to Sit or Lie on – Bring lawn or camping chairs, or something to use as a drop sheet if you plan to sit on the ground. Keep in mind that you'll be looking up at an angle for most of the show so a chair that is somewhat reclined may be more comfortable.
- Sunscreen – You'll probably be in the sun a lot. Beware on cloudy or hazy days—you may get more sun than you think. Don't forget to cover the children! The higher the SPF the better. Use lip balm.
- Bug Spray – Insects might be a problem.
- Rain Gear – Be prepared for showers. Many airshows continue in light rain as long as the clouds are high enough.
- Binoculars – Low and medium power binoculars tend to work well for checking out detail. Higher powers are difficult to use for aircraft in flight. Watch out for the sun while you're chasing down that aircraft.
- Camera – Don't forget your cameras and video cameras, but they cannot be in a bag.
- Earplugs – It's a good idea to bring earplugs. Jets can make a lot of noise in some cases, or you may find yourself next to an overly loud speakers system for the air show announcement.

DO'S

- Do come early and leave late—you will avoid some of the traffic. There will be static displays of aircraft, etc. Gates open at 9AM. Take time to look around.
- Do find out where you can get medical aid or seek assistance if you need it. If you are in a group and you get separated, where will you meet? If you have children with you, make sure they know how to get help if they get lost.
- Do consider where to sit. Most people insist on getting as close to "front and center" as they can. While this is fine, you might be just as happy sitting farther back or at the end of the viewing area where it may be less crowded.
- Do stay aware. There are often vehicles or machinery moving around public areas such as the static displays.
- Do ask questions. Often there are aircraft owners or representatives at the static displays. Most people are very proud of their airplanes and they'll be happy to answer your questions.
- Do appreciate all the aircraft, not just the fastest and the loudest.
- Do wear comfortable shoes. You may cover several miles before the day is done.
- Do smoke only in designated smoking areas.

DON'TS

- Coolers/Backpacks/Camelbacks – Food and beverage will be available for purchase.
- Animals/Pets – not authorized for everyone's safety.
- Bicycles/Skateboards/Scooters/Hoelys or Rollerblades – Not authorized for everyone's safety.
- Weapons – No knives or guns are authorized for everyone's safety.
- Don't touch the aircraft. Many aircraft in static displays have bits and pieces that can be damaged, broken, bent, etc., if you don't know what you're doing. Never touch an aircraft unless someone in authority invites you to do so. Never move a propeller, and keep clear of the "prop" at all times. There will be designated smoking areas.
- Don't smoke around aircraft. Planes in static displays sometimes vent fuel as the plane heats up in the sun. Some fabric-covered aircraft have coatings that are highly flammable.
- Don't litter. Clean up your viewing area once you are done.

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0-0-1-3 formula keeps alcohol-related incidents at bay

By NCC Mary Popejoy
 Commander, U.S. Second Fleet Public Affairs

NORFOLK, Va. (NNS) -- In a fleet-wide message sent March 11, U.S. Second Fleet Commander stressed to all Sailors how the "0-0-1-3" approach to drinking offers a simple rule of thumb to keep them within the limits of responsible alcohol use.

Vice Adm. Daniel P. Holloway also stressed this same approach to the 2nd Fleet headquarters staff during an all-hands safety standdown, March 4.

"The 0-0-1-3 approach is zero drinks if you're under age, zero drinks if you're driving, one drink per hour and three drinks per event," said Holloway. "One setting does not equate to three drinks at one bar,

and then going to another bar and having three more. Having a good time does not mean you have to drink excessively to enjoy yourself. I am not saying don't drink, but what I am saying is to drink responsibly and have a plan."

The consequences of an alcohol-related incident can be expensive and severe for Sailors, friends, and families. For example, in Virginia driving under the influence (DUI) is a Class 1 misdemeanor. The maximum punishment for a first offense is a \$2,500 fine, one year in jail, and the loss of one's driving privileges for one year. Additionally, all persons convicted of DUI are, by law, required to lose their driving privileges for one year.

"Alcohol abuse undermines combat readiness, puts the safety and welfare of our Sailors and families at risk, and is incompatible with the maintenance of high standards of performance and military discipline," said Holloway.

Studies and research have also shown how alcohol can be a contributing factor to safety mishaps, domestic disputes, assaults, and sexual assaults. In many cases, these incidents can be avoided with a responsible approach to alcohol consumption.

"In fact alcohol is the weapon of choice in the majority of our sexual assault incidents, and alcohol abuse, when combined with sleep deprivation, is one of our major contributing factors to our reported suicides," Holloway said.

Today's Sailor can build a smart plan using many alternatives to drinking and driving. Walking, using a cab service or having a designated driver are recognized ways to enjoy yourself responsibly and get home safely.

