

THE SKYLINE



Volume 50, Number 17

<https://www.cnic.navy.mil/meridian> & www.facebook.com/NASMeridian

August 16, 2012

On Base...

✓ Personnel interested in forming a doubles or a singles league to bowl on Monday nights this fall. It will be a sanctioned league. Contact Jimmy or Gene at (601) 679-2651 or email: eugene.derusha@navy.mil

✓ Captain's Cup Bowling League organizational meeting at McCain Lanes on Aug. 21 at 4 p.m.

✓ ITT Office will sponsor a trip to the Mississippi Braves Baseball "Fan Appreciation Night" on Aug. 25 in Jackson. Bus departs Administration Building 255 parking lott at 2 p.m. Game time is 6 p.m. \$1 hot dogs, sodas and a fireworks show after the game. Braves vs. Pensacola Blue Wahoos. Cost: \$10 per person. For more information, call (601) 679-3773.

✓ Training Squadron Nine will hold a change of command ceremony on Aug. 31 at 10 a.m. in the hangar. Cmdr. Craig M. Snyder will be relieved by Cmdr. Garrett V. Krause as commanding officer of the squadron. Cmdr. Charles G. Paquin will assume duties as executive officer.

✓ 9-Pin No Tap Tournament on Aug. 31 at 6:30 p.m. Sign up by 6 p.m. same day. For information, call (601) 679-2651.

✓ Sonny Montgomery Fitness Center hosts Afterschool Family Fitness Program daily from 3:30-5:30 p.m. Class is taught by personal trainer Frankie Harbin. Cost is \$40 per person per month. Parents are required to stay with their children during this time. For more information, call (601) 679-2379.

A Day in Naval History

August 17
1959: Admiral Arleigh Burke reappointed CNO for third 2-year term, serving longest term as CNO.
1962: Navy's first hydrofoil patrol craft, USS High Point (PCH-1) launched at Seattle, Wash.

August 19
1981: Two VF-41 aircraft from USS Nimitz shoot down two Libyan aircraft which fired on them over international waters.

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

THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER



Meridian's 2013 Chief Selectees

Chief petty officer selectees on board NAS Meridian, from left include: YNC Select (SS) James G. Barnes, AZC Select (AW/SW) Ian D. Knowles, AZC Select (AW) Nathan D. Hughes, AZC Select (AW/SW) Gregory Cohen and LSC Select (SW/AW) Rosa M. Melgar. The group gathers for a photo in the mezzanine of the administration building just a few days after the fiscal year 2013 active-duty Navy chief petty officer selection board results were announced on July 31. Chief petty officer induction is a six-week process that began Aug. 1 and will end with the time-honored tradition of a pinning ceremony, Sept. 13.

Photo by MC2 Casey Kyhl

Admiral visits NTTC



Photo by MC2 Casey Kyhl

Rear Adm. Joseph P. Mulloy, right, Deputy Assistant Secretary of the Navy for Budget and Director, Fiscal Management Division takes part in a round table discussion with recently graduated Yeoman C-School Sailors at the supply schoolhouse Aug. 10.



Photo by Penny Randall

Senior Chief Brentson Waller, right, talks to fairgoers during Meridian Day at the Neshoba County Fair. Thirty-five volunteers from NAS Meridian attended the event on Aug. 1 to serve navy bean soup, take photos with aviators and promote the Navy/Marine Corps Team.

Volunteers showcase Navy/Marine Corps team at Meridian Day

By MC2 Casey Kyhl
Staff Writer

Volunteers from NAS Meridian have served hundreds of gallons of navy bean soup at Meridian Day during the Neshoba County Fair for the last 40-odd years.

The event is held rain or shine and volunteers either stand under tents waiting for a summer shower to pass, getting covered in Mississippi red clay mud or tolerating the 100-degree heat.

Aug. 1, 2012, was no different. Thirty-five military members and civilians from the base made the hour-long journey to promote the Navy/Marine Corps team, serve navy bean

soup and take photos of fairgoers with pilots.

You may wonder why anyone would want to eat scalding hot soup in the woods of Mississippi during the hottest month of the year and the answer lies somewhere between tradition and quality cooking.

The Neshoba County Fair is about nothing if not tradition. For almost 125 years people have flocked to this little patch of land Southwest of Philadelphia, Mississippi, to ride horses, show off their varieties of canned vegetables and consume as many carnival hot dogs as possible.

Navy bean soup is a part of that tradition and there was no shortage of hungry customers.

New equipment provides safer work environment at Public Works

By Sue Brink
NAVFAC Southeast Public Affairs Officer

Public Works Department (PWD) Meridian demonstrated new equipment July 30 that has its employees excited about working in trenches.

