

THE SKYLINE



Volume 49, Number 15

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

July 21, 2011

On Base...

✓ **The Blue Cross and Blue Shield** representative will visit NAS Meridian on July 28 from 10-11 a.m. Please stop by Building 255, Room 252, bring your questions or concerns, and also get updated health information.

✓ **MWR will host an outdoor movie** on July 28. The free showing of "Gnomeo and Juliet" starts at 7 p.m.

✓ **The Military Sport Bike Rider Course** will cover two half days instead of one day due to extreme outdoor heat conditions. Classroom portion of the course will be Aug. 11 from 7:30 a.m. to noon; range portion will be Aug. 12 from 7:30 a.m. to noon. Completion of both portions of the course is required to receive credit. Completion of the BRC is a prerequisite. This is the only MSRC scheduled for the remainder of 2011. Register in ESAMS or call Jerry Snow in the Safety Office at (601) 679-3756.

✓ **Other Safety Classes** include:
AAA: Aug. 8
Basic Rider Course: Aug. 9-10

✓ **Swimming 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 4:
July 25-Aug. 4.
 For more information, call (601) 679-2379.

A Day in Naval History

July 21
 1944: Invasion and recapture of Guam begins.
 1946: In first U.S. test of adaptability of jet aircraft to shipboard operations, XFD-1 Phantom makes landings and takeoffs without catapults from Franklin D. Roosevelt.
 1987: Navy escorts first Earnest Will Convoy in the Persian Gulf.

July 22
 1905: Body of John Paul Jones moved to Annapolis, Md., for reburial.
 1964: Four Navy divers (Lt. Cmdr. Robert Thompson, MC; Gunners Mate First Class Lester Anderson, Chief Quartermaster Robert A. Barth, and Chief Hospital Corpsman Sanders Manning) submerge in Sealab I for 10 days at a depth of 192 feet, 39 miles off Hamilton, Bermuda. They surfaced on July 31, 1964.

July 23
 1947: First Navy all jet squadron (VF-17A) receives its first aircraft (FH).
www.history.navy.mil.com

THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER

Enlisted advancement exams restructuring begins September 2012

By Tom Urdike
 Naval Education and Training Command Public Affairs

PENSACOLA, Fla. (NNS) -- The Navy announced the restructuring of advancement exams to give greater focus on technical rating knowledge, July 8, in NAVADMIN 197/11. The restructured examinations decrease the number of questions from 200 to 175 and increases the emphasis on rating-specific technical questions. The first advancement examination cycle implementing the new change is Cycle 216 in September 2012. Advancement candidates who will take the September enlisted examinations include active duty, full time support, active guard

and reserve, and canvass recruiters. "The primary reason for the exam structure change is to improve exam validity. We define exam validity as the adequacy with which the test questions successfully represent the content to be measured," said Captain Katharine Reed, commanding officer of the Naval Education and Training Professional Development and Technology Center (NETPDTC). More job-specific technical questions improve exam validity and the Navy's ability to rank-order Sailors by rating. "If you know the technical aspects of your rating better than your shipmates, you'll like the change in exam structure," said Reed.

The restructured exams will consist of 25 Professional Military Knowledge (PMK) and 150 job-specific technical questions for each pay grade. The biggest change will be seen by E-6 advancement candidates taking the Chief Petty Officer (CPO) exam. Currently, the 200-question CPO exam contains 100 job-specific and 100 PMK questions. E-4 exams will have the same number of job-specific questions, and 25 rather than 50 PMK questions. The exam changes will have no impact on the current Final Multiple Score (FMS). The FMS is a "Whole Person Concept" approach which considers exam score along with other factors to ensure the right Sailors are

● **Exams, page 6**

Will Navy PRT change? Sailors participate in physical readiness beta test

MILLINGTON, Tenn. (NNS) -- The Navy, working with the University of Memphis Department of Health and Sport Sciences, began a beta test of nine physical fitness exercises July 11.

Bill Moore, director, Navy Physical Readiness Program, said there are currently no plans to change the Navy's physical readiness test, but the study will examine viability other options that may have greater operational relevance.

"The purpose of the beta test is for research purposes only and is intended to collect data," said Moore.

"The results of this beta test could be used to develop a physical readiness test that incorporates more functional movements which better mimic Navy job-specific tasks," said Moore.

He said Navy officials will need to analyze the results after the test concludes later this month.

The beta test examines Sailors participation in nine exercises. Cadence push-ups, single-leg plank and single-leg wall squats are used to measure muscular endurance. The leg-hip dynamometer, hand-grip dynamometer and standing long jump measure muscular

strength. The pro-agility shuttle, 300-yard shuttle, five kilometer bike test and two kilometer rower measure anaerobic capacity.

The test exercises were selected to allow researchers to examine two major components of physical fitness: health and skill related. They feature common movements practiced both in sports and on the job.

"Health-related components include cardiovascular fitness, body composition, flexibility, muscular strength, and muscular endurance," said Lt. Cmdr. David Peterson, Navy Physical Readiness Program exercise physiologist. "Skill related components include speed, agility, balance, coordination, reaction time and power."

More than 180 Sailors, male and female, representing a full spectrum of age and fitness levels are participating to allow researchers to examine applicability for the Navy demographic.

Personnel Specialist 2nd Class (SW/AW) Joshua Sickles, assigned to Navy Recruiting

Command, said he typically scores excellent on his semi-annual physical readiness test. During the beta test, Sickles performed the single-leg plank, standing long jump and two-kilometer rower during his first test session.

"It was different than what we do now and harder" said Sickles.

Sailors in the beta test will participate in a total of six sessions.

"This is an exciting opportunity to participate in a state-of-the-art research study,"

Moore said. "However, I need to reemphasize that this is for research purposes only and that there are currently no plans to change the Navy PRT."

For more information about the Physical Readiness Program, visit <http://www.npc.navy.mil/supportphysical>.

--From Navy Personnel Command Public Affairs



Navy to disestablish 29 NJROTC units

GREAT LAKES (NNS) -- The Navy announced that it will disestablish 29 Navy Junior Reserve Officers Training Corps (NJROTC) units, effective June 30, 2012.

The 29 units are currently on probationary status for failure to meet statutory and regulatory minimum student enrollment standards.

"Our goal is to maintain a high-quality program that ensures the full range of NJROTC activities are available for participating students across the nation and overseas," said Rear Adm. David F. Steindl, commander, Naval Service Training Command (NSTC), which oversees more than 600 NJROTC units at accredited high schools across the nation. "We are extremely proud of what the NJROTC program offers participating students, so it was important for us to work with each non-compliant high school and continue to support the NJROTC program as long as possible. However, due to projected future funding levels, it is no longer possible to maintain NJROTC units that fail to meet minimum enrollment requirements and are not in compliance with program directives."

Title 10 United States Code, Chapter 102, Section 2031, and Department of Defense Directives require a minimum enrollment of qualified students for NJROTC units. For host schools with a total enrollment of 1,000 or more, the minimum enrollment number is 100. Where schools have less than 1,000 students enrolled, a minimum of 10 percent of the total enrollment is required.

The specific units to be disestablished are Waiakea High School (Hilo, Hawaii); Sterling High School (Somerdale, N.J.);

● **NJROTC, page 6**

MCPON visits Sailors operating in Europe

By MC1 (SW) Abraham Essenmacher
 Master Chief Petty Officer of the Navy Public Affairs

LONDON (NNS) -- Master Chief Petty Officer of the Navy (MCPON) kicked off fleet engagements with Sailors stationed across Europe July 12, starting in the United Kingdom at Northwood, Royal Air Force (RAF) Base Digby and Menwith Hill.

Soon after landing in the United Kingdom, MCPON(SS/SW) Rick D. West served as guest speaker at an informal fireside chat with the British Royal Navy Warrant Officer course in Shrivenham, England. West spoke to more than 40 members of the Tri-service Advanced Warrant Officers about subjects affecting our Navy as well as emphasizing the importance of joint operations in worldwide missions.

"It was an honor to speak to this group of professionals," said West. "We have a lot in common and the more we share and communicate will only make the team better. We work closely throughout the world so engagements like these add tremendous value for all."

West then went to the NATO command at Northwood, United Kingdom, to meet with Sailors assigned to Commander Submarine Group Eight and NATO, along with their British counterparts. He received briefs on the Royal Navy Maritime Operations Center and conducted a tour of the Northwood facilities.

"These are a great group of Sailors, and they continue to take the challenges they're given and work through them by 'outside of the box thinking' which makes me proud," said West.

● **MCPON, page 6**

Fuel tank repair

A crew from Glenn Crane of Meridian use a 235 ton hydraulic crane to lift off the existing geodesic dome from the JP 8 jet fuel tank 13 on board NAS Meridian on July 19. Tank 12 is also scheduled to have its dome replaced due to fuel leaking. The domes will be cut into pieces and hauled off site as salvage aluminum for recycling. The tanks are 65 feet in diameter and 48 feet 3 inches in height. The project is being overseen by Pond Contractors Inc., and NAS Meridian Public Works is overseeing quality of work and safety. Fuel was drained from the tank so work could be done inside. Each tank can hold about 1 million gallons of fuel.

Photo by MC2 Flordeliz Valerio



Look Inside



~ Page 3 ~
 NGIS names Niquette Brown Employee of Quarter



~ Page 3 ~
 Sailor receives Silver Star for actions in Afghanistan



~ Page 5 ~
 WMAQ-2 Marines reflect on squadron's history



~ Page 10 ~
 CNIC helps national community as 'Feds Feed Families'

Photo of the Week



STRAIT OF HORMUZ -- Seaman Recruit Samuel Harper, left, and Seaman Apprentice Naomi Bentley touch up a mural aboard the amphibious dock landing ship USS Comstock (LSD 45). Comstock is underway supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

Photo by
MC2 Joseph M.
Buliavac

Area Happenings

AUGUST

2: M.B.A. Information Session at Mississippi State University - Meridian Campus from 5:30-6:30 p.m. Find out how to further your education or career with a Masters of Business Administration. MSU-Meridian Campus, Room 112 (upper level) Find out more about M.B.A. in accounting, GMAT, admission requirements, speak to professors and business advisors. Information session is open and free to the public. For information, call Candy Adams at 601-484-0112 or email: cadams@meridian.msstate.edu.

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.msurlileycenter.com.

6-7:The Meridian Area Coin Club is sponsoring its 47th Annual Coin Show. Times are Saturday from 9 a.m.-5 p.m., and Sunday from 9 a.m.-3 p.m. at the Best Western Motel, 2219 South Frontage Road, behind the Checkerboard Restaurant. The local coin club is a non profit club that has a large number of retired military personnel. Door prizes during the show. Admission is \$1 for adults. Children under 12 are free. You can buy, sell or have coins or paper money appraised. For information email: jarwfr@gmail.com or call (601) 479-2581.

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.

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.

13: Slow Poke 5K Run/Walk and 1 Mile Fun Run will be hosted by the Mississippi Track Club. All proceeds benefit Blair E. Batson Children's Hospital. Start time is 7:30 a.m. at the Neshoba County Coliseum in Philadelphia. Register by calling Michael Duneheew at (601) 728-1721. Multiple prizes will be given in various age categories for individuals and teams.

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.

Do you have TRICARE Standard and Extra?

TRICARE Standard and Extra is a fee-for-service plan available to all non-active duty beneficiaries throughout the United States.