Many commands operate a "Safe Ride" program offering free rides to help Sailors get home safely. Throughout the fleet, Drug and Alcohol Program Advisor (DAPA) briefs during command

indoctrination and routine training help re-emphasize responsible drinking and making smart decisions.

Though there are many tools in place for Sailors, ultimately it's up to the individual to make the right choice, drink responsibly, and not drink and drive – putting themselves and others at risk.

"I implore all of you to practice safety and operational risk management whether you're at a friend's house or out in town celebrating with friends," said Holloway.

"Please think; what are you doing to minimize your risk and maximize your fun? I cannot stress enough the importance of using good judgment and practicing operational risk management in your activities, because I want everyone to arrive safely to their next destination because each of us has a critical piece to the operational puzzle. There is no plan where driving under the influence is acceptable – period."

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Types of photos include: birthday parties, proms, getting ready for your wedding, pets, holiday get-togethers, vacations, reunions, sporting events, tail-gating, etc.

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Email pics in jpg format to sreede@themeridianstar.com or mail to "It's All About Me" c/o The Meridian Star P.O. Box 1591, Meridian, MS 39302

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 YOUR STAR, YOUR WORLD

What is 'Bravo Zulu' ?

This is a naval signal, conveyed by flaghoist or voice radio, meaning "well done"; it has also passed into the spoken and written vocabulary. It can be combined with the "negative" signal, spoken or written NEGAT, to say "NEGAT Bravo Zulu," or "not well done."

There are some "myths and legends" attached to this signal. The one most frequently heard has Admiral Halsey sending it to ships of Task Force 38 during World War II. He could not have done this, since the signal did not exist at that time.

"Bravo Zulu" actually comes from the Allied Naval Signal Book (ACP 175 series), an international naval signal code adopted after the North Atlantic Treaty Organization (NATO) was created in 1949. Until then, each navy had used its own signal code and operational manuals. World War II experience had shown that it was difficult, or even impossible, for ships of different navies to operate together unless they could readily communicate, and ACP 175 was designed to remedy this.

In the U.S. Navy signal code, used before ACP 175, "well done" was signaled as TVG, or "Tare Victor George" in the U.S. phonetic alphabet of that time. ACP 175 was organized in the general manner of other signal books, that is, starting with 1-flag signals, then 2-flag and so on. The 2-flag signals were organized by general subject, starting with AA, AB, AC, ... AZ, BA, BB, BC, ... BZ, and so on. The B-signals were called "administrative" signals, and dealt with miscellaneous matters of administration and housekeeping. The last signal on the "administrative" page was BZ, standing for "well done."

At that time BZ was not rendered as "Bravo Zulu," but in each navy's particular phonetic alphabet. In the U.S. Navy, BZ was spoken as "Baker Zebra." In the meanwhile, the International Civil Aviation Organization (ICAO) had adopted English as the international air traffic control language. They developed a phonetic alphabet for international aviation use, designed to be as "pronounceable" as possible by flyers and traffic controllers speaking many different languages. This was the "Alfa, Bravo, Charlie, Delta..." alphabet used today. The Navy adopted this ICAO alphabet in March 1956. It was then that "Baker Zebra" finally became "Bravo Zulu."

-- from www.history.navy.mil

Sale ... or

CAR POOL NEEDED

Car pool from North Hills Street to NAS Meridian and back to split gas expenses. Hours of work: 8 a.m.-4:30 p.m. Call JJ at (601) 679-3180 or (601) 604-9700.

KIDS STUFF

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

ELECTRONICS MUSICAL/COMPUTERS

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. Call (601) 938-9627.

EXERCISE EQUIPMENT

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

ProForm XP 160 Elliptical Crosstrainer. Asking \$399.99. Like new - was used a handful of times. Call (559) 410-1608.

BIG STUFF

25 Foot Prowler 5th Wheel camper. Call Darin at (601) 480-

4132 or Ann at (601) 480-4134.

16 Foot aluminum fishing boat with 75 hp Mercury. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

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 Brennhofner 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 Whittington at (601) 604-0876.

HOUSEHOLD ITEMS

MAYTAG Neptune front load washer. \$250. **GE dryer** \$175. Will sell as set for \$400. Call (601) 626-7703.

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

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

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.

2 pair Pinch Pleat drapes, lined 75 x 84, burgundy. Asking \$30; **2 pair Pinch Pleat drapes,** lined 50 x 84, sage green. Asking \$25. Call (601) 553-8298.

Solid Cherry Wood

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

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

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

Two 36-inch TV'S (not flat screen). Asking \$200 each. **Oak Entertainment Center,** \$250. **Pine Book Shelves,** ready to stain for \$100 each. Call Clinton at (601) 323-1003.

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

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

AUTOMOBILES, ETC.