Two major pieces of equipment were recently obtained and the public works craftsman put them through their paces to see how the new equipment would work.

"As new technology is available we certainly want to take every opportunity to improve processes and increase our capabilities," said Public Works Officer Lt. Cmdr. Lance Coe. "The safety and well-being of our employees is of the utmost importance."

One piece of equipment really made an impression. After a variation of a chain saw was purchased, workers can now cut through 25-

inch diameter sewer line pipe and concrete surfaces up to 25-inches deep much easier and quicker.

"The old saw would have to be repositioned and a wider trench dug in order to maneuver it around the pipe," said Eric Ross, pipe fitter with PWD Meridian. "Now we can cut the same pipe in less than three minutes as opposed to 30 minutes and we do not have to reposition the saw blade."

Ross explained that the new saw has a separate power source that sits on top of the trench so it lessens the possibility of carbon monoxide and other fumes accumulating while workers are in the trench.

The PWD also purchased shoring equipment which will save time while working in trenches.

"The new shoring equipment, or trench box, is like a steel cage that can be placed in the trench

● Public Works, page 3



Submitted Photo

Eric Ross, Public Works Department Meridian pipe fitter, demonstrates the capability of the new saw designed to let the pipe fitter make deeper, cleaner and more accurate cuts, in less time. With the new equipment workers can now cut through 25-inch diameter sewer line pipe and concrete surfaces up to 25-inches deep much easier and quicker.

Look Inside



~ Page 3 ~
Parent Resource Room now open in Administration Building 255



~ Page 4 ~
Meridian Area Navy League presents scholarships



~ Page 5 ~
Tips to help you during severe weather

Photo of the Week



Photo by PR2 Aric Mueller

MA1 Terrance Gary and MAC Marko King, both drilling reservists at Naval Operational Support Center Meridian, aim at targets during a pistol qualification on board NAS Meridian.

NOSC Sailor has passion for photography

By Penny Randall
Editor

From time to time, NAS Meridian Public Affairs has the opportunity to work with Sailors who are in ratings outside of Public Affairs but who are interested in learning more about journalism and photography.

Aircrew Survival Equipmentman 2nd Class Aric Mueller is one of those Sailors. Currently a Navy reservist drilling out of Naval Operational Support Center Meridian, PR2 Mueller resides in Dentville, Miss., southwest of Jackson, and works full time for an offshore drilling company.

Mueller is an amateur photographer who will be submitting photographs of events at NOSC Meridian to "The Skyline."

Mueller credits his father with introducing him to the field in his early childhood. "My father worked for an advertising company and always had a bunch of cameras around the house," Mueller said. "One day when I was six years old, he came to school and picked me up early. I asked where we were going and he said, 'We're going to a photo shoot and you're going to be in the photo.' I was on the cover of a magazine selling lemonade."

Mueller has almost 16 years of service in the military – both in the Navy and Army. "After the terrorist attacks I wanted to

do something. I wasn't going to get deployed with the Navy, so I crossed over to the Army and was deployed," Mueller said. "It was easy because I'm a parachute rigger and the Army has the same rate."



Mueller

His first trip to Afghanistan in 2001 was with the Army for 362 days with MP Company, 120th Group. He was home for 30 days and then served 358 days in Iraq.

During this time, Mueller's senior enlisted members and commanding officers viewed his candid photographs of the unit's surroundings and fellow soldiers.

He was asked to assist Public Affairs with photography duties and often took photos at events such as concerts and ceremonies. Several of his photographs have been published in Navy magazines and online.

After four years in the Army, Mueller decided to transfer back to the Navy in 2005.

"Every time I switched services I lost a rank, but I'm not serving to achieve a status," Mueller said. "I think I'm one of the few people who is serving because it's the right thing to do. I think of photography in the same way. My wife often jokes that I have a mistress – it's my camera."

MCC offers program specialized to military members

Meridian Community College's Career Development Testing Center participated in a pilot program through a partnership between Army, Navy, Air Force, Marine Corps, and the Manufacturing Skills Standards Council (MSSC).

A limited number of service members were given the opportunity to achieve industry-recognized credentials, Certified Logistics Associate (CLA) and Certified Logistics Technician (CLT).

These certifications can support a transition from military service to frontline jobs in the growing fields of advanced manufacturing and logistics. MCC was the only site in the state to offer the pilot program; service members from New Orleans, Baton Rouge and Gulfport took part in the program.

Service members participating in the pilot had the opportunity to earn these credentials free of charge.