Enrollment is not required. Coverage is automatic as long as your information is current in the Defense Enrollment Eligibility Reporting System.

Plan Overview

When using TRICARE Standard and Extra, you may visit any TRICARE-authorized provider, network or non-network. Care at military treatment facilities is on a space-available basis only. You do not need a referral for any type of care but some services may

require prior authorization.

The type of provider you see determines which option you are using and how much you'll pay out-of-pocket. If you visit a non-network provider, you're using the Standard option. If you visit a network provider, you're using the Extra option. If using the Extra option, you'll pay less out of pocket and the provider will file claims for you.

Out-of-Pocket Costs

Costs also vary depending on your military status (active duty family members vs. retirees, their families and others). After you've met an annual deductible, you're responsible to pay a cost-share (or percentage).

NAVFAC Earns SECNAV Safety Awards

WASHINGTON (NNS) -- Naval Facilities Engineering Command (NAVFAC) earned two Secretary of the Navy (SECNAV) Safety Excellence Awards during a ceremony at the U.S. Navy Memorial in Washington, D.C., July 7.

The ceremony, hosted by SECNAV Ray Mabus, recognized Navy and Marine Corps commands, activities and units that demonstrated unparalleled safety achievements during 2010.

NAVFAC's first award recognized it as an emerging safety center of excellence. This award is given to a Navy or Marine Corps team or office that has an acquisition mission and shows exceptional promise for future safety excellence leadership.

Rear Adm. Christopher Mossey, NAVFAC commander and chief of civil engineers, accepted the award.

"We focus on the safe performance of our mission by our total force of military, civilian and contractor partners, and are confident that our maturing safety culture will enhance our ability to deliver high-quality, timely, and cost effective support to the warfighter," said Mossey. "Our recognition by Secretary Mabus is proof that our performance and creative initiatives are among the best in the Navy."

Responsible for the safe execution of more than \$15 billion of facilities services and construction worldwide, NAVFAC delivers and maintains quality, sustainable facilities, acquires and manages capabilities for the Navy's expeditionary combat forces, provides contingency engineering response, and enables energy security and environmental stewardship.

In 2010, NAVFAC modified one of its acquisition processes to place an increased emphasis on safety when selecting contrac-

tors. NAVFAC's goal is to select contractors whose safety program presents the least perceived risk of injury, property damage and environmental impact during the execution of their work.

NAVFAC Southeast led the effort to develop and implement this modification to the acquisition process, and was represented at the ceremony by Doug Dangerfield, Capital Improvements Business Line coordinator and Renee Comfort, Acquisition Service Line coordinator.

"[Dangerfield and Comfort] were instrumental in developing our new process, ensuring that safety is of the utmost importance while selecting our contractor partners," said Cmdr. Mark Edelson, NAVFAC Southeast operations officer.

The second award was presented to NAVFAC Southwest for achievement in safety ashore in the industrial category.

During the past two years, NAVFAC Southwest has experienced more than a 30 percent reduction in its in-house total case incident rate, days away, restricted duty, or transferred case rate, and lost time case rate. The command identified actions to improve safety in the workplace to demonstrate their mantra to "never put production ahead of working safely."

"The success of our program rests solidly with the culture of safety that our military and civilian workforce exhibit on a daily basis," said Capt. James Wink, NAVFAC Southwest executive officer. "Whether on a contract or an in-house project, our folks apply operational risk management and are actively engaged in not only their personal safety, but the safety of their coworkers as well."

-- From Naval Facilities Engineering Command Headquarters Public Affairs

Mississippi sales tax holiday set for July 29-30

Mississippi's third sales tax holiday will take place during a 48-hour time period beginning 12:01 a.m. Friday, July 29 and ending at midnight Saturday, July 30.

The popular "back to school" event is worth seven percent in savings to consumers as result of waiving the sales tax on specific items.

The items exempt from sales tax during the sales tax holiday period are identical to those items exempted the prior two years. Clothing and footwear items, meant to be worn next to the body and cost less than \$100 per item, are exempt from sales tax during this period.

Accessories such as jewelry, handbags, wallets, watches, backpacks, and similar items do not qualify for the sales tax holiday. Cleats and items worn in conjunction with an athletic or recreational activity are

other sample items not eligible. School supplies and computers are not included.

Please review the listing of eligible and non-eligible clothing and footwear items <<http://www.dor.ms.gov/docs/2011SalesTaxHoliday.pdf>> for more information.

The following municipalities are suspending the sales tax holiday within their corporate limits and will not participate this year: Bolton, Crenshaw, Enterprise, Heidelberg, and Magnolia.

All retail businesses within the corporate limits of the municipality not participating must charge and remit to the state sales tax on all sales that would normally be exempt under the sales tax holiday.

Read this article at <http://www.dor.ms.gov/secondsalestaxholiday.html>.

TW-2 holds change of command ceremony

By Fifi Kieschnick
Naval Air Station Kingsville
Public Affairs

KINGSVILLE, Texas (NNS) -- Training Air Wing 2 (TW2) held a change of command aboard Naval Air Station Kingsville, Texas July 15.

Capt. Joseph H. Evans relieved Capt. D. Mark Brooks as commodore of the Training Air Wing.

Evans thanked Brooks for turning over such a capable air wing and staff. He pledged to those assembled that he would lead the air wing "with the utmost integrity, training the world's best tactical naval aviators."

"Here at TW2 we will fly hard, instruct with precision and lead with integrity. We will strive to be second to none" said Evans.

Rear Adm. William Sizemore, chief of naval air training, was the ceremony's presiding official. He told the audience that commanding TW2 was "an enormous job, training half of all undergraduate strike pilots, and responsible for all tactical and jet propeller pilot training for the Navy and Marine Corps."

Sizemore presented Brooks with the Legion of Merit for his service leading TW2 from July 2009 to July 2011.

"Capt. Brooks literally led from the front, amassing over 500 hours in the T-45A/C. Under his stalwart leadership, TW2 flew 70,500 hours, completing over 59,900 sorties and designating 269 aviators," the citation says.

Additionally, Brooks rebalanced student time-to-train and entitlement time, saving more than \$20 million. He also initiated contract modifications resulting in improved aircraft availability and saving the Navy more than \$2 million annually. He retires from the Navy this month with 26 years of honorable service.

Okatibbee Lake closes two beaches

The U.S. Army Corps of Engineers at Okatibbee Lake closed Collinsville Beach Area and West Bank Beach in Mississippi effective July 15 due to lack of rainfall in the area since April.

Okatibbee Lake is 2 feet 6 inches below the normal summer depth and this affects recreation activities. As result, Collinsville Beach and West Bank will close however, Pine Springs Beach and all day use areas, campgrounds and boat ramps will remain open for other recreation activities.

"The beach buoy lines cannot be moved due to uncertainty of the lake bottom."

Public Affairs Officer E. Patrick

Robbins, said. "The area outside the designated swim buoys is unsafe for swimmers for several reasons. The undesignated areas do not provide a level, even beach surface, contain hidden hazards and put swimmers in close proximity to the boat traffic areas."

Visitors are reminded to wear their life jackets when recreating on or in the lake.

The outlook for the remainder of the summer months ultimately will depend on the weather and rainfall in the area. For Okatibbee Beach and Park information call the Okatibbee Project Office at (601) 626-8431 and then press 2. For the Daily Lake Report call 601-626-8431 and then press 3.

Deadline nears for Meridian Area Navy League scholarship

What is it?: Each year, the Meridian Area Navy League awards two \$750 scholarships to deserving students to help with costs of higher education.

Who is eligible?: Dependent spouses and children of active duty military members currently serving at NAS Meridian; dependents of retired military members who previously served at NAS Meridian and now live in the local area; and NJROTC cadets from the local area schools are eligible for the scholarships. Applicants must plan to attend either an accredited junior college or an accredited four-year college or university.

Deadline for application: All applications postmarked by July 29, 2011, will be considered.

Where can I get an application: You can pick-up an application at the NAS Meridian Public Affairs Office, Building 255, RM 201. (phone: 601-679-2318) or at

the East Mississippi Business Development Corporation office in Union Station on Front Street in Meridian. (phone: 601-693-1306)

Where do I send my application?: Applications should be mailed to the Meridian Area Navy League, P.O. Box 790, Meridian, MS 39302-0790, or you can hand deliver to the EMBDC in Union Station.

When will the selections be announced?: The scholarship committee, consisting of three members of the Meridian Area Navy League board of directors, will evaluate all applications. The committee will present the selected applicants and alternates to the Navy League executive committee for approval prior to awarding scholarship funds. Recipients will be announced by Aug. 12, 2011. Funds, which are to be used toward the cost of tuition, fees, and books, will be presented in the form of a check payable to the college the applicant will attend.

Off Limits Establishments

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

The Underground
(Bonita Lakes Mall)
Meridian Underground Music Exchange

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

The Skyline ~ Naval Air Station Meridian, Miss.

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

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MC2 Flordeliz Valerio

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Sailor receives Silver Star for actions in Afghanistan

By Lance Cpl. Walter D. Marino II
2nd Marine Division

MARINE CORPS BASE CAMP LEJUENE N.C. -- After providing medical treatment for two Marines who were shot during a firefight in Helmand Province, Afghanistan, in 2010, Hospital Corpsman 2nd Class Jacob Emmott, a corpsman with 1st Battalion, 2nd Marine Regiment, 2nd Marine Division, was shot in the head.

Miraculously, Emmott survived the injury and was awarded the Silver Star for his heroic actions. The award is presented for gallantry in action against an enemy of the United States and is the third highest award for valor in the United States armed forces.

"I'm not upset about (the injury) at all," said Emmott. "We had gotten into a bunch of firefights that day, and it seemed like we were winning. It was honestly a really good day - minus the fact that I got shot in the head."

On July 14, 2011, Emmott's family and fellow service members traveled to the Third Annual Naval Safe Harbor Award Ceremony in Washington, D.C., to witness Emmott and other service members receive awards for various work and

actions involving the military.

"Jacob loves his Marines," said Emmott's mother. "We're very proud of the service he's done and continues to make."

When Emmott rose to make his way to the front stage to receive the award, the audience roared in applause. His fellow sailors, whom he deployed with, could be heard over the crowd yelling for him with pride.

"He's the guy you can count on, the guy you want on patrol with you," said Petty Officer 2nd Class Andrew S. Drummond, a corpsman with 1/2. "When we first got to our area of operation, we were going on patrols two to three times a day and he was on every patrol. He never complained. He just did it."

With a broad smile, Adm. Jonathan W. Greenert, the vice chief of naval operations, pinned the Silver Star to Emmott's chest and handed him the award citation.

"You wonder what kind of person is this that we honor that can do this kind of business," said Greenert. "It takes you back to an author, James Michener, who wrote a famous line about heroes: 'where do we get such people?'" said Greenert.



Photo by Lance Cpl. Walter D. Marino II

Petty Officer 2nd Class Jacob Emmott, a corpsman with 1st Battalion, 2nd Marine Regiment, 2nd Marine Division, is presented his Silver Star award citation by Adm. Jonathan W. Greenert, the vice chief of naval operations at the Third Annual Naval Safe Harbor Award Ceremony in Washington D.C., July 14, 2011. Emmott was awarded the Silver Star, the third highest award for valor in the United States armed forces, for his actions in Helmand Province, Afghanistan, 2010.