2004 Ford F-150 FX4 Off Road SuperCrew. 84k miles. Red/black exterior, charcoal/dark grey interior. New tires, 34" BFG All-Terrain T/A on custom 18" off-road black wheels. 2.5" Rough Country leveling kit in front. Black over nerf step bars. Custom Flowmaster dual exhaust. 4x4 works perfect. Truck is mechanically flawless. Hood deflector and window ventshades. Parking sensors. Asking \$17,000. Call (601) 513-5345.

60gal Auxiliary Tank/Tool box combo. Never used. Aluminum. Asking \$500. Call John at (601) 484-7244

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.

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: accalais@gmail.com.

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

MOTORCYCLES/GEAR/ATV

2005 350 Rancher 2 wheel drive 4 wheeler. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

2008 Kawasaki Ninja 250R, blue with jacket and helmet included, 3800 miles, Asking \$2000. Call (601) 562-6508.

1999 Suzuki GS 500, black and yellow, 4,500 miles Like new. Asking \$2000. Call John at (601) 484-7244.

2004 Honda VTX1300C, burnt orange, very clean, runs great, many accessories. Can email pics and more details. Call Frank at (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.

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

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

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

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

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

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

HOMES/APARTMENTS

For Sale: Home in Poplar Springs School Dist. 3 BR/2 BA with split floor plan; upgraded kitchen with granite counter tops, stainless steel appliances, new flooring and breakfast nook, formal dining room; master bath has jetted tub with separate shower. Indoor laundry; large garage with storage room. Nice yard with privacy fence and covered patio. Outside trim painted with new gutter in 2010. Asking \$185,000. Call (601) 604-2015.

Update - For Sale: Doublewide, 3 BR/2 full BA. Master has shower and garden tub with 2 vanities. All bedrooms have walk-in closets. Central air & heat. Gas fire place. Large kitchen with all undated appliances with dishwasher. 10x20 covered front deck with 10x20 side deck. 12x15 Storage building included. Large yard with circle drive on 2 acres. Located Collinsville/Martin area on Mayatt Road. West Lauderdale school level 5A. 18 miles from NAS. Asking \$80,000. Call (601) 479-9229.

For Rent: 2708 Russell Camp Road, Meridian, 1131 square foot, 2 BR, 1 BA house with a two car garage & washer and dryer. Available after March 16. \$565 per month and deposit \$565. Proof of military service get half off first months rent. Can be seen on www.ahrn.com <<http://www.ahrn.com/>> or call G. Barrett at (850) 855-8304. To be seen by appointment only. Currently the house is occupied.

For Sale: Home located in The Meadows, 3 BR/2 BA house 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 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: 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 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) 693-8386.

WANTED TO BUY

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

A inexpensive, reliable car for college student. Call (601) 701-3332.

MISCELLANEOUS

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

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

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 and **clover mix** cut this year, \$25 each; **Pure local honey** for sale, quart size bottles, \$10 each (other sizes available). Call Clinton at (601) 323-1003.

If you wish to add or remove an item from "Sale...or" please send your request to penny.randall@navy.mil or call (601) 679-2809. Deadline for submissions is 4:30 p.m. the Thursday before publication.

Mission First... Sailors Always



March Specials

Tuesdays: MATSS-1/NTTC Student Special, 5-9 p.m., \$2.50 a game including shoes.

Wednesdays: NAS Meridian Staff Special, 4:30 pm.-close, Bowl 2 games with shoes \$5.

Thursdays: RCTA Special, 4-9 p.m., \$2 a game, \$1 for shoes.

Fridays: Family Cosmic Bowling, 6-10 p.m. Up to 5 people bowl for \$20 a lane. Shoes not included. Time limit of 2 hours per lane.

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!

- March 17: "Red" (PG-13)
- March 19: "Alpha & Omega" (PG)
- March 22: "For Colored Girls" (R)
- March 23: "Goldeneye" (PG-13)
- March 24: "Life as we Know it" (PG-13)
- March 26: "Unstoppable" (PG-13)
- March 29: "Die Another Day" (PG-13)



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.

March

17th: Happy St. Patrick's Day! Come to the Liberty Center at 7 p.m. and test the luck of the Irish. The top two high scores receive a prize.

19th: New Orleans Trip
A time for shopping, exploring the French Quarter & sampling a wide array of Creole food! Bus leaves Liberty parking lot at 8 a.m. Cost is \$10 per person. Pay and register at Liberty Center by March 16. Minimum of 20 people needed for event to run - NO REFUNDS (unless trip is cancelled).

20th: FREE hot dogs, chips & soda served to Liberty participants beginning at 2 p.m. in the Liberty Center.

21st: Ping-Pong Tournament begins at 3 p.m. in Liberty Center. No entry fee - prize awarded to winner. Register the day of the event at the Liberty Center.

26th: Head to the Liberty Center around 3 p.m. and make your own ice cream sundae for FREE! Ice cream, whip cream and a variety of toppings will be available.

