

# THE SKYLINE



Volume 49, Number 12

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

June 9, 2011

## On Base...

✓ **The Outpost** will be open June 11, from 8 a.m.-4 p.m. Work on your vehicle or check out the new rental equipment... paddle boats, jon boats & mountain bikes. For more info call (601) 679-2609.

✓ **The NAS Meridian Fire Prevention Office** holds free fire safety, fire extinguisher and fire warden training classes which can be scheduled Monday through Friday from 7 a.m.-2 p.m. New fire wardens assigned to facilities on board NAS Meridian must complete initial training provided by NAS Meridian Fire Prevention Office. Facilities with established fire wardens must complete fire warden training through ESAMS.

✓ **Swim Lessons** will take place Monday-Friday from 8-8:45 a.m. for adults age 16 and older, and from 9-9:45 a.m. and 10-10:45 a.m. for all others. Session 1: June 6-16 Session 2: June 20-30 For more information, call (601) 679-2379.

✓ **The Sandtrap Grill** is now open for breakfast from 7:30-9:30 a.m. Tuesday-Friday. For more information, call (601) 679-2780.

✓ **Midway Movies** honoring this historic battle are available for check out on DVDs in the Public Affairs Office. Call (601) 679-2809 for more information.

## A Day in Naval History

**June 9**  
1882: Establishment of Office of Naval Records of the War of the Rebellion (became part of Naval Historical Center)  
1959: Launching of USS George Washington (SSBN-598), first nuclear powered fleet ballistic missile submarine, at Groton, Conn.

**June 10**  
1854: U.S. Naval Academy at Annapolis, MD, holds first formal graduation exercises. Previous classes graduated without ceremony.

**June 11**  
1853 - Five Navy ships leave Norfolk, Va., on three-year exploring expedition to survey the far Pacific.  
1927: USS Memphis arrives at Washington, DC, with Charles Lindbergh and his plane, Spirit of St. Louis, after his non-stop flight across the Atlantic.  
1953: Navy ships evacuate 20,000 Koreans from West Coast Islands to safety south of 17th parallel.

**June 12**  
1970: After earthquake in Peru, USS Guam begins 11 days of relief flights to transport medical teams and supplies, as well as rescue victims.  
1990: Cmdr. Rosemary Mariner becomes first Navy woman to command fleet jet aircraft squadron.  
-- [www.history.navy.mil](http://www.history.navy.mil)

**THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER**



Naval Air Station Meridian Commanding Officer Capt. Charles Gibson places a wreath in front of the administration building flagpole during the Battle of Midway Commemoration Ceremony on June 3. He is assisted by a Sailor from the Naval Technical Training Center and a Marine from Marine Aviation Training Support Squadron One.



Retired Lt. Demetrios George Gianakos, a Battle of Midway survivor, shakes hands with students from Naval Technical Training Center after the Battle of Midway Commemoration Ceremony on board NAS Meridian on June 3. Gianakos served in the U.S. Navy for 30 years.

Photos by MC2 (AW/SW) Flordeliz Valerio

## NAS holds Battle of Midway Commemoration

By Penny Randall  
Editor

Naval Air Station Meridian personnel paid tribute to one of the most significant events in naval history – the Battle of Midway during a commemoration ceremony on June 3.

NAS Meridian Commanding Officer Capt. Charles Gibson welcomed guests and shared his thoughts on the Battle of Midway.

“Midway had many heroes... the code-breakers who gave us the location and date of the battle, the shipyard workers, the Airmen and Marines who fought at Midway Island, the aviators flying from land and sea, and the Sailors who fought at sea,” Gibson said.

“We can look back and take heart – many of those who fought at Midway are gone now, but they point the way and left us a legacy – we stand on their broad shoulders and continue to learn from them. We too face a tough determined, and in many ways a more barbaric enemy, unprincipled enemy. We too cannot yet see the end to his long war on terrorism. But you should know that today’s military members are just as strong and just as brave as those who fought and won World War II. We can honor them all, past and present, for their courage, but it is in their memory that we remember them today.”

The Battle of Midway occurred June 4-7, 1942, just six months after the Japanese

attacked American forces at Pearl Harbor. Nearly 200 Sailors, Marines and civilian personnel gathered in front of the installation’s Administration Building for a short ceremony in the nearly 100 degree heat.

As we celebrate the Centennial of Naval Aviation, what a better time to honor a Battle of Midway survivor who spent 50 years of his life associated with the military.

Meridian’s own retired Lt. Demetrios Gianakos was the honored guest at the ceremony. Gianakos joined the Navy at the age of 17 after his mother signed the papers allowing him to enlist.

Gianakos, now 87, who has trouble walking

• **Midway, page 3**

## VT-9 welcomes Snyder, farewells Sheehan

By MC2 (AW/SW) Flordeliz Valerio  
Staff Writer

A new commanding officer took the controls of Training Squadron Nine on June 2, following the official change of command ceremony on board Naval Air Station Meridian.

Military and civilian personnel along with members of the community bid farewell to Cmdr. William Sheehan, and welcomed Cmdr. Craig Snyder as the squadron’s new leader.

Capt. Keith Taylor, commodore of Training Air Wing One, was the guest speaker.

“Changes of command are part of a tradition and pre-dated U.S. Navy itself. It serves as the official transition of managerial leadership and gives us all the opportunity to honor and recognize the achievements of the outgoing



Training Wing One Commodore Capt. Keith Taylor, left, and outgoing commanding officer of Training Squadron Nine Cmdr. William Sheehan listen as the incoming commanding officer Cmdr. Craig Snyder speaks during a change of command ceremony on board NAS Meridian on June 2.

Photo by MC2 (AW/SW) Flordeliz Valerio

skipper. Most times we hear statistics of how well the squadron performed. Today is no different because they tell a story of VT-9 --

a story of success,” Taylor said. Taylor described the squadron’s performance during the past year.

“This squadron flies over 100 sorties a day many times almost triple sided -- that’s a lot of flying. They do it professionally...they do it safely. That is a tough responsibility,” Taylor said. “It is also recognition of the organization that conducts the high risk mission with extremely high altitude in a very safe and professional manner.”

During Sheehan’s tour, the squadron trained 95 Navy, Marine and international pilots. The squadron amassed more than 17,477 sorties and over 22,223 training flight hours in the T-45C Goshawk.

“What a great ride it has been,” said Sheehan who transfers to Corpus Christi, Texas, to work

• **VT-9, page 3**

## Memorial Day 2011... in pictures



Left: NAS Meridian color guard presents colors during the Mississippi Veterans Memorial Cemetery Dedication Ceremony on May 31. Two T-45C Goshawks from Training Wing One performed a fly over at the ceremony. Right: Friends of Mississippi Veterans president Jack Winstead presents a recognition plaque to Mississippi Veterans Affairs Board president Jo Leslie during ceremony. The plaque recognizes donors who gave their time and money for the Carillon Project.

Photos by MC2 Flordeliz Valerio



Left: NAS Meridian Executive Officer Cmdr. Mike Siepert shakes hands with a local veteran after meeting Capt. Ken Storms, USN (Ret.), who served as the keynote speaker during the Memorial Day Ceremony at the Lauderdale County Courthouse in Meridian, May 30. Right: NAS Meridian ceremonial detail members provide a 21 gun salute and the bugler followed with “Taps” during the event.

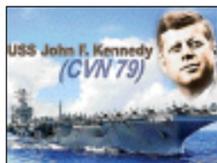
Photos by Susan Jenkins



## Look Inside



~ Page 3 ~  
NAS Meridian Executive Officer retires after 26 years of service.



~ Page 4 ~  
Navy names next aircraft carrier USS John F. Kennedy



~ Page 7 ~  
Sailors & Marines: Hydrate to beat summer heat



~ Page 10 ~  
Enterprise lands 400,000th aircraft

## Photo of the Week



Photo by MC2 Flordeliz Valerio  
**Chief Aviation Boatswain's Mate (Handling) Chris Mills, left, Chief Aviation Boatswain's Mate (Equipment) Demetrius Jenkins assist Chief Air Traffic Controller Brentson Waller as they deep fry fish fillets during a Fish Fry Fundraising event at the Navy Operational Support Center on board NAS Meridian on June 1. The event was sponsored by the Chief Petty Officer Association NAS Meridian.**

## Blue Angels boss relieved

PENSACOLA (NNS) -- The commanding officer of the Naval Flight Demonstration Squadron was relieved of command by chief of naval air training May 27.

Cmdr. Dave Koss requested that Rear Adm. Bill Sizemore relieve him of his command following a lower-than-normal maneuver during the team's last performance at the Lynchburg Regional Air Show May 22.

"With deep personal regret I shared with my command today that I will be voluntarily leaving the greatest flight demonstration team," said Koss. "I performed a maneuver that had an unacceptably low minimum altitude. This maneuver, combined with other instances of not meeting the airborne standard that makes the Blue Angels the exceptional organization that it is, led to my decision to step down. I have the utmost respect for the Sailors and Marines of the Blue Angels organization and all that they embody. The reason this team is so successful, brings thrills to millions of fans across America, and represents the U.S.

Navy so superbly, is because of the absolute commitment to safety and perfection by every member of the team. I am honored to have been a part of this organization, and I look forward to watching its success in the future."

Koss will be replaced by the previous Blue Angels' commanding officer, Capt. Greg McWherter, for the duration of the season.

This move requires the cancellation of the Blue Angels' scheduled performances at the Rockford Airfest June 4-5, and the Evansville Freedom Festival Air Show June 11-12. The Blue Angels will remain in Pensacola for additional training and air show demonstration practice. Any potential changes to the team's future schedule will be announced at a later date.

The Blue Angels regret any inconvenience and look forward to continuing to represent the Navy and Marine Corps service members serving around the world.

—From Commander, Naval Air Forces Public Affairs

## Area Happenings

### JUNE

**Now through July 15:** Meridian Museum of Art Summer Art Classes for ages 6-12. Classes are taught by various instructors. The museum is located at 628 25th Ave., Meridian. Museum hours are Wednesday-Saturday 11 a.m.-5 p.m. Class fee is \$35. For information, call Kate Cherry at (601) 693-1501 [www.meridianmuseum.org](http://www.meridianmuseum.org).

**5:** The MSU Riley Center presents Jonny Lang in concert. Preshow party at 4:30 p.m., concert at 6 p.m. Tickets are \$50 and \$44. Call the box office at (601) 696-2200 or go to [www.msurileycenter.com](http://www.msurileycenter.com).

**17-19 and 23-26:** State Games of Mississippi 20th Anniversary Competition Weekends. State Games is Mississippi's largest amateur athletic sporting event for all ages featuring a variety of sports events-something for teams and individuals. Opening Night Ceremony, Parade of Athletes and Lighting of the Torch will be June 17 at 7:30 p.m. in downtown Meridian at Dumont Plaza. Admission is free. For more information, call (800) 482-0205 or go to [www.stategamesofms.org](http://www.stategamesofms.org).

**24:** Meridian Museum of Art presents "Martinis at the Museum" featuring a huge auction of paintings. The museum is at 628 25th Ave., Meridian. For information, call (601) 693-1501 or go to: [www.meridianmuseum.org](http://www.meridianmuseum.org).