"We get them from everyday life in this country, and we have a generation who are willing to stand up and say, 'I'm going to take care of this country.' It's very, very encouraging to know we're going to be in good hands."

NGIS Awards Ceremony



Submitted photo

Navy Gateway Inns and Suites recently held its quarterly awards ceremony and training session. Several employees were honored for their hard work and dedication. Left to right: Niquette Brown, Employee of the Quarter; Arnerta McGolthin, Shining Star Award; Roy Love, Shining Star Award, LaSandra Harris, Customer Service Award; Jackie Allen, Shining Star Award; April Balitz, Shining Star Award; David Grace, Shining Star Award; and Brendella Wallace, Shining Star Award.

Promotion



Photo by MC2 Flordeliz Valerio

Marine Training Support Squadron One Commanding Officer Maj. A.J. Brooks presents a promotion certificate to Staff Sgt. Michael Ta during a ceremony on July 15. Ta had his wife, Ashley, pin his staff sergeant collar device. He is transferring to Marine Corps Air Station Miramar.

NMCB 14 hosts 6th Annual Seabee Rodeo in Jacksonville

JACKSONVILLE, Fla. (NNS) -- Naval Mobile Construction Battalion 14 (NMCB) hosted the 3rd Naval Construction Regiment's (NCR) sixth annual Seabee Rodeo on board Naval Air Station (NAS) Jacksonville, July 6-10.

Nearly 50 Seabees from NMCBs 14, 23 and 24 attended the rodeo which centered around friendly competition, team-building and training.

"One reason this is so important is because we can start with our youngest Seabees and build team spirit and esprit de corps so they understand how we fight and how we build," said Capt. Donald Hedrick, commodore, 3rd NCR.

The Seabee Rodeo was designed to assess junior personnel in working together and performing in their specific rate skills of builder, construction electrician, engineering aide, equipment operator, steel worker, utilitiesman, culinary specialist, and construction mechanic.

"This is the one time we can bring all three battalions together to train," said Capt. S.P. McDonell, commanding officer, NMCB 14. "When you add the competition element, people tend to push a little harder. It is a great opportunity for our young Seabees to interact."

According to McDonell, the 3rd NCR is the only regiment that does this and he says it is very valuable training for all that attend.

"Bringing small teams like this together provides the opportunity to promote small unit leadership, teamwork,

pride and professionalism throughout the Seabee community," said McDonell.

During the four-day event, Seabees were individually tested in practical skills to test their rate by performing land navigation, marksmanship, cutting and welding, wood construction, surveying, electrical construction, equipment loading, heavy equipment troubleshooting, utility construction, and food preparation skills. A pole-climbing event for utilitiesmen was also held for the first time.

The events also included written tests and physical readiness tests using the installation's obstacle course.

Overall, rodeo participants were able to capture more than 88 military skills during the event.

"We just returned from Afghanistan, we had four battalions there and our mission was to support and enable the war fighter. We were the combat support function at the tip of the spear and our Seabees worked as a team not only to complete the mission but also for survivability and we all came home and that is why training like this is important," said Hedrick.

An 'Iron Chef' competition was held during the evening events. Each battalion had a two person team that had to make chili from scratch, and an appetizer using a secret ingredient and whatever they found in the pantry in their supplies. Even though none of them were culinary specialists by rate, they each did



U.S. Navy photo by Matt Simons

Construction Electrician Constructionman Whitney Shields, assigned to Naval Mobile Construction Battalion (NMCB) 23, leads the way through the confidence course during the sixth annual Seabee Rodeo at Naval Air Station Jacksonville.

their own chopping, dicing, cooking, and tasting - all without the luxury of recipes. Each units' command master chief judged the chili while each units' commanding officer judged the overall 'Iron Chef.'

When all of the competition and testing was done, NMCB 14 was the overall winner, NMCB 24 won the Iron Chef competition and Equipment Operator 3rd Class Michael Thompson was name

Seabee of the Rodeo, for which he was presented the Navy and Marine Corps Achievement Medal for professional achievement and outstanding performance.

"You all carry a responsibility that is inherent with your training this week," said Hedrick. "You are our future leaders, stay focused and train others."

From Naval Facilities Engineering Command Southeast Public Affairs Office

Retirement



Photo by MC2 Flordeliz Valerio

Naval Branch Health Clinic Meridian Dental Department Officer Cmdr. Bruce Green presents Hospital Corpsman 1st Class Max Floyd a certificate of appreciation signed by President Barack Obama during his retirement ceremony on board NAS Meridian on July 8. Floyd served 20 years in the U.S. Navy.

Reenlistment



Photo by MC2 Flordeliz Valerio

Chief Aviation Boatswain's Mate Handling Chris Mills presents Aviation Boatswain's Mate 2nd Class Kendrick Tanner a certificate of reenlistment during a ceremony on July 8. Tanner reenlisted for a years. He is transferring to USS Nimitz (CVN 68).

Kids Safety Day



Photo by MC2 Flordeliz Valerio

NAS Meridian Fire Department Fire Inspector Thomas Carlson points and explains to the children the importance of having a working smoke detector in the house during the Kids Summer Safety Day held at the Balfour Beatty Community Center on July 6. Carlson also explained how important it's for the family to have a fire drill. Hospital Corpsman 2nd Class Stella Myers from Naval Branch Health Medical Clinic Meridian talked about heat-related illnesses, keeping hydrated, pool safety and the importance of sunscreen. Wildlife biologist Chris Bucciantini showed photos of poisonous and non-poisonous snakes and gave tips on what to do when you encounter snakes and other creatures. NAS Meridian Safety Specialist Jerry Snow presented a video regarding bike safety - "Bike Safe, Bike Smart." Fleet and Family Support Center Meridian and Balfour Beatty Communities partnered to offer this informational workshop for kids.

Truman meritoriously advances 12 Sailors

By MC3 Darren Moore
USS Harry S. Truman Public Affairs

PORTSMOUTH, Va. (NNS) -- Twelve Sailors aboard USS Harry S. Truman (CVN 75) received meritorious advancement through the command advancement program (CAP) during a frocking ceremony July 8 at Norfolk Naval Shipyard in Portsmouth, Va.

The CAP program is offered to sea-duty personnel as a way to recognize superior performance while working in a rigorous operating environment. Sailors promoted through the program must meet all advancement requirements and cannot be a non-designated striker.

"It is another way to recognize good Sailors," said Chief Personnel Specialist (SW/AW) Chuck Bowman, from Truman's Educational Services Office. "There are Sailors out there who are really doing a great job, and it's

an opportunity for the command to recognize them for their good job."

The command promotions resulted in one new petty officer first class, one new petty officer second class and 10 new petty officers third class.

"It definitely shows that when you work hard and continue to go out and push and give it all you have, you can be recognized," said Bowman.

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!

Marine attack helicopters move north to aid air ambulances

By Cpl. Rashaun X. James
2nd Marine Aircraft Wing (Fwd)

FORWARD OPERATING BASE EDINBURGH, Afghanistan -- Until recently, if an injured Marine needed medical evacuation from the battlefield in the turbulent northeast of Afghanistan's Helmand province, the air ambulance providing care might not be able to assist until Marine Corps attack helicopters were on scene.

"That's a long time to wait for a casualty lying in a field," said Staff Sgt. Sean Redmond, the air traffic control chief at Forward Operating Base Edinburgh.

So, 2nd Marine Aircraft Wing (Forward) moved a detachment of helicopters from Marine Light Attack Helicopter Squadron 267 to Forward Operating Base Edinburgh so that air ambulances and the attack helicopters that support them could be at the same place, at the same time, when they're needed most.

"I can get medevac helicopters from here to

most locations in under 10 minutes," explained Redmond, who is deployed to Afghanistan with Marine Air Control Squadron 2.

Before aircraft were moved to the forward operating base, medical evacuations would have to wait for support from Camp Bastion. Redmond said the flight from Camp Bastion could sometimes take up to 30 minutes.

From the first day a detachment of AH-1W Cobras and UH-1Y Hueys with HMLA-267 arrived at the forward operating base, Redmond said he noticed an immediate improvement.

"That first day we flew five and a half flight-hours and responded to three medevacs we would not have been able to respond to without HMLA here," said Redmond.

From three computer monitors in his air traffic control tower, Redmond — who said his fellow Marines call him Popeye — is in constant communication with coalition units in his area of operations. He is personally responsible

for coordinating movement of all aircraft in and out of Forward Operating Base Edinburgh.

"Here at FOB Edinburgh we're not in the middle of the stew, but we're right on the edge of the pot," said Redmond, a native of Longmont, Colo. "We're the biggest little town this side of Camp Leatherneck."

Medical evacuations are supported by C Company of the 1st Battalion, 171st General Support Aviation Regiment, a combined unit of Minnesota, Arizona and New Mexico National Guard soldiers.

National Guard Capt. Jeremy Degier, the forward support medical platoon leader for C Company, said having the light attack helicopters on scene means injured coalition troops can receive faster care, and insurgents are less likely to attack the air ambulance helicopters.

"They have provided us with outstanding overwatch in rough situations, in high-threat areas, allowing us to get wound-

ed combatants off the battlefield faster," said Degier. "It's really a god-send having this dedicated asset, especially for where we are located."

Redmond said that the mere presence of the detachment is making a definite impact on daily operations within his airspace and to the troops on the ground.

"We're not catching the small-arms fire at some of these forward operating bases that we normally would, because they are here," said Redmond. "Now they know not to shoot at our medevacs because there is somebody watching overhead. If [the attack helicopters] never fire a gun while they're on a medevac mission, they've already done their job."

In addition to attack helicopters, a number of HMLA-267 maintenance Marines are now stationed at the forward operating base.

"Definitely our Marines that live here know what is going on," said Capt. Sean P. Dillon, a UH-1Y Huey pilot with



Photo by Cpl. Rashaun X. James
A Marine Light Attack Helicopter Squadron 267 AH-1W Cobra lands at Forward Operating Base Edinburgh, Afghanistan, July 16. Cobras are one of the aircraft used to provide the much needed overwatch protection to the U.S. Army air ambulance platoon stationed there.

HMLA-267. "We have all the necessary personnel here. We have the all pilots, the maintainers and operators we need."

Dillon said that this Marine detachment allows aircraft to be refueled, receive ordnance, and conduct on-the-spot maintenance at the forward operating base, all contributing to a much quicker response time and more flexibility. Enhanced flexibility also means that

attack helicopters can provide more hours of close-air support for Marines and their Afghan and coalition partners on patrols in violent areas.

"We're already out here and can attach to medevac platforms and go with them immediately to the point of injury," said Dillon. "That's giving the medics the overhead watch they need, and the grunts the coverage they need, all much faster."

Quantico achieves first LEED certification

By James Johnson
NAVFAC Washington Public Affairs
and Stefanie Kivelin
Marine Corps Base Quantico
Public Works Branch Energy
Manager

QUANTICO, Va. (NNS) -- The Warfare Support Center was recognized as the first building aboard Marine Corps Base (MCB) Quantico, Va., to earn the United States Green Building Council's Leadership in Energy and Environmental Design (LEED) Silver certification, during ceremony aboard the base, July 14.

LEED Certification demonstrates MCB Quantico's commitment to meeting Federal energy mandates and reducing its impact on the environment. The Naval Facilities Engineering Command (NAVFAC) Washington managed construction project received 35 points awarded by the LEED program, qualifying the building for a Silver certification.