27th: Video Game Tournament
Game time is 3 p.m. Prize awarded to winner. Register day of event at Liberty Center.

30th: Birthday Bash
A celebration of March birthdays! FREE cookies and soda will be provided at 7 p.m. in Liberty Center.

New Hours at Library

Monday-Friday 10 a.m.-6 p.m.
Saturday 10 a.m.-4 p.m.
For more information call (601) 679-2326.

ITT

Come checkout the great specials for Walt Disney World and other summer hot spots at the ITT Office located in ADMIN Building 255, beside Navy Federal Credit Union. For more information, call (601) 679-3773.



Work Continues

Construction continues to complete the renovations of the Sonny Montgomery Fitness Center. The newly renovated center is slated to open in early summer.

Photo by Matt Davis
MWR Marketing Director



Upcoming

April 2: Mountain Bike Duathlon at 9 a.m. ~ Stables

Sign up for these events at the fitness center or call Beth at 679-2379 for more information.

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.



Springtime is outdoor rental time at The Outpost!!

Come check out the new rental equipment... paddle boats, jon boats & mountain bikes.

And all new camping equipment such as tents, sleeping bags, coolers, etc...



Call 679-2609 for more information & reservation policies.

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 Jewison 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.

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!



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.

Meridian/NAS Bus Schedule

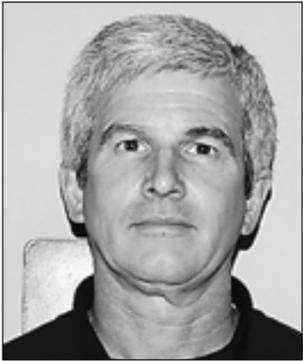
Have exact cash change ready when boarding the bus. Fare: \$4.

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...

In observance of Women's History Month we asked, "Who is one female you most admire and why?"

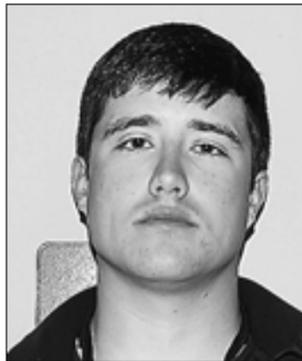
Photos by MC2 Flordeliz Valerio



Ralph Germany
NAS Fire Fighter/EMT
"My mother, because she always put her family ahead of herself and set an example of what a caring person should be."



Brian Cannedy
NAS Fire Fighter
"My grandmother -- To have been on this earth for as long as she has takes a very strong woman."



Tyler Gibson
NAS Fire Fighter/EMT
"My grandmother. She helped me prepare for the long road ahead of me and helped me become the man I am today."



Michael Phillips
NAS Fire Fighter/EMT
"My grandmothers. They invested in my life as a young boy and for the Godly example they set for me, my brother and sister."



Kookie Bowles
Fire Chief Secretary
"Angelina Jolie-Pitt. She is a great actress and she adopts children from third-world countries that are deprived and in need of a family."

Fleet & Family Support Center

Fellowship application period opens for military spouses to earn financial counselor designation

WASHINGTON -- The FINRA Investor Education Foundation has opened the application process for its 2011 Military Spouse Fellowship Program. Now in its sixth year, the program provides fellowship recipients with the education needed to earn the Accredited Financial Counselor® (AFC®) designation. Military spouses are now eligible to apply to the new class of fellows.

The Military Spouse Fellowship is administered in partnership with the Association for Financial Counseling and Planning Education® (AFCPE®) and the National Military Family Association. The program covers the costs associated with completing the AFC® training and testing for military spouses. More information is available at www.SaveAndInvest.org/Military.

Applications are accepted online at www.MilitaryFamily.org/Fellowship and are due by April 15.

"Military families face unique financial challenges related to long deployments, frequent moves and a complicated benefits system," said John Gannon, president of the FINRA Investor Education Foundation. "Through the Military Spouse Fellowship Program, our support in a military community becomes twofold -- we are addressing military spouses' concerns of obtaining ongoing education and

maintaining a career, and helping military families overcome the barriers to achieving sound financial health."

Spouse fellows have logged more than 240,000 hours helping military families reach their financial goals, and 255 spouse fellows have graduated the program. Accredited spouses serve the military community as financial counselors at family readiness and support centers, credit counseling and tax centers, financial aid offices and credit unions throughout the U.S. and abroad. These organizations are in need of well-trained specialists who understand the unique financial needs of military families.

Lauren Bristow, whose husband is a Sergeant stationed at Camp Lejeune, was selected to participate in the Military Spouse Fellowship Program last year. She is in the process of earning her accreditation and has found various ways to obtain her practicum hours, including through her job at a local credit union, and has learned a tremendous amount in the process.

