

# THE SKYLINE



Volume 49, Number 17

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

August 18, 2011

## On Base...

✓ **MWR hosts an outdoor movie** on Aug. 26, 8 p.m. at All Hands Pool. "Red Riding Hood" will be shown on the big screen. Free event!

✓ **McCain Rec Center is hosting a "Trio League"** that will play throughout the fall and winter months. The league would meet on Wednesday nights and is a handicapped sanctioned league. Teams do not have to be mixed.

Organizational meeting will be Aug. 24, with the season kicking off on Aug. 31. League must have 4 teams to make and the cost is \$10 per night, per person. For more information call (601) 679-2651.

✓ **NAS Meridian's Child Development Center and School Age Care Center will host Family Night Out** Aug. 26 from 6-10 p.m. at both centers. The cost is \$5 per hour. Please call either programs to make your reservation.

✓ **Military Sportbike Rider Course** is scheduled to be taught on board NAS Meridian on Oct. 7. This class has already been built by the instructor and is available for registration in ESAMS. For information, call Jerry Snow at (601) 679-3756.

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

## A Day in Naval History

**August 18**  
1866: First ship-to-shore satellite radio message sent from USS Annapolis in South China Sea to Pacific Fleet Headquarters at Pearl Harbor

**August 20**  
1969: Navy Seabees and sailors from Helicopter Training Squadron Eight (HT-8) evacuated 820 people from Pass Christian, Miss., after Hurricane Camille.

**August 21**  
1800: U.S. Marine Corps Band gave its first concert in Washington, D.C.

-- [www.history.navy.mil](http://www.history.navy.mil)

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

# CNRSE holds change of command

By MC2(SW) Greg Johnson  
Navy Region Southeast Public Affairs

Capt. John C. "Jack" Scorby Jr. will relieve Rear Adm. Townsend G. "Tim" Alexander as Commander, Navy Region Southeast (CNRSE), during a ceremony aboard Naval Air Station Jacksonville, Aug. 18.

The ceremony will mark an end to Alexander's leadership of the command that supports and guides 17 installations throughout the Southeastern United States and the Caribbean.

"It has been an honor and a privilege to serve with the men

and women, military and civilians, who are the Southeast Region," said Alexander. "I will miss their dedication, professionalism and friendship."

Alexander has commanded CNRSE since January 2009. Under his leadership, installa-



Alexander



Scorby

CNRSE Energy Strategy and the establishment of the Regional Energy Council.

As a result, the region will

save an estimated \$4.2 million with 38 new energy projects during the 2012 fiscal year and will generate an estimated \$58 million in new energy projects during the 2013 fiscal year.

He also guided the region during two major natural disaster response efforts. During Operation Unified Response, he established a joint logistics hub at Naval Station Guantanamo Bay within 72 hours of the Haiti earthquake. Additionally, he organized and implemented the Navy's response to the U.S. Coast Guard's call for assistance in

● **CNRSE, page 7**

## Cyber command admiral visits



Photo by MC2 Flordeliz Valerio

**Director of Intelligence, U. S. Cyber Command Rear Adm. Samuel Cox** conducts a round table discussion with 10 flag writer "C" school graduates at Naval Technical Training Center Meridian during his site visit on Aug. 12. Cox also presented certificates at the graduation ceremony of 18 Navy "A" school students and concluded his visit with lunch at the galley with members of the flag writers class and NTTC senior staff.

## Public invited to review Meridian 2 Military Operations Area draft

The U.S. Navy invites the public to comment on the Meridian 2 Military Operations Area (MOA) draft Environmental Assessment (EA).

The draft EA evaluates potential environmental effects of establishing this new MOA near Naval Air Station Meridian in east central Mississippi. The Federal Aviation Administration (FAA) is a cooperating agency in this project.

Training Air Wing One (TW-1) aircraft would transit between NAS Meridian and the proposed MOA. MOA's are established to contain certain military activities such as air combat maneuvers, air intercepts, acrobatics, etc. The draft EA also evaluates a proposed increase in flight activity at NAS Meridian. No personnel changes or construction activities are being proposed.

An agency outreach meeting was held in Jackson, Miss., on Aug. 20, 2009, to solicit information on possible impacts to the

● **Operations Area, page 3**

## 22 Naval special warfare personnel killed in Afghanistan

CORONADO, Calif. – Commander, Naval Special Warfare Command, Rear Admiral Sean A. Pybus, released the following statement:

"Early Saturday morning, Aug. 6, Naval Special Warfare suffered a tremendous loss of 22 men while conducting critical special operations combat in Afghanistan. They cannot be replaced. We will honor their service and sacrifice, and embrace their families as our own, in this time of immeasurable grief. The outpouring of support and sympathy from the Armed Services, the Government, Communities and the Public is well beyond my ability to properly thank. The Naval Special Warfare Community is deeply humbled and appreciative.

Our NSW men were in company with U.S. Army aircrew, U.S. Air Force para-rescue and combat controllers, and an Afghan security element. We grieve for all of them, and admire their teamwork, commitment and courage. I have great hope for the future knowing that extraordinary men dedicate themselves completely to the idea and the actions of freedom and security, not only for ourselves but for others. We are truly blessed that such men answer a call to military service at the highest levels of professionalism and capability, but also deeply saddened by their loss. In the days and weeks ahead, I would ask for your thoughts, prayers and support for NSW, our Families, the Special Operations Community, and all of our Armed Forces."

## Sailors 'LOVE' the Kitchen

**Logistic Specialist Seaman Lauren West and Yeoman Seaman Codie Macomber, both stationed at Naval Air Station Meridian, open cans of corn as they volunteer to help feed the needy at LOVE's Kitchen on Aug. 9. NAS Meridian encourages military and civilian personnel to volunteer in community projects to help promote the Navy and Marine Corps team.**

Photo by MC2 Flordeliz Valerio



## Community plans and liaison officers safeguard mission

From Staff Reports

As residential and commercial developments expand around what were once rural areas, a military installation's mission, existence, and the economic well-being of the surrounding communities can be at risk.

While no "one-size-fits-all" approach can prevent or stop growth altogether, Navy Region Southeast Community Plans and Liaison Officers (CPLO) are proving that with the proper planning, adjacent lands can be utilized in ways that are both compatible with the military mission and enhance the value of the neighboring community.

"Relationships must be

internal and external," said Naval Air Station Meridian's CPLO Jim Copeland. "We are liaisons between departments and tenants on station, from Public Affairs to the Training Air Wing One to Public Works and between military bases, too. We help the bases in Mississippi and throughout the Southeast continue to work together to solve our common problems."

Copeland's main area of focus is Lauderdale, Kemper and Noxubee counties because that is where NAS Meridian pilots do most of their training.

"Although I am really looking forward to new maps, without relationships the best maps and models

will stay on the shelf," Copeland said. "So when the two counties' Board of Supervisors meet, I am always there. I also visit those less than excited to be our neighbors because of the noise. Much of building relationships has been just listening to homeowners."

NAS Meridian follows an Encroachment Action Plan (EAP) developed in 2010 and is now updating an Air Installation Compatible Use Zones (AICUZ) study last revised in 2004 with Wyle Labs.

"Wyle models our flight data -- 'Where do jets fly?', 'How high and at what power settings?', -- with Geographic Information Systems (GIS) to determine across the landscape such

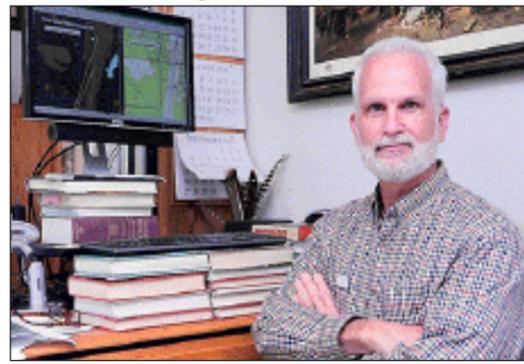


Photo by MC2 Flordeliz Valerio

**Jim Copeland is NAS Meridian's community plans and liaison officer. Copeland works with local government officials and homeowners to build relationships so each can better understand the Navy's job.**

things as, 'What is the average noise level?' or 'How does the shape of the land change the sound?'," said NAS Meridian CPLO Jim

Copeland. "I couple that with my own GIS data such as, 'Is the land used for pasture,"

● **Community, page 6**

## Look Inside

~ Page 3 ~

Movie that helped define generation, gave everyone 'the need for speed' turns 25



~ Page 7 ~

School liaison officer offers back-to-school tips for parents



~ Page 8 ~

MWR's Bickel nabs gold at State Games of America



~ Page 9 ~

CNIC helps national community as 'Feds Feed Families'



## Photo of the Week



Photo by MC2 Flordeliz Valerio

**Chief (Sel) Personnel Specialist Darien Johnson sells pizza to Naval Technical Training Center Meridian students during a chief petty officer selectees fundraiser, Aug. 15. The pizza sale is part of a fundraiser for the annual Khaki Ball.**

## NAS Meridian BHC hosts bone marrow donor registry drive Sept. 12-16

NAS Meridian Branch Health Clinic (NBHC) is hosting a Bone Marrow Donor Registry Drive Sept. 12-16. This is a very simple and pain free procedure that will take just a few minutes. In those few minutes you create the potential of saving a life, the life of a mother, child, father or loved one of someone just like you.

By registering in this drive you are not automatically obligated to donate any bone marrow. The goal is to enhance the database of potential donors, increasing the chances of a match when someone is in need.

**Who is eligible?** Volunteers include active duty military members and their dependents, DoD civilians, Reservists, National Guard and members of the Coast Guard.

**What is a Bone Marrow Donor Registry Drive?** Each volunteer will be placed in the registry of possible bone marrow donors and be given the chance to really make a difference in someone's life.

**When and where is the drive?**

Sept. 13: from 8:30 a.m.-12:30 p.m. at the NTT/MATSS-1 schoolhouses on board NAS Meridian.

Sept. 14: from 8:30 a.m.-12:30 p.m. in the community center located in base housing on board NAS Meridian.

Sept. 12-16: All day at the NBHC Meridian Laboratory.

**How is the donation obtained?** Medical staff collects four "cheek swabs" and ask that you accurately fill out a few additional forms. Please allow yourself plenty of time, inaccurate forms will result in failure to register.

For more information, call HM3 Justin Arnold, NBHC Meridian Administration at (601) 679-2204 or e-mail: justin.arnold@med.navy.mil

### BECOMING A MARROW DONOR

1. The C.W. Bill Young/DoD Marrow Donor Center will have representatives standing by to inform you about becoming a volunteer donor and the donation process. Brochures and a video explaining marrow donation for volunteers will be available.
  2. You sign a consent form (DoD Form DD 2576) to be listed on the Department of Defense and National Marrow Donor Program (NMDP) Registry and provide additional information about yourself including a brief medical questionnaire.
  3. Buccal swabs (4) or a small blood sample (about 2 tablespoons) is taken.
  4. You are registered as a potential volunteer marrow donor. Your tissue (HLA) type is determined and entered into the DoD and NMDP Registry. Your blood is tested
- Donor, page 7

## Area Happenings

### AUGUST

**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.

**20:** Community Yard Sale in Balfour Beatty Housing on board NAS Meridian, 8 a.m. to noon. Rain or Shine! Yard Sale is held on the third Saturday of each month in August and September. Call Jamie at Balfour Beatty Communities at (601) 679-7669 or e-mail at jkwilliams@bbcgrp.com to sign up or for more details.