"There is some significance here, I think, to the installation in terms of not only what this building means, but the LEED certification," said Col. Daniel Choike, MCB Quantico base commander. "When you look at it from an environmentally friendly way and the health and welfare that goes into the people that occupy the building and

the mission of what they do, it's only fitting that your mission and this certification are linked together by many firsts."

The Wounded Warrior building achieved points in all sustainability categories. Ten of the thirty-five points achieved were in the Indoor Environmental Quality category. The building achieved some points by developing and following an indoor air quality management plan during construction and utilizing low volatile organic compound materials (paints, sealants, adhesives, coatings, and carpet) in the building. Other points were earned by complying with ASHRAE Standard 62.1, providing occupants with operable windows and lighting controls, and adjusting the ventilation rate in densely occupied spaces, such as conference rooms, by monitoring carbon dioxide levels in the space.

"Back in 2006, NAVFAC, in coordination with the [Navy] Secretariat made the Department of the Navy the first entity in the federal government to mandate LEED certification," said Capt. H. Ramé Hemstreet, commanding officer, NAVFAC Washington. "We didn't do it, frankly, to be 'green,' we did it to jump start our

● LEED, page 10

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Pvt. Adonis Owens II

MATSS-1 Student
Hometown: Jamesville, N.C.

At age 27, Pvt. Adonis Owens II may be a little older than most students at Marine Aviation Training Support One on board NAS Meridian. But he says that what gives him an advantage.

"I joined because my life was heading down the wrong road," Owens said. "I wanted to change things before they got to a point where I had no control over what would happen to me."

After graduation from the Aviation Supply Specialist Course, Owens would like to be stationed on the West Coast.

"I'm looking forward to traveling and seeing the world," he said. "I want to experience other cultures first hand."

The person Owens most admires is his brother, Master Sgt. Ken Owens who is stationed at Camp Pendleton.

"I've looked up to him since before he joined the Marines. He was like my father figure when I was young and he taught me so many things. I saw how the Marine Corps transformed him and I needed a transformation of my own. He told me, 'Whatever you do, give it 100 percent. Never give up.'"

OOORAH!**Pvt. Joseph Penunia**

MATSS-1 Student
Hometown: Bushkill, Pa.

Pvt. Joseph Penunia is the oldest of four sons born to Nali and Raquel Penunia.

He joined the Marine Corps because of a desire to serve his country.

"And from inspiration from a fellow Marine to protect this country and the freedom we have as Americans," said Penunia who is a student at Marine Aviation Training Support Squadron One.

"I'm looking forward to traveling around the world, seeing family I've never have before, promotion, seeing combat and being involved in the end of the war on terror."

His hobbies include tennis and running.

The person he most admires is his senior drill instructor from boot camp, Staff Sgt. Canevari.

"He did not 'love' on us like the other drill instructors did. His discipline is what I strive to achieve every day. We may have been the 'booger platoon,' but what mattered to him is that he trained disciplined Marines not 'perfect recruits.' When he said that to us, it was the moment I knew he was the kind of Marine I wanted to be."

6 Marines, 3 couples, 1 squadron: Married Marines deploy together to Afghanistan

By Cpl. Samantha H. Arrington
2nd Marine Aircraft Wing (Fwd)

CAMP BASTION, Afghanistan — Michael and Jessica Stedman recently celebrated their first anniversary. They also recently deployed to Afghanistan together.

"We never got to take a honeymoon," said Jessica. She and her husband both serve as corporals in the Marine Corps. The couple deployed here with Marine Light Attack Helicopter Squadron 267 in May.

"So here we are in Afghanistan," she added. "It has all the sand you could ever want and the sun always shines. The only thing is we just haven't found the beaches yet."

The Stedmans are not alone. They are one of three married couples currently deployed with the Camp Pendleton, Calif., based helicopter squadron.

"Everyday's a good day because I get to see my husband and know that he's alive and healthy," said Jessica, a native of De Pere, Wis., and an airframes and hydraulics mechanic for the squadron. "I don't have to worry about him as much, like I would be doing if I was home."

But the Stedmans said they know statistics are against them. Historically, divorce rates for junior Marines are above the national average — higher still

● **Marine Couples, page 6**



Photo by Cpl. Samantha H. Arrington

Cpl. Michael Stedman and Cpl. Jessica Stedman, both deployed with Marine Light Attack Helicopter Squadron 267 to Camp Bastion, Afghanistan, and recently celebrated their first anniversary.

WMAQ-2 Marines reflect on squadron's history

By Cpl. Santiago G. Colon Jr.
Marine Corps Air Station Cherry Point

MARINE CORPS AIR STATION CHERRY POINT, N.C. -- As weapons technology became more complex in World War II, the call to develop and implement tactics to control the electromagnetic spectrum led to the creation of a squadron capable of these tasks.

As a result of a reorganization and consolidation of the Marine Corps' three photographic squadrons, Marine Tactical Electronic Warfare Squadron 2 was formed under the 2nd Marine Aircraft Wing.

The squadron celebrated the 36th anniversary of its re-designation to VMAQ-2 aboard Cherry Point July 1.

The celebration kicked off with a morning motivational run followed by awards and cake-cutting ceremonies ending with a "bunny" formation commemorating a former symbol of the squadron.

Despite the negative connotation of the symbol, which forced the squadron to change to the current "Death Jesters" logo, Marines with VMAQ-2 feel it is important to remember the past.

"(The symbol) carries a sense of political incorrectness," said Maj. Roderick D. Capili, executive officer for VMAQ-2. "But the squadron is proud of its professional and capable heritage."

"Because of the long and battle-tested history of the squadron, it is important to look back and celebrate the contributions of the many Marines past and present to the squadron," Capili added. "Junior Marines are encouraged to stay true to the squadron's tradition of mission accomplishment and the high standards expected



Photo by Cpl. Santiago G. Colon Jr.

Marine Tactical Electronic Warfare Squadron 2 Marines recreate a bunny formation aboard Marine Corps Air Station Cherry Point's flight line July 1 in celebration of the squadron's 36th Anniversary. The bunny formation commemorates a former symbol of the squadron. Despite the potentially negative connotation of the symbol, which forced the squadron to change to the current Death Jesters logo, Marines with VMAQ-2 feel it is important to remember the past.

out of each Marine and Sailor in the squadron."

The squadron has participated in many operations to include operations in Libya during the 1980s, Desert Shield and Desert Storm, operations in the Balkans to include Kosovo, and Operation Iraqi Freedom. The most recent was Operation Enduring Freedom, April-November 2010, where the squadron flew more than 600 sorties in support of U.S. and coalition forces.

Marines with the squadron were also involved in a firefight with Taliban insurgents. The insurgents attacked Bagram Air Base, Afghanistan, and VMAQ-2 Marines reacted in force. Three insurgents were killed and two VMAQ-2 Marines were wounded in action.

VMAQ-2 was the original EA-6B Prowler squadron after Marine Composite Reconnaissance Squadron 2 (VMCJ-2) was re-designated into VMAQ-2. During the period, from 1975 to the early 1990s, VMAQ-2 sent detachments to support missions across the globe.

The Prowler community was re-organized again in the early 1990s into four squadrons assigned to 2nd MAW — VMAQ-1, 2, 3 and 4, and since then the Prowler community has continued to support worldwide operations to include the Balkans, Iraq and Afghanistan.

The squadron's motto, "Can Do Easy," fits the squadron's mentality, Capili said. "It is the squadron's motto for the fact that we are ready for any mission, anytime and anywhere in the world."

Safety Is Our Duty

Hydration key for a Sailor's summer safety

By ABE Airman Ricardo Villagomez
Navy Public Affairs Support Element West

SAN DIEGO (NNS) -- Navy health professionals are reminding Sailors July 15 to stay properly hydrated as this summer, as many regions are experiencing unusually high temperatures.

"Your body is like a well-made machine. It knows when it's thirsty, and people generally take a sip of water and say 'Ah, I'm hydrated,'" explained Lt. Cmdr. David Proum, a primary health care provider assigned to Naval Medical Center San Diego. "When you do feel thirsty, don't just take the sip. Try to drink about a half a glass of water if you can."

Proum's advice hinges on the level of activity planned throughout the day. He said Sailors need to be mindful of the amount and frequency of water being consumed.

Lejeune prepares for 'green' biodiesel fuel delivery

CAMP LEJEUNE, N.C. (NNS) -- Officials at Marine Corps Base Camp Lejeune were preparing July 15 for the scheduled July 18 delivery of the inaugural shipment of biodiesel fuel that's grown, processed and blended exclusively in North Carolina for the military.

Marine Corps Maj. Gen. Carl B. Jensen, commanding general of Marine Corps Installations East, and N.C. Sen. Harry Brown will be on hand to mark what officials are calling a watershed event in the military's ongoing effort to increase its use of domestically produced renewable fuels.

The delivery culminates years of collaboration facilitated by North Carolina Eastern Region's Military Growth Task Force through an initiative known as Fuel the Force, Camp Lejeune officials said.

"The project is a partnership between North Carolina's two leading industries -- the military and agriculture -- and promotes development of the processes and infrastructure necessary for North Carolina's farmers to provide the renewable fuels required by North Carolina's warriors," officials added in a statement announcing the delivery.

The military must meet aggressive federal mandates to reduce its energy consumption 30 percent by 2015, while increasing its use of renewable energy. Jensen detailed his energy needs at the task force's regional biofuels symposium last year.

"I believe strongly that we have got to

break our dependence on petrochemicals," he said. "It has got to start somewhere, ... and it might as well start with the military."

Since then, a team of farmers, entrepreneurs, economic developers, elected officials, environmental groups, educators and interested citizens worked together to make the vision a reality.

The establishment of regional production capacity will reduce, and eventually eliminate, the need to import fuels from distant locations, officials said. Through Fuel the Force, North Carolina's warriors and farmers have sown the seeds of a North Carolina biofuels industry that is environmentally, logistically and fiscally sustainable, the announcement said.

Secretary of the Navy Ray Mabus laid out five aggressive energy goals in October 2009 to improve our energy security and efficiency, increase our energy independence, and help lead the nation toward a clean energy economy. This initiative assists in achieving the energy goal of increasing alternative energy afloat and ashore where by 2020, the Department of the Navy (DON) will produce at least 50 percent of shore-based energy requirements from alternative sources and 50 percent of DON installations will be net-zero.

From American Forces Press Service

NAVFAC awards environmental services, technologies contract

PORT HUENEME, Calif. (NNS) -- Specialty Center Acquisitions, Naval Facilities Engineering Command (SCAN) awarded a maximum amount \$75 million contract June 9, for performance-based Environmental Services and Technologies (ESAT) support for Navy, Marine Corps, and federal government programs at various locations worldwide.

The Contract was awarded to Battelle Memorial Institute of Columbus, Ohio.

This engineering services ordering contract was awarded to satisfy overall operational objectives of U.S. Navy and Marine Corps installations, and other federal organizations. The scope of this contract includes environmental program development and implementation, research, development, testing, and evaluation for innovative environmental technologies and technical consultations.