"After I earn my accreditation, I hope to focus only on financial counseling with military families," said Bristow. "The Military Spouse Fellowship Program is providing me with the skills to give back to the military community, which continues to support my family, and help them to become more finan-

cially sound."

Full biographies of selected accredited spouse fellows are available at www.SaveAndInvest.org/Military.

The Military Spouse Fellowship Program is open to current or surviving spouses of active duty or retired Army, Navy, Air Force, Marine Corps, Coast Guard, National Guard or Reserve service members, as well as spouses of U.S. Public Health Service Commissioned Corps and the National Oceanic and Atmospheric Administration officials.

About the FINRA Investor Education Foundation The FINRA Investor Education Foundation is the largest foundation in the United States dedicated to investor education. Its mission is to provide investors with high-quality, easily accessible information and tools to better understand the markets and the basic principles of saving and investing.

In 2006, the Foundation launched a multifaceted program to expand the saving and investing knowledge of military servicemembers and their spouses, including a free, unbiased resource, www.SaveAndInvest.org/Military. A proud partner in the Department of Defense Financial Readiness Campaign, the Foundation also presents financial education forums at military installations worldwide.

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.

Writing Your Best Resume: March 23 from 9-11 a.m.

This workshop will review the basic types of resumes, discuss which types of resumes are appropriate for different job seekers, and what information should be included. It will also cover the essential elements of cover letters to use in conjunction with the resume, and how to market a resume effectively in the current job market. Bring your current resume if you have one, or come prepared to start a new one!

Networking Your Way to Your Next Job: March 22 from 3-4:30 p.m.

This interactive workshop will discuss the most effective methods for job searching in today's competitive environment, using both technology and more traditional in-person methods. It will also explain how to build and maintain relationships in your career network.

Raising Financially Fit Kids: March 17 from 3-4:30 p.m. or March 21 from 10-11:30 a.m.

This program, designed for parents of children of all ages, will teach parents how to explore their own financial habits and skills and learn techniques to teach their children sound financial management skills.

IA Spouse Discussion Group: March 18 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!

Transition Assistance Program (TAP) Seminar: March 28-31 from 8 a.m.-4 p.m.

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

10 Steps to a Federal Job: March 29 from 4-6 p.m.

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

Gym, housing project begins at GTMO

By MC3 Leona Mynes
Guantanamo Bay Public Affairs

NAVAL STATION GUANTANAMO BAY, Cuba (NNS) -- Members of the Naval Station Guantanamo Bay community broke ground on a \$64.5 million military construction (MILCON) housing and fitness center project at G. J. Denich Gym on board NS Guantanamo Bay, Cuba, March 4.

The project, which includes the construction of more than 100 new housing units and the expansion of the gym, is scheduled to be completed in approximately 25 months.

The G. J. Denich Gym includes a new, energy efficient source of power, said Cmdr. Wendy Halsey, public works officer for the base.

"We have a solar array going in with the gym project, so the entire new gym will be powered by solar panels," said Halsey.

The gym's cardiovascular and free weight workout areas will be expanded, the tennis courts will be resurfaced, and a little league softball field and a youth multi-purpose outdoor field will be added to the fitness center, said Tara Culbertson, director, Morale, Welfare and Recreation (MWR).

The project will provide more fitness options to

base residents, said Culbertson.

"There will be a lot of additional square footage for the fitness center," she said. "There will be some inconveniences at Denich Gym during this project, but we will ensure that people using Denich Gym are impacted as little as possible."

Capt. John Heinzl, commanding officer of Naval Engineering Facilities Command (NAVFAC) Southeast, said the project provides the best value in planning and production.

"Guantanamo presents very unique challenges," said Heinzl. "Its remoteness and uniqueness, in that everything for the project must be imported, provides logistical challenges for the contracting company. [The contractor] has already figured these challenges out. We're fortunate to have good contracting partners for this project."

MWR, the Housing Office and BRDC have planned and prepared for the project for more than two years, said Cmdr. Halsey.

"A lot of work comes into play getting up to this point," said Halsey. "This is a great day for us and will help the quality of life for all of the residents on the base."

Burns and Roe/Dick Corp. (BRDC) is the contractor for the project.

NETC website security updates correct access problems

By Ed Barker

Naval Education and Training Command Public Affairs

PENSACOLA, Fla. (NNS) -- Service members, retirees and family members experiencing difficulty logging on to several Naval Education and Training Command (NETC) websites should be able to access the sites by March 31.

The access issues are a result of a security certificate update for the Saufley Enterprise Data center. The change has impacted access to 17 Web sites for thousands of users.

"The release of newer versions of Internet Explorer that are typically used by customers accessing our sites from computers which are not part of the Navy and Marine Corps Intranet (NMCI), made security upgrades for our servers a necessity," said David Schisler, director of operations and infrastructure for the NETC command information officer. "Installation of new security certificates is currently underway and should be complete by March 31."