**25:** Mothers of Preschoolers (MOPS) Kickoff will be at Fifteenth Avenue Baptist Church in Meridian. Group will gather from 10-11 a.m. to learn about MOPS, meet MOPS moms, and register for the new year. Registration for the year is \$40 (financial assistance is available) and childcare is PROVIDED for ages 5 and under. Call Jamie at (601) 604-5094 or go to fabmops@yahoo.com.

### SEPTEMBER

**3:** Dixie Thunder Run sponsored by Operation First Response, "The Better Life Foundation" and "Chunky River Harley Davidson." The run begins at Chunky River Harley Davidson near Bonita Lakes Mall. Motorcycle ride to benefit deployed soldiers' families. Time: 8 a.m.-6 p.m. For information, call (601) 527-1744.

**3:** "Music on the Grounds" at the Lauderdale County Agri-Center featuring Steve Forbert and Webb Wilder. Time: 10 a.m.-10 p.m. Admission: \$20 per person (Dixie Thunder Run Riders only \$10 per person)

**4:** Mothers of Preschoolers (MOPS) first meeting of the year will be at Fifteenth Avenue Baptist Church in Meridian. If you are pregnant or have a child, newborn through kindergarten, then MOPS is for you! The meetings are held every 2nd and 4th Thursdays of each month from 9:30-11:30 a.m. Registration for the year is \$40 (financial assistance is available). Childcare is PROVIDED for ages 5 and under. Call Jamie at (601) 604-5094 or go to fabmops@yahoo.com.

**10:** Gospel Concert featuring "Ernie Hass and Signature Sound" at 7 p.m. at The Temple Theatre, 2320 8th Street in downtown Meridian. For information, call Richard Ferguson (601) 416-1630.

**10:** Rockin' Railroad 10K Run featuring 10,000 Meter Point Race finishing at Bonita Lakes. Administered by Bonita Running Club Race Director Tim Irvine. For more information, call Tim at (601) 938-9873.

## EMCC invites military to game

On Sept. 1, East Mississippi Community College (EMCC) will celebrate the opening of its new Sullivan-Windham Field on the Scooba campus with what should be a thrilling football game between the EMCC Lions, 2009 State Champions, and the Mississippi Gulf Coast Bulldogs, 2010 State Champions.

Dr. Rick Young, president of EMCC, would like to cordially invite all active duty, reserve component, and ROTC cadets in uniform and their family mem-

bers to be his special guests for the game. There will have a reserved section for you, with special recognition of your brave and exemplary service to our great country. As a Salute to the Military, there will be other tributes and activities beginning at 6 p.m.

All service members and cadets in uniform and their families will be admitted free. The stadium is at 1512 Kemper Street, Scooba. For more information, call (662) 476-5000.

## TRICARE for national guard or reserve members

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

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

### Coverage when not on active duty orders

Typically, national guard and reserve members are only covered for medical care under the following circumstances when they are not on active duty orders: (1) You may qualify for line of duty care for any injury, illness or disease that occurred or was aggravated in the line of duty (i.e. weekend drills, any period of active duty, etc.). (2) You may qualify for and purchase TRICARE Reserve Select (TRS), a premium-based health care plan for selected reserve members.

### Coverage when activated

When activated on federal orders, you become entitled to the same military benefits as active duty service members. Once activated, TRICARE is the only health benefit you will use. Depending on where you are stationed, you will enroll in one of the following TRICARE Prime options: TRICARE Prime, TRICARE Prime Remote, TRICARE Prime

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

### Coverage when deactivated

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

### Does TRICARE cover prescriptions?

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

The above and more detailed information is available via Tricare.mil. Another resource is your Regional Contractor. Your South Region Contractor is Humana Military which you may access via Humana-Military.com, 1-800-444-5445. Humana Military TRICAE Service Center located inside NBHC on board NAS Meridian is open from 7 a.m. to 2 p.m. Monday through Friday except Federal Holidays)

Trinity Dyslexia Center is accepting new students. This is an after-school tutorial program for students with dyslexia or other reading disorders. Students attend three one-hour sessions each week. There are openings for 3:30 p.m. and 4:30 p.m. sessions. The program meets Monday, Tuesday, and Thursday, following the school calendar. The program uses multi-sensory software. Classes meet at Trinity Presbyterian Church, 4223 Poplar Springs Dr., Meridian. For information, call 601-482-6767.

## NEX rewards students with its A-OK Student Reward Program

The Navy Exchange wants to help its customers pay for their children's college education through its A-OK Student Reward Program. Four times per school year, four students will be the recipients of a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of August 2011.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student

may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to win a savings bond through its A-OK Student Reward Program since 1997. Since the program began, NEXCOM has awarded \$504,000 in savings bonds with the help of its generous vendor partners.

-- From NEXCOM PAO



## In the Spotlight...

### Happy Birthday...

Capt. Charles Moore's sons celebrate their birthdays this month. They are **Charlie**, who turns 9 years old on Aug. 15, and **George**, who celebrates his 7th birthday on Aug. 27. Happy Birthday!

Birthday wishes go out to the following CDC employees, **Linda Griffin** who celebrates on Aug. 17.

Belated birthdays to the following CDC employees: **Dorothy Hudnall**, who celebrated her birthday on Aug. 9, **Joyce Grace** who had a July 6 celebration, and **Mary Leggett** who celebrated on July 7.

### Congratulations...

Congrats to **Dorothy Hudnall** for receiving her Child Development Associate certification.

The 2010-2011 Preschool Class of NAS Meridian would like to say farewell to the following students **Antaliyah Burrage, Travon Culpepper, Neanna Drake, Tyler Hughes** and **Blaine Myers**. The CDC family will truly miss each of you and we wish you the best on your successful journey.

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

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

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# Congratulations



**AC1(AW/SW) Jason Miller**  
Senior Sailor of the Quarter



**AC2(AW/SW) Johnny Saravia**  
Junior Sailor of the Quarter



**AC3 Scott Torres**  
Blue Jacket of the Quarter

## Movie that helped define a generation, gave everyone 'the need for speed' turns 25

HOLLYWOOD, Calif. -- Celebrating 25 years of the need for speed, the action-packed, sexy and breathtaking thrill-ride "Top Gun" soars onto Blu-ray with a digital copy on Aug. 30, from Paramount Home Entertainment.

The story of an elite group of pilots competing to be the best in their class and earn the title of "Top Gun" captured the imagination of a generation and earned a worldwide box office of over \$350 million. Tom Cruise is superb as the cocky but talented pilot known as Maverick and Kelly McGillis sizzles as the civilian instructor who teaches Maverick a few things you can't learn in a classroom.

Featuring a sensational soundtrack with unforgettable songs from the 80s including Berlin's "Take My Breath Away" and Kenny Loggins' "Danger Zone", the film also stars Val Kilmer, Anthony Edwards and Meg Ryan.

The "Top Gun" Blu-ray includes a

six-part documentary on the making of the film, a behind-the-scenes featurette, a survival training featurette, interviews with Tom Cruise, four music videos, commentary by producer Jerry Bruckheimer, director Tony Scott, co-screenwriter Jack Epps, Jr. and naval experts, a look inside the real "Top Gun" and more.

The "Top Gun" Blu-ray is presented in 1080p high definition with English 5.1 Dolby TrueHD, English DTS-HD Master Audio, French 5.1 Dolby Digital and Spanish 5.1 Dolby Digital with English, English SDH, French, Spanish and Portuguese subtitles. The disc includes the following special features:

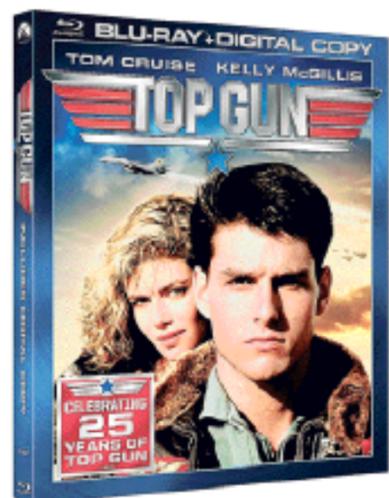
- Commentary by producer Jerry Bruckheimer, director Tony Scott, co-screenwriter Jack Epps, Jr. and naval experts
- Danger Zone: The Making of Top Gun (six-part documentary)
- Multi-Angle Storyboards with optional commentary by Tony Scott

• Best of the Best: Inside the Real Top Gun Music Videos:

- Kenny Loggins - "Danger Zone"
- Berlin - "Take My Breath Away"
- Loverboy - "Heaven In Your Eyes"
- Harold Faltermeyer and Steve Stevens - "Top Gun Anthem"
- TV Spots
- Behind-the-Scenes Featurette
- Survival Training Featurette
- Tom Cruise Interviews

The digital copy is offered in Windows Media for PC and iTunes for Mac & PC. The digital copy contains a copy of the motion picture only, without DVD special features, in standard definition with English language track in stereo only.

Paramount Home Entertainment (PHE) is part of Paramount Pictures Corporation (PPC), a global producer and distributor of filmed entertainment. PPC is a unit of Viacom (NYSE: VIA, VIA.B), a leading content company with promi-



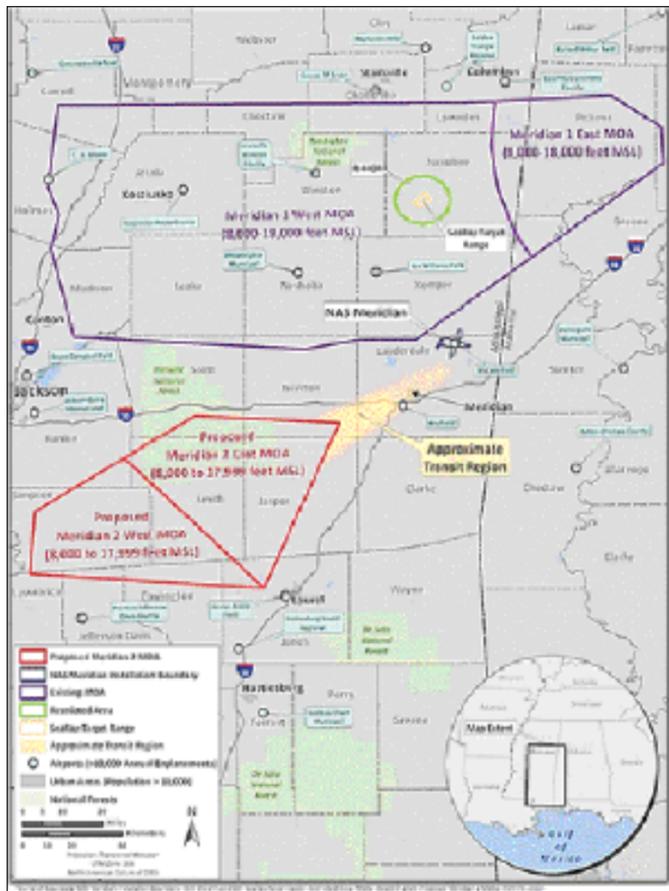
nent and respected film, television and digital entertainment brands.

### • Operations Area

environmental and aeronautical communities. The minutes of that meeting are included in the public review draft EA.