### JULY

**4:** City of Meridian 4th of July Concert and Fireworks Display at Bonita Lakes Park on Highway 19 South. The event features entertainment starting at 6 p.m., a gigantic fireworks show over the lakes at 9 p.m., food vendors and great family fun for all ages. Admission is free. For information, call (601) 485-1944.

**9:** Sunfish Summer Triathlon featuring 1K swim, 34K bike race and 8K run at Bonita Lakes Park in Meridian on Highway 19 South. Sponsored by Meridian Athletic Association. Time: 7 a.m. For information and entry forms, contact Stacy Barr by e-mail: [jsbarr57@hotmail.com](mailto:jsbarr57@hotmail.com).

**15:** Gospel Concert featuring the "Inspirations" at 7 p.m. at The Temple Theatre, 2320 8th Street in downtown Meridian. For information, call Richard Ferguson at (601) 416-1630.

**20:** The Riley Center presents Victor Wooten in concert at 7:30 p.m. The center is at 2200 5th Street, downtown Meridian. Tickets are \$32 and \$26. For information, call the box office at (601) 696-2200 or go to: [www.msurileycenter.com](http://www.msurileycenter.com).

### AUGUST

**5:** The Riley Center presents The Righteous Brothers' Bill Medley in concert at 7:30 p.m. Preshow party at 6 p.m. The center is at 2200 5th Street, downtown Meridian. Tickets are \$46 and \$40. For information, call the box office at (601) 696-2200 or go to: [www.msurileycenter.com](http://www.msurileycenter.com).

**10-Sept. 24:** Meridian Museum of Art presents its 38th Annual Bi-State Art Competition -- the oldest juried art competition in the region. The museum is at 628 25th Ave., Meridian. Hours are Wednesday-Saturday from 11 a.m.-5 p.m. Admission is free. For information, call (601) 693-1501 or go to: [www.meridianmuseum.org](http://www.meridianmuseum.org).

**12:** Moonlight Run sponsored by the City of Meridian Parks and Recreation at Northeast Park on Highway 39 North. Run begins at 10 p.m. For information, call (601) 485-1802 or (601) 485-1895.

**20:** Magnolia Cyclist Downtown Bicycle Criterium Race through the streets of downtown Meridian. Time: Noon to 8 p.m. For information, call Maurice Malone at (601) 527-5552.

Enrollment is open for the Head Start 2011/2012 program at the Child Development Center on board NAS Meridian. For more information contact, Geneva Burton at the Head Start Regional Office at (601) 483-2225.

## NMCRS seeks volunteers

The NAS Meridian branch of the Navy-Marine Corps Relief Society is in need of volunteers who can commit one or two days a week. The office is open Tuesdays and Thursdays from 9 a.m.-1 p.m., and they reimburse volunteers for gas and childcare. This is a great way for people to learn office skills, improve resumes, and make new friends. NMCRS has branches at nearly every Navy and Marine Corps base worldwide, and therefore experience is transferable. NMCRS helps active duty and retired military with budgeting, financial assistance, and getting service members home when they have received a Red Cross emergency message from their families. On board NAS Meridian, contact NMCRS Chair of Volunteers Jenny Enderlin at (601) 679-2504.

## TRICARE: Update your info in DEERS

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

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

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

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

## NEXs stocks hurricane season merchandise

Hurricane season begins June 1 and lasts until Dec. 1. For hurricane season, the NEX offers the newest and most necessary items to help prepare for and recover from hurricanes and other natural disasters.

"Emergencies can strike anyone at any time," said Channing Williams, Navy Exchange Service Command's (NEXCOM) hardware and automotive buyer. "Beginning in June, many of our stores will have dedicated Emergency Preparedness sections so that you can easily locate all of the supplies you will need to keep yourself, your family and your home safe. NEXs have everything you need to create your own Emergency Preparedness kit."

An Emergency Preparedness kit should contain food and water for seven days, flashlights, fresh batteries, blankets, battery operated radio or television, First Aid kit, pet food (if needed), plastic bags, plastic tarps, diapers (if needed), manual can opener and

hygiene supplies. "All these items should be placed in waterproof containers and checked periodically for freshness and restocking" said Williams.

Besides generators, other items that are available at the NEX are ladders, power tools, propane tanks, waterproof safes and camping supplies. As always, customers save an average 20 percent off merchandise purchased from the NEX, not including sales tax.

For those customers who are thinking of purchasing a generator, from June 1-12, purchase any generator valued at \$299 or more with a MILITARY STAR® Card and make no down payment, no interest and no payments for six months.

The MILITARY STAR® Card offers many benefits including 10 percent off the first day's purchases (up to the customer's credit limit), no annual fee, low interest rate and 24-hour customer service including online access.

-- From NEXCOM PAO

**Starbase Atlantis 2011 Summer Activities**  
 Call 601-679-2448 or 601-679-3809 to register!  
 All workshops are from 8 a.m. to noon - Students should bring a snack!

<p style="text-align: center;"><b>June 8 &amp; 9 ~</b>  <b>Rocketry &amp; Flight</b></p> <p> Few experiences can compare with the excitement &amp; thrill of watching a rocket thunder into space. Join us for a look at rockets, their scientific principles and even construct a few of your own. You'll be soaring before you know it. This workshop is open to those who have completed 2nd and 3rd grades.</p>	<p style="text-align: center;"><b>July 12, 13, &amp; 14 ~</b>  <b>Lego Robotics</b></p> <p>Robots build automobiles, perform surgery, explore the surface of Mars, and vacuum carpet. Come to Starbase, build your own robot and see technology and innovation at work. Our LEGO robots will perform feats of skill. This workshop will emphasize teamwork and cooperation. If you have completed 5th or 6th grade for this fun workshop.</p>
<p style="text-align: center;"><b>June 21, 22, &amp; 23 ~</b>  <b>Starbase Engineering</b></p> <p>Come to Starbase and become one of our engineers. You will experience the role of engineering in activities such as building a seat belt for an egg, using a circuit board to cause a bulb to light, building and launching a rocket, and many other fun activities. This workshop is open to those who have completed 4th and 5th grades.</p>	

## Off Limits Establishments

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

- |  |  |
|--|--|
| <p><b>The Underground</b><br/>                 (Bonita Lakes Mall)</p> <p><b>Meridian Underground Music Exchange</b></p> | <p><b>Club Flame Throwers</b><br/>                 (advertised as "Club End Zone")</p> <p><b>Club Fusion</b> (Formerly Club Swaggards and Club Midnight Sun)</p> |
|--|--|

## The Skyline ~ Naval Air Station Meridian, Miss.

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

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

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## Frocking Ceremony

A frocking ceremony was held May 26 for all newly promoted Petty Officers at Air Operations on board NAS Meridian. Those promoted to the following rank include, from left, AC2 Joshua Ottwell, AC1 Scott Hester, AC2 Lacey Callaway, AC3 Tyler Bolosan, AC2 John Dickinson, AC3 Danielle Murphy, AC1 Jason Miller, ABH2 Brian Clark and ABH2 Kendrick Tanner. Not pictured is ABE1 Joseph Gill who is serving as an Individual Augmentee (IA) in Afghanistan.

Photo by MC2 Flordeliz Valerio

## Retirement



Photo by Penny Randall

**Capt. Charles Gibson presents Cmdr. Edward Donohoe with his end of tour award at Donohoe's retirement ceremony, May 27 in the NAS Meridian Chapel. Donohoe served as the executive officer of NAS Meridian since May 2008. He served 26 years in the U.S. Navy.**

## Reenlistment



Photo by MC2 Flordeliz Valerio

**Air Traffic Controller 2nd Class (AW) Laquinton Dunn is presented his certificate of reenlistment by Air Traffic Control Officer Lt. Dennis Smith on May 23. Dunn reenlisted for six years.**

## Volunteer Service



Photo by MC2 Flordeliz Valerio

**Capt. Charles Gibson presents Air Traffic Controller 2nd Class Jeffrey Wilbanks with the Military Outstanding Volunteer Service Medal during a ceremony on May 26. Wilbanks was awarded the medal for his continuous outstanding public service within neighboring communities from Sept. 2006 to June 2010.**

## Congratulations



**N A S Meridian's Navy Gateway Inn & Suites Employee of the Month for April 2011 is Sharon Clayton, lease-keeper and continental breakfast custodian.**

Submitted Photo

## End of Tour



Photo by MC2 Flordeliz Valerio

**Capt. Charles Gibson presents Chief Air Traffic Controller John D'Arcy with a Navy and Marine Corps Commendation Medal for his end of tour award on May 26. The award was for service while serving as operations department's leading chief petty officer from Sept. 2007 to June 2011.**

## Naval Air Station Brunswick marks end to service

By MCSN Ty Connors

Naval Air Station Brunswick Public Affairs

NAVAL AIR STATION BRUNSWICK, Maine (NNS) -- Naval Air Station Brunswick (NASB) held its disestablishment ceremony May 31, ending 68 years of service to the Navy.

NASB, situated on 3,200 acres in along Maine's mid-coast, originally opened in 1943, and was primarily used as a training base for the British Royal Navy's Fleet Air Arm.

With the end of World War II, the base was put into caretaker status until it re-opened in 1951.

In 2005, the base was tapped for final closure by the Base Realignment and Closure Commission.

"The Sailors, civilians, and contractors of Naval Air Station Brunswick have done a remarkable job," said Jackalyn Pfannenstiel, the Assistant Secretary for Energy, Installations & Environment. "This is a major milestone, and I'm extremely impressed with everyone's efforts to prepare the base for redevelopment. This station has consistently met the deadlines and surpassed standards for redevelopment. It is my hope that the Navy's departure will pave the way for future development and job growth in this area. If this can't be a Naval Air Station, then it can be a business opportunity for the community."

During the closing ceremony, other speakers also saluted the long years of service by Sailors and civilians, and highlighted the tight bonds that grew between base personnel and the local community over the decades.

"We have been part of the community here," said Capt. William A. Fitzgerald, the base's 36th and final commanding officer. "But that is only because the community embraced us. You welcomed us into your neighborhoods and schools. You allowed us to become part of the woven fiber of this area."

In a nod to the base's history, Capt. Fitzgerald honored several former commanding officers in attendance, presenting them with Naval Air Station Brunswick ballcaps and nametags.

Fitzgerald also presented plaques to representatives of the local communities and the state of Maine for their support over the years.

At its height, NAS Brunswick employed some 4,000 Sailors and civilians to support the mission of patrol reconnaissance.

Many alumni returned to goodbye to the base where they flew and serviced the P-2 "Neptunes" and P-3 "Orions" that made up the bulk of patrol reconnaissance history.

VP-26, now stationed in Pensacola, Fla., sent a lone P-3 "Orion" as a silent witness to the historic ceremony.

In addition to speeches -- including the keynote by retired Rear Adm. Harry Rich - the ceremony included history displays of the squadrons that had called NAS Brunswick home, a slide-show of photographs, and other walks down memory lane.

Rich, a Maine native, reminisced about the powerful influence a childhood experience at NASB had on his decision to seek a commission as a naval aviator. He further shared recollections of his tour at Brunswick later in his career and the way the people of Brunswick welcomed and supported his family and command.

Music for the ceremony was provided by the Brunswick and Mt. Ararat High Schools bands, while PS1 Leonard Bell of the BNAS Personnel Support Detachment sang the National Anthem.