New program to offer help to veterans:

"Veterans who meet certain guidelines may qualify for the Veterans Retraining Assistance Program (VRAP) and get a financial helping hand for their studies," said Sylvia Wirgau, Meridian Community College VA Certifying Official.

Wirgau noted that veterans who are between the ages of 35-60 and who are unemployed are encouraged to come to MCC's Veterans Services in Ivy Hall to see what kind of educational assistance they may receive.

A nation-wide program, veterans may apply on a first-come, first served basis for the program. The Veterans Affairs department can approve 45,000 veterans now through Sept. 30 and up to 54,000 veterans may participate during the fiscal year beginning Oct. 1. The program runs through March 2014.

For more information, contact Wirgau at (601) 553-3468, or email swirgau@meridiancc.edu.

Area Happenings

AUGUST

23: Mothers of Preschool Students (MOPS) will hold its kickoff meeting from 10-11 a.m. at 15th Avenue Baptist Church. This is a group of Christian based group of women who are moms of preschool children, age newborn to 5. We meet twice a month starting on Sept. 13. For more information, contact Sarah Snowden at (334) 341-9324.

24: Art Garfunkel in concert at the MSU Riley Center at 7:30 p.m. Tickets are \$65 and \$59. Pre-Show Party at 6 p.m. It's hard to separate his name from that of Paul Simon, but Art Garfunkel still makes beautiful music long since Simon & Garfunkel became two solo acts. As part of the five-time Grammy-award-winning pair, the Long Island native was heard in such hits as "Bridge Over Troubled Water" and "Mrs. Robinson." For information, call the Box Office at (601) 696-2200 or visit www.msurileycenter.com.

31-Sept. 1: Dixie Thunder Rally featuring live music, pub crawl, car & bike shows, lots of giveaways and so much more! Live music at Bonita Lakes Park, 9 a.m.-10 p.m. Pub Crawl will kick off at Chunky River Harley-Davidson with live music starting at 6 p.m. At 8 p.m. all riders will go downtown for the Pub Crawl, shuttles will be available. First Ever Dixie Thunder Rally set for Sept. 1. Cruise into Meridian with Highway Patrol escorts from Tupelo, Jackson, Biloxi and Tuscaloosa. Rally ride: \$25 per person (Includes entry fee, armband, entertainment & T-shirt) Register online through Aug. 27. Open Car and Bike Show on Sept. 1 at Bonita Lakes Park from 11 a.m.-5 p.m. Bring the family for a day of fun! Registration starts at 9 a.m.; \$20 entry fee per vehicle. Awards for Best Car, Best Bike, Best Paint, Best Custom, Oldest Bike & Longest Distance. Danny Koker, the Count from Pawn Stars, live in concert on Sept. 1 at Chunky River Harley-Davidson from 1-3 p.m. Darryl Worley & Blackjack Billy will perform Sept. 1 at Lauderdale County Agri-Center at 8 p.m. Gates open at 5 p.m. Tickets are \$20 in advance, \$25 at the gate (cash only) and children under 12 are free.

SEPTEMBER

4: East Central Mississippi Kennel Club will offer Puppy Kindergarten, Basic Obedience and Advanced Obedience classes beginning Sept. 4 at the Frank Cochran Center in Highland Park, Meridian. Orientation and registration (NO DOGS) will be on Sept. 4 at 6:30 p.m. Bring copy of written proof of vaccination from veterinarian. Classes with dogs begin on Sept. 11 with graduation on Oct. 23. Cost for Puppy Kindergarten is \$50 plus equipment. Cost for Basic/Advanced Obedience Classes is \$75 plus equipment. Discounts available for dogs adopted from the Animal Shelter/Rescue and multiple dog households. Classes are limited. Pre-registration is required. For information, call (601) 693-7194 or (601) 917-8228. If no answer, please leave name and phone number and someone will return your call. A percentage of all proceeds will be donated to the Lauderdale Animal Control & Humane Society.

15-16: The Meridian Little Theatre Ladies Guild will hold its annual Fall Variety Sale at the Meridian Little Theatre on Highway 39 North, Meridian. Saturday hours will be 9 a.m.-5 p.m., and Sunday from 1 p.m.-5 p.m. Sunday will be half price day. Items for sale include ladies, men's and children's clothing, purses, shoes and other accessories miscellaneous furniture items, luggage, linens, lots of kitchen items, knick-knacks, home decorations, toys, books and many other items. For more information call the box office at (601) 482-6371 or (601) 679-7671.

ONGOING

NOW: Kindermusik registration for the Fall 2012 semester is open. Music and movement classes are held at the Episcopal Church of the Mediator for children newborn to 8 years old. Our mission is to help your child learn and grow through music. Enroll, Today! For more information call (601) 678-7082, e-mail jcarolmathews@gmail.com or visit www.MusicWithJulie.com.