"The Department of the Navy (DON) manages extensive facilities and lands to support its mission of maintaining, training, and equipping a world-class, combat-ready naval fleet," said Wanda Holmes, chief of naval operations Energy and Environmental Readiness Division, director of Environmental Restoration and Operational Range Assessment. "Over the years, releases of hazardous materials have occurred at some of these facilities. The DON is committed to cleaning up these releases in a timely manner that restores environmental quality for present and future generations. DON uses cleanup methods that are effective, cost-efficient, and environmentally sustainable. We constantly seek new and innovative solutions to these often complex environmental problems."

All work on this contract will be performed worldwide, and is expected to be completed by June 2016. This contract was competitively procured via the Navy Electronic Commerce Online website, with two proposals received.

By Naval Facilities Engineering Command Public Affairs

Interactive detailing application phase opens

By MCC (SW) Maria Yager

Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- The July 2011 Career Management System Interactive Detailing (CMS/ID) application phase is scheduled to open at 6 p.m. CDT July 18, and remain open until 5 a.m. CDT July 28, allowing Sailors in their orders-negotiation window to review and apply for duty assignments.

The active duty and Full Time Support application phase was scheduled to open July 13, but was delayed due to technical difficulties. As a result Navy Personnel Command has extended the July application phase by two days, giving Sailors in their orders-negotiation window approximately 10 days to review and apply for advertised jobs and minimizing impact to the fleet.

"We regret having to delay the application phase, but it is important to remember that CMS/ID does not operate on a first come, first served basis," said Captain Michael White, assistant commander, Navy Personnel Command for Career Management (PERS-4). "Sailors are equally considered for an assignment whether they apply on the first day or last day of the application process."

The application phase allows Sailors time to review advertised jobs and consider their career and personnel options before making an application, either on their own or through their career counselor.

CMS/ID has six phases each month: a requisition load phase where available billets are uploaded into the system; a requisition scrub phase where Navy officials validate uploaded billets; an application phase where

Sailors in their orders-negotiation window can review and apply for advertised assignments; a command comments phase where commands may review, rank and comment on applications to advertised billets at their command; a detailer selection phase where detailers match applicants to jobs; and a system maintenance phase.

Sailors may log into CMS/ID anytime after the detailer selection phase to see if they have been selected for orders. Some factors a detailer must weigh when matching Sailors to jobs include the Sailors desires, qualifications, career progression and cost to the Navy.

Sailors can learn more about CMS/ID from their command career counselor or at Navy Personnel Command's CMS/ID Web page at <http://www.public.navy.mil/bupersnp/enlisted/cmsid/Pages/default2.asp>.

● Marine Couples

for dual-military couples. But Michael and Jessica said courses for engaged and newlywed Marines on life skills and relationship communication have helped them to overcome stresses that come with a young marriage, stresses compounded when both husband and wife serve overseas.

"I personally think being married to another Marine is the best situation for me," said Michael, a helicopter mechanic with HMLA-267, and a native of Brunswick, Ga. "Jessica and I have been good friends for almost three years and just like any other relationship, I think you have to be good friends first."

Cpl. Joshua King and Sgt. Denise King, also with HMLA-267, are not only newlyweds, but also new parents. When the couple left California, they said son Julian, now 10-months old, was just learning to roll over.

"I'm sure he'll be walking by the time we get back," said Joshua, an intel-

ligence analyst with HMLA-267. "For both of us the hardest part of this deployment is being away from him."

Joshua, of Battle Ground, Wash., and Denise, a native of Los Angeles, explained family will take care of their son throughout their time in Afghanistan, with both the mother's and father's parents helping to create a stable environment for their son while they are away from home. The couple said that hope for future stability, and the goal of providing a better future for their son, is why they deployed.

"I think that's ultimately why we settled on both of us coming out here," said Joshua. "We want to be able to give him the best life possible and a lot of times that means making sacrifices. It will all be worth it in the end."

For another HMLA-267 couple, being married on deployment isn't a new thing. Sgt. Krystal Palace-McClintock is married to fellow avionics technician, Sgt. Branden A. McClintock, a native of

Tigard, Ore.

"This is our second deployment together and we make a great team. We know how to effectively deploy with each other; we've had a little experience with this," said Krystal, a native of Kansas City, Mo. "We've been married a little over a year but we've been working together and good friends for more than three years.

"We met because we were working together," Krystal added. "Now that we are married and working together, we keep it completely professional. When we are at work that's what we are doing. We see each other as peers, as fellow Marines."

Krystal and her husband, Branden, said they believe it's important to separate personal and professional lives, especially while on deployment together.

"If you do your job and keep the mission in your mind, then there will be no problems," said Branden. "We understand each other and are able to separate our

● NJROTC

Mountain Home High School (Mountain Home, Ark.); Greenwood High School (Bowling Green, Ky.); Dundalk High School (Dundalk, Md.); Shawnee Heights High School (Tecumseh, Kan.); West High School (Knoxville, Tenn.); Mountain View High School (Bend, Ore.); Cross Keys High School (Atlanta, Ga.); Eureka High School (Eureka, Calif.); Issaquah High School (Issaquah, Wash.); Alvarez High School (Salinas, Calif.); Florin High School (Sacramento, Calif.); Cairo High School (Cairo, Ga.); Bastrop High School (Bastrop, Texas); Richard King High School (Corpus Christi, Texas); Mariner High School (Everett, Wash.); East Hall High School (Gainesville, Ga.); Escambia County High School (Atmore, Ala.); Tabb High School

(Yorktown, Va.); Pasadena High School (Pasadena, Calif.); Opelousas High School (Opelousas, La.); Crossett High School (Crossett, Ark.); Wall High School (Wall, N.J.); Franklin High School (Livonia, Mich.); Grenada High School (Grenada, Miss.); Durfee High School (Fall River, Mass.); West High School (Salt Lake City, Utah); and Lincoln High School (Stockton, Calif.).

NJROTC is a citizenship development program that instills in students at secondary educational institutions the values of citizenship, service to the United States, personal responsibility and a sense of accomplishment. The NJROTC curriculum emphasizes citizenship and leadership development. The classroom instruction is augmented throughout the year by community

service activities, team competitions, visits to naval activities, marksmanship training, and Science, Technology, Engineering, and Mathematics (STEM) seminars.

Qualifying secondary educational institutions may apply for a Navy National Defense Cadet Corps (NNDCC) unit as an alternative to the NJROTC program.

"The NNDCC program is modeled on the NJROTC program, but is primarily funded by host schools," Steindl said. "NNDCC units use the NJROTC curriculum, and gain the same values of citizenship, service to the United States, personal responsibility and a sense of accomplishment as do the cadets in the NJROTC program."

-- From Naval Service Training Command Public Affairs

● MCPON

The following day he met with Sailors remotely stationed at RAF Digby.

"I gained incredible insight on where the Navy is going today, and because our Navy is changing, MCPON's explanations made it clear that we need to be stronger and more flexible in our careers," said Cryptologic Technician 1st Class (EXW) Stephen Bittman.

Bittman also thought it was uplifting to ask hard questions to get realistic responses.

"He touched on real issues that concern our Sailors and the way that he presented the answers left no gray area and that's what our Sailors need," added Bittman.

MCPON wrapped up his visit in the United Kingdom with an all hands call at RAF Menwith Hill, where he

received many questions on topics from physical readiness to uniform matters.

"The quality of the questions asked at these all hands calls was simply outstanding and it shows me that our Sailors are engaged not only within their commands, but also engaged with the happenings across our great Navy," said West. "As I travel the Fleet, I have never been more impressed with the quality of Sailors that we have ... they are simply the best."

MCPON is scheduled to attend more Fleet engagements with Sailors at military installations in Belgium and Germany before returning to Washington. Fleet engagements are intended to provide senior leadership with a frontline assessment of Sailors and what they are doing in the Fleet.

● Exams

advanced. Other factors considered for E4/5/6 are performance mark average (how well one performs in their job and as a Sailor), service in pay grade (experience in the job), awards (accomplishments in the job and as a Sailor), education points (self improvement through education (accredited college degrees)), and pass/not advanced points (credit for doing well on previous exam cycles, but not enough quotas available). For those who are CPO board eligible, the FMS is computed using performance mark average and rating exam score only.

Enlisted exams are produced at NETPDTC's Navy Advancement Center (NAC) in Pensacola, Fla. Fleet Subject Matter Experts (FSME) for each enlisted rating gather at exam development conferences to review the job scope and associated tasks at each pay grade. The FSMEs also review their rating exam bank to ensure questions are up-to-date, accurate and meet the statistical requirements to accurately rank-order the most qualified advancement candidates. New exam questions are researched, developed and added at each exam development conference.

Study material will remain available to all Sailors preparing for upcoming exams. Exam bibliographies will reflect the new exam construction, and will be available for exam preparation six months prior to administration dates on the Navy Advancement Center's Web portal on NKO at <https://www.nko.navy.mil/portal/careermanagement/navyadvancementcenter/home/navyadvancementcenter?cacLogin=true>.

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Navy names littoral combat ship Little Rock

WASHINGTON (NNS) -- Secretary of the Navy Ray Mabus announced July 15 that the next Freedom-class littoral combat ship (LCS) will be named USS Little Rock (LCS 9).

Little Rock is the second ship to bear the name of the capital city in

Arkansas. The USS Little Rock (CL-92/CLG-4/CG-4) was originally a Cleveland-class light cruiser that served after World War II, and was one of six to be converted to a Galveston-class guided missile cruiser. She was decommissioned in 1976 and now holds a place of honor as a museum ship in Buffalo, N.Y.

Little Rock will be designed to defeat growing littoral threats and provide access and dominance in the coastal waters. A fast, agile surface combatant, the LCS provides the required war fighting capa-

bilities and operational flexibility to execute focused missions close to the shore, such as mine warfare, anti-submarine warfare, and surface warfare.

The LCS class consists of two different hull forms, the Freedom variant and Independence variant -- a semi-planing monohull and an aluminum trimaran -- designed and built by two industry teams; Lockheed Martin and Austel USA. These seaframes will be outfitted with reconfigurable payloads, called mission packages, which can be changed out quickly

as combat needs demand. These mission packages are supported by special detachments that will deploy manned and unmanned vehicles and sensors in support of mine, undersea and surface warfare missions.

Little Rock will be 378 feet in length, have a waterline beam of 57 feet, displace approximately 3,000 tons, and make speed in excess of 40 knots. The construction will be led by a Lockheed Martin industry team in Marinette, Wis.

--From Department of Defense Public Affairs

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
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With Us!
Call (601)
679-3635

Performance evaluation update for lieutenants

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

MILLINGTON, Tenn. (NNS) -- An interim change to the Navy Performance Evaluation and Counseling System Instruction BUPERSINST 1610.10C, outlined in NAVADMIN 219/11, was released by Navy Personnel Command (NPC), July 19.

"In view of continued force-shaping pressures, NPC proposed stricter limits in the ranking of lieutenants," said Cmdr. Elisabeth Stephens, deputy director, Restricted Line/Staff Detailing and Special Placement Division.

Effective with the Jan. 31, 2012, periodic evaluations, lieutenant force distribution rules will change to the following:

- Early Promote recommendation limit will remain at 20 percent.

- The combined Early Promote and Must Promote recommendations must not exceed 60 percent. The Must Promote recommendation may be increased by one for each Early Promote quota not used.

According to Stephens, the change in policy provides a mechanism for controlling performance inflation and identifies top performer early for the selective detailing and selection board purposes.

The interim change will be followed by an official change in the next revision of BUPERSINST 1610.10. An updated release of navfit98a is projected for January 2012, to incorporate this policy change.