The final touch was the lowering of the American flag for the final time at the installation.

The ceremony was immediately followed by a reception held by the Mid-Coast Regional Redevelopment Authority, which is charged with writing NAS Brunswick's next chapter.

## Seabees take to the night to beat Afghan heat

CAMP LEATHERNECK, Afghanistan (NNS) -- The Seabees of Naval Mobile Construction Battalion (NMCB) 3 have started to work at night May 27 in order to eliminate heat injuries associated with the high heat of Afghanistan during summer days.

NMCB 3 has been deployed to Afghanistan since October and the Seabees have endured the harsh cold of the winter and now the brutal summer heat, reaching temperatures greater than 100 F.

The direct sunlight itself is not the only danger, it also heats up metal tools and materials.

"The metal building we are working on gets hot under the sun and increases heat casualty risk," said Chief Builder (SCW) Benjamin Campbell, the battalion safety officer.

Campbell also said that in this environment, skin contact with metal

tools or material could result in burns and the high temperatures and direct sunlight also increase the risk of dehydration, heat stroke and heat exhaustion.

The night projects include a 90 foot by 40 foot metal building called a K-span that is being built to house tools and materials in the battalion supply yard. The battalion is also remodeling a building that will serve as the new medical office and treatment spaces. At these projects the Seabees use an outdoor flood light known as a light plant for night time illumination.

Structural projects are not the only items being worked during the cooler night conditions. Alfa Company handles heavy equipment operations and maintenance and have been working during night to repair their equipment, as well as complete routine preventative maintenance.

"Working at nights makes it easier to keep going at a steady pace," said Construction Mechanic 3rd Class (SCW) Bobby Brown. "Since we have been working nights repair and maintenance completion for equipment has increased."

The battalion communication shop has also placed and buried more than 3000 feet of fiber optic cable in order to improve the computer-network performance throughout the camp. Placing the cable at night has not only helped beat the heat but it also made it easier to work with less foot and vehicle traffic in the way.

NMCB 3 is an expeditionary element of U.S. Naval Forces providing construction, engineering and security services in support of national strategy, Naval power projection, humanitarian assistance and contingency operations.

-- By MC3 (SCW) Christopher Carson

### • Midway

and hearing so his son, retired Lt. Col. Kris Gianakos spoke on his behalf.

"This is a very humbling experience to be standing here today talking about an individual that I absolutely love," Kris Gianakos said. "When I ask my father, 'Why did you join the Navy?' he says, 'Because they paid me to go to school.'"

The senior Gianakos' naval career begin in the aviation field with Patrol Bombing Squadron VP-71 on board a PBY bombing aircraft that could take off and land on the water completing maritime patrol and reconnaissance missions.

Just a few weeks after completing boot camp, the senior Gianakos found himself arriving in Hawaii on Dec. 25, 1941.

"They told us to throw all our gear in the airplane and fly to Midway," the senior Gianakos said. "No predeployment... just get in and go, and that's what we did."

The senior Gianakos' squadron immediately began flying search patterns in the Pacific.

"My dad told me that due to the individuality of that American flying the airplane who extended his search a little further than he probably should have, they discovered minesweepers from the Japanese fleet which gave the intel to the carriers to launch the attacks," Kris said.

The senior Gianakos' career extended through Korea and Vietnam where he was commissioned an officer. He was stationed in numerous places including Kingsville, Texas, Alaska, San

Diego, Maryland and Alaska. Gianakos ended his career in the military at NAS Meridian in May 1971. He continued his service by working as a ground school instructor training student aviators at NAS Meridian for 20 more years.

About three months ago the senior Gianakos was asked to do an oral history of his military service. He was asked, "What was more significant to you, Pearl Harbor or the World Trade Center attacks?"

"Now you have to realize that my dad is from New York City, but his instant response was Pearl Harbor." He was asked why and answered, "To see the strength and power of the U.S. Fleet in that kind of condition had an impact on me that was beyond anything I ever imagined."

### • VT-9

for the Chief of Naval Air Training. "Thirteen years as a Goshawk instructor, (then) CO of VT-9 -- it's all been an honor and privilege."

Snyder, a 1993 graduate of the U.S. Naval Academy, earned his wings in 1995 at NAS Meridian. He reported to NAS Oceana for initial training in the F-14 Tomcat. His first fleet tour was with the SWORDSMEN of VF-32. He flew both the F-14A and F-14B (U) in support

of Operations Deliberate Forge, Southern Watch, and Desert Fox.

Snyder did a tour as a TOPGUN instructor pilot. He was the staff expert on A/A Shot Validation and Surface-to-Air Threats and Countertactics. Following TOPGUN, he joined the TOMCATTERS of VF-31 for a tour as the squadron Training Officer flying F-14Ds. After that, he joined the VF-213 BLACKLIONS as a Department Head. He had the opportunity to serve as the

Maintenance Officer for the last Tomcat deployment in 2005-6.

In November 2006, he transferred to the Joint Staff, J-3 at the Pentagon. He served as assistant deputy director for operations and nuclear strike advisor.

He reported as executive officer of VT-9 in March 2010. Snyder has more than 3,300 flight hours and over 500 traps.

"It's good to remember what makes an organization great, it's not the CO

who does it... it's the officers, Sailors and Marines that you see standing here -- they are the ones who make this squadron great. It's a top notch organization with top notch instructors," Snyder said. "I couldn't ask for anything better. I am going to set the tone for the next 15 months with a single one liner I learned from an old CO of mine. He said, 'Set the bar high and get the hell out of the way.' I look forward to being your CO."



**Pfc. Mellisa Walker**

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

Pfc. Mellisa Walker recently arrived at Marine Aviation Training Support Squadron One on board NAS Meridian.

She joined the Marine Corps on Jan. 18, 2011.

"I wanted to be able to travel and finish school," Walker said. "I didn't like the boring day-to-day lifestyle so I joined the Marine Corps because of the reputation, challenge and discipline that it gives. I want a career and start my own life -- the Marine Corps will allow me to take advantage of all the benefits offered."

Her hobbies include softball, riding dirt bikes and motorcycles, reading and shopping.

She is the daughter of Nancy Walker and James Walker and has one sister, Kaitlyn.

The person she most admires is her mother.

"She is strong willed and encouraging."

She is there when I need help or advice."

**OOORAH!****Pvt. Jonathan Soriano**

**MATSS-1 Student  
Hometown: Cleveland, Ohio**

Pvt. Jonathan Soriano joined the Marine Corps on Jan. 18, 2011.

"There was a time in my life where I needed discipline more than ever in order to succeed," Soriano said. "I knew that by joining the Corps, I would find that discipline to unlock my full potential."

Jonathan is the son of Jose and Rosa Soriano of Cleveland, Ohio, and has three siblings.

His hobbies include wrestling, track, playing Xbox 360 and hiking.

Soriano has plans for his military career.

"I want to become an officer and use what I have learned to lead junior Marines to success throughout their careers," said Soriano who hopes to be stationed in Hawaii after graduation from MATSS-1.

The person he most admires is his former drill instructor Staff Sgt. Bezada.

"He transformed me from a civilian into a Marine. He made me into the man I have always wanted to be -- strong-minded, confident and disciplined."

**Marine's courage brings Spice smokers to justice**

**By Staff Sgt. Michael Freeman**  
Marine Corps Bases Japan

OKINAWA, Japan -- Editor's note: The following story is true. Names have been changed or omitted to protect the anonymity of all parties involved.

"Keep your mouth shut! You didn't see a thing!" These are the kind of thinly-veiled threats one Marine here endured, prayed about and eventually found the moral courage to act upon by turning in fellow Marines who were using a barracks bathroom as a hideaway to smoke the illicit drug known as Spice.

John's story began weeks ago when another Marine, freshly out of the Camp Hansen brig where he served time on Spice-related charges, moved in to the room next door. They would be sharing a bathroom.

At first, all was quiet. After a few days though, John noticed his new neighbor seemed to be spending more and more time in the bathroom with the shower running. "The water was just running, and there was no other movement or sound," he said. "It started happening two or three times a day for long periods."

Sometimes, he said, he could hear his neighbor leave the bathroom, but the sound of the shower continued to drone on. Eventually, someone would come back in, turn off the shower and retreat back to the connecting room.

It wasn't long before the mys-

terious activity increased. "I started hearing other voices in the bathroom," said John. "I started asking myself, 'Why is there a group of guys in the bathroom with the water running?'"

With each new incident, John became more suspicious and more pieces of the puzzle came to light. "I could hear lighters and smell smoke, but not cigarette smoke," said John. "It was different."

When John entered the bathroom after these incidents, he sometimes noticed ashes in the toilet or on the floor. He stopped hanging his towels in the bathroom because he could not stand the way they smelled anymore. Eventually, the bathroom crew grew either more confident or more careless and stopped trying to clean up after themselves altogether. Bath mats or towels were left pushed up against the base of the door to his room -- to keep the smell of smoke from entering his room, he assumed.

When he alluded to the fact that he knew what they were doing, they threatened him -- demanding he remain quiet about his suspicions or face consequences. John said, by that time, he was pretty sure he knew what was going on and said plenty of other Marines had their suspicions too. One even advised him to heed the perpetrators' warnings not to report his suspicions. "He told me I should just talk to the Marines and tell them to stop," said John.

"He was afraid of the 'higher-ups' ● **Spice, page 6**

**Memorial Day ceremony honors Belleau Wood Fallen**

**By Master Sgt.  
Grady T. Fontana**  
Marine Forces Europe

BELLEAU, France -- More than 300 Marines and Sailors from commands throughout Europe and the United States, along with about 2,000 French locals, gathered at the Aisne-Marne American Cemetery, here, for a Memorial Day ceremony to honor the dead and missing of the World War I battle of Belleau Wood.

The 35th Commandant of the Marine Corps General James F. Amos, backed by Marines from Marine Corps Forces Europe, members of 5th and 6th Marine Regiments, and Fleet Anti-terrorism Security Team Company Europe gathered to remember and honor the 2,289 war-dead who are buried at the 42.5-acre cemetery.

"Just behind me, and over this hill, on a single day, June the 6th, 1918, the Marine Corps sustained more casualties than it had in its previous 143 years of existence," said Amos in a speech in front of dignitaries and French locals. "On that day, the Marine Corps transformed from simple naval infantry to one of the most feared and revered fighting forces the world has ever known."

The ceremony featured remarks by Monique Benier, the Mayor of Belleau, along with memorial addresses from both Amos and French



Photo by Master Sgt. Grady T. Fontana

**Two formations of Marines and French soldiers pay tribute to fallen U.S. service members atop a hill at the heart of the Belleau Wood forest during a private ceremony that was held prior the official Memorial Day ceremony, which was held in the Aisne-Marne American Cemetery here at the foot of the forest.**

Commander of Land Forces Lt. Gen. Herve Charpentier. The laying of wreaths, poetry readings, and performances by the French Army Band, the 'Commandant's Own' Drum and Bugle Corps, and the U.S. Marine Corps Silent Drill Platoon were also featured.

"Belleau Wood is one of those touchstone battles for the Marine Corps," said Lt. Gen. John M. Paxton Jr., commanding general, II Marine Expeditionary Force and commander, Marine Corps Forces Africa. "Ever since 1918, when we were over here, it was a watershed battle that put the United States Marine Corps onto the world map and has solidified our relationship with both the Army and the nation

of France. For Marines today, it's part of that legacy of courage and commitment."