Copies of the draft EA are available for review online at: <http://www.cnec.navy.mil/meridian> and <http://www.public.navy.mil/airfor/facsfacjax>. Copies are also available at the Eudora Welty Library, Jackson, Miss.; Meridian-Lauderdale County Library, Meridian, Miss.; and the Evon A. Ford Library, Taylorsville, Miss., from Aug. 9, 2011, to Sept. 9, 2011. Comments received from the public and other federal, state, and local agencies will be addressed in the Final EA.

To be considered, comments must be postmarked by Sept. 12, 2011. Please address comments to: Naval Facilities Engineering Command, atlantic, Code EV22-SML, 6506 Hampton Blvd., Norfolk, VA 23508-1278.



## Navy recruiters and First Lady Michelle Obama to appear on 'Extreme Makeover: Home Edition'

By Kelly Wright

Navy Recruiting District Raleigh  
Public Affairs

RALEIGH, N.C. (NNS) -- Sailors with Navy Recruiting District (NRD) Raleigh stood alongside members of the Army, Air Force, Marines and Coast Guard while helping reveal a new home built for a Navy veteran in Fayetteville, N.C., July 21.

Ty Pennington and his crew built the home in just one week in 2011 during one of the hottest summers on record as part of the ABC network show "Extreme Makeover: Home Edition."

The recipient of the home, Navy veteran Barbara Marshall, provides housing to homeless female military veterans. NRD Raleigh's Sailors were invited to provide morale and a military presence for the

big reveal. They also helped the crowd yell "Move that bus!" which is how the home is revealed to the recipient.

Special guest stars are often featured on Extreme Makeover. First Lady Michelle Obama was on the scene to meet the homeowner and greet the crowd. Recruiters got to see her up close and some even got to shake her hand and give her a hug.

Boatswain's Mate 2nd Class Emecher Jacobs said was overcome with emotion at the experience.

"To be in the same space and embraced by the First Lady was indescribable," Jacobs said.

The heat index was 102 degrees and military members were dressed in their working uniforms with covers on. Crowd members remarked that the uncomfortable surroundings

paled in comparison to getting to meet the First Lady.

"My experience was simply breathtaking," said Personnel Specialist 1st Class Andrea Taylor, also in the military section. "I had so much I wanted to say to her and when she hugged me I literally lost my breath. Meeting her was an experience I will remember for the rest of my life."

Lt. Cmdr. Keith Sarich helped build the house just days before the big reveal.

"We worked downstairs in the basement and helped construct the steps and landing," Sarich said. "It was a very fast-paced environment and the heat was unbearable but the crew was impeccable and provided plenty of support."

The show featuring Barbara Marshall and her new home is set to air sometime in October 2011.

## All-Hands participation needed for sexual assault survey

WASHINGTON (NNS) -- The Department of the Navy's Sexual Assault Prevention and Response Office (DON SAPRO) announced Aug. 11 that all Sailors, Marines and DON civilians are encouraged to participate in an online survey.

The confidential and anonymous survey, which will end Sept. 30, is part of a Secretary of the Navy-directed tasking for DON SAPRO to assess the functionality and effectiveness of the SAPRO program, as well as to determine the scope of sexual assaults within the Department of the Navy.

Participation in the survey is voluntary and can be found at [www.donsapro.navy.mil/survey.html](http://www.donsapro.navy.mil/survey.html).

"The Secretary [of the Navy] and I are committed to preventing sexual assaults in our Navy and Marine Corps," said Jill Loftus, director, DON SAPRO. "This means reducing their frequency, if not eliminating them entirely."

The anonymous, voluntary, online survey is the best tool for tracking where the Department stands, and will establish a baseline for comparison to move forward.

"It is important that as many Sailors and Marines as possible provide us their thoughts and opinions on our ongoing efforts to combat sexual assault," said Rear Adm. Martha Herb, director, Personal Readiness and Community Support Branch. "The survey responses will help us gauge our progress and serve to guide our program adjustments for increased effectiveness at combating sexual assault Department-wide."

Brig. General Robert Hedelund, director of Marine

• Survey, page 4

## Bystander Intervention class



Photo by MC2 Flordeliz Valerio

Mentors in Violence Prevention (MVP) instructors and participants pose for a group photo as they complete the Bystander Intervention Train-the-Trainer Basic Course on Aug. 10 on board NAS Meridian. About 25 participants from various commands including NAS Meridian, Naval Technical Training Center Meridian, Naval Operations Support Center Meridian, Branch Medical Health Clinic Meridian, Center for Personal and Professional Development (CPPD) Det West, and Family Support Center completed the two-day course. MVP is a leadership program that uses bystander intervention as a strategy to prevent sexual violence and has been implemented broadly throughout the country including in secondary schools, college athletics, sororities and fraternities, youth service providers, and professional sports associations. For the Department of the Navy (DoN) program, Sailors and Marines from a large cross-section of commands will participate in the train-the-trainer class and then become fleet trainers. They will deliver the MVP content at their own commands to their assigned demographic groups. MVP-Navy is sponsored by CPPD since March 2010.

# Special duty assignment pay recertification deadline nears

MILLINGTON, Tenn. (NNS) -- Annual Special Duty Assignment Pay (SDAP) recertification is 50 percent complete across the fleet as this month's deadline nears, Navy officials announced Aug. 12.

"As of today we are halfway complete with 678 commands remaining," said Navy Personnel Command (NPC) Force Master Chief (AW/SW/NAC) Jon Port. "With the Aug. 31 deadline approaching, we want commands to submit their recertification to ensure success and continued benefit to their eligible Sailors."

Recertification is typically completed by a command's admin department or personnel officer.

SDAP is an incentive pay ranging from \$75 to \$450 a month used to entice qualified personnel to accept designated assignments and to sustain adequate manning levels. In order to qualify for SDAP, Sailors must be assigned to and working in a valid billet on the command Manpower Authorization Listing. This billet must be authorized by the Bureau of Naval Personnel as a Special Duty Assignment billet.

SDAP recertification is conducted annually to ensure commands are maintaining an accurate account of member's eligibility for SDAP. Recertification began in June with the release of NAVADMIN198/11 and NPC must receive recertification by Aug. 31. Recertification procedures are outlined in the message.

More than 25,000 Sailors currently receive SDAP. Sailors can read OPNAVINST 1160.6 and talk with their command career counselor to learn more about SDAP.

— From Navy Personnel Command Public Affairs

## Attention NAS Meridian hunters

One requirement to hunt on board NAS Meridian during the upcoming 2011-12 season is to show proof of having passed a state-approved Hunter Education Class. It can be from any state, and is a requirement for every hunter 12 years old and older on the installation.

If you don't have proof of having taken a class in the past, enclosed is a schedule of classes being offered by the Mississippi Department of Wildlife, Fisheries, and Parks for Lauderdale and surrounding counties. Call now and pre-register for the classes to ensure availability.

It is now also possible to obtain partial Hunter Education certification via the internet, followed by only three (3) hours of classroom study. Details for internet certification are found at <http://home.mdwfp.com/Education/info.aspx?id=49>. If you have any other questions, please call NAS Meridian Wildlife Biologist Chris Bucciantini at (601) 679-3539.

### MDWFP Hunters Education Class Schedules

#### Noxubee County

Dates: Aug. 27, Sept. 24 or Oct. 22, 8 a.m.-6:30 p.m.  
Location: Railroad Depot, Philadelphia  
For information: (601) 859-3421

#### Newton County

Dates: Aug. 27, Sept. 24 or Oct. 29, 8 a.m.-6:30 p.m.  
Location: MSU Coastal Plains Experiment Station, 51 Coastal Plains Road, Newton  
For information: (601) 859-3421

#### Clarke County

Date: Sept. 24, 8 a.m.-6:30 p.m.  
McKenna Ranch, Pachuta  
For information: (601) 776-3951

#### Lauderdale County

Date: Sept. 17, 8 a.m.-6:30 p.m.  
Location: Mitchell Distributing (MDWF&P Central Region)  
For information: (601) 859-3421  
Date: Oct. 8, 8 a.m.-6:30 p.m.  
Location: G.V. Montgomery Air National Guard Complex  
For information: Rhonda Cason (601) 484-9827

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## Stennis Strike Group participates in undersea warfare exercise

By MC1 Grant Ammon  
USS John C. Stennis Public Affairs

USS JOHN C. STENNIS, At Sea (NNS) -- USS John C. Stennis Strike Group (JCSG) ships commenced an undersea warfare exercise (USWEX) in the Hawaiian operating area Aug. 8, as part of the strike group's final test and evaluation before arriving in the U.S. 7th Fleet area of responsibility (AOR) and western Pacific Ocean.

Exercises like this are conducted several times throughout the year in the waters near Hawaii for maritime commanders to assess the undersea warfare capabilities of deploying strike groups.

"We're taking part in an undersea warfare exercise as directed by the commander of the U.S. Pacific Fleet," said Master Chief Sonar Technician (Surface) Lucas Stiles, an anti-submarine warfare (ASW) ana-

lyst assigned to the Commander Destroyer Squadron (DESRON) 21. "This is an assessed ASW scenario involving a multitude of oppositional submarines that is designed to test our ability to move the carrier strike group into a specific operating area and establish ASW dominance."

Conducting undersea warfare exercises in the Hawaiian operating area proves to be a beneficial training endeavor due to the readily available training ranges and the presence of ASW units and capabilities in the region, said Stiles.

"Training exercises like this one are invaluable to developing our core competencies within the strike group," noted Stiles. "Operating in the Hawaiian area of operations ensures numerous ASW resources and training ranges are available for us to utilize. It really provides the strike group with a realistic training

scenario."

Providing a critical piece to JCSG's undersea warfare capabilities are the "Raptors" of Helicopter Maritime Strike Squadron (HSM) 71.

"The air assets and capabilities provided by HSM-71 are our only air-borne organic ASW measure in the strike group," said Lt. Sarah Sherrod, the Air Operations Officer for DESRON 21. "If we're operating in blue water with no external support, they are all ASW capabilities we have in the air."

JCSG comprises the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74), CVW-9 and the ships of Destroyer Squadron (DESRON) 21; guided missile destroyers USS Kidd (DDG 100), USS Dewey (DDG 105), USS Wayne E. Meyer (DDG 108) and USS Pinckney (DDG 91); and guided missile cruiser USS Mobile Bay (CG 53).

• **Survey**  
and Family Programs Division, echoed Loftus and Herb.

"Sexual assault is not tolerated in the Marine Corps, this is a clear message from our Commandant," said Hedelund. "The Marine Corps has worked diligently to highlight the importance of this message. The results of this survey will help us measure our program effectiveness and ultimately strengthen our sexual assault prevention efforts."

Prior studies show that one percent of Navy women are raped each

year, and another three to four percent experience some form of sexual assault. Junior female Sailors are most at risk, however male Sailors are also victims of sexual assault. Their percentage risks are lower than those of females, but they still translate into way too many victims, said Loftus.

"Our cumulative sexual assault victim intervention/prevention and response program efforts do not appear to have changed these risks. Our core values demand that we find new ways to do better. This will not be easy or quick, and there is no tried-and-true

formula for success," said Loftus.

All Navy message (ALNAV) 042/11 states that, in order to achieve maximum participation of as many Sailors and Marines possible, "Commanders will encourage participation of Sailors and Marines under [their] command to support this goal."

ALNAV 042/11 can be viewed at <http://www.public.navy.mil/bupers-npc/reference/messages/Documents/ALNAV/ALN2011/ALN11042.txt>.

For more news, visit [www.navy.mil](http://www.navy.mil).