Enterprise carrier strike group returns to Norfolk

NORFOLK (NNS) -- More than 5,500 Sailors and Marines serving in the Enterprise Carrier Strike Group (CSG) arrived in Norfolk July 15, returning from a six-month deployment supporting operations in the Mediterranean and the Arabian Sea.

USS Enterprise (CVN 65), along with embarked Carrier Air Wing (CVW) 1, Carrier Strike Group (CSG) 12, Destroyer Squadron (DESRON) 2, guided-missile cruiser USS Leyte Gulf (CG 55), and the guided-missile destroyers USS Barry (DDG 52) and USS Bulkeley (DDG 84) returned to Naval Station Norfolk.

While deployed, Enterprise Strike Group served in the U.S. 5th and 6th Fleet areas of responsibility, conducting missions from counter-piracy and counter-terrorism to Operation Odyssey Dawn, Enduring Freedom and New Dawn.

Enterprise and CVW-1 flew more than 1,450 sorties in support of Operation Enduring Freedom in Afghanistan and Operation New Dawn in Iraq. Enterprise and the strike group ships also disrupted nine piracy attempts, resulting in the capture of 75 suspected pirates and the detention of 18 more.

"The ships of this strike group have done it all," said Rear Adm. Terry B. Kraft, commander, CSG 12. "Simultaneous combat deployments to the 5th and 6th Fleet areas of responsi-

bility showed what these great Americans can do. They have earned a hero's welcome here in Norfolk."

The carrier, commanded by Capt. Dee L. Mewbourne, traveled nearly 60,000 miles after leaving Norfolk Jan. 13 to support theater security cooperation and maritime security cooperation efforts while deployed.

"Everything about this deployment has been unique," said Mewbourne. "Our Sailors and Marines flexed to perform every mission asked of them to their highest ability, often with great innovation, and always with unqualified success. The crew answered their nation's call with courage and grit, and I share in their tremendous pride of all we accomplished."

Enterprise CSG is comprised of CSG 12, Enterprise, CVW-1, DESRON 2, Leyte Gulf, Barry, Bulkeley, and USS Mason (DDG 87). The squadrons of CVW-1 embarked in Enterprise are Strike Fighter Squadron (VFA) 11 "Red Rippers," VFA-136 "Knighthawks," VFA-211 "Fighting Checkmates," Marine Fighter Attack Squadron (VMFA) 251 "Thunderbolts," Carrier Airborne Early Warning Squadron (VAW) 123 "Screwtops," Carrier Tactical Electronic Warfare Squadron (VAQ) 137 "Rooks," Fleet Logistics Support Squadron (VRC) 40 "Rawhides," and Helicopter Anti-Submarine Squadron (HS) 11 "Dragonslayers."

-- From USS Enterprise Public Affairs

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Did You Know? NAS Meridian NEX offers Western Union money transfer. Located in Building 214 at the Personalized Services counter at the front of the store.

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

Fender American Standard Stratocaster. Humbucker pick-ups with S-1 switch, sunburst red, deluxe carrying case, purchased new last year, played very little. Also Peavey Vyper 30 watt modeling amp. Paid \$1,550. New, will sacrifice all for \$995. Call (601) 938-9627.

EXERCISE EQUIPMENT

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

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

BIG STUFF

25 Foot Prowler 5th Wheel camper. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

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

2007 Fleetwood Revolution LE 40ft. Very low miles and very low hours. 400 Cat engine w/ Allison push button transmission w/ fuel economy mode. One piece fiberglass roof, 95 gal. Fresh water system, 40 gal. waste tank, 60 gal. grey water tank, Spartan chassis, automatic leveling, trailer hitch. Plenty of space for storage under coach, storage slide outs. There are 3 wall slide outs, 2 in the living room and one in the bedroom. Has 1 and 1/2 baths and a shower, washer dryer combo, bedroom includes a sleep numbers bed and wall mount 23" TV. With 26"

LCD TV Digital Satellite System Home Theater System in the main coach, round table w/4 cushioned chairs (opens to seat 6 w/2 folding chairs to match). Galley has 4-door refrigerator/freezer w/ ice maker and water on the door. GE microwave/convection oven over regular 3 burner gas range w/oven. Cori an counter tops in kitchen and baths. Beige colored carpet throughout, with ceramic tile in kitchen and baths. NON SMOKER RV is in really good condition. Must see to appreciate. Asking \$149,000. Call Gail Brennhof at 601-679-2408 or 601-678-9504.

HOUSEHOLD ITEMS

NEW! 34" widescreen Trinitron Sony HDTV. Remote & Memory Card slot, works great. Asking \$150. Call (601) 621-4417.

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

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. **Pink Book Shelves,** ready to stain for \$100 each. Call Clinton at (601) 323-1003.

AUTOMOBILES, ETC.

NEW! 2002 Ford Explorer XLT. Great condition, only one owner (me). 131,000 miles (highway), Pioneer GPS navigation system, touch screen, Bluetooth capability for hands free calling. Also plays CD,

DVD, MP3, iPod. 22" chrome rims and tires, and stock rims and tires also included in price. Asking \$6,000 OBO. Call (619) 512-6630.

1999 Ford F250 Super Duty Crew Cab - V10 Triton, looks good, drives good. Automatic, short bed, towing package, bed liner, metal tool box, running boards. Bought locally 5 years ago. This is a great truck if you need to pull a heavy load. 199,000 miles - mechanically sound. Only selling because I have no need for a big truck. Asking \$3,600. If interested call (601) 679-7671. Pictures available on request

2003 Gold Chrysler, 300M loaded, heated leather, CD, XM satellite, sun roof, nice interior. High mileage but well maintained. One owner, new transmission and battery, fairly new tires, needs motor work. Asking \$1350 OBO. Call (601) 679-2636 or (662) 803-9007.

2008 Honda CR-V EXL Fully 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.

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: accalais@gmail.com.

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

MOTORCYCLES/GEAR/ATV

NEW! 2008 Yamaha Majesty Scooter, 400CC and rides very good, 1008 miles, and it will go 90 MPH easily. Gets about 57 MPG.

Contact Darin at (601) 480-4132 or Ann at (601) 480-4134.

4-wheeler for sale. Asking \$800. Call (601) 483-3801 for details.

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

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

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.

HOMES/APARTMENTS

For Sale: 2007 Deer Valley single wide home 16 X 80 feet. Three BR/2 full BA, walk-in closet in master bedroom with walk-in shower & garden tub. Call (601) 986-8841 for more information.

For Rent: 4000 38th St., 2 BR/2 BA (duplex), covered parking, \$650 per month with 1 year lease, \$650 deposit. Call (601) 616-8767. Pets allowed, \$400 deposit.

For Rent: 1414 24th Ave., 3 BR/2 BA (triplex), hardwood floors, covered parking, \$1100 per month with 1 year lease, \$1100 deposit. Call (601) 616-8767. Pets allowed, \$400 deposit.

For Rent: 414 24th Ave., 1 BR/1 BA (triplex), hardwood floors, covered parking, \$400 per month with 1 year lease, \$400 deposit. Call (601) 616-8767. Pets allowed, \$400 deposit.

For Rent: 5903 19th Ave.,

(house) 3/2, carport, fenced yard, Poplar Springs school district, granite, stainless appliances, new carpet in bedrooms and study, new interior & exterior paint, \$1450 per month with 1 year lease, \$1450 deposit. Call (601) 616-8767. Pets allowed, \$400 deposit.

For Sale: Home in Meridian city 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 BR/2.5 BA in West Lauderdale School District. Indian Springs Subdivision. Original Owner. Pergo Hardwood flooring, tiled kitchen and entrance way. Over-sized 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

For Rent: Home at Dalewood, 2BR/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 vanity and garden tub with 2 showers. 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 Sale: Beautiful home on Confederate Drive, 4BR/3.5 BA, 3 fireplaces, solid oak floors throughout, enclosed pool with shower, half-bath and hot-tub, 2.75 acre lot, new roof, remodeled master bath and updating throughout, two-car carport with large storage room and upstairs storage. Under appraised value at only \$328,500. Can see full details at Militarybyowner.com, or call (601) 693-8386.

WANTED TO BUY

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

MISCELLANEOUS

Chickens and pigs for sale. Call (601) 483-3801.

Golf TaylorMade Driver R9 \$200; Bobby Jones Workshop Edition Driver \$100 -- 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 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 local honey** for sale, quart size bottles, \$10 each (other sizes available). Call Clinton at (601) 323-1003.

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

MWR Mission First... Sailors Always



July Specials

Upcoming...

Aug. 23: CAPTAINS CUP STAFF LEAGUE MEETING
4 p.m. at McCain Lanes

Mondays:

NTTC/MATSS-1 Student Bowling Special, 5-9 p.m. Bowl for \$1.50 a game and \$1 for shoes.

Wednesday

Low Ball Bowling Tournament, July 27. Where a gutter ball gets you a strike or spare. Lowest score wins. Each bowler bowls 3 games. \$10 entry fee, must be signed up by 6:30 p.m. on each date.

Friday

Family Night, 6 p.m.-close, \$2 a game, \$1 for rental shoes. Cosmic Bowling if requested.

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 is Free!

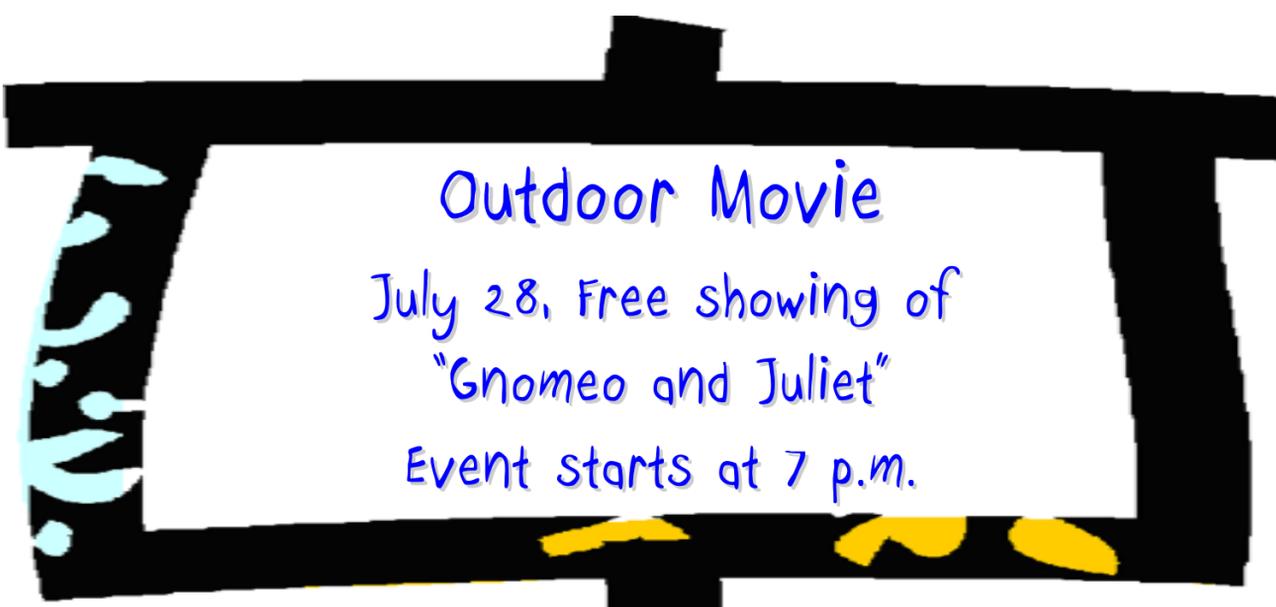
- July...
- 23: "Rango" (PG)
 - 26: "Talladega Nights" (PG-13)
 - 27: "Paul" (R)
 - 28: "Limitless" (PG-13)
 - 30: "Chronicles of Narnia" (PG)
- August...
- 2: "V For Vendetta" (R)
 - 3: "Battle Los Angeles" (PG-13)
 - 4: "The Guardian" (PG-13)
 - 6: "Diary of a Wimpy Kid: Roderick" (PG)
 - 9: "Sucker Punch" (PG-13)
 - 10: "Red Riding Hood" (PG-13)
 - 11: "Adjustment Bureau" (PG-13)
 - 13: "Mars Needs Moms" (PG)



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.