Belleau Wood is a 200-acre forest that adjoins the cemetery behind the memorial chapel. At the cemetery, there are 2,039 known buried and 250 unknown whose remains are buried but not identified. In the chapel, there are 1,060 names inscribed on the walls to remember the missing.

"It's an honor for me to stand here today with my fellow Marines and our French allies," said Amos. "Belleau Wood is a spiritual place for those of us who are called United States Marines. It reaches deep inside of us to our soul and reminds us of who

● **Belleau Wood, page 6**

**Safety is Our Duty****'You're in Command': A challenge to boaters**

"You're in Command" -- the title of a new outreach campaign with which the Coast Guard is challenging boaters to a higher level of safety.

The U.S. Coast Guard cites that an average 700 recreational boaters die on American waterways every year and 7,000 more are injured annually. Property damage runs into the hundreds of millions of dollars. These accidents are particularly tragic because they happen to people and families out for pleasure and relaxation. Nearly all could be prevented with a few simple steps on the part of boat owners and operators.

Attitudinal research sponsored by the U.S. Coast Guard Office of Boating Safety confirmed a strong suspicion: Most boaters believe they are safe enough already. They equate boating safety with equipment-like life jackets, fire extinguishers, and radios-and forget that safety really is a matter of personal behavior.

Meanwhile, congestion on America's waterways continues to grow. As a result, only one group has the power to make accident rates go down: the boat owners and operators themselves.

The Coast Guard isn't in this new outreach program alone. Partners include the U.S. Coast Guard Auxiliary, U.S. Power Squadrons, National Safe Boating Council, National Water Safety Congress, and the National Association of State Boating Law Administrators. The campaign asks recreational boat owners and operators to take new steps to ensure their own safety, as well as the safety of passengers and other boaters.

"You're in Command" focuses on four actions boaters



can take:

- Get a vessel safety check (VSC). This program provides a bow-to-stern inspection of a boat's condition and safety equipment. Experienced members of the U.S. Coast Guard Auxiliary and U.S. Power Squadrons do the checks, which identify safety issues and violations before they become problems on the water. "You're in Command" encourages boat owners to seek a VSC once each year.

- Take America's Boating Course (ABC). This new electronic course is sponsored by the Auxiliary and Power Squadrons and is recognized by the Coast Guard. It makes boating-safety instruction easily accessible to a vast seg-

ment of the population that may never invest the time to attend traditional safe-boating classes. "You're in Command" promotes boating courses, specifically the convenience of ABC.

- Wear your life jacket. Nothing would reduce boating fatalities faster than universal life-jacket wear. Most boaters carry life jackets, but few wear them consistently while underway, despite the fact drowning causes most boating deaths. Through "You're in Command," the Coast Guard challenges all boaters to wear life jackets while underway. Officials hope the new styles of compact and inflatable jackets will make this practice much more common.

- Never boat under the influence. Boaters must understand that waterborne stressors, such as wind, sun, vibration, and noise, multiply the effects of alcohol and even some prescription medications to dangerous levels. The Coast Guard recommends no alcohol on board and hopes the "You're in Command" campaign will reduce the instances of under-the-influence boaters on the water.

"You're in Command" is timely, given the Coast Guard's new role in homeland security. The equation is simple: The more recreational boaters take responsibility for their own safety, the more time and resources the Coast Guard can devote to protecting our ports and waterways from waterborne threats. Help do your part to reduce accidents and save lives.

-- Provided courtesy U.S. Coast Guard Office of Boating Safety. Go to [www.uscgboating.org](http://www.uscgboating.org) for a variety of resources, links and free information.

**Energy Awareness Tips****In the Workplace**

1. Turn computers and computer monitors off at night and during the day when they aren't being used for extended periods of time. Make it easy to shut monitors and computer peripheral equipment off by plugging everything into a power strip with an on/off switch.
2. Get into the habit of turning off lights when you leave a room.
3. Use natural daylighting and reduce or eliminate artificial lighting when possible.
4. When the weather permits, open windows to take the place of air conditioning. Turn off window air conditioners when you leave a room for several hours.
5. Use task lighting when you need lighting in one small area and then reduce background or ambient light levels.

6. If you specify or order energy-using equipment, follow the law. Federal purchasers are required to order equipment that meets ENERGY STAR or Federal Energy Management Program guidelines for energy efficiency.
7. Keep air compressors and other shop equipment off when not in use.
8. Report lights left on when they are not needed to your base energy team. Automatic controls or a different type of lighting system may fix the problem. If you can't find a light switch, report it.
9. Always keep doors and windows closed when the heat or air conditioning is on.
10. Make sure sleep mode features are enabled on all office equipment.

**Fuel Efficiency**

1. Drive smoothly. Slowing down grad-

- ually, rather than jamming on the brakes, then accelerating slowly can save you as much as two miles per gallon. Plus it reduces wear on your brakes.
2. When driving on the highway, use your cruise control to maintain a steady speed.
3. Remove unnecessary heavy items from your car. Every 100 pounds extra costs you about half a mile per gallon.
4. Keep the tires of your car or truck properly inflated. For every pound per square inch (psi) below the proper level there is an average increase of 0.4 percent in fuel consumption; being low by as little as four pounds of pressure can reduce your mileage by 10 percent.
5. Ride a bike or walk to work, to the local neighborhood store or to a nearby friend's home. Total vehicle emissions are reduced to zero.

**Fire Safety Training Classes**

The NAS Meridian Fire Prevention Office holds free fire safety, fire extinguisher and fire warden training classes. The classes can be scheduled Monday through Friday from 7 a.m.-2 p.m.

New fire wardens assigned to facilities on board NAS Meridian must complete initial training provided by NAS Meridian Fire Prevention Office. Facilities with established fire wardens must complete fire warden training through ESAMS.



If you have questions on this or any other fire related topic, contact the NAS Meridian Fire Prevention Office at (601) 679-3866/3875/2589.

# Sailors prepare for retention board

By MC1 (AW) LaTunya Howard  
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- The Enlisted Retention Board (ERB) quotas were made available May 18, to help Sailors stay Navy by identifying competition within individual ratings, pay grades, and years-of-service categories.

Navy Personnel Command (NPC) Force Master Chief (AW/SW/NAC) Jon Port advised Sailors to be prepared.

"Just because you are on the ERB list does not mean that you will not continue in the Navy," said Port. "I hope every command assigns a sponsor to their ERB Sailor, hopefully a chief or senior chief to mentor them and provide them guidance on how to put a package together.

"We already have a continuation board on the far end to evaluate the performance of chief petty officers," said Port. "We've never had a board of this nature. The ERB is an opportunity for Sailors to step-up their pace in the middle ranks; it's also an opportunity to ease the strain on the Perform-to-Serve (PTS) program."

As part of Navy efforts to increase options for ERB eligible Sailors, conversion waivers were introduced in NAVADMIN 160/11. The chief of naval personnel message clarifies the process for ERB eligible Sailors to apply for conversion prior to the board.

The purpose of the ERB is to balance

31 overmanned ratings and improve Navy-wide advancement opportunity.

"PTS was not designed to be a force shaping tool," said Port. "It was meant for very competitive Sailors in overmanned ratings to convert to ratings that are undermanned. This benefits the Sailors advancement percentage, while meeting the manning needs of our Navy."

Sailors interested in conversion can submit an application for a maximum of three ratings. The following ratings will accept applications for conversions:

CS (SUB), CTI, CTM, CTN, CTR, CTT, ET-NAV, ET-RADIO, FT, HM, ITS, LS (SUB), MM-WEPS, NC (COUNSELOR), and YN (SUB)

Service members must satisfy eligibility requirements. Conversion waivers will be granted based on the needs of the Navy. Applications must be submitted by June 15. Sailors will be notified of results no later than July 15. Sailors approved for conversion will be exempt from the ERB board.

ERB eligible Sailors' official military personnel files are tagged in BUPERS Online if he or she is expected to go before the board. Commands can use command view to see the bureau's initial selection.

For more information on the ERB, read NAVADMIN 160/11, visit the NPC webpage or contact the NPC customer service center at [www.CSC.mailbox.navy.mil](mailto:www.CSC.mailbox.navy.mil) or 1-866-U-ASK-NPC, 1-866-827-5672.

# NAVFAC employee's expertise lands him at Cannes Film Festival

JACKSONVILLE, Fla. (NNS) -- Naval Facilities Engineering Command (NAVFAC) Southeast student employee, Matt Simons, is headed for France to participate in the Cannes Film Festival, May 14.

Simons, a video production assistant, produces short films in his spare time.

"This started off as a hobby, but quickly transformed into something that I could see myself doing the rest of my life," said Simons. "Then I got a job here at NAVFAC and it has now changed into my career."

Simons has worked at NAVFAC Southeast since December 2009, working in the public affairs office producing short films for the command - part of its internal communications program. As a student at Florida State College at Jacksonville studying Digital Media Production, he had the experience to contribute to the public affairs office with photography and preparing video productions.

Simons spends most of his spare time watching, critiquing, or writing film scripts. He realized that this is what he wanted to do with his life so he went back to school to pursue his passion, filmmaking. He is transforming his hobby into a career.

"Why wouldn't anyone want to get paid for doing something they love," said Simons.

In one of his first college classes, Simons became close friends with one of his professors and a group of them have now worked on several short films. They compete in events throughout the country called, "The 48 hour Film Project".

The 48 hour Film Project is typically a weekend event where the team has 48 hours to complete a 5 to 10 minute film. Basically, they get two days to write, shoot, edit and submit a film with assigned elements, dialogue and props.

The experience he has gained in the 48 hour film events benefit the command through his ability to produce short educational and training videos quick. The films enhance the communications program and provide new and fun ways to communicate.

Simons has been very successful with his hobby and has won many awards over the past couple years which proves beneficial to NAVFAC Southeast with the production of several videos for the command. His creativity and film production skills have enhanced the command's ability to reach out to its employees and brought employees together to participate in filmmaking for the command.

"It makes a day of hard work a lot easier when you can have a great time and come out with an amazing product," said Simons.

-- From Naval Facilities Engineering Command Public Affairs

# Sailors win 19th Annual Armed Forces Iron Chef Competition

By MCSN Jonathan A. Colon  
Navy Public Affairs Support Element  
West, Det. Northwest

BREMERTON, Wash. (NNS) -- Sailors from across the Pacific northwest competed in the 19th Annual Armed Forces "Iron Chef" competition at Olympic College in Bremerton, Wash., May 14.

The competition included Sailors from the Pacific Northwest region assigned to NBK, Naval Air Station Whidbey Island, Navy Region Northwest, Naval Hospital Bremerton, Naval Base Everett and USS Nimitz (CVN 68).

In addition to the Sailors, service members from the Air Force and Army also put their skills to the test during

the annual competition as part of the city's Armed Forces Day celebration.

During the event, judges critiqued service members in several categories of cuisine including cakes, appetizers, sugar art displays, garnishments, ribs, a chili cook-off, cookies and chicken wings.

NBK received the most first-place votes and was named the overall winner of the competition.