— From Department of the Navy Sexual Assault Prevention and Response Office

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**Pfc. Jenna Toussaint**

**MATSS-1 Student  
Hometown: Hopkinton, Mass.**

Pfc. Jenna Toussaint joined the Marine Corps on May 13, 2011.

"I became a Marine to better my life, serve my country and become a well-rounded person," said Toussaint who recently arrived at Marine Aviation Training Support Squadron One for training in the Aviation Supply Specialist course.

"I'm looking forward to growing as a person, traveling and going back to school."

Toussaint said her boot camp experience was memorable.

"I fractured my hip and it taught me how to push through the pain," said the 24-year-old Marine who enjoys hiking, snowboarding, wake boarding and yoga.

The person she most admires is her mother. "She is the hardest working person I know and she stays positive no matter what. It's one of the traits I picked up from her."

Toussaint hopes to be stationed overseas after graduation from MATSS-1.

# OOORAH!

**Pvt. Eduardo Ramirez**

**MATSS-1 Student  
Hometown: Kearns, Utah**

Pvt. Eduardo Ramirez is the second of his parents five children to join the military.

Ramirez joined the Marine Corps on March 14, 2011.

"My brother, Cpl. Stephan Ramirez, is getting ready to deploy to Afghanistan," Pvt. Ramirez said.

"I became a Marine to better myself and have a more stable future."

Ramirez is currently completely the Aviation Supply Specialist course at MATSS-1 on board NAS Meridian. After graduation he wants to be stationed overseas.

"I will always remember boot camp graduation knowing all my hard work paid off immensely," he said.

The person he most admires is his mother. "She stayed strong after my father left."

**Corps works to retain brightest**

**By Sgt. Rebekka S. Heite**  
Marine Corps Bases Japan

CAMP HANSEN, OKINAWA, Japan -- The Marine Corps' Manpower, Plans and Policy Division, Headquarters Marine Corps, announced changes to the Enlisted Career Force Controls Program Aug. 2 with Marine Administrative Message 433/11.

"All Marines must be on top of their 'A' game (with these changes)," said Gunnery Sgt. Brian C. Walmer, staff non-commissioned officer-in-charge, Sergeants Course, Okinawa Staff Noncommissioned Officers Academy. "The days of doing just enough to get by are long gone."

Though all Marines on active duty will be affected, the sergeants will notice the changes most, he said.

"A significant change to the ECFC Program is a change to the service limitations of sergeants," according to MarAdmin 433/11. "Effective immediately, the service limitation for sergeants is 10 years or two failed selections to staff sergeant."

A sergeant and career planner in the Marine Corps agreed that it is the sergeants who will feel the changes the most.

"(The sergeant) enlisted career force control time was changed from 13 years to 10 (years); that is a noticeable change," said Sgt. Odalys V. Lopez, career planner, Marine Medium Helicopter Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

The revised service limit, or enlisted career force control time, for corporal is now eight years, and for sergeant, it is 10 years. The service limits for all other enlisted ranks remain the same. The limit for staff sergeant is 20 years; for gunnery sergeant, it is 22 years. For first sergeant and master sergeant, the limit is 27 years, and for sergeant major and master gunnery sergeant, it is 30 years.

Time in service promotion targets are now: sergeant in four years, staff sergeant in eight and a half years, gunnery sergeant in 13 years, first sergeant/master sergeant in 17.5 years and sergeant major/ master gunnery sergeant in 22 years.

These service limitations will not affect existing service contracts, but will affect those currently looking at re-enlisting.

"Some Marines are (now) at risk of not being able to reenlist for the amount of time they desire, or worse yet, many will be forced to separate," Lopez added. "This change is really going to show Marines how important it is to remain competitive with their peers for promotion and retention."

One of the ways Marines will stay competitive for promotion is through resident professional military education courses.

"These changes will affect the quality of Marines attending their resident PME course, as well as increasing the importance of getting to the (course) earlier, rather than later in a Marine's career," said Walmer. "I also imagine increased screening ... to ensure only the best qualified Marines attend their resident PME."

The goal of the changes to the EFCF program is to balance the inventory of Marines by grade and military occupational specialty to meet career force requirements while the Marine Corps continues to drawdown on its total forces.

"The (commandant of the Marine Corps) changed the reenlistment submission procedures to retain the best and brightest and not the first to volunteer," said Lopez. "The same standard should be applied to promotion. Plus it is important because it makes room for those that are performing and ready to lead to be looked at by the promotion boards and placed where the Marine Corps needs them."

## Hummer takes charge of largest command in Marine Corps

**By Sgt. Tyler J. Hlavac and Cpl. Jad Sleiman**  
Marine Forces Reserve

NEW ORLEANS -- Lt. Gen. Steven A. Hummer assumed command of Marine Forces Reserve and Marine Forces North Aug. 10 during a ceremony at Marine Corps Support Facility New Orleans.

"Marine Forces Reserve has absolutely been in on the last 10 years," said Hummer, referring to Reserve Marines' participation in Operations Iraqi Freedom and Enduring Freedom as well as theatre security operations across the globe. "They are an operational Reserve in every aspect of the definition."

The ceremony was unlike most customary changes of command where the flag is passed from the outgoing party to the incoming party. Instead, Sgt. Maj. Kim Davis, MarForRes Sergeant Major, and Master Chief Petty Officer Eric E. Cousin, the MarForRes command master chief, passed the flags of MarForRes and MarForNorth directly to Hummer, symbolizing his assumption.

Before Hummer took charge, Major Gen. Darrell L. Moore led MarForRes while also acting as director of Reserve Affairs.

"Folks would say he's been the acting commander of Marine Forces Reserve and I, as the commandant, have made the decision in my book you have been the commander of Marine Forces Reserve, Darrel," said Commandant of the Marine Corps Gen. James F. Amos, "You have done the work and taken care of the Marines and sailors of this wonderful organization."

Marine Forces Reserve, which is composed of approximately 100,000 Marines and 183 training centers throughout the U.S., is the largest command in the Marine Corps and is the first force-level command for Hummer. The previous commander of MarForRes was Lt. Gen. John F. Kelly who commanded MarForRes from October 2009 to March 2011. He is currently serving as the senior military assistant to the Secretary of Defense.

Hummer first enlisted in the Marine Corps in 1970 and was later honorably discharged as a sergeant in 1973. Hummer was later commissioned following graduation from Albright College, Reading, Pa., where he received a degree in psycho-biology.

As a company grade officer, he served with 3rd Battalion, 3rd Marine Regiment and 1st Battalion, 9th Marine Regiment and held the billets of rifle platoon commander, battalion training officer, battalion operations officer, and company commander.

As a field grade officer, he served with 1st Marine Division, I Marine Expeditionary Force and III Marine Expeditionary Force. His assignments included officer-in-charge for 1st Marines Regimental Enhanced Training Section, 1st MAR-DIV; operations officer for the 31st Marine Expeditionary Unit, officer-in-charge for III MEF's Special Operations Training Group; assistant future plans officer, 1st MARDIV; commanding officer for Battalion Landing Team 1/1 under 13th MEU and 15th MEU; and as the commanding offi-



Photo by Cpl. Jad Sleiman

**Lt. Gen. Steven A. Hummer returns a salute as the Marines and officers of Marine Forces Reserve and Marine Forces North recognize him as their new commanding general Aug. 10 during an Assumption of Command ceremony at Marine Corps Support Facility New Orleans.**

cer for 7th Marines during Operation Iraqi Freedom I. Hummer most recently completed a tour as the director of operations for U.S. Forces - Iraq and served as the chief of staff for the Don't Ask, Don't Tell Repeal Implementation Team.

"There's no shortage of work for Marine Forces Reserve. There's no shortage of sacrifice by Marine Forces Reserve," said Amos, noting that more than 1,000 MarForRes Marines are currently deployed to northern Africa. Today's Reserve is the most combat experienced he's seen in his 40 years as a Marine, he said.

Marine Forces Reserve augments and reinforces active Marine forces in a time of war, national emergency or contingency operations, provide personnel and operational tempo relief for the active forces in peacetime, and provide service to the community.

Hummer ended his remarks with a promise to the Marines he would now lead.

"I promise you that I will be your best advocate," he said, adding, "Laissez le bon temps rouler, let the good times roll."

## Safety Is Our Duty

### Rules for riding, waiting at the bus stop

According to the National Highway Traffic and Safety Administration, every year, approximately 475,000 public school buses travel about 4.3 billion miles to transport 25 million children to and from school and school-related activities. Although this is one of the safest ways to travel to and from school, injuries do occur. On average 16 school-age pedestrians are killed by school transportation vehicles (school buses and non-school bus vehicles used as school buses) each year, and five are killed by other vehicles involved in school bus-related crashes. More school-age pedestrians are killed in the afternoon than in the morning, with 36 percent of the fatalities occurring in the crashes between 3 and 4 p.m.

Between 1994 and 2004, 91 crashes occurred in which at least one occupant of a school transportation vehicle died. 55 percent of those crashes involved another vehicle. In 46 percent of all crashes involving fatalities among occupants of school transportation vehicles, the principal point of impact was the front of the vehicle. Nearly half of school-age pedestrians killed in school transportation-related crashes was between five and seven years old.

Children's behavior at the bus stop is a very important aspect of school bus safety. Parents need to make sure their children are aware of these safety tips while waiting for the bus:

- ✓ Arrive at the stop at least five minutes before the bus arrives.

- ✓ Stay out of the street and avoid horseplay. Always wait for parents on the same side of the street as the school bus loading/unloading zone.

- ✓ Look before stepping into the street to make sure there are no cars passing the bus.

- ✓ Cross the street at least 10 feet (or 10 giant steps) in front of the bus.

- ✓ Wait until the bus comes to a complete stop before exiting.

- ✓ Exit from the front of the bus.

- ✓ Be aware of the driver's blind spot (10 feet in front of the bus) when walking away from the bus.

- ✓ Ask the bus driver for help if anything is dropped while entering or exiting the bus.

While on the bus, children should observe the following safety rules:

- ✓ Remain seated at all times and keep the aisles clear.

- ✓ Do not throw objects.

- ✓ Do not shout or distract the driver unnecessarily.

- ✓ Keep heads and arms inside the bus at all times.

Parents should also make sure that they remove loose drawstrings or ties on jackets and sweatshirts that can snag on bus handrails, and replace with velcro, snaps or buttons.

- ✓ When boarding or leaving the bus, parents should tell their children to always walk in a single file line and use the handrail to avoid falls.

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



### Child car seat safety

Four out of five child safety car seats are used incorrectly. The Naval Safety Center Web site (<http://www.safetycenter.navy.mil>) offers these tips for child car seats safety.

1. Infants should ride in rear-facing seats as long as possible, at least until they are 12 months old and weigh at least 20 pounds.

- Never put a rear-facing seat in a front seat that is equipped with a passenger air bag.

- Keep harness straps snug. Fasten the harness clip at armpit level.

- Recline the seat so the child's head can rest flat against the shell.

- Make sure the handle is in the right position.

- Route the harness straps in the harness slots that are at or slightly below shoulder level.

2. For kids over 1 year old and who weigh between 20 and 40 pounds, it's time for a front-facing child-safety seat.

- Fasten the harness clip at armpit level.

- Route the harness straps in the harness slots at or slightly above shoulder level.

- Keep harness straps snug and flat.

- Keep the seat upright.