The newest version of Microsoft's Internet Explorer browser features a significantly upgraded Public Key Infrastructure (PKI) security certificate

that allows Sailors and other authorized users accessing NETC sites from outside a dot-mil domain, to share information

securely with NETC Web sites.

"We regret the inconvenience for our users," said Schisler. "The additional

security will be a significant upgrade for our system and provide increased access and protection for our customers."

Affected Web sites Include:

- Non-Resident Training Courses (NRTC)
- Naval Reserve Officers Training Corps (NROTC)
- NJROTC (Naval Junior Reserve Officers Training Corps)
- Troops to Teachers (TTT) on-line registration
- Sailor/Marine American Council On Education Registry Transcript (SMART)
- Naval Education and Training Security Assistance Field Activity (NETSAFA)
- Naval Education Training Future Officer/Citizenship User System (NETFOCUS)
- Seaman to Admiral 21 (STA-21)
- Navy College Program (NCP)
- Navy Credentialing Opportunities On-Line (Navy COOL)
- Navy Knowledge Online (NKO)
- Corporate Enterprise Training Activity Resource System (CETARS QA)
- Navy Inspector General Hotline System (NIGHTS)
- Navy Enlisted Advancement System (NEAS Web)
- My Education
- Navy College Management Information System NCMIS
- United Services Military Apprenticeship Program (USMAP)

Users that continue to experience difficulty in the interim before all security upgrades are installed should try this fix:

If the following message is received at login:

"There is a problem with this website's security certificate. The security certificate presented by this Web site was issued for a different website's address. Security certificate problems may indicate an attempt to fool you or intercept any data you send to the server. We recommend that you close this webpage and do not continue to this website. Click here to close this webpage. Continue to this Web site (not recommended)."

Click on the hyperlink "Continue to this Web site (not recommended)." It will then take them to the shared Authentication Service page where they can login.

Users should be able to log on normally after April 1. Users continuing to experience difficulty logging on should call the NETC help desk at: (877) 253-7122 for additional information and instructions.

Navy navigates social media environment with training

By MC3 (AW) Tim Comerford
Commander, Navy Region Mid Atlantic
Public Affairs

NORFOLK, Va. (NNS) -- Three years ago, the only official Navy web presence was Navy.mil. Like the rest of government, the Navy grappled with the changing information environment, meanwhile Sailors actively used social media to communicate with peers and family.

But today, there are 700 officially recognized Navy social media properties on the Navy Social Media Directory located at www.navy.mil/socialmedia. This is due in part to the work of the Navy's Emerging Media Integration team.

"When Adm. [Frank] Thorp was Navy chief of information back in 2008-2009, he realized that social media was something that was building and was only going to grow, and we needed to get involved," said Cmdr. Scott McIlroy, director of emerging media for the Navy office of information (CHINFO).

"They noticed how social media was being used during events," said Lt. Lesley Lykins, deputy for emerging media at CHINFO. "I think they realized the impact that it was having and wanted to focus in more on that."

To accomplish this, the Navy needed people who could not only use these newer forms of media, but could also put together a standard for the Navy.

McIlroy, who was working at the Defense Information School (DINFOS) as an instructor and course developer; and Lykins, who was working at Navy Office of Information East making contacts with people who were working in the social media field, were both recruited.

"They brought in Cmdr. McIlroy in the summer of 2009, and I arrived in the fall of 2009," said Lykins. "We looked at what the best practices were and where we felt the Navy needed to participate."

The Navy has brought social media into the daily lives of Sailors

by opening up the Navy's networks to access these sites. Even while at work, Sailors are allowed to use websites such as Facebook and YouTube.

"We encourage both commands and individual Sailors to use their command's social media as part of their communications and outreach to their audience – family and friends of the ship or others," said McIlroy. "It's great to have Sailors out there talking about what they do in the Navy, because it is that many more voices telling the Navy's story."

McIlroy said these benefits come with a large responsibility on the Sailor's part.

"We encourage Sailors to use social media effectively, but also use it smartly," said McIlroy. "These are public conversations, and they are potentially seen by a global audience."

As a way to inform Sailors on the appropriate use of social media, training is now available to inform social media users about maintaining their professionalism and privacy while on these sites.

"We just recently added training to Navy Knowledge Online for Navy-wide training in social media," said Lykins. "Really, Sailors are already using social media. So we have started providing training on using social media smartly for the average Sailor coming into the Navy." The training is available here on NKO: https://www.nko.navy.mil/gear/library/download?document_id=v4doc138700172.
 a>>

The slideshow addresses security and social media and professionalism. Lykins reminds Sailors that they cannot separate their on-duty and off-duty identities. All Navy (ALNAV) messages 056-10 and 057-10 address official Navy social media accounts and unofficial (personal) accounts respectively and are the current policy for social media.