Chief Warrant Officer Michael Hill, food service officer assigned to Naval Base Kitsap (NBK) and a head coordinator at the event said he loved the display of foods showcased.

"This type of atmosphere displays the type of excitement, pride and competitiveness that we have in today's

● Food, page 7

# New reenlistment procedures heighten competition among Marines

By Cpl. Justin R. Wheeler  
Marine Corps Bases Japan

CAMP FOSTER, Okinawa, Japan — Marines who want to reenlist will find they need to excel above their peers more than ever after a Marine administrative message regarding new reenlistment procedures was released May 11.

MARADMIN 273/11 specifies that the Marines who retain Marine Occupational Specialty "boat spaces" should be the most qualified instead of "first to volunteer."

"Due to the Marine Corps' high tempo, we want to keep the most qualified top notch Marines," said Master Sgt. Stuart Morvant, career retention specialist for 3rd Marine Division, III Marine Expeditionary Force. "The Marine Corps is losing quality Marines with the first-come, first-serve submissions due to deployments."

New considerations for potential reenlistments have been made which include expanding the reenlistment submission timeframe, more thorough evaluations by commanders and offering lateral moves to highly technical MOSs to qualified candidates. In addition, commanding generals can request reenlistment approval from Headquarters Marine Corps for qualified Marines after available spaces have been filled.

"The Marine Corps is responsible for ensuring that Marines are led by the best Marines our Corps can provide," stated the MARADMIN, which was approved by the Commandant of the Marine Corps. "To that end, the reenlistment process is amended to assist leaders in identifying those Marines who have excelled in relation to their peers and provide for higher competition in reenlisting."

Marines are now given 90 days to apply for reenlistment, from July 1-Sept. 30. Afterward, Headquarters Marine Corps will commence boards to deter-

mine the most qualified for fast-filling MOSs.

The new system breaks Marines into four tiers to determine the most qualified for retention.

Tier one Marines are eminently qualified. They do superior work in all duties; even extremely difficult and unusual tasks are assigned with confidence that they will be completed competently.

These Marines also demonstrate positive effects on others by example and persuasion.

Tier two Marines are highly competitive. They do excellent work in regular duties but need assistance in dealing with extremely difficult tasks or unusual assignments. They demonstrate reliability, good influence, sobriety, obedience and industry.

Tier three Marines are competitive. They can be depended upon to complete regular duties but usually needs assistance in dealing with problems that aren't routine.

Finally, Tier four Marines are below average and may not meet the minimum standards.

Highly-qualified Marines are offered a greater opportunity to execute a lateral move into high-demand/low-density jobs. "HQMC has always offered lateral moves to highly-qualified Marines," said Sgt. Thomas Regan, career retention specialist for Headquarters and Service Battalion, Marine Corps Base Camp Butler. "Traditionally, there are a few (Military Occupational Specialties) that are identified as high demand, low density MOSs, meaning that there are not enough people to meet the demand. This year, Marines qualifying for these MOSs will be identified in advance to help the Marine Corps better staff those crucial billets."

Morvant advises Marines wanting to reenlist for fiscal year 2012 to see their career planners as soon as possible.

*"Due to the Marine Corps' high tempo, we want to keep the most qualified top notch Marines."*

Master Sgt. Stuart Morvant  
Career Retention Specialist

● Belleau Wood we truly are."

For most Marines, the experience was universal.

"This is my second time here at Belleau Wood," said Paxton. "To come back here, you get a sense of the monumental challenge in front of those Marines in 1918...it's a fitting tribute to their valor and their sacrifice."

"This was a good experience for me," said Staff Sgt. Matthew M. Pfarr, disbursing travel chief, MarForEur. "The bands and the Silent Drill Platoon performed very well—the addition of their performances cemented this experience in my mind. I thought it was a great tribute to those who died here and I'm glad I was a part of this trip."

# "IT'S ALL ABOUT ME"

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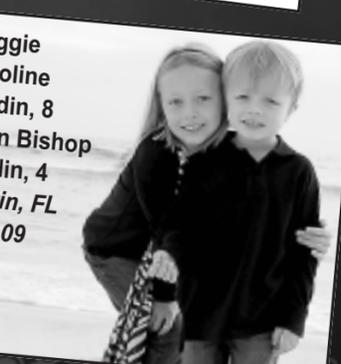
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Email pics in jpg format to [sreede@themeridianstar.com](mailto:sreede@themeridianstar.com) or mail to "It's All About Me" c/o The Meridian Star P.O. Box 1591, Meridian, MS 39302

*\* Birthday & memorial pics excluded.*



**Maggie Caroline Hardin, 8  
Ryan Bishop Hardin, 4  
Halloween 09**



**Maggie Caroline Hardin, 8  
Ryan Bishop Hardin, 4  
Destin, FL  
Nov. 09**

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Event: \_\_\_\_\_

Dates: \_\_\_\_\_



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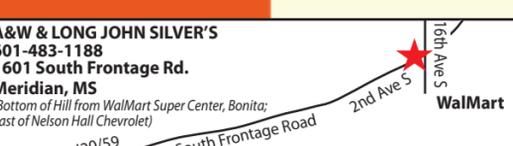


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most generous financial support provided by the Navy Exchange Service Command over the years," said Rear Adm. Jan Gaudio, U. S. Navy, retired, Executive Vice President of the Navy-Marine Corps Relief Society. "This commitment to supporting Sailors, Marines and their families in times of financial need follows the long tradition of caring for our own.

During 2010, the Society provided nearly \$50 million to meet the financial needs of nearly 100,000 clients. That equates to assisting nearly one in every five Sailors and Marines last year, providing more relief to more clients than any time since 1993 when the size of our Navy and Marine Corps was significantly larger. The most important message I can convey to Navy and Marine Corps families is that the Society is here to serve you. Think of the Society as your first resource when you have any unexpected financial emergency."

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# Sailors & Marines: Hydrate to beat summer heat

By Lance Cpl. Anthony Ward Jr.  
Marine Corps Bases Japan

CAMP HANSEN, Okinawa, Japan -- May 27 began the Critical Days of Summer campaign that will last through Labor Day weekend.

The goal of the Marine Corps Bases Japan Safety Office's campaign is to reduce the number of mishaps that occur during the summer months by focusing on a topic of safety each week. All Critical Days of Summer topics are important, however, hydration, this week's subject, is key when performing any activity.

Drinking adequate amounts of water will help prevent heat injuries, according to Petty Officer 3rd Class Thomas Wigmore, a hospital corpsman with the III Marine Expeditionary Force Medical Simulation Center.

There is not a set

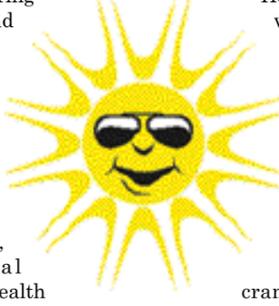
amount of water each person should drink; it varies from person to person, said Wigmore. A good rule of thumb is to consume at least 64 ounces of water daily and maintain adequate nutrition, he added. Accomplishing full hydration during the day and during meals aids in preventing dehydration during strenuous activity, said Joe Botulinski, occupational safety and health specialist with Marine Corps Base Camp Butler.

For those who are not sure if they are properly hydrated, there are a few methods they can use to test their hydration level. An easy way to test the body's hydration level is to check the color of the urine, said Botulinski. Pale to light-yellow urine indicates an adequate level of hydration.

Another way to test the hydration level is to pinch the skin and pull it away from the body, said Petty Officer 2nd Class Jennifer Sjostrom, a hospital corpsman with the Camp Hansen Medical Clinic. The skin should

retract rapidly. If it retracts slowly, then hydration is needed.

"Exertional heat injuries occur commonly with Marines and sailors exerting themselves in hot and humid environments," said Botulinski. "Hot and humid weather during anytime of the day can be a contributing factor for possible heat-related injuries."



Muscle cramps, heat exhaustion and heat stroke are all injuries that occur in a hot and humid climate like Japan, said Sjostrom. Muscle cramps are the least serious and occur frequently.

"Reoccurring injuries that happen due to lack of hydration during the summer months are (caused by) Marines not being aware of signs and symptoms of heat stress," added Botulinski.

Muscle cramps can be the body's way of telling a person it is time slow down and drink water, added Sjostrom.

"Common sense and an understanding of the

basic concepts of risk identification, prevention, and treatment of exertional heat injury are essential to effective unit readiness," Botulinski added.

One way to easily ensure unit effectiveness is to take proper precautions when conducting physical training.

"Before any type of unit PT or training operations in a hot environment is conducted, the heat index should be announced and appropriate countermeasures implemented," said Botulinski.

During the summer months, heat stress flags are posted throughout each camp.

There are four different heat stress flags: green, yellow, red and black. Each flag indicates a higher level of heat stress from green flag which is 80-84.9 degrees, yellow which is 85-87.9 degrees, red which is 88-89.9 degrees and black flag which is 90 degrees and above.

The heat stress flags aid in recognizing the possibilities of sustaining heat-related injuries, but the human body's reaction indicates when a heat-related injury is occurring, said Sjostrom.

Flag Color	WGRT Index (F)	Intensity of Physical Exercise
GREEN FLAG	80 - 84.9	Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.
YELLOW FLAG	85 - 87.9	Strenuous exercise and activity (e.g. close order drill) should be curtailed for new and unacclimated personnel during the first 3 weeks of heat exposure.
RED FLAG	88 - 89.9	Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.
BLACK FLAG	90 and Above	Physical training and strenuous exercise suspended for all personnel (excluding operational commitment not for training purposes).

● Food

Navy and armed forces," said Hill. "This competition gave them a chance to showcase their abilities, and I'm truly amazed at all the talent across the board."

Culinary Specialist 1st Class Stephen W. Harris, assigned to NBK, described the annual event as a way to show what every branch can bring to the table.

"This competition is all about getting different branches of the military together to show their cooking abilities," said Harris. "It also shows the public how we really operate and that

we have come a long way when it comes to the food in the military."

Culinary Specialist 2nd Class Travis L. Rhinehart, assigned to NBK, was happy that he had an opportunity to break away from his normal routine as a culinary specialist in the Navy.

"We have to conform to the armed forces recipe card service," said Rhinehart. "Events like this actually give us an opportunity to be creative and open up our culinary skills to another level other than just reading off of a recipe card and making what the military wants us to make."

**The Petty Officers Association meets on the 2nd and 4th Thursday of each month at 2 p.m. at Air Operations. All petty officers are invited to attend!**

**NAS Meridian Chapel**  
211 Fuller Road

*Protestant Sunday Services 9 a.m.*

*Wednesday Prayer Lunch 11:15 a.m.*

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

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

# Sale ... or

**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.

**ELECTRONICS MUSICAL/COMPUTERS**

**Two 12" powerbass subwoofers**. Asking \$100. Call (601) 678-9177.

**Klipsch Proedia 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.

**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**

**1998 Stingray 190RX Ski boat and Trailer**. 19" w/Mercuriser 3.0L alpha drive. Walk thru windshield, stereo, and sunbathing deck. 8 person capacity. \$7,000 OBO. Call (601) 513-0183.