3. Kids over 40 pounds can use booster seats.

- These seats position the installed lap belt over the child's hips and upper thighs, and the shoulder belt across the chest and shoulder.

- These seats require both lap and shoulder belts to be effective.

- If you car has a back seat that is lower than the child's ears, you need to get a high-back-style booster seat to protect the child's neck.

4. By around age 8, kids can move to regular lap and shoulder belts.

# USFF honors Individual Augmentees, launches Hall of Honor webpage

NORFOLK (NNS) -- U.S. Fleet Forces Command (USFF), the executive agent for the Navy's Individual Augmentee (IA) Continuum, launched the Navy IA Hall of Honor webpage Aug. 1.

The page was launched to help recognize and honor Navy men and women who served their country as IAs and performed above and beyond the call of duty in overseas contingency operations, supporting

Operations Enduring Freedom, Iraqi Freedom and New Dawn. It also recognizes IA Sailors who received awards for both combat service and meritorious service.

Since October 2001, one IA Sailor has received the Silver Star, the military's third highest combat service award. The Bronze Star has been awarded to 1,416 IA Sailors, the Bronze Star with Combat V device to 10 IA Sailors and the Purple Heart to 48 IA Sailors.

The Hall of Honor page also includes a special tribute in its "In Memoriam" section to IA Sailors who paid the ultimate sacrifice.

"We are proud to launch this webpage to collectively thank our IA Sailors for their distinguished service. And it is fitting that we honor the service members who paid the ultimate price during overseas contingency operations," said Adm. J.C. Harvey, Jr., commander,

USFF. "Their service and sacrifice will not be forgotten."

Navy IA Sailors have served and continue to serve in numerous capacities in both combat service and combat service support roles in areas such as logistics & contracting, engineering, security assistance, detainee operations, headquarters staff, medical support, military trainers, provincial reconstruction teams and many other roles alongside the sister servic-

es, particularly the Army, Marine Corps and Coalition partners.

IA Sailors identified in the Navy IA Hall of Honor were retrieved from the official Navy Awards database, Defense.gov and the Defense Manpower Data Center. Any unintended omissions from the site may be addressed via the "contact us" link on the webpage.

--From U.S. Fleet Forces Command Public Affairs

## Community

forests, or homes?" "Where has land use been changing over the last 50 years?" "Are there homes or trailers -- trailers usually have less noise attenuation?" "Where are cell towers?" I hope the resulting study helps prospective homeowners make wise decisions about where to build or buy a home and helps county officials keep their AICUZ maps and ordinances up-to-date."

Reporting directly to the commanding officer, CPLO's play a critical role in communicating, managing and taking action regarding compatible land use issues that impact the

installation's mission.

The CPLO is responsible for quickly identifying possible mission impacts stemming from land use development, and taking steps to find a balanced solution that benefits the Navy and the community. Although CPLO's in various forms have been around since the late 1980s, the role has increased in prominence in the last 10 years, the result of hard-fought lessons learned in places like Naval Air Station Oceana, Va., where homes and businesses sit directly in the path of low level jet training.

"All military installa-

tions attract development," said Navy Region Southeast Regional Mission Sustainment Officer Dave Dahl. "A military installation is inherently a major economic driver that attracts employees and businesses, which in turn spawns area development." Dahl said the CPLO's main mission is to safeguard the health, safety and welfare of the public, while supporting the operational mission of the base.

CPLO's start with an (EAP), which identifies and prioritizes potential compatible land use issues. The EAP gives the CPLO a road map to iden-

tify stakeholders, reach out to community businesses and city planners, and build partnerships that both allow development while protecting the mission of the base and the economic benefits it brings to the community. In Navy Region Southeast, no two bases are exactly alike, and each of the region's 15 installations has unique mission sustainment challenges. From Georgia to Texas to the Florida Keys, every CPLO has to become an expert in the operational needs of the base and the threats to that mission in the local community.

Another valuable tool

is the Joint Land Use Study (JLUS), which is run by the city or county and funded by the Department of Defense's Office of Economic Adjustment. The Navy is a part of those studies, and it helps cities and municipalities determine a way ahead for development that will benefit the community without impacting the mission of the installation.

"We have not had a

JLUS here, but this community really wants the Navy to stay around," Copeland said. "Our more than 3,000 employees certainly want us and so do many others whose livelihood depend on the Navy's \$121 million annual payroll. Since the 1850's Meridian has grown along with the noise of trains. For the last 50 years East Mississippi has grown with the noise of naval aviators training overhead."

# Navy provides policy for minimalist footwear

WASHINGTON (NNS) -- Navy announced approval for Sailors to wear minimalist footwear with the Navy Physical Training Uniform during command or unit physical training, individual physical training and the semi-annual physical readiness test Aug. 5.

"This was the result of requests from the Fleet for guid-

ance on the wear of these types of footwear," said Capt. William Park, head, Officer Personnel Plans and Policy. "After thoroughly reviewing potential benefits and impacts in the Fleet, leadership gave the approval."

NAVADMIN 238/11 defines minimalist footwear as shoes that allow the foot to function naturally without providing additional

support or cushioning.

Examples of minimalist footwear are included in the NAVADMIN.

For more news from Chief of Naval Personnel, visit [www.navy.mil/local/cnp/](http://www.navy.mil/local/cnp/).

-- From Chief of Naval Personnel Public Affairs

# Navy's first female master chief passes away at age 90

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

WASHINGTON (NNS) -- The U.S. Navy's first female master chief died Aug. 4 at the age of 90 while residing at Vinson Hall Retirement Community, in McLean, Va.

Master Chief Yeoman (Ret.) Anna Der-Vartanian began her military career in 1943 when she enlisted in the Women Accepted for Volunteer Emergency Service program, or WAVES. In 1946, she transitioned to the Navy and 13 years later she became the first woman in any of the armed services to advance to E-9, the highest enlisted paygrade.

During her Navy career, Der-Vartanian was stationed in Washington, San Francisco, Boston, Pearl Harbor, and Paris. After retirement she went to work for the CIA as a junior analyst after retiring from the Navy in 1963, and later worked as a counterintelligence specialist.

"We are saddened by the loss of Master Chief Anna Der-Vartanian," said Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West. "She was an inspirational pioneer in our Navy, and a role model for courage and commitment to every Sailor in uniform during the last 50 years. My thoughts and prayers go out to her family."

West spoke at length on the impact Der-Vartanian had on the Navy and the chief petty officer community.

"Her life was dedicated to selflessly serving the nation in any way she could, a tireless aspiration that went far beyond the Navy and left a profound impact wherever she was involved," he said. "Anna's contributions as a Sailor, as a citizen, and as a master chief petty officer will long burn as one of the brightest lights in our proud Navy heritage."

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# School liaison officer offers back-to-school tips for parents

By Cynthia McDonald  
NAS Meridian School Liaison Officer

Whether you are sending your little one off to the start of his or her first year of school or waving good-bye as your teen drives off to high school, there are some things you can do to promote a positive start to the school year.

Parents, review the list below to see how you rate on completion of your homework.

1. Read and respond appropriately and promptly to all the forms your child brings home. Each form has a purpose. Some must be filed in your child's permanent record folder; some contain important information for which you and your child will be held accountable.

2. Read the school's student handbook and discuss important academic and disciplinary policies with your child. Review the rules for riding the bus. A little time becoming familiar with the district's expectations may save you a lot of difficulties later.

3. If your last name is different from that of your child, be sure to include your

child's name on completed forms, even if there is not a preprinted place for the name. This will help the teacher to identify whose parent you are. For younger children, it is also a good idea to include the homeroom teacher's name somewhere near the top of each form. Of course, if the teacher or school has established guidelines for this, follow their guidance.

4. Instruct first-time locker users to record their locker combination and keep it in a place they will remember to look. To prevent locker break-ins, store the locker number and combination separately. Many students will forget the number during the first extended break -- usually Labor Day weekend. If this happens, your child may not have ready access to books and other materials in the locker, especially if teachers did not record the combinations upon issuance. (The same goes for sports lockers.)



5. Ensure that your child's counselor, teachers, and the school's main office staff have accurate contact information for you and your emergency designee. If phone numbers change, inform the school immediately by contacting those noted above. Do not rely on the child to give a teacher a note with the new information, unless you follow up right away. In the event of an emergency or illness, be sure the school is able to reach you or your designated emergency contact.

6. Know the school's policies regarding cell phones, medication, cameras, backpacks, etc.

7. If your child has a cell phone, check to see if he is texting or using other features of the phone during school hours. Cell phones can be a huge distraction when used inappropriately and can contribute to a decline in academic performance.

8. Inform the school in advance of

planned absences. When possible schedule your child's medical and dental appointments after school hours or during scheduled school breaks. Regular attendance is essential to maximum student achievement.

9. Mark your calendar for dates when grade reports will be issued. Usually schools send home a mid-term report and a final grade report for each grading period. Find out if you can access your child's grades online.

10. Initiate positive involvement in your child's school. Attend parent meetings and read school newsletters. Volunteer. Resist the urge to criticize teachers and administrators in your child's presence. How can your child learn from someone they know you do not respect? Think about it.

While these directives do not guarantee academic success, if adhered to, they are sure to help you avoid some foreseeable challenges. On board NAS Meridian, contact the SLO office at (601) 679-2473 for assistance with school-related concerns.

Have a great school year!

## NAS Meridian Chapel

211 Fuller Road

Protestant  
Sunday  
Services  
9 a.m.

Wednesday  
Prayer  
Lunch  
11:15 a.m.

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

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

August  
FFSC  
Events,  
page 9

### • Donor

at the Navy HLA (human leukocyte antigen) testing laboratory to determine your tissue (HLA) matching type. The results of the HLA typing, along with some of the information from the questionnaire you completed, are added to NMDP's main computer. The information is coded so you can only be identified by C.W. Bill Young/DoD Marrow Donor Center personnel.

### Matching with a patient

5. Once registered in the NMDP computer, marrow transplant medical teams throughout the U.S. and the world can search the NMDP file to determine if your HLA type matches the HLA type of a patient who needs a transplant. If the transplant center decides that your tissue (HLA) type is a potential match with a patient, you are then requested as a "preliminary match" through the C.W. Bill Young/DoD Marrow Donor Center.

6. A donor coordinator from the C.W. Bill Young/DoD Marrow Donor Center will inform you of your status. If you wish to continue, you sign an additional consent form. If you are a member of the military, your commanding officer also signs the consent to continue, so he or she is aware that there is a relatively high chance (about 1 in 10) that you will donate marrow.

7. Several tests have to be done to find out if you are the

best match for the patient. A second sample of your blood is obtained and sent to the transplant center for extensive confirmatory HLA typing and another sample is sent to a lab to test your blood for infectious disease markers. If your precise HLA-type is compatible with the patient and your infectious disease testing is acceptable, the transplant center will then request you as a match for the patient. The C.W. Bill Young/DoD Marrow Donor Center will be informed and a coordinator from the Donor Center will call you and determine if you are willing to proceed. If you are willing to proceed, the coordinator will spend time with you on all the aspects of the donation and will also send you materials to read and a video to watch so that you are fully informed of the donation process. There are two sources of blood stem cells that a transplant center will request; marrow or peripheral blood stem cells (PBSC). Your assigned coordinator will inform you of the transplant center choice of procedure.