JULY

- 21:** Double Elimination Pool Tournament begins at 7 p.m. in the Liberty Center. No entry fee – prize awarded to winner. Register day of event at Liberty Center.
- 23:** Pensacola Trip Travel for a day of relaxation on the beach, shopping and dinner. Bus leaves Library parking lot at 7:15 a.m. Cost is \$10 per person. Must register & pay for the trip by July 20. Minimum of 20 people needed for trip to run – NO REFUNDS (unless the trip is cancelled).
- 24:** Dog Day Sunday FREE hot dogs, chips & soda served to Liberty participants beginning at 2 p.m. in Liberty Center.
- 25:** Ping-Pong Tournament begins at 7 p.m. in Liberty Center. No entry fee – prize awarded to winner. Register day of event.
- 27:** Birthday Bash A celebration of July birthdays! FREE cookies and soda will be provided at 7 p.m. in the Liberty Center.



Outdoor Movie

July 28, Free showing of "Gnomeo and Juliet"
Event starts at 7 p.m.

AT THE POOL....

WATER AEROBICS : M,W,F FROM 12:15-1 PM.
LAP SWIMMING : MONDAY-FRIDAY FROM 10:45 A.M.-NOON

HOURS OF OPERATION:
TUESDAY-FRIDAY: NOON-8 P.M.

WEEKENDS/HOLIDAYS:

NOON-6 P.M.
POOL FEES: ACTIVE DUTY/RETIREES SWIM FEE

ACTIVE DUTY/RETIREES FAMILY MEMBERS: \$2 PER PERSON
DOD/GUEST: \$3 PER PERSON



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!

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.

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 Office

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.

Rudders

Stop by for Country music Hour until 7 p.m. every Wednesday. Call (601) 679-2636 for information.

Play Ping Pong at Rudders

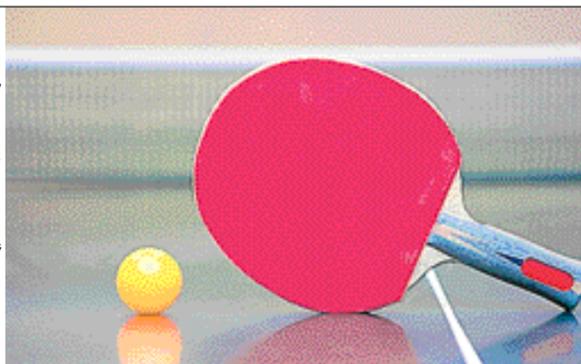
Games are Free!

Hours of Operation

Monday-Thursday: 4:30-10 p.m.

Friday and Saturday: 5 p.m.-Midnight

For more information, call (601) 679-2636.



Open Enrollment for Headstart at the CDC on board NAS Meridian for the 2011/2012 school year has started.

For more information contact Geneva Burton in the Region Office at (601) 483-2225.



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.

Belly Dancing Group Class

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



Meridian/NAS Bus Schedule

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

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

It's Your Turn...

This week we asked these military members, "What is your favorite water-related summer activity? Why?"

Photos by MC2 Flordeliz Valerio



LSSN Shaquidra Perry
NTTC Student

"Going to the beach. It's nice to be with my son and family enjoying the sun and ocean."



AZAR Cory Garton
NTTC Student

"Fishing. It's both relaxing and exciting. It's a fun way to pass the time."



ABH1 Markeith Mack
Air Ops Field Support

"Just sitting inside the pool, because I can't swim that well."



RP2 Joseph Stroney
NAS Meridian Chapel

"My wife and I love taking the girls to the pool. The beach, however, is our first choice for summer fun."



ABH1 Travis Matney
Air Ops Field Support LPO

"Fishing. It's relaxing, yet when you catch one it's exciting, too."

Fleet & Family Support Center

Take an adventure with your children outdoors

Taking children outdoors ... what a wondrous time to use all your senses – especially your sense of humor! Be generous with your time and attention and flexible with your schedule. You are making memories that will last a lifetime. Leave your worries at home (they'll wait for you), relax, and have fun!

Expectations will make or break your trip outdoors with your children.

Your Expectations

Expect to stop and smell the roses, or more likely, look at the bug or skip stones. The more flexible and easy-going you are, the better time you'll all have. Keep trips short and remember that your kids' stamina may not be as good as yours when it comes to hiking. Try not to go too far or too long the first times you go out. Sing, tell stories, and by all means bribe children with the snacks you've brought! And, as mothers know, be prepared for that one kid who's going to be unhappy about something. Don't worry, it won't last (it'll just switch to another kid!) – but it's really no different than being indoors.

Their Expectations

Let your kids know what to expect. A long car ride to get there? Something new to do or a favorite activity? Will there be playgrounds? Swimming? Pit toilets?? The more kids know and are prepared for, the less hassle you'll have later. Just be calm (especially important the first time little ones meet a pit toilet!) and keep smiling. If there's a long car ride involved, let the kids bring toys to keep them entertained on the trip. Consider making the trip overnight so everyone is rested and in a good mood.

Safety

We all know that safety is important. It's best to know where you're

going and to bring a good first aid kit. Keep children in bright colors and have everyone wear a whistle.

The Essentials: Drinks & Snacks

Always have a canteen or other source of clean drinking water. It's easy to get dehydrated when spending any amount of time outdoors, especially in the summer. You can bring other drinks also, but water is still the best thirst quencher (and nobody gets a sticky face after drinking it). Let each child carry a small, lightweight pack with a canteen.

Someone can carry snacks, which you'll want to stop often and have. Make having snacks a treat to help the kids rest. Besides, lots of calories are being used and everyone actually needs to eat. Trail mix is popular and easy for hiking and other outdoor activities – you can buy mixes or make your own with granola, raisins and other dried fruits, peanuts, M&Ms, etc. Fruit is a good snack, but you'll likely have some waste (peels, cores). Tossing such refuse off the trail isn't a good idea – area animals begin to rely on this instead of the food around them, which nature intended they eat. Animals can easily become pests in a highly visited outdoor area and are often relocated or killed when their prowling for human food gets too close for comfort. Plus, it's much better to see animals in their native habitats than in a garbage dump created by humans.

Discovery

Natural and cultural discoveries are everywhere in outdoor Mississippi – folklore, music, arts & crafts, natural land formations, native plants & animals. Mississippi got its start based on its natural resources.

Remember, you don't need to be a scientist, naturalist, or expert in out-

door skills to take children on a nature hike or enjoy nature while fishing, hunting, boating, or picnicking. Just take a look around and use outdoor activities as "learning moments":

Try to discover ecosystems together with your children – learn how plants, animals, people, and natural resources play a part in creating an ecosystem. Look for examples of cause and effect. Was there a big rain recently or a drought? How were things outdoors affected?

What season is it, and what is seen? Come during other seasons and compare what you see now with what you saw before.

Look for how things (plants, animals, rocks) are either the same or different. Again, you don't need to be a scientist and know fancy Latin names for things. That's how the first scientists got started – by trying to organize the natural world into something they could understand. Let the children discover this for themselves.

If you see an animal, let your children try to figure out how the animal's size or shape or color helps it. How does a rabbit use its big ears and big back legs? Why does the rabbit need them to survive? Let children think up all kinds of things. Some ideas will be correct, some funny, and some out-of-this-world. It's an excuse to follow up with a trip to the library. Remember that discovery is the key – not that you have all the answers. Show them how to observe, how to find answers, and you will have given them the greatest skill possible.

Try some of the wonderful activities at our State Parks and Wildlife Management Areas. Visit local community parks. Lease private lands. Create your own backyard habitat.

Do something this summer to get the kids outside and start fostering in them a love of nature and the outdoors.

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.

Transition Assistance Program (TAP) Seminar: July 25-28 from 8 a.m.-4 p.m. Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: resumes, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, PSD/ID cards, TRI-CARE, emotional transition to separation, financial planning, forms and documents, benefits and services, Naval Reserve programs, military obligations, and more!

10 Steps to a Federal Job: July 26 from 4-6 p.m. The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding and analyzing federal job announcements; crafting a federal-style resume and an electronic resume; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; writing "KSAs";

NAS Meridian, Fleet and Family Support Center and MWR



are all on Facebook. Become a fan!

Operations Community Works to improve training, identify shortfalls

By MC2 (SW) Eric S. Garst
Commander, 2nd Fleet Public Affairs

NORFOLK (NNS) -- Center for Surface Combat Systems (CSCS) Dam Neck hosted the Operations Specialist (OS) Human Performance Requirement Review (HPRR) at Commander, U.S. Second Fleet, July 12-14.

The HPRR process helps Naval Education and Training Command (NETC) to continue to produce quality training that best meets current and future fleet requirements. HPRRs facilitate assessment of existing training, elimination of redundant and unnecessary training and identification of fleet requirements.

Sailors and officers from the OS community attended the HPRR to provide feedback so they could help improve rate training, manpower, software and the technical accuracy of data.

"Sea and shore Sailor participation in HPRR is extremely vital in order to make the process work effectively,

because it is the Sailors saying, 'I can't complete or conduct this mission because I don't have proper training, training or tools,'" said Chief Operations Specialist Katrina Smith, OS HPRR project lead.

HPRRs were introduced in December 2005, to establish a systematic approach to effectively identify training shortfalls within the fleet and connect rate training to community management.

"HPRR benefits the Navy because it is a reoccurring opportunity that gives Sailors [from petty officer second class to captain] a chance to identify,

"Sea and shore Sailor participation in HPRR is extremely vital in order to make the process work effectively..."

Katrina Smith
Chief Operations Specialist

OS community manager, detailers, CSCS personnel and OSs from across the fleet.

"We bring in Sailors who can help identify any shortfalls in education, training or personnel manning. The community manager, detailers and personnel from CSCS headquarters can hear those shortfalls and then work on correcting them," said Chief Warrant Officer Troy Massey, CSCS

address, and provide solutions for areas that need to evolve," said Lt. Cmdr. Chris Bailey, CSCS Dam Neck operations officer.

Event attendees included the detailers, CSCS personnel and OSs from across the fleet. "We bring in Sailors who can help identify any shortfalls in education, training or personnel manning. The community manager, detailers and personnel from CSCS headquarters can hear those shortfalls and then work on correcting them," said Chief Warrant Officer Troy Massey, CSCS

Dam Neck assistant operations officer.