**25 Foot Power 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.

**HOUSEHOLD ITEMS**

**8-inch deep Stainless Steel kitchen sink**, 33" x 22", New, still in box. Asking \$95. Call (601) 693-5578.

**Microwave, white, \$20; 2 typing tables with folding sides, \$35 each; new electric smoker for meat, \$55 (paid \$159); chandelier, brown/beige cut leaded glass, \$65 (paid \$379); dorm size refrigerator (35"x22") \$35; Oak school chair with attached table, \$35; and Old fashion study, \$35. Call (601) 679-9935.**

**China cabinet with china \$200; TV Stand (very nice wood and heavy) \$75; Round kitchen table with 4 matching chairs, \$100; Wooden couch (blue cushion and two matching pillows) \$50. Call (601) 480-2687.**

**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.**

**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.

**2008 Honda CR-V EXL Fully AUTOMOBILES, ETC.**

Loaded 43k miles. Asking \$19,999. Call (559) 410-1608.

**2005 Ford Explorer**, sunroof, leather interior, low mileage. Asking \$75,000 OBO. Call (601) 490-3905.

**One owner 2001 BMW 325 Convertible** in great shape. One owner all maintenance records available. Asking \$7,000. Call (601) 462-1376.

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

**1998 GMC Sonoma SLS 3rd door 4.3L Vortec V6, 5 speed, PW, PDL, PM, tilt, cruise, CD, new AC** as of last year, has 205,000 miles, legal tinted windows, vent visors, new spray in bed liner, custom grill, integrated fog lamps, K&N air filter. Asking \$4500. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

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

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

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

**2005 350 Rancher 2 wheel MOTORCYCLES/GEAR/ATV**

**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.

**2004 Honda VTX1300C**, burnt

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

**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.

**For Sale: Home in Meridian city HOMES/APARTMENTS**

limits at 4408 King Road, red brick home, 3 BR/1-1/2 BA and oak floors. Asking \$110,000. Call (601) 604-6838 or (601) 679-3775 before 8 p.m.

**For Sale: 4 BD/2.5 BA** in West Lauderdale School District. Indiana Springs Subdivision. Original Owner. Pergo Hardwood flooring, tiled kitchen and entrance way. Oversized 2 car garage. Open floor plan w/9 foot ceilings, crown molding, gas fireplace and coffered bedroom ceiling. Plantation blinds and more. Master bath w/separate whirlpool tub and shower. His/Hers sinks and closets. Two walk-in closets in bedrooms. Huge privacy fenced yard with extra lot and well on the property. Offered at \$219,500. Call (601) 447-8953.

**NEW PRICE! For Rent:** Beautiful brick 3 BR/2 BA home approximately 1800 sq. ft., large kitchen, large laundry/mud room, W/D, fireplace, skylights, large covered back patio, double car garage, large storage building in back of property, 3 acres, close to Okatibbee Reservoir. House sits at the end of a cul-de-sac, great for children. Beautiful well maintained neighborhood. Great for all outdoor activities, close to schools and close to shopping. Location: 8380 Oak Ridge Estates, Meridian. Asking \$1200 per month plus utilities. If interested call

(228) 872-4916.

**For Rent:** Unique Tri-level home in Northeast School District. Spacious, over 3,000 sq. ft. 4 large BR/3 full baths, study, den, huge room that can be used as game room, new roof, cook top/hood, sink. Ideal for big family or bachelors sharing a home, Minutes from NAS Meridian (About 6 miles) Call (601) 616-2263.

**For Rent:** Home at Dalewood, 2BD/1BA, screen porch overlooks main lake, covered patio, storage building, recent complete remodel, stainless appliances and fully furnished. Asking \$1200 per month. One year lease with military clause. No pets/non smoker. Contact Ross at (601) 513-5505.

**For Rent:** 2,400 sq. ft. 4 BR/2 BA home with bonus room upstairs, Southeast School District (level 5 school). Quiet country location 15 miles from Meridian and Naval Air Station. Asking \$1,800 a month with deposit of \$1,800. Lawn care is included. Call (601) 604-4000.

**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 \$75,000. Call (601) 938-1903.

**For Rent:** Country living in the city. 4 BR/2 1/2 BA, central heat and air, fireplace, formal dining room, living room an den, large hobby shop, green house and a garden spot. Call (601) 527-1426 or (601) 644-3003.

**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.

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

**For Sale:** 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.

**Motorcycles any size any condition! WANTED TO BUY**

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

**Golf Taylormade Driver R9 MISCELLANEOUS**

\$225; **Bobby Jones Workshop Edition Driver \$125** -- all in like new condition. Call or text George at (361) 442-4489.

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

**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](mailto:1proud-mom2@live.com) for pictures. Asking \$250, paid over \$500.

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

**U 12 Ga. shotgun** with chocks and cleaning kit, asking \$1,200; **40 round bales of hay**, fescue and clover mix cut this year, \$25 each; **Pure loc 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](mailto:penny.randall@navy.mil) or call (601) 679-2809. Deadline for submissions is 4:30 p.m. the Thursday before publication.

# MWR Mission First... Sailors Always



## June Specials

### Mondays:

Colored Head Pin Special 5-9 p.m.

Notify the counter before you bowl with a colored head pin -- if you get a natural strike the game will be free. Regular rates apply.

### Tuesdays:

NAS Staff Bowling Night 4:30-9 p.m. \$2 a game including shoes

### Wednesdays:

NTTC/MATSS-1 Student Bowling Special 5-9 p.m. \$2 a game including shoes

### Fridays:

9 Pin No Tap Tournament Sign up by 6 p.m. on game days. \$10 entry fee

### Saturdays:

Cosmic Family Bowling 1-5 p.m. Parents bowl free if kids bowl at regular rates!

## Base Bowling Champs



McCain Recreation Center Manager Gene Derusha congratulates Gordon Mohl, who bowled an eight game series of 1915 and placed first in the Men's Division of the 2011 Base Bowling Championship at McCain Recreation Center on May 28. Mohl also bowled 11 strikes in a row, for a score of 299 in one of his games, almost reaching the perfect score of 300.



Capturing the 2011 Women's Base Bowling Championship was Angela Massey with an eight game score of 1224. Massey edged Lori Evans, who placed second, by only five pins. Twenty-one bowlers participated in the tournament at McCain Rec Center on May 28. Also placing in the men's division were Andrew Clayton coming in second with a total of 1748 pins, Billy Blevins placing third with 1617 pins, and Bill Fike placing fourth with 1582 pins.

Photos by Matt Davis/MWR Marketing Director

# FREEDOM

## EST

June 30, 2011

1700-2100

Sonny Montgomery Fitness Center Complex

### A Night Of Celebration!

Live music, Food and even bigger Surprises!  
Open to all eligible MWR customers.

**Lake Okatoma Canoe Trip ~ June 11**

**\$30 per person. Sign up at The Outpost.**

**For more information, call (601) 679-2609.**

**The Outpost will be open Saturday June 11, from 8 a.m.-4 p.m. Work on your vehicle or check out the new rental equipment... paddle boats, jon boats & mountain bikes. For more info call (601) 679-2609.**

## Summer Kid Matinees

Summer matinee movies for military dependent children are scheduled at 1 p.m. every Monday. The second movie will start after the first with some re-wind time involved. These have been randomly selected, please do not request a change in the viewing. Popcorn may be available if in stock by request. Movies are FREE!

- June 13: "TOY STORY" (G) & "TOY STORY 3" (PG)
- June 20: "ICE AGE, DAWN OF DINOS" (PG) & "HOW TO TRAIN YOUR DRAGON" (PG)
- June 27: "MARMADUKE" (PG) & "BOLT" (PG)
- July 11: "SHREK" (PG) & "SHREK 2" (PG)
- July 18: "PRINCESS AND THE FROG" (G) & "TANGLED" (PG)
- July 25: "YOGI BEAR" (PG) & "KUNG FU PANDA" (PG)
- Aug. 1 "ALPHA & OMEGA" (PG) & "HORTON HEARS A WHO" (G)
- July 8: "SPACE CHIMPS" (G) & "ASTRO BOY" (PG)

## Ponta Creek Golf Course

Weekday Special Monday-Thursday  
18 Hole Green & Cart: \$20  
9 Hole Green & Cart: \$12

Carts Rates for Friday, Saturday, Sunday and Holidays:  
18 holes: \$14 ~ 9 holes: \$7

	Greens Fees	
	18 holes	9 holes
E-1-E-5	\$9	\$5
E-6 and up	\$12	\$7
DOD/NL	\$14	\$8
Others	\$16	\$9

Pro Shop Hours: Monday-Sunday: 8-5 p.m.  
For more information, call the Pro Shop at (601) 679-2526.

## Fitness Center

**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.

## 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!**
- June 11: The Incredibles" (PG)
  - June 14: "I Robot" (PG-13)
  - June 15: "Sanctum" (R)
  - June 18: "Chariots of Fire" (PG)
  - June 21: "The Dilemma" (PG-13)

## LIBERTY

MWR NAS Meridian, MS

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.

### JUNE

- 16th:** FREE bowling to all Liberty patronage at the McCain Rec Center from 6-8:30 p.m.
- 20th:** FREE ice pops will be handed out at the Liberty Center to help you "chill out" after a long day at work (while supplies last).
- 25th:** Geysers Falls Water Park Trip ~ Beat the heat by plunging into cool water and having fun in the sun! Bus leaves Liberty parking lot at noon. Cost is \$20 per person. Must register & pay for the trip by June 22. Minimum of 20 people needed for trip to run - NO REFUNDS (unless trip is cancelled).
- 29th:** Birthday Bash  
A celebration of June birthdays! FREE cookies and soda provided at 7 p.m. in the Liberty Center.

**Library Hours**  
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.

# 2011 POOL

### General Info

\*Pool opens May 28,  
Hours of Operation  
Tuesday-Friday 1200-2000  
Weekends/Holidays 1200-1800

### Pool Fees

MWR is excited to announce that for the 2011 season Active Duty/Retirees swim free at all times.

**Daily**  
Active Duty/Retirees: \$2 per family member.  
DoD/Guest: \$3 per person.

**Monthly**

Active Duty/Retirees (E1-E5)		Active Duty/Retirees (E6-O10)	
With 1 Dependent	\$20.00	With 7 Dependents	\$80.00
With 2 Dependents	\$30.00	With 8 Dependents	\$75.00
With 3 Dependents	\$35.00	With 9 Dependents	\$70.00
With 4 Dependents	\$40.00	With 10 Dependents	\$65.00
With 5 Dependents	\$45.00	With 11 Dependents	\$60.00
With 6 Dependents	\$48.00	With 12 Dependents	\$55.00

**DoD/Guest:** \$30.00  
With 1 Dependent \$40.00  
With 2 Dependents \$45.00  
With 3 Dependents \$50.00  
With 4 Dependents \$55.00  
With 5 Dependents \$60.00

**Seasonal**

Active Duty/Retirees (E1-E5)		1-25 Guests	\$25.00
With 1 Dependent	\$50.00	26-50 Guests	\$40.00
With 2 Dependents	\$55.00	51 and over	\$50.00
With 3 Dependents	\$60.00		
With 4 Dependents	\$65.00		
With 5 Dependents	\$70.00		

### Fees

### Swim Lessons

All swim lessons will take place Monday-Friday from 0800-0945 for adults age 12 and up and from 0900-0945 and 1030-1045 for all others. There will be no swim lessons on Memorial Day.