### Donating marrow PBSC

8. You decide whether to donate. After being fully informed about the donor experience, you make the decision - with the support of family and friends - to become a marrow donor. If you wish to proceed, you will be brought to a hospital, usually Georgetown University

Hospital in Washington, D.C. or the University of Maryland Greenbaum Medical Center in Baltimore, Maryland for a physical exam and additional health testing.

Upon completion of your physical examination, a donation date is scheduled. If you are active duty military, command approval is also obtained.

9. A small amount of your marrow is collected. Marrow is extracted from the back of your pelvic bone using a special needle and syringe in an NMDP approved collection center, usually Georgetown University Hospital in Washington, D.C. or the University of Maryland Greenbaum Medical Center in Baltimore, Maryland. You are under anesthesia during this simple surgical procedure.

10. You recover quickly from the procedure. Typically, the donor stays overnight in the hospital. After being discharged, you can resume normal work activities after a few days. You will likely experience some soreness for about a week - each individual experiences a different level of discomfort.

Your marrow naturally replenishes itself. A Georgetown University Hospital marrow collection team member or University of Maryland Greenbaum Medical Center collection team member and the C.W. Bill Young/DoD Marrow Donor Center staff will stay in contact with you until you have

### • CNRSE

support of the Deepwater Horizon oil spill cleanup in the Gulf of Mexico.

Alexander's next assignment will be as Commander, Navy Region Mid Atlantic.

Scorby has been selected for rear admiral and comes to CNRSE from his current position as executive assistant to the Assistant Secretary of the Navy for Energy, Installations and Environment, a position he has held since May 2010.

He graduated from the State University of New York at Cortland in 1981 and was commissioned an ensign after completing Aviation Officer Candidate School in March 1983. His operational assignments include Fleet Air Reconnaissance Squadron (VQ) 2 and Patrol Squadron Special Projects Unit (VPU) 1. He subsequently served as the officer in charge of VPU-1 and commanding officer of VQ-2. Scorby's other shore assignments include the Bureau of Naval Personnel, the North

American Aerospace Defense Command, the Chief of Naval Operations and Naval Air Station Jacksonville.

He holds a Master of Science in financial management from the Naval Postgraduate School, a Master of Arts in national security and strategic studies from the College of Command and Staff, U.S. Naval War College, and a Master of Arts in national resource strategy from the Industrial College of the Armed Forces.

## Sale .. or

### ELECTRONICS MUSICAL/COMPUTERS

**NEW! Like new 4/4 Cello** (played twice), new strings, 2 cases (hard/soft), bow, rosin, tuning pipe, instrument stand, music stand, digital metronome, 2 new music books. All included \$500. Call (601) 480-2230. Serious inquiries only, please.

**NEW! 12 inch KLH speaker** black wood finish 120volt with controls \$50. JVC sound system TV/cable/DVD/CD/PHONO/FM/AM/TAPEMD Receiver model 7000 analog and digital with five speakers \$125. Call (601) 604-6838, days.

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

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

### EXERCISE EQUIPMENT

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

### BIG STUFF

**NEW! 2008 SKEETER ZX190, Bass Boat** -- Blue/White/Black Galaxy Hull with protective Keel Guard and Light Grey Interior. Powered by Yamaha 175 HPDI motor. Package includes: EZ Loader Trailer, Line Spooler, Hot foot/Pro Trim, tilt Steering, Hummingbird 767 w/GPS, Hummingbird 727 Bow Mount, Auto Bilge Switch, Safety Ladder, Bow Mounted 80 LB. thrust Minn Kota trolling motor and much more. Price \$29,500. Call: Day (601) 604-2256, evening: (601) 483-5311.

**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. 3 wall slide outs; 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, 4-door refrigerator/freezer w/ice maker and water on the door. GE

microwave/convection oven over regular 3 burner gas range w/oven. NON SMOKER RV is in really good condition. Must see to appreciate. Asking \$149,000. Call Gail Brennhofner at 601-679-2408 or 601-678-9504.

### HOUSEHOLD ITEMS

**NEW! Black iron futon with mattress,** excellent condition, opens to full size bed. Like new. \$75. Serious inquiries only, please. (601) 480-2230.

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

### AUTOMOBILES, ETC.

**NEW! 2000 GMC Sierra 1500** white, regular cab short/stepside bed truck with 116k miles on a 4.3 V6 engine and new tires. Asking \$5,000 and a set (4) of 315/75r16 Buckshot Mudder tires with good tread for \$400. Call (601) 604-2170.

**NEW! 2006 Mazda Tribute, 2**

wheel Drive, one owner, Excellent Condition, maroon, cloth interior, sun roof, automatic, radio w/bluetooth, tilt, cruise, tow package, fog lights, white letter Michelin tires, wheel locks, \$6,000.00. Call 601-693-5578 (nights & weekends) or 601-679-3298 (days).

**NEW! 2008 Chrysler PT Cruiser,** 48,000 miles. New compressor-cold A/C. Asking for Kelly Blue Book value: \$9,500 OBO. Call Rhett at (251)300-0198 or (251)422-0983.

**2007 Toyota Avalon Limited Edition.** Gloss black, good condition, 51,906 miles. Asking \$22,000 or best offer. Call 601-678-5152.

**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.

**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.

**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.

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

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

**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

**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

**NEW! For Sale:** 5 year old home, 3 BR/2 BA in West Lauderdale School District. Custom cabinets, large master suit, walk-in closet with separate shower and whirlpool tub, fenced in back yard, 1.87 acres. Asking \$186,000 negotiable. Call (601) 604-9737.

**NEW! For Sale:** Look no further than this great home in ready home off of HWY 39 and North Hills only 12 miles from NAS. 3 BR/1.5 bath home features 1354 sq ft, new laminate wood flooring throughout, ceramic tile, and new appliances with a great backyard and patio. Asking: 97,900! Call Laurie Martin at (601) 938-8434

for more details

**NEW! For Sale:** Home at 10469 Mt. Carmel Road, Bailey, 12 miles from NAS. Built in 1910 and completely remodeled on about 2 acres of land. 3 BR/2 BA/office/sun porch and great room. 2,700 sq feet. Asking \$180,000. Call (601) 737-2260.

**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, carpet, 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.

**NEW PRICE! For Sale:** Home in Meridian city limits at 4408 King Road, red brick, 3 BR/1.5 BA and oak floors. NEW PRICE \$90,000. Call (601) 604-6838 or (601) 679-3775 before 8 p.m.

**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.

**NEW PRICE! For Sale:** Doublewide, 3 BR/2 full BA. Master has shower and garden tub with 2 vanities. All bedrooms have walk-in closets. Central air & heat. Gas fire place. Large kitchen with all undated appliances with dishwasher. 10x20 covered front deck with 10x20 side deck. 12x15 Storage building included. Large yard with

completely recovered. You will be periodically informed of the patient's progress.

11. The Transplant Center may request that blood stem cells be collected from your circulating blood (PBSC donation) instead of your bone marrow. Your assigned coordinator from the C.W. Bill Young/DoD Marrow Donor Center will discuss this procedure with you. PBSC collection takes place at one of the apheresis centers in the Washington D.C. area. They are located at either the Georgetown University Hospital in Washington D.C., the University of Maryland Greenbaum Medical center in Baltimore, Maryland, or at Fairfax Pathology Associates in Fairfax, Virginia.

12. PBSC Donation: To increase the number of blood stem cells in the bloodstream, you will receive daily injections of a synthetic hormone called filgrastim (a synthetic version of a naturally occurring hormone in your body) for four days before the collection and a fifth injection on the day of your collection. Your blood is then removed through a sterile needle in one arm and passed through a machine that separates out the blood stem cells. The remaining blood is returned to you through the other arm.

13. After you donate marrow or PBSC, your assigned coordinator will call you to see how you are doing. They will keep in touch with you.

### 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

**NEW! Sets of 3/4" drive alloy chromed steel sockets** with handles, one set metric and one set inch in cases almost new, price negotiable. Call (601)-604-6838 (days)

**NEW! Golf Clubs.** Small Vice, \$12. Call 601-604-6838 (days)

**NEW! 5x5x4 fenced kennel.** Asking \$150. Call Tamra at 601-479-7902.

**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.

**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.

# Mission First... Sailors Always



## August Specials

**Aug. 23: CAPTAINS CUP STAFF LEAGUE MEETING**  
4 p.m. at McCain Rec Center.

**Aug. 24: TRIO BOWLING LEAGUE MEETING** at 4 p.m. at the McCain Rec Center. Call (601) 679-2651.

### BEAT THE MANAGER BOWLING SPECIAL:

Wednesdays in August from 11 a.m.-2 p.m. Challenge the manager and if you beat him bowling, you'll get that game free. Regular bowling rates apply during this challenge. LIMIT 3 games free.

**MONDAYS: BUDDY BOWLING SPECIAL** from 5-9 p.m. ~ You and a buddy bowl together and pay \$10 to bowl 3 games each. This includes rental shoes.

### THURSDAYS: COLORED HEAD PIN SPECIAL

from 6-9 p.m. ~ Get a strike on the colored head pin after notifying the counter person. That game is FREE. Limit 3 games per person.

**FRIDAYS: COSMIC BOWLING NIGHT** ~ Disco lights going and black lights on lanes from 7-10 p.m. Regular rates apply.

**SATURDAYS: KIDS BACK TO SCHOOL SPECIAL** from 11 a.m.-10 p.m. ~ Parents bowl at regular rate, kids 16 and under bowl at \$1.50 a game.

**SUNDAYS: NTTC/MATSS1 STUDENT SPECIAL** from 3-9 p.m. ~ \$2 a game, \$1 for shoes.

## 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!

- August...
- 13: "Mars Needs Moms" (PG)
  - 20: "Hop" (PG)
  - 23: "Win Win" (R)
  - 24: "Jumping the Broom" (PG-13)
  - 25: "Source Code" (PG-13)
  - 27: "Rio" (PG)
  - 30: "Soul Surfer" (PG)
  - 31: "The Lincoln Lawyer" (R)



The following are activities scheduled for single and unaccompanied active duty military on board NAS Meridian. For information or if you have an idea for a trip or event, call (601) 679-3760. The Liberty Program is housed on the second floor of NTTC Admin Building 220. Hours of operation: Monday-Thursday: 11 a.m.-1 p.m. and 3-9 p.m.; Friday: 11 a.m.-11 p.m. and 3-11 p.m.; Saturday: 11 a.m.-11 p.m.; Sunday: 11 a.m.-9 p.m.

## August

- 18th:** FREE bowling to all Liberty patronage at McCain Rec Center from 6-8:30 p.m.
- 22nd:** Video Game Tournament at 7 p.m. Prize awarded to winner. Register day of event at Liberty Center.
- 27th:** Six Flags Trip to Atlanta! Leave from the library parking lot at 4 a.m. Cost is \$20 per person. You must register & pay for the trip by Aug. 24. Minimum of 20 people needed for trip to run - NO REFUNDS (unless trip is cancelled).
- 31st:** Birthday Bash  
A celebration of August birthdays! FREE cookies and soda will be provided at 7 p.m. in the Liberty Center.

## MWR's Bickel nabs gold at State Games of America

By Matt Davis  
MWR Marketing Director

NAS Meridian's MWR employee Jenna Bickel recently took home first place in discus and third place in shot put at the 2011 State Games of America. The games were held at San Diego High School in San Diego, Calif., on Aug. 5.

When asked about her experience Bickel said, "The most rewarding thing was being in fourth place and down to my last throw in the discus and being able to make a good enough throw to claim first place in the event."