To access the messages, visit www.npc.navy.mil/NR/rdonlyres/AD9DB957-11CC-4118-92F8-6CB2CD54D768/0/ALN10056.txt a n d www.npc.navy.mil/NR/rdonlyres/CB



Photo by MC2 Class Gregory Mitchell

Chief Mass Communication Specialist Palmer Pinckney makes updates to the official U.S. 7th Fleet Facebook social media site. U.S. 7th Fleet began using social media in the Spring of 2009 to promote interaction with the people who have an interest in the U.S. Navy.

77304E-B380-4844-9558-536F6BC72157/0/ALN10057.txt.

"On a weekly basis, we send out an e-mail that has the latest and greatest on social media," said Lykins. "Everything from how to set your Facebook privacy settings so that your profile is secure, to best practices at a recent event where a command did a great job using social media; to how an ombudsman might use social media to best support the command."

To view information and presentations from the Office of Emerging Media Integration, visit www.slideshare.net/USNavySocialMedia/

The benefits of recognizing social media have far outweigh the risks and potential costs of not participating in it, according to McIlroy.

"I think in today's day and age, you get an influx of information," said McIlroy. "We all, no matter what rank you are in the Navy, realize you get a lot of information on a daily basis. I think that one of the benefits of social media that has made it so useful and so well received

is that it consolidates the information for you and brings it to you, rather than having you go out and find it. It makes you a more informed service member."

McIlroy said the Navy is ready when social media does change.

"Should an up-and-comer of any kind of social media technology or platform start being used in significant numbers, it won't happen overnight," said McIlroy. "There will be plenty of indications that it is happening and as we watch a critical mass of people adopt or a unique opportunity to engage a specific audience happens, then we will evaluate whether it makes sense to engage in that platform."

Neither McIlroy nor Lykins think there will be a rapid change.

"There are something like 500 million people on Facebook right now, and I don't see it changing anytime," said Lykins.

McIlroy said not everyone feels comfortable dealing with these emerging media.

"Like any adoption of an innovation, it takes time. It's a culture

● **Diver**

He went to the school and he defeated it."

He said his father defies even the borders of Black History Month.

"To put my dad in the category of Black History Month is kind of like putting him in a small cage," said Brashear. "My father overcame being black, being poor, being undereducated, being handicapped, and eventually fought a drug and alcohol problem that he won. So there are whole bunch of months my father is eligible to be part of."

Phillip Brashear had his own goals, but when he joined the Navy, his finding what he wanted to do was similar to his father's experience.

"I was so impressed when I saw those enlisted guys getting off the helicopters and those pilots," said Brashear. "I knew that's what I wanted to do. Believe me, my life was not easy just because my father was Carl Brashear."

Brashear spoke about the time when he had to take a swim test to become an aircrewman, and could not get around part of it.

"I failed that test three times," he said. "The fourth time I took that test, they called my dad to come to the pool and see me. I passed the test and became an aircrewman. That test reminded me of what my dad went through; he never took no for an answer and always kept trying to do what he wanted to do. In our household you couldn't say the words 'I can't' – it was either, 'I will' or 'I'll try.'"

After he qualified as an aircrewman, he realized he wanted more and became one the U.S. Army's flying warrant officers.

"If he hadn't passed down the ethic of never giving up, I wouldn't be where I am today," said Brashear. "It is something to be the son of Carl Brashear because for the rest of my life there is nothing I can give up on. I will always have to achieve to make something out of myself, because that is what he did."

Brashear said events like African-American History Month are very significant.

"History has gaps, and I want to fill in the gaps," said Brashear. "Service members need to be told the history (so they will) learn to never to give up. We will have a whole lot more admirals, generals, doctors, lawyers and every other job that they might want. The sky is the limit."

Carl Brashear was featured in the 2000 movie "Men of Honor".

● **Noise**

hearing can detect has a value between 0 and 10 decibels, and the loudest sound the human ear can tolerate without pain is about 120 decibels. Examples of decibel levels produced during a typical workday aboard a Navy ship include: normal conversation (60dB), an operating forklift (85dB), a paint chipper (100dB), and carrier deck operations (greater than 145dB).

The Navy considers any sound above 84dB as noise hazardous, or having the potential to cause hearing loss. Prolonged noise at levels greater than 84dB over an eight-hour period may result in temporary, and gradually permanent, hearing loss. The louder the sound and more prolonged the exposure, the shorter amount of time it takes to cause permanent hearing loss. Temporary (short-term) hearing loss is often considered an indicator of the risk of permanent hearing loss with continued exposure. This temporary threshold shift is often captured on periodic audiograms (hearing tests) and used to provide workers and medical staff with an early warning of potential permanent hearing loss.

Occupational hearing loss has human, economic, and readiness impacts. Hearing loss may result in diminished quality of life because of loss of ability to communicate and social isolation, as well as impaired and misinterpreted communication with family members, the public, and coworkers. On-the-job hearing loss can result in

● **Column**

Community Policing. These concepts are built on the basic premise that the police can be a focal point, which the community looks to for guidance.