Session 1: June 6-16      Session 2: June 20-30  
Session 3: July 11-21      Session 4: July 25-Aug. 4

### Lap Swim Schedule

Lap swim sessions will take place Monday-Friday from 1045-1200. There will be no lap swim on Memorial Day.

### Pool Parties

Pool Parties must be reserved for a minimum of two hours.

### Water Aerobics Schedule

Water Aerobics begin on June 6, 2011. Sessions take place on Monday, Wednesday and Friday from 12:15-1300.

For more info call 679-2379.

Start your morning off right with breakfast at the Sandtrap Grill! Breakfast is served from 7:30-9:30 a.m. Tuesday-Friday. Call (601) 679-2780.

## Meridian/NAS Bus Schedule

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

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

Applebee's Restaurant ..... (upon request only)

# It's Your Turn...

In celebration of National Doughnut Day on June 3, we asked: "What is your favorite variety of doughnut and how many can you eat at a time?"

Photos by MC2 Flordeliz Valerio



**BE2 Stephen Williams**  
Field Support

"Dunkin' Donuts Boston Creme-filled donuts. I can maybe eat half a dozen, but then I feel sick after that."



**ACAN Brittany Walthall**  
Air Traffic Control

"My favorite is chocolate creme-filled doughnuts. I can eat at least six donuts in one sitting."



**Bryon Garrison**  
Emergency Management Officer

"Krispy Kreme lemon-filled. Back in the day, I could eat two dozen. Now, I can eat one dozen with a half gallon of cold milk."



**AC1 Ronell Lewis**  
Air Traffic Control

"Glazed doughnuts are my favorite. I can't eat more than two in one sitting or I'll ruin my 17 years of working out."



**YNSN Cody Macomber**  
NAS Meridian Legal

"I love Krispy Kreme original glazed doughnuts hot off the conveyor. I can eat two dozen easy -- I'm sluggish afterwards."

## Fleet & Family Support Center

# Parenting tips for fathers

By **Allyson Cagle, MSW, LCSW**  
FFSC Chief of Counseling and Family Advocacy Representative

Fathers, you have a special place in your children's lives. Children whose fathers take an active part in their daily lives tend to be well-adjusted and better equipped for success.

It's not easy being a father, but don't think for a moment that you aren't as important to your children as their mothers are. Your roles as parents may not always be the same, but your interest in your children can make a significant difference in their lives. Be proud of your responsibilities and your efforts!

### Show that you care

- Give your children hugs and kisses often – children need physical comfort and contact from their fathers.

- Tell your kids how much they mean to you. Who doesn't need to sometimes hear the words, "You're really important to me"?

- Praise their efforts, especially if they don't always succeed – teach them the importance of doing their best.

### Give guidelines for conduct

- Give your children rules and make sure your rules are clear to them. Don't say "maybe" when you really mean "no".

- Explain your rules – it's important that children understand why they need to follow those rules.

- Be consistent with rules and expectations – children get confused when you seem to change your mind without any reason.

- Use effective discipline to help kids develop self-control. Set limits and encourage children to feel good about themselves.

### Communicate with care

- Look directly at your children when they talk to you.

- Gain your children's trust by really listening to them when they come to you with a problem.

- Be honest with your kids – admit your mistakes and teach them the importance of taking responsibility and making amends.

### Become your children's educator

- Tell your children that they can always come to you with any questions. Otherwise, they may receive inappropriate answers from

other people.

- Remember that you are your children's role model – they are looking to you to learn how a responsible and mature adult acts.

- Do household chores with your kids. Make them feel good about helping you, and teach them that fathers also share household duties.

- Encourage your children to think for themselves – guide and help them with their decision-making processes.

Remember that children don't need perfect fathers – if such beings even exist; they need caring and involved fathers. The greatest gifts you can give your children are your time and understanding.

If you need help with your fathering skills, please contact the Fleet & Family Support Center (601-679-2360). We have classes and one-on-one sessions in which you can participate to learn how to be the best dad you can be!

And, kids, don't forget to appreciate your dads! Fathers' Day is Sunday, June 19 – take time to tell your dad that you love him and thank him for his influence in your life.

# Balancing work, life as a dual military couple

If you're in the military and have a service member for a spouse, you know that the dual military lifestyle isn't easy. Juggling the demands of two hectic careers and trying to stay connected during the inevitable separations can strain even the best relationships.

Yet dual military marriages can survive and thrive when spouses learn techniques for balancing work and family life and develop effective strategies for dealing with the stress and sacrifice they are sure to encounter. Anticipating the challenges

Couples who foresee the challenges of a dual military marriage and confront hardships with eyes wide open will have an advantage over those with less realistic expectations. These tips can help you understand and prepare for the realities of your demanding lifestyle:

- **Accept the certainty of separation.** Family separation due to deployment and remote or unaccompanied assignment is a fact of life for military families. If you are dual military, you are likely to spend even more time apart than the typical military family does. Dual military couples should not expect to be together at every duty location throughout their careers. Even when you're assigned to the same location, long hours and different schedules can make you feel like strangers passing each other in your own home. And the demanding operations tempo sometimes means that one member of a dual military couple comes home from a long deployment just in time to say goodbye to a deploying spouse.

- **Expect difficult career decisions.** During the course of a marriage between two active-duty service members, most couples will have to make trade-offs between career and family. Passing up a career-enhancing assignment or school in order to stay together and accepting a less desirable job so the spouse can advance are decisions almost every dual career couple has had to face. As married service members progress in rank and responsibility, these decisions often become more difficult to make.

- **Acknowledge the likelihood of sacrifices by children, extended family, and friends.** Dual military couples, especially those with children, frequently have to call upon family and friends to make sacrifices in support of their military service. Your parents may assume the role of caregiver to your children for short or

long periods of time. Or your children may have to adjust to frequent upheavals in home and school environments. Asking children to make sacrifices and accepting help from extended family and friends can sometimes become a source of guilt and a cause for conflict in dual military relationships.

- Understand how differences in rank, career management fields, and branches of service increase challenges. There are at least three conditions that magnify challenges for dual military marriages:

- When two service members of different rank marry, they may not have the common experiences and understanding of each other's career expectations that couples who are closer in rank have. These differences can be especially difficult for officer-enlisted marriages.

- Difficulties being assigned together are greater when spouses belong to different career-management fields or communities, or have incompatible specialty designators (i.e., the same low-density specialty or different specialties not needed in the same locations).

- Members of dual career marriages between service members in different branches of service tend to undergo the greatest hardships. To be together, they have to rely on coordination across branches and on the chances that their assignment managers will be able to find suitable assignments in the areas where both branches of service operate.

### Developing positive coping strategies

There are skills, habits, and attitudes you can adopt as a dual military couple to help you work together to manage the realities of your lifestyle. They include:

- **Focus on communication.** Communication is an essential ingredient of all healthy relationships and a critical skill set for couples balancing family and two demanding careers. Good communication involves making a commitment to talk to each other often, even if it has to be by email, video chat, or phone. Dual military couples usually interact frequently to plan and coordinate family responsibilities around demanding duty schedules. But it's also important to reserve some time together for expressing your thoughts and feelings.

- **Honor each other's career and personal goals.** Dual military couples married for a long time say that consideration for each other's career aspirations is

- **Family, page 10**

### • Spice

would secure our liberty if we reported it."

John did not heed the threats though, or that Marine's advice. Instead, he decided to write an anonymous letter and submit it to his sergeant major and commanding officer through a trusted noncommissioned officer. "I knew if these guys got caught, and I didn't say anything, I would have been swept up in it and under suspicion as well," he said.

John waited and

watched for a time, but the activity in his bathroom continued unchecked until the day came when his CO walked past John's duty post on his way home for the evening.

"Excuse me, sir. I have a problem I need to talk about."

One week later, John had gone to sleep after standing duty. When he woke up, he could hear the voices in the bathroom again.

John picked up the phone and called the sergeant major. The sergeant

major arrived a short time later, accompanied by a duty NCO and a Criminal Investigation Division agent. The Spice users were busted.

John said he acted out of a sense of duty, not only to his command, but to his fellow Marines as well. The Marine next door who had already served in the brig for getting mixed up with Spice was not the only one living in that room. He shared it with another young Marine, fresh from his military occupational specialty

school, whom John had befriended. John said he worried about him often – about whether he would fall prey to peer pressure and the effects of the drug. Unfortunately, his concerns were valid. "That was one Marine I couldn't save in this whole ordeal," he said.

John felt that his own roommate's interests might be on the line if someone did not take action as well. "My roommate is a great guy," said John. "He just got his scuba certification; how

would he be able to enjoy scuba diving if he was in the brig or on restriction?"

He also notes that the command climate had much to do with him being able to muster the courage to come forward. His sergeant major had passed word in formations many times that the utmost confidentiality would be upheld for anyone who came forward with information that could help identify Spice users within the unit. "I heard about a couple of other guys who came forward and were

taken care of by the sergeant major and the CO," said John. "I feel like their support took some weight off my shoulders. It made me feel like they really wanted to help me."

Since the incident, John's work environment has stabilized somewhat, but he said his unit still feels the impact of the poor decisions of a few of its members. "It affects our readiness," he said. "These Marines had important jobs to do. Now we have to pick up the slack."

# FFSC Briefs

To register for any of the following workshops, please call (601) 679-2360. The class will not be presented if no one registers, so please make sure you sign up if you're interested. If you can't attend at the scheduled time, call anyway -- the workshop facilitator may be able to meet with you one-on-one, give you materials, or let you know when the class will be scheduled again. All active duty, reserve, retired military and their families are eligible for programs and services provided by the FFSC. Civil service employees can utilize the services on a space available basis.

**IA Spouse Discussion Group: June 10 from 9:30-11 a.m.** FFSC hosts this IA Spouse Discussion Group over coffee! Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back and chat!

**Communicating With Teens: June 13 from 2-3:30 pm, or June 28 from 8:30-10 a.m.** Parents of teenagers have an incredibly challenging job, especially when you feel "shut out" of your formerly communicative child's life. If you're having trouble talking with your teen about anything, come to this workshop to learn some communication techniques just for bridging the gap between you and your adolescent.

**Smooth Move: June 15 from 1-3:30 p.m.** This training provides valuable information to relocating service members and their families with Permanent Change of Station (PCS) orders within the continental United States (CONUS). Topics covered include an overview of the moving process, tips and techniques for coping, managing the move, moving with children, and resources available throughout the relocation process.

**Developing Your Spending Plan: June 16 from 10-11:30 a.m.** Come to this workshop to learn about the importance of developing financial goals and having a written plan to help you make your goals a reality. Using the Financial Planning Worksheet, a comprehensive financial planning tool, you will learn how to measure your wealth by calculating net worth, account for all of your income, document living expenses, and detail your indebtedness. You will also learn easy ways to improve your cash flow, reduce unnecessary living expenses and pay off debt, and know where to go for help!

**Command Financial Specialist (CFS) Training: June 20-24 from 8 a.m.-4:30 p.m.** Each command with at least 25 active duty service members is asked – in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 – to select individuals to attend CFS Training. Commands are required to maintain a ratio of one CFS to every 75 active duty personnel. Current CFSes must attend CFS Training every three years to remain active. Only E6 & above service members are eligible to attend this training and serve as CFSes. For more information about eligibility, or to register for the class, please call (601) 679-2360.