To qualify for the State Games of America you must place in the top three in the previous State Games of

America, which take place every two years, or place in the top three in your event for the local state games.

Bickel accomplished both, winning both the shot put and discus throw at the State Games of Mississippi held in Meridian at Meridian High School on June 11. She also placed first in discus and second in shot put in Colorado Springs at the State Games of America in 2009.

Track and field is one of more than 20 sports that is included in both the local State Games and State Games of America.

Previously, Bickel was on the Winona State University Track and Field team from 2006-10. The school is located in Winona, Minn.



Jenna Bickel shows off her state and national State Games medals. Bickel is an NAS Meridian MWR employee who works in the ITT office.

Photo by Matt Davis

### ITT BUS TRIP

WHYNOT MOTORSPORTS PARK ~ SEPT. 2  
START TIME: 7 P.M. PRE-RACE/WARMUPS  
AND 8 P.M. ACTUAL RACING:  
COST: \$25 PER PERSON LOCATION: MERIDIAN  
DEPARTURE TIME: 6 P.M. FROM ADMINISTRATION  
BUILDING 255 PARKING LOT  
REGISTRATION: AT THE ITT OFFICE

### Open Enrollment at CDC

Underway for children ages 1 to 5 years old at the Child Development Center. For more information, call (601) 679-2652.

### Before and After School Care At SAC

School Age Care Center is open for before and after school care. Hours for care are: Monday, Tuesday, Thursday and Friday: 6-8 a.m. and 3-6 p.m.  
Wednesday: 6-8 a.m. and 1-6 p.m.  
For more information, call (601) 679-2652 or (601) 679-5252.



### The Sandtrap

Now Serving Breakfast Monday-Friday from 7:30-9:30 a.m.; and Saturday-Sunday from 7-9:30 a.m.  
For more information, call (601) 679-2780.

### Andrew Triplet Library

NEW BOOKS FOR CHILDREN AND YOUNG ADULTS HAVE ARRIVED! Open: Monday-Friday 10 a.m.-6 p.m., Saturday 10 a.m.-4 p.m. For 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.



### 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 PTa gear or are in uniform.
  - 2.) If NO issued PTa 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.

## SUMMER IS ALMOST OVER....

MAKE PLANS NOW FOR THAT LAST CAMPING TRIP OF THE SUMMER. THE OUTPOST HAS 4 DIFFERENT SIZE CAMPERS TO RENT. ALL THE CAMPERS ARE EASY TO OPERATE & ALL HAVE COLD "A/C"!! RENTAL PRICES START AT JUST \$40 FOR THE WEEKEND. DID YOU KNOW? THE OUTPOST WILL BE OPEN ON THE SECOND SATURDAY OF EACH MONTH FROM 8 A.M.-4 P.M. FOR MORE INFORMATION, CALL (601) 679-2609.



Outdoor Movie  
Aug. 26, 8 p.m.  
All Hands Pool  
"Red Riding Hood"

### 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.

## 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 free
- Active Duty/Retirees family members: \$2 per person
- DoD/Guest: \$3 per person



## Meridian/NAS Bus Schedule

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

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

# It's Your Turn...

In observance of August as Women's Equality Month, we asked these people to name one female who influenced women's equality and tell us why.

Photos by MC2 Flordeliz Valerio



**PSC (Sel) Darien Johnson**  
PS 'A' School Instructor  
"Rosa Parks. Her strong attitude helped start a movement."



**MAC (Sel) Markco King**  
Deputy Security Officer  
"Capt. Betty Evans because she is the first female detective chief for Meridian Police Department."



**LS1 Oral Lewis**  
NTTC Supply LPO  
"Maya Angelo. She influenced many women through poetry. She is also an activist."



**SHC Jodi Ahner**  
NTTC Course Supervisor  
"Rosie the Riveter. She proved that women can do industrial jobs while men went to war."



**Barbara Watson**  
NAS CO's Secretary  
"Susan B. Anthony. She lead women's right to vote."

## Fleet & Family Support Center

### Learning to forgive helps you live a healthier life

Most of us have times when we need to forgive others or need them to forgive us. Being able to forgive helps us release negative feelings and improve relationships.

Whether you've had an argument with your spouse or a family member, or have experienced a bigger rift in your relationship with someone, being able to forgive others, or to ask for forgiveness, isn't always easy, especially if you've been hurt badly by someone's words or actions.

But forgiveness is a skill that can be learned. The process begins with forgiving yourself and showing that you are sincere about forgiving someone else or wanting that person to forgive you.

#### What is forgiveness?

Some people think of "forgiveness" as strictly a religious word. And most spiritual traditions do see forgiveness as a virtue. But you don't have to be religious to benefit from learning how to forgive others or to ask for their forgiveness. That's because forgiveness is a way to avoid "getting stuck" on painful emotions after others have hurt you or you have hurt them.

Forgiveness doesn't mean saying things you don't feel or burying any anger or resentment you feel. Instead, it means acknowledging your feelings honestly and letting go of any negative emotions that are keeping you from making peace with yourself and others.

You don't need to be carrying a major grudge or grievance to benefit from developing the ability to forgive others or to ask for forgiveness. Some research suggests that people can feel less stress and more peace even by learning to forgive much smaller slights or offenses, such as having someone cut in front of you in line or fail to say "thank you" for something you did.

#### The benefits of forgiveness

Some of the benefits of forgiveness may seem obvious. You may have found that you just feel better when you forgive friends who don't return calls as quickly as you would like or a sibling with whom you've had an argument. But researchers have found that, no matter what the situation is, forgiveness can have other benefits. It can lead to:

- Less stress
- Fewer hurt feelings
- Lower blood pressure
- Less depression
- More self-confidence
- An increased sense of physical well-being
- Greater feelings of hope

Perhaps the most important benefit of forgiveness is that it can reduce levels of anger and resentment. Learning to forgive can help you stop blaming others for the pain that you feel and start looking at your experiences in a new way.

#### Steps that can help you forgive

If someone has hurt you badly, you may feel that you can never forgive that person or what happened. But experts believe that everyone has the ability to forgive. Even if you've been feeling angry or resentful for a long time, you can take many steps to set in motion the process of forgiveness.

• **Forgive yourself.** It's easier to forgive people if you first forgive yourself for how you may have contributed to a problem or hurt others. Forgiving yourself will help you take the focus off who's "right" and who's "wrong" and accept that conflicts are a two-way street. It is also a good way to "practice" forgiveness.

• **Be honest about your own feelings.** It's important to acknowledge all your feelings, whether you're experiencing anger, hurt, or resentment. Give yourself time to work through these emotions before you

try to forgive. You may find that writing how you feel in a journal is a helpful way of releasing these emotions.

• **Identify what's really bothering you.** Look beyond any surface anger you feel and define what's really upsetting you. If you can't forgive a friend or relative for a comment made a long time ago, ask yourself why the remark hurt so much. Did you see the comment as a sign the person didn't care about you? Did it come when you were under a lot of stress? Were you upset that the person didn't apologize? Identifying what's bothering you can help you gain perspective on the issue and explain it clearly to others who may see the situation differently.

• **Talk about what happened with someone you trust.** An inability to forgive may result from misunderstanding someone's motives or actions. You may feel sure that someone meant to hurt you, when the person didn't intend to do that at all. Try describing the situation to a neutral observer you trust and admire. Ask for honest feedback and a different point of view about what happened.

• **Realize that you can forgive behavior without condoning it.** You don't have to approve of someone's actions to forgive them. You may never be able to condone certain kinds of behavior. But you can stop blaming the other person for what happened or allowing it to interfere with your life. Your goal isn't to get "justice" but to achieve the ability to move forward with a sense of peace.

• **Take responsibility for your peace of mind.** Even if someone hurt you badly, you can choose how you respond to the injury. If you're still upset about an incident that occurred years ago, it's probably not the incident itself that's causing your unhappiness now, but may be related to another hurtful situation. Choose to respond in a way that will help you move forward.

• **Use stress-management techniques to help you cope with painful feelings.** Learning to manage stress can help you gain perspective on someone's actions. Take a short "time out," breathe deeply, or go for a 15-minute walk when you feel upset about what happened. Or take a regular gentle yoga or meditation class.

• **Accept that you can't control other people's actions.** An inability or unwillingness to forgive can result from a desire to control other people's actions. You may feel someone "won't change" if you forgive what happened. But people won't change unless they want to change. You may need to adopt a "live and let live" policy to be able to truly forgive others or have them forgive you.

• **Realize that you can forgive even if you can't forget.** You may be able to take a "forgive and forget" attitude toward small injuries, but you may never forget some actions that hurt you badly. And you don't need to forget them to forgive them. You just need to decide that you're not going to allow the past to affect your happiness right now.

• **Be sincere.** If a dispute affects others such as relatives or co-workers, you may face a lot of pressure from others to forgive the offender. But true forgiveness comes from within, and a gesture of reconciliation won't work if someone can see that you don't mean it. Instead of pretending to feel things that you don't feel, think about what you can sincerely say or do. For example, even if you believe the other person was at fault, you may be able to say truthfully, "I'm sorry that we've been out of touch" or "I've missed talking to you."

• **Think carefully about whether to say, "I forgive you."** Remember that what's important is achieving inner peace, not using specific words. It may help to say "I forgive you" if

you can see that someone is concerned about this -- for example, if a sibling keeps saying, "You've never forgiven me for not giving you more help with taking care of our mother." But saying "I forgive you" may make the situation worse if someone doesn't believe she's done anything wrong. Focus on showing forgiveness through your actions, not on finding the perfect words.

• **Use holidays or other special occasions to heal wounds.** Holidays and other special occasions provide built-in opportunities to heal wounds because people think of them as times of forgiveness. Your friends and relatives may be more likely to accept gestures of reconciliation that arrive on these occasions -- a note, a call, or a card that says, "I'm thinking about you." If you are going to see the person at a gathering, you might consider sending the person a note beforehand.

• **Avoid rehashing the past.** After you've decided to forgive someone, let go of your hurt feelings. Don't reopen old wounds by continuing to bring them up. This may mean you haven't really forgiven the person. Talk to a therapist or other counselor if you can't forgive an old injury that is interfering with your work, relationships, or enjoyment of life. Exploring why it's hard to let go of a grudge may help you see the situation differently. Your employee assistance program (EAP) may be able to help you find a therapist.

#### Asking for forgiveness

You can make it easier for others to forgive you by taking these steps:

• **Ask promptly for forgiveness.** Don't wait to apologize until you can find the perfect words. This may cause feelings of anger or resentment to fester. Make an immediate apology such as, "I'm so sorry I lost my temper. Please forgive me."

• **Follow-up when it's appropriate.** If you did something you especially regret, you may want to follow-up on the apology. Write a handwritten note, send flowers, or offer to take the person out to lunch after you've both calmed down.

• **Avoid repeating the behavior you regret.** You'll make it easier for another person to forgive you if show that you're making a sincere effort to avoid repeating the offensive behavior.

• **Be persistent.** Someone you hurt badly may not at first be able to forgive you. Be persistent if the relationship is important. Make regular attempts to stay in touch by sending notes or cards, offering to share an extra ticket, or inviting the person out to a social event. Someone who doesn't feel ready for a one-on-one get-together with you might be willing to attend a casual get-together that involves others who can serve as a buffer between you.