Once the shortfalls have been identified, they are discussed by everyone, and then a working group is assigned to figure out how to fix those discrepancies.

"In the long term we are looking for a way ahead for the OSs to get them from apprenticeship to journeyman to master level," said Chief Operations Specialist Andre Whittaker, USS McFaul (DDG 74).

"The HPRR strengthens our rate and brings everyone closer together, so that as a rate in the Navy we can, with proper training, do our job efficiently," said Operations Specialist 1st Class Demetrius Perry, OS HPRR assistant project lead.

HPRRs can be performed on an individual course of instruction, a training pipeline, courses to support a rating or Navy enlisted classification, a ship platform, or other fleet requirements.

Bethesda prepares for smooth transition, seamless wounded warrior care

BETHESDA, Md. (NNS) -- A "Day in the Life" exercise was held July 15 on board National Naval Medical Center (NNMC) in Bethesda to ensure a smooth transition and seamless patient care as the hospital embarks on a historical merger with Walter Reed Army Medical Center (WRAMC).

Focusing on services not previously offered at NNMC, the exercise tested six scenarios designed to evaluate systems and process involving high-risk, high-volume and potentially problem-prone areas or processes. It was also an opportunity to review patient flow patterns. Staff within clinics and services conducted their own DIL activities specific to their functional areas. In the coming weeks, additional equipment training, scavenger hunts, life safety training, and open houses will be held for new staff

To assist staff WRAMC in developing curriculum for their functional areas, clinics and words on workspace specific training, Workspace Trainer, "Train the Trainer," sessions were held in April, said Capt. David Bitonti, chief of staff for integration and transition at NNMC. Such training included departmental orientation, equipment familiarization and operation, and life safety measures.

In addition, transitional orientation sessions began May 17 and will continue through July 21 to train approximately 3,000 staff members relocating from WRAMC and Malcolm Grow Medical Center. The training will touch on cultural integration, evolving into a world-class hospital, and making the transition, which includes items in the "onboarding" process, such as patient check-in, park-

ing, and ID badging. The sessions were opened with a welcome address from the NNMC leadership.

Workspace orientation and equipment training have been held since June and is scheduled to continue through August for each of the end-user areas and focused on the particular mission of that area, Bitonti said.

"This includes cross training of personnel from both WRAMC and NNMC, with the purpose of blending our staff and cultures," he said.

All staff members relocating to NNMC are required to attend an orientation session, and newly-reporting NNMC staff members who have arrived since December 2010 are also encouraged to attend. To prepare to serve in a medical home environment, and provide safe patient and family-centered quality care to patients, all

staff relocating to Bethesda must participate in this training.

"Our focus continues to be our three objectives of patient and staff safety, quality patient care, and continuous survey readiness. By participating in these assessment, orientation, and educational activities, we will be successful and meet these objectives. Thank you for your efforts and dedication, assisting with the preparation for and execution of the moves, and continuing to provide superb world class care to our patients, and their families, during this time of increased tempo and patient census," he said.

For more news from National Naval Medical Center, visit www.navy.mil/local/nnmc/.

Aviation rescue swimmers graduate training school

By MC2 Ron Kuzlik

Naval Education and Training Command
Public Affairs

PENSACOLA, Fla (NNS) -- The Navy's Aviation Rescue Swimmer School (ARSS) graduated the latest group of candidates during a ceremony at Aviation Enlisted Aircrew Training School on board Naval Air Station (NAS) Pensacola July 14.

Sixteen new rescue swimmers from Class 1113 were presented certificates of completion for what is billed as one of the Navy's toughest training evolutions.

The intensive five-week program challenges the candidates with extensive physical training, parachute discipline, release and escape procedures and helicopter deployments that includes, jumping from an actual aircraft and using a rescue hoist, as well as advanced first aid. The school's motto is "So Others May Live."

At the conclusion of the course, the rescue swimmers

are deemed ready to execute search and rescue (SAR) operations from rotary wing aircraft, and provide fleet commanders with the ability to assist service members and civilians in distress.

"The school is primarily for Navy personnel, but we have also had Marines, sometimes Army, and even foreign nationals, such as a Latvian officer and a couple of Sailors from Trinidad and Tobago," explained ARSS Instructor Chief Naval Aircrewman John Watson. "Mental preparedness and physical readiness is essential to successful completion of this school."

"The most rewarding thing about being at this school is watching the new cadre of young rescue swimmers come in, and witnessing our group of instructors turn these young Sailors into heroes," he continued.

Each year twenty-one classes with about twenty-four candidates convene. The school traditionally has an attrition

rate of nearly 60 percent because of the demanding schedule and rigors of the training. The completion rate has risen recently however, because of enhanced screening methods of potential candidates.

New aviation rescue swimmer Naval Aircrewman Airman Apprentice Abel Reyes of McAllen, Texas, reflected on his experience at the school.

"I was challenged a lot, and I learned a lot. I'm proud of my own personal accomplishment because this training is not for everyone," he said.

His family, including mother Virginia Reyes, traveled from Texas for the graduation.

"It's awesome to be here," Mrs. Reyes said. "This is such a big accomplishment for our son and his colleagues. We are so proud of them all."

For more information about Aviation Rescue Swimmer School click on the link <https://www.netc.navy.mil/nasc>



Photo by MC3 Daniel Vிராமண்தெ

Search and rescue swimmers Naval Air Crewman 2nd Class Karl Stiglbauer and Boatswain's Mate Seaman Robert L. Chittenden, both assigned to the amphibious command ship USS Blue Ridge (LCC 19), are pulled from the Pacific Ocean on a rescue hook from an SH-60F Sea Hawk helicopter during a search and rescue training exercise.



Photo by MC2 Jonathen E. Davis

ACAJUTLA, El Salvador (July 18, 2011) -- Personnel working with Continuing Promise 2011 help an elderly Salvadoran patient during a Continuing Promise 2011 community service medical event at the Polideportivo medical site. Continuing Promise is a five-month humanitarian assistance mission to the Caribbean, Central and South America.

AROUND THE NAVY... IN PICTURES



PACIFIC OCEAN (July 18, 2011) -- An F/A-18 Hornet assigned to the Vigilantes of Strike Fighter Squadron (VFA) 151 lands aboard the aircraft carrier USS Abraham Lincoln (CVN 72). Abraham Lincoln and Carrier Air Wing (CVW) 2 are conducting pilot qualification flight operations en route to participate in Los Angeles Navy Week 2011.

Photo by MC1 Jose Lopez Jr.

PORT OF DJIBOUTI, Djibouti (July 1, 2011) -- Cryptologic Technician (Technical) 2nd Class Darius Allison, left, tosses a mooring line onto the deck of the guided-missile cruiser USS Anzio (CG 68) as the ship departs Djibouti. Anzio is assigned to Combined Task Force 151, a multinational, mission-based task force established by the Combined Maritime Forces in January 2009 to conduct counter-piracy operations in the Red Sea, Gulf of Aden, Somali Basin and Arabian Sea.



Photo by MC2 Brian M. Brooks

LEED efforts to be more energy efficient and manage the lifecycle cost of facilities better."

The design and construction team focused on specifying building materials that were recycled, manufactured locally, and/or made of Forest Stewardship Council (FSC) certified wood.

"It's impressive the level of effort made to utilize sustainable materials and resources. For instance, 10.4 percent of the building materials were manufactured using recycled materials, 31 percent of the materials were manufactured within 500 miles of the project site, and 70 percent of the wood used for building materials are FSC certified" said Jason Canfield, a MCB Quantico structural engineer and the engineer in charge. "The effort did not end there. The construction team also diverted 99 percent, over 54 tons, of construction waste from the landfill to recycling facilities."

Energy efficiency improvements to the building included improved thermal envelope, improved glazing, reduced lighting power density, lighting controls, and an energy efficient HVAC system. The building will use less air conditioning than a typical building because it employs a cool roof. A cool roof has a high solar reflectivity index that reflects light and emits heat away from the roof. In the summer, this reduces heat gain to the building, reducing the amount of energy required to keep the building cool.

The building is equipped with all low-flush and dual-flush water closets and low flow urinals, aerators, and showerheads. These fixtures exceeded LEED standards

and qualified the building for an "exemplary performance" point for water efficiency since building water consumption is expected to be 50 percent less than a typical office building.

CER, the primary contractor, was represented at the ceremony by Michael Phillips, a vice president at CER. He listed many of the elements that contributed to the award. "CER has been doing business with the military and NAVFAC for about 25 years now," Phillips said. "We've probably completed over 500 projects, but we had the distinct privilege of constructing this project and this project was also our first LEED certified project."

Other sustainable aspects of the building include its storm water management system that reduces the quantity and improves the quality of storm water discharged from the site. This measure will help reduce erosion and discharge of sediment into nearby streams and rivers.

For building occupants that are environmentally minded and either ride their bike, drive a fuel efficient vehicles, or participate in ride-share programs, bike racks and preferred parking is provided.

The Warfare Support Center is home to the Wounded Warrior Regimental Headquarters that commands the operation of two Wounded Warrior Battalions located aboard Camp Pendleton, Calif., and Camp Lejeune, N.C., as well as multiple detachments in locations around the globe.

The Warfare Support Center is the first, but will not be the only, building to receive LEED Silver Certification at MCBQ. For the past few years, all Department of Navy mili-

tary construction projects were required to be LEED Silver Certified. The secretary of the Navy announced May 11, that all new MILCON projects shall achieve sustainable design and construction equivalent to, or above, the U.S. Green Building Council LEED Gold for New Construction. A few of the many LEED Certified projects aboard MCBQ include the Military Defense Investigative Agency, the Basic School Barracks, and the Marine Security Guard Training Battalion.

The LEED program promotes the development of a sustainable built environment by giving points to buildings that demonstrate sustainable practices in five key areas of human and environmental health. These categories include: Sustainable Sites, Water Savings, Energy and Atmosphere, Materials and Resources, and Indoor Environmental Quality. There is also a category for Innovation in Design. Depending on the number of points achieved, a building can be rated as Certified (26-32 points), Silver (33-38 points), Gold (39-51 points), or Platinum (52+ points).

Secretary of the Navy Ray Mabus laid out five aggressive energy goals in October 2009, to improve our energy security and efficiency, increase our energy independence, and help lead the nation toward a clean energy economy. This initiative assists in achieving the energy goal of increasing alternative energy afloat and ashore where by 2020, the Department of the Navy (DON) will produce at least 50 percent of shore-based energy requirements from alternative sources and 50 percent of DON installations will be net-zero.

feds feed families

2011 Goal: 2 million pounds!

Children and families are in great need of donated food this summer.

Federal employees and the CHCO Council are joining together to collect 2 million pounds of food nationwide.

Starting June 7, 2011, please bring non-perishable items and place into a designated donation box.

Boxes will be picked up:

- June 29, 2011
- July 27, 2011
- August 31, 2011

FedsFeedFamilies@opm.gov
www.FedsFeedFamilies.gov

Feds Feed Families | Facebook | @FedFoodDrive

On board NAS Meridian, donation boxes are located at Administration Building 255, Training Air Wing One, Commissary, chapel and schoolhouses.

All donated food items will be taken locally to LOVE'S Kitchen in Meridian. Suggested items for donation include: canned vegetables, grains, soups, multigrain cereals, canned fruits, canned proteins, juices, snacks, hygiene items, paper products and household cleaning items. For more information, call the Chapel at (601) 679-3635.