**Stress Management: June 27 from 3-4 p.m.** Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental and physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress better.

**Exceptional Family Member Program (EFMP) Orientation: June 29 from 2-3:30 p.m.** The Navy first established its Exceptional Family Member Program (EFMP) to identify children with special educational needs or disabilities. Over the years, it has grown to support dependents who have special needs of virtually any kind. This training will cover important EFMP topics such as: program eligibility, myths vs reality, application tips, and resources.

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

# Meridian pilots receive 'Wings of Gold' at ceremony in Pensacola

There was a naval aviator designation ceremony on June 4, in the Naval Aviation Museum on board NAS Pensacola. Ten U.S. Navy and Marine Corps aviators and one French navy pilot, who completed their training on board NAS Meridian, received their coveted "Wings of Gold" during the ceremony. The naval aviator designation ceremony is not prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition.

It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous demands of aerial combat and carrier operations -- earning each the title of "Naval Aviator" and the right to wear the coveted "Wings of Gold."

The Training Squadron Seven and Nine naval aviators who received "Wings of Gold" include:

**Lt. j.g. Michael Cianelli**, USN, who was named VT-9's Student of the Month for October 2010 and Student of the Quarter for the second quarter of 2011. Cianelli earned the "Top Gun" award for his class. During Advanced Jet Flight Training, he earned one Navy "E" for bombing accuracy and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on April 2. Cianelli completed Advanced Jet Flight

Training with Training Squadron Nine;

**Lt. j.g. Kyle Copeland**, USN, who earned the "Best Bomber" award for his class. During Advanced Jet Flight Training, he earned four Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on April 1. Copeland completed

Advanced Jet Flight Training with Training Squadron Nine;

**Ensign Antoine Cozette**, French navy, who earned three Navy "E's" for bombing accuracy during

Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on April 3. Cozette completed

Advanced Jet Flight Training with Training Squadron Seven;

**First Lt. Daniel Ertel**, USMC, who was named to the Commodore's List during Primary Flight Training. He earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on April 2. Ertel completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Ryan Graves**, USN, who carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on April 2, when he was named VT-9's "Top Hook" for that carrier



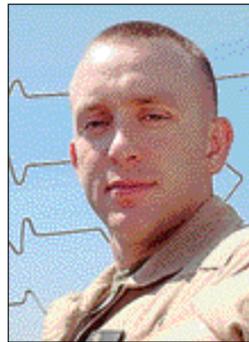
Cianelli



Copeland



Cozette



Ertel



Graves



Koch



Laviano



Lovrencevic



Musto



Parrett



Smith

qualification evolution. Graves completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. Michael Koch**, USN, who was named to the Commodore's List during Advanced Jet Flight Training. He earned two Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on April 2. Koch completed Advanced Jet Strike Training with Training Squadron Nine;

**Lt. j.g. Nicholas Laviano**, USN, who earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on April 1. Laviano completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Mark**

**Lovrencevic**, USN, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on April 1. Lovrencevic completed Advanced Jet Flight Training with Training Squadron Nine;

**First Lt. Andrew Musto**, USMC, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qual-

ified in the T-45C on board the USS George H.W. Bush (CVN-77) on April 2. Musto completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Christopher Parrett**, USN, who was named to the Commodore's List during Primary Flight Training. He earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George

H.W. Bush (CVN-77) on April 3. Parrett completed Advanced Jet Flight Training with Training Squadron Nine; and

**Lt. j.g. Nicholas Smith**, USN, who earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on April 3. Smith completed Advanced Jet Flight Training with Training Squadron Seven.

## Enterprise lands 400,000th aircraft

By MC3 Michael Croft  
USS Enterprise Public Affairs

USS ENTERPRISE, At sea (NNS) -- An F/A-18F Super Hornet from the Red Rippers of Strike Fighter Squadron (VFA) 11 became the 400,000th aircraft to land on USS Enterprise's (CVN 65) flight deck May 24.

Lt. Matthew L. Enos and Weapon System Officer Lt. Cmdr. Jonathan Welsh manned the Super Hornet for the historic landing. Enos said he is honored he was the pilot to put Enterprise on the short list of aircraft carriers with 400,000 landings.

"This is a day I will never forget," said Enos. "This has been a great deployment even without this feat. Being able to do this is just the icing on the cake."

Enterprise is only the fourth Navy aircraft carrier to have more than 400,000 carrier landings, and is the only carrier still in commission to surpass the number.

Carrier Air Wing (CVW) 1, Enterprise's embarked air wing, was honored to be a part of this great achievement.

"I'm glad we were able to be here to pull this off," said Capt. Jeffrey L. Trent, commander of CVW-1. "I give thanks to everyone involved in this landing. Many people don't understand how many people are involved in landing a jet on a ship. This made everyone's day."

Below the flight deck Aviation Boatswain's Mate (Equipment) 3rd Class Joseph R. Naval was manning the number two arresting gear engine when the 400,000th arrested landing was made.

"It's a great feeling to be able to say you had a hand in making the history books," said Naval. "It's not a big surprise though, working on a ship as old as Enterprise means all of us on board are making history everyday."

Enterprise's achievement falls on a historic year for naval aviation. One hundred years ago marks the birth of naval aviation, only eight years after the Wright brothers flew their historic flight.

### Family

one of the main reasons for their success. Honoring your spouse's military goals means taking his or her career as seriously as your own. Sometimes it means making sacrifices in your own career choices. It can also mean learning as much as you can about your spouse's career field so you'll be in a better position to help him or her advance. Most of the time, it means showing your



Photo by MC3 Alex R. Forster

**An F/A-18F Super Hornet assigned to the Red Rippers of Strike Fighter Squadron (VFA) 11 makes the 400,000th arrested landing aboard the aircraft carrier USS Enterprise (CVN 65). Enterprise is the first nuclear-powered aircraft carrier to reach this milestone. Enterprise and Carrier Air Wing (CVW) 1 are conducting close-air support missions as part of Operation Enduring Freedom in the U.S. 5th Fleet area of responsibility.**

"U.S. naval aviation has been at the forefront of our national destiny, and has become an unrivaled maritime force," said Rear Adm. Ted Branch, commander, Naval Air Forces Atlantic. "Our forces are doing amazing work every day, around the world, and they are making a crucial difference in the ongoing operations."

U.S. Navy aircraft operate from nearly every ship in the fleet, as well as from bases around the world, providing uniquely capable, forward presence and giving naval air assets access nearly anywhere in the world.

"One of the greatest strengths that carrier aviation brings to the table is 'presence,'" said Capt. Gregory C. Huffman, Enterprise's executive officer. "Simply by moving into an area of operation, we play a part in shaping world events and defining national strategy."

In many parts of the world, the carrier and air wing dwarf the capabilities of entire air forces. That is a powerful tool."

support in small ways such as checking your spouse's uniform before an important meeting or accompanying your spouse to a command function after a long day when you would rather just stay home.

**•Be prepared to switch roles.** Dual career couples learn quickly that they can't have rigid expectations for the roles of husband and wife. They need the flexibility to switch roles back and forth in order

In her 50 years of service, Enterprise has wowed many people and set many records. She is the first nuclear-powered carrier and the first nuclear carrier to transit the Suez Canal. Enterprise was the first carrier to fly F-14 Tomcats and is the longest warship in the world. This achievement of 400,000 landings is one more record added to the list.

"I think it's only fitting that a squadron with the impressive history of the 'Red Rippers' is the one to make this landing," said Capt. Dee L. Mewbourne, commanding officer of Enterprise. "We are witnessing history."

The other three carriers with more than 400,000 traps are USS Lexington (CV 16), USS Independence (CV 62) and USS Kitty Hawk (CV 63).

Enterprise and Carrier Air Wing 1 are in the U.S. 5th Fleet area of responsibility conducting close-air support missions as part of Operation Enduring Freedom.

to accommodate both careers. With a deployment or change in duty for one spouse, the other spouse may suddenly have different family responsibilities. Picking up children from child care, preparing meals, paying the bills, staying home with a sick child, or maintaining vehicles -- these are examples of activities that can shift in response to the demands of military duty.

## Aviation officer bonus rates to be restructured

WASHINGTON (NNS) -- In response to increased retention of pilots and naval flight officers (NFOs) at the department head and command levels, the Navy announced May 18 in NAVADMINs 168/11 and 169/11 that it has restructured the Aviation Career Continuation Pay (ACCP) program for fiscal year 2011.

Changes were announced in NAVADMIN 168/11 for active duty aviators and in NAVADMIN 169/11 for full-time support (FTS) aviators.

"Providing appropriate incentives to retain skilled personnel for critical naval aviation billets is essential to maintaining combat readiness," said Rear Adm. Tony Kurta, the director of military plans and policy for Chief of Naval Personnel. "Through a balanced bonus program, the Navy is able to retain a sufficient number of eligible pilots and naval flight officers through department head and command milestones."

To ensure an efficient use of funds, the fiscal year 2011 bonus program includes a general reduction in bonus amounts, as well as the alignment of available bonuses for department heads by aircraft type, model and series.

For fiscal year 2011, department head bonus amounts are as follows:

- All helicopter pilots, \$10,000 per year;
- EA-18G and EA-6B electronic air attack (VAQ) pilots, \$15,000 per year; VAQ NFOs, \$20,000 per year;
- E-2C carrier airborne early warning (VAW) and C-2 fleet logistics support (VRC) pilots, \$5,000 per year; VAW NFOs, \$5,000 per year;
- FA-18 strike fighter (VFA) pilots, \$25,000 per year; VFA NFOs, \$10,000 per year;
- P-3C patrol (VP) pilots, \$10,000 per year; VP NFOs, \$10,000 per year;
- EP-3 air reconnaissance (VQ) pilots, \$10,000

per year; VQ NFOs, \$10,000 per year;

- E-6A airborne communications (VQ [T]) pilots, \$5,000 per year; VQ (T) NFOs, \$5,000 per year.

Previous bonuses were \$25,000 per year for all pilots and \$15,000 per year for all NFOs, regardless of airframe.

The department head bonus will no longer be offered with a lump-sum option. Additionally, the payment schedule has been adjusted and these officers will receive a reduced amount until they are department head screened.

The fiscal year 2011 ACCP program also makes bonuses available for lieutenant commanders and commanders who are serving at sea, but not on a long-term contract.

Two-year contracts for non-command tours at sea have been reduced to \$5,000 per year in fiscal year 2011 from \$10,000 in fiscal year 2010.

At-sea command bonus levels remain unchanged for fiscal year 2011. Three-year contracts for at-sea operational or operational training command tours will pay \$12,000 per year.

As in fiscal year 2010, O-6 aviators will not be eligible for ACCP bonuses.

FTS aviators will be eligible for bonuses of \$10,000 per year in department head and officer-in-charge categories, with contracts for command tours offered only for operational or operational training squadrons at \$12,000 per year.

An aviation officer has two opportunities to sign an ACCP contract -- the first in the year prior to expiration of his or her minimum service requirement and the second in the year the MSR will expire.

Fiscal year 2011 ACCP applications must be received by Sept. 23 for active duty aviators and Sept. 24 for FTS aviators.

-- From Chief of Naval Personnel Public Affairs