Now my wife doesn't know Herman Goldstein from Herman Munster, but she knows her husband and she tends to work with that rough material and mold me into something useful. She had a hard childhood, and was in and out of foster care from the age of 12 to 15 when she ran away from the system and luckily into her grandparent's care. During this time frame she was further traumatized by several bad foster situations. She recently related this story to me and yet fondly remembers those foster parents who genuinely provided love and shelter to her simply because she was a child in need.

This is where it gets good, my wife was listening to the radio and heard ads stressing the need for foster parents and the next thing I know I get roped into going to these classes in order to be a foster parent. I am thinking OK, she loves kids, and I am all right with that. They are smelly, messy, noisy and general nuisances, but then again they are entertaining and I love them too, so I'm in. On the way to the class, she tells me that she wants to help people, but she is just a housewife. The only skill she has is being a good mom, and she just feels an overwhelming need to help one child as a foster family.

The first class was pretty much an open forum, but the various presenters spoke about the difficulties these children have experienced. Many feel an immense sense of abandonment and loss, which of course manifests in behavioral problems and anger, and even more rejections throughout the process. I looked around the room at a diverse group of prospective parents who all seemed more than a little apprehensive at the challenges, but everyone seemed to be hanging in there.

My wife was looking at adopting a two year old; that the social workers told her

had been in the system since shortly after birth. During the last segment of the day the topic of sexual abuse was discussed. Recognizing the signs, what to say and what not to say to these children, and bang... my light bulb lit up. All of a sudden there I was the toughest guy in the room, the big bad cop, trying to tell the room that the kids may not be able to talk, due to age, and I could not speak. I was crying... tears literally streaming down my face for the first time in years, as I recalled a case study where a confessed abuser told interviewers that she had first abused a child when she brought it home from the hospital. These children, these victims can't speak for themselves. It just hit me like a truck that all of these kids have been abused or neglected and they desperately need one simple thing in order to stand a chance in life -- love.

Our normal existence and relationships to one another as friends or neighbors, and our future, our society depends on the grace reflected by the words of Abraham Lincoln spoke in a different context, but nonetheless pertinent appeal. Lincoln said, "to the better angels of our nature."

All of my training, education and knowledge of policing principles, criminology and theory pale in comparison to the instinctive desire of a mother to wanting provide shelter, sustenance, and love to a child. I hope we can meet the criteria as foster parents. My wife is so much smarter than I am, love can indeed prevent crime.

I was compelled to share this story with you, as it occurred to me that there are other fine families in our community who may have much to offer. If you are interested contact Lauderdale County Health and Human Services, Child Welfare Division, and family services on base for guidance.

Part 2: I discuss more of what happens within the foster care system and the links to children's behavioral issues and juvenile crime specifically runaways, missing children, prostitution, etc. How we can better safeguard our own children and prevent victimization through crime prevention and education.

diminished ability to respond to warning signals in the work environment, which could lead to increased injuries resulting from impaired communication.

Noisy work environments can also result in missed commands with dire consequences to personnel and equipment, such as running aground or firing a missile at the wrong time. Army studies show that noise-impaired communications affect combat performance (the likelihood of hitting the target and returning safely from a combat mission). The economic effects of hearing loss to the Navy include lost time and decreased productivity, loss of qualified workers through medical disqualification, civilian workers' compensation costs, and military disability settlements, retraining, and expenses related to medical intervention such as hearing aids and audiometric testing.

Noise induced hearing loss is an almost entirely preventable disability. Identification of hazardous noise areas; monitoring of workers' hearing acuity using regular audiometric testing; providing training to workers on the benefits of hearing protection; enforcing the use of personal protective equipment; administrative measures such as shorter work shifts in noise hazardous environments; and engineering controls are all measures used by the Navy to protect military and civilian employees from hearing loss.

--from Navy Safety Center .com

● **Marine**

-Strengthening the capabilities of Marine Special Operations Command through a 44 percent increase in critical combat support and combat service support Marines.

Flynn stressed the Corps' near-term priority remains operations in Afghanistan.

"We're not going to go down in force structure until after our commitment in Afghanistan has come down," Flynn said. He said that some force structure changes do not impact those operations and are already underway, especially with respect to the command, aviation combat, and logistics combat elements, to include the reserve component.

Flynn also said the commandant of the Marine Corps made it clear that "one of the key parts to a reduction is to keep the faith of our Marines, their families and our civilian Marines."

What's next is a thorough doctrine, organization, training, materiel, leadership and education, personnel facilities and cost (DOTMLPF/C) review and assessment before finalizing the Force Structure Review. The results of the DOTMLPF/C analysis is scheduled to be available in July.

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