You can learn more about how to forgive from "Forgiveness: Letting Go of Grudges and Bitterness" on the Mayo Clinic Web site at [www.mayoclinic.com/health/forgiveness/mh00131](http://www.mayoclinic.com/health/forgiveness/mh00131). The program that provided this publication has additional resources on building strong relationships with friends and family.

Learning to forgive others will help you avoid dwelling on old hurts and move forward with a greater sense of peace. It can also have other physical and emotional benefits. One of the best ways to acquire the skill is to start by forgiving yourself for actions you regret and making a sincere effort to avoid them in the future.

Written with the help of Alexandra Mezey, L.I.C.S.W. Ms. Mezey has a master's degree in social welfare, and she completed postgraduate training in family therapy and advisement for Employee Assistance Professional certification. She has worked as a family therapist and an EAP counselor in Massachusetts, helping people with issues across the lifespan.

## FFSC Briefs

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

**IA Spouse Discussion Group: Aug. 19 from 9:30-11 a.m.** FFSC hosts this IA Spouse Discussion Group over coffee! Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back and chat!

**Gambling Awareness: Aug. 23 from 3-4 p.m.** Gambling has become an acceptable form of entertainment in the United States and abroad. With more than 11,000 legal gambling casinos in the country and more than 2,000 online sites for gambling, it has become big business with big gains for the "house," but not for the gambler. And, although there are no specific military directives that restrict Sailors and Marines from gambling, readiness and retention are threatened and negatively affected when gambling becomes a problem for service members (or their families). For more information about gambling awareness and the "house edge", attend this informative workshop.

**Managing Workplace Conflict: Aug. 24 from 10-11 a.m.** Conflict is normal, even in the most high-functioning workgroups. We all have different styles, points of view, and ways of communicating. However, when a conflict between two individuals or within a group lingers or goes unresolved, it can waste time, lower energy and morale, and leave those involved with hurt feelings that are hard to forget. If you need to improve your coping-with-conflict skills, come to this workshop to learn the mediation method and other tips to manage the sticky situations in your life.

**Controlling Anger: Aug. 29, 3-4 p.m.** Everyone gets angry every now and then from normal frustrating life events, but some people handle angry feelings better than others. Your upbringing, personality, and other factors affect how you display anger and how you argue with others. However, you aren't a slave to those patterns, and you CAN learn better ways to express angry feelings and argue constructively. If you frequently "blow up" or if the way you currently handle anger is threatening your relationships and/or work, come to this workshop to learn better anger management techniques.

**Positive Parenting: Handling Behavior Problems: Aug. 31 from 9-10:30 a.m.** Why do some children sail through childhood with few behavior problems while others seem to have constant struggles with behaving well? Both good and bad behaviors are shaped by the rewards the child receives from parents and other authority figures -- and, sometimes, parents accidentally reward bad behavior. Attend this workshop to learn strategies to help guide your child to improved behavior.

**On board NAS Meridian, donation boxes are located at the chapel. 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.**

# 20 aviators earn 'Wings of Gold' in August ceremony

There was a naval aviator designation ceremony on Aug. 5, in the Chapel on board NAS Meridian. Eighteen U.S. Navy and Marine Corps aviators and two French navy pilots received their coveted "Wings of Gold" during the ceremony.

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

Aviators who received their "Wings of Gold" included:

**Lt. j.g. John Barstow**, USN, who was named to the Commodore's List during Advanced Flight Training and also was designated a Chief of Naval Air Training (CNATRA) Distinguished Naval Graduate. During Advanced Jet Flight Training, he earned four Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 29. Barstow completed Advanced Jet Flight Training with Training Squadron Seven;

**Ensign Edouard Bonavita**, French navy, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 30. Bonavita completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Ryan Colesar**, USN, who was named to the Commodore's List during Primary Flight Training and was VT-9's Student of the Month for December 2010. During Advanced Jet Flight Training, he earned two Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 29. Colesar completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Thomas Crisp**, USN, who, during Advanced Jet Flight Training, earned one Navy "E" for bombing accuracy and received the Chief of Naval Air Training "Top Gun" award for outstanding achievement in the Air Combat Maneuvering syllabus. He carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 30. Crisp completed Advanced Jet Flight Training with Training Squadron Seven;

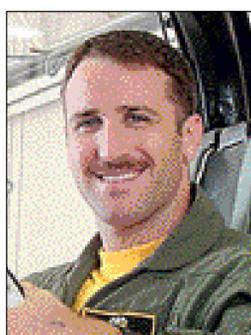
**Lt. j.g. Matthew Deppen**, USN, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 31. Deppen completed



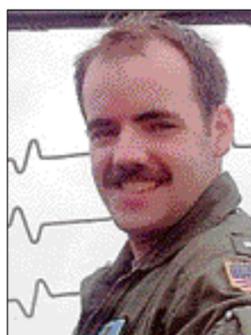
**Barstow**



**Bonavita**



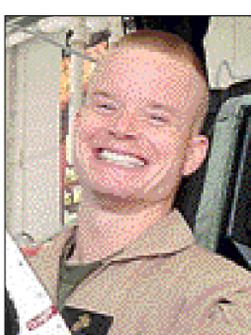
**Colesar**



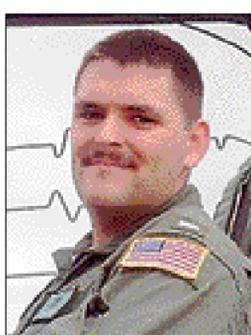
**Crisp**



**Deppen**



**Grygo**



**Held**



**Imperato**



**Kennedy**



**Larsen**



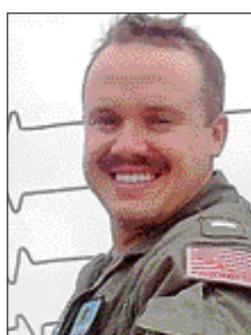
**Levy**



**Oakes**



**Phillips**



**Pollock**



**Reidy**



**Reszkiewicz**



**Southerland**



**Spowart**



**Strickland**



**Witt**

ed Advanced Jet Flight Training with Training Squadron Seven;

**First Lt. Brian Grygo**, USMC, who earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 30. Grygo completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Kevin Held**, USN, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 30. Held completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Thomas Imperato, Jr.**, USN, who earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 30. Imperato completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Patrick Kennedy**, USN, who

earned the "Top Gun" award for his class and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 31. Kennedy completed

Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Jonathan Larsen**, USN, who was named to the Commodore's List with Distinction and earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 31. Larsen completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Alexander Levy**, USN, who was named to the Commodore's List during Primary Flight Training. During Advanced Jet Flight Training, he earned two Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 30. Levy completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Taylor Oakes**, USN, who earned one Navy "E" for bombing accuracy during

Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 29. Oakes completed Advanced Jet Flight Training with Training Squadron Nine;

**First Lt. Robert Phillips**, USMC, who earned the "Best Bomber" award for his class. During Advanced Jet Flight Training, he earned two Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 31. Phillips completed

Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Christopher Pollock**, USN, who was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 30. Pollock completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Christopher Reidy**, USN, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight

Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 29. Reidy completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Nicolas Reszkiewicz**, French navy, who was awarded the Academic Achievement Award in Primary Flight Training. During Advanced Jet Flight Training, he earned one Navy "E" for bombing accuracy and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 29. Reszkiewicz completed

Advanced Jet Flight Training with Training Squadron Seven;

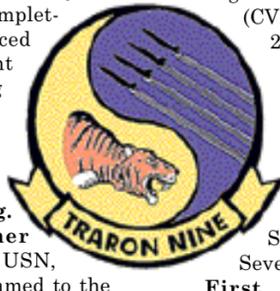
**First Lt. Joshua Southerland**, USMC, who was named to the Commodore's List during Primary Flight Training. During Advanced Jet Flight Training, he earned four Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 31. Southerland completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Kirk**

**Spowart**, USN, who was named to the Commodore's List during Primary Flight Training and earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 30. Spowart completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Grant Strickland**, USN, who earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 31. Strickland completed Advanced Jet Flight Training with Training Squadron Seven; and

**Lt. j.g. Joshua Witt**, USN, who was named to the Commodore's List during Primary Flight Training and was VT-9's Student of the Month for November 2010. During Advanced Jet Flight Training, he earned three Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 30. Witt completed Advanced Jet Flight Training with Training Squadron Nine.



## Program Executive Officer for aircraft carriers changes hands

WASHINGTON (NNS) -- The Program Executive Officer (PEO) for Aircraft Carriers (CVN) turned over responsibilities to his relief Aug. 11 in Washington, D.C.

Rear Adm. Thomas J. Moore relieved Rear Adm. Michael E. McMahon in a ceremony at the Washington Navy Yard.

Moore is the sixth PEO CVN. He reports for his third tour there following service as the director, Fleet Readiness where his presentation of clear, integrated readiness requirements enhanced the Navy's overall readiness. Moore also identified solutions to key issues in support of surface ship readiness, F-35 Joint Strike Fighter sustainment and Navy Expeditionary Combat Enterprise wartime and lifecycle maintenance requirements. His previous duties ashore include five years as the major program manager for In-Service Aircraft Carriers (PMS 312) and service as the assistant program manager

for Hull, Mechanical and Electrical in PMS 312. At the Supervisor of Shipbuilding (SUPSHIP), Newport News, Va., Moore served as the overhaul project officer where he led the refueling and complex overhaul of the nuclear-powered aircraft carriers USS Enterprise (CVN 65), USS Theodore Roosevelt (CVN 71) and the first year of the overhaul of USS Nimitz (CVN 68).

Moore graduated from the United States Naval Academy in 1981, with a Bachelor of Science in mathematics and operations analysis. He holds a degree in information systems management from The George Washington University and a Master of Science and an engineer's degree in nuclear engineering from Massachusetts Institute of Technology.

"I am honored to return to PEO Carriers and to have the opportunity to lead this outstanding organization and its dedicated crew," said Moore.

McMahon will retire Oct. 1 after 31 years of naval service. He assumed responsibilities for PEO Aircraft Carriers Dec. 3, 2007. During his nearly four years as PEO, he led the effort to begin construction of the Gerald R. Ford class, the Navy's first new aircraft carrier design in 40 years, with the keel of the first ship of the class, CVN 78, being laid in 2009. He also oversaw the beginning of advanced construction of the second aircraft carrier in the class, USS John F. Kennedy (CVN 79), in 2011. USS George H.W. Bush (CVN 77) was successfully commissioned and delivered and the Refueling and Complex Overhaul of USS Carl Vinson (CVN 70) was completed under budget during his tenure.

Prior to his service as PEO Aircraft Carriers, McMahon reported in August 2004 as SUPSHIP in Newport News, Va., where he was responsible for the U.S. Navy's Aircraft Carrier and submarine

construction, refueling and repair programs. He served as the engineering and planning officer and business officer at Puget Sound Naval Shipyard and Intermediate Maintenance Facility in Bremerton, Wash., and then as the executive secretary to the Naval Research Advisory Committee and as the government advisor to the Defense Science Board.

McMahon was commissioned in 1979 upon graduation from the University of Colorado with a Bachelor of Science in mechanical engineering. He went on to earn a Master of Science in mechanical engineering and a doctorate in mechanical engineering and materials science from the Naval Postgraduate School in 1986, and 1996, respectively.

For more news from Naval Sea Systems Command, visit [www.navy.mil/local/navsea/](http://www.navy.mil/local/navsea/).

--From Program Executive Office, Aircraft Carriers Public Affairs