Announcement about replacing CACs

Common Access Cards (CACs) that NEED to be replaced, regardless of the expiration dates, are (information can be found on the reverse side on the top line):

- (1) Oberthur ID One v5.2 Dual
- (2) Oberthur ID One v5.2a Dual
- (3) Gemalto GCX4 72K DI
- (4) Gemalto Access 64K V2
- (5) Oberthur ID One v5.2
- (6) Oberthur ID One v5.2a

due to the DMDC initiative are:

- (1) Oberthur ID One 128 v5.5 Dual
- (2) Gemalto TOPDLGX4 144

Reference the Defense Manpower and Data Center (DMDC) initiative to replace 64K and 72K Common Access Cards (CACs), on board NAS Meridian, an appointment can be made at: <https://rapids-appointments.dmdc.osd.mil>. The DEERS/ID office is located in NTTC Administration Building 362, room 125, 740 Fletcher Road. For more information, call (601) 679-2302.

CACs that DO NOT NEED to be replaced

Reminder: Update personal information in TWMS

Recall and emergency contact information is critical to have in case of a disaster, emergency, or mishap.

Updated recall/emergency information is paramount to response and recovery efforts. Please review the information contained in your record in the Total Workforce Management Service (TWMS) application. If you find anything that is incorrect or outdated in those fields that allow direct update, please update it with the correct information.

Specifically, please review your base location, building number, home address, e-mail addresses, supervisor's name, work phone, cell phone or pager number, home phone and emergency points of contact.

Some fields are displayed as they appear in the official program of record and are not updateable by you. If you find errors in non updateable fields, please contact your servicing Human Resources Office (for civilian

and NAF employees), or your PSD (for military personnel) to have the data corrected in the applicable program of record.

NAF employees should review all information contained in their record and note any incorrect items. Contact your local NAF Human Resources Office and advise them of the incorrect data to be updated in your official personnel system.

Every 30 days you will receive an email automated message in an effort to ensure that the most up to date information is available.

If you need assistance accessing your self service record or encounter any problems, please contact the help desk toll free at 1-888-264-4255 (DSN: 942-6597) or commercial: 1-904-722-6597) and select the TWMS option.

To access your TWMS Self Service Record: <https://twms.nmci.navy.mil> /self service.

In the Spotlight...

Birth Announcement...

RP1 Joseph and Brittney Stroney announce the birth of a daughter, **Sadie Belle**, born Aug. 6. She weighed 7 pounds, 3 ounces and was 20 inches long. Sadie joins her three big sisters, Jaidyn Alexis, Dalanie Brielle and McKaylie Jae.



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

Attention NAS Meridian motorcycle riders:



A motorcycle ride is planned for Aug. 25 to Aliceville, Ala., from about 9 a.m.-2 p.m. All makes and models of motorcycle are welcomed and encouraged. The standard rules for safely riding in a group will be followed. Additionally all riders will wear DoD standard PPE (DOT helmet, eye pro, gloves, over the ankle footwear, long sleeve and long pants in light, visible colors or reflective vest - your option). More details to follow, but sign up is at the Chapel by calling (601) 679-3635 or email Chaplain Kelvington at doran.t.kelvington@navy.mil.

The Skyline ~ Naval Air Station Meridian, Miss.

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Cmdr. Michael Siepert
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CMDCM Sharon Laguna

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Penny Randall
Staff Writer/Photographer ~
MC2 Casey Kyhl

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

Parent Resource Room now open in Administration Building 255

By Cynthia H. McDonald
NAS Meridian School Liaison Officer

Just in time for the 2012-2013 school year, the Parent Resource Room (PRR) for Academic Matters is open for business.

Parents of children in kindergarten through 12th grade are encouraged to check it out. Located in suite 173 in Administration Building 255, the PRR has free CDs, DVDs, brochures, and flyers. There are also reference books and other materials for in-office review. Stop by and read a copy of Military Families magazine or learn about Tutor.com, a free online tutoring service for children of active duty service members and deployed civilian employees. Gather information about the Exceptional Family Member Program and the Interstate Compact on Educational Opportunities for Military Children.

Find out how to borrow, read, and return audio books, e-books, and videos over the Internet with the MRW E-Library. Sit down and peruse Students at the Center, a book developed by the U.S. Department of Education Activity (DoDEA) to help military parents discover how to effectively manage their children's academic careers. This book alone is worth the trip; however, it is for in-office review only.

The school liaison can tell you how to order your own copy. Hours of operation for the PRR are 9 a.m.-noon and 1-4 p.m. Monday-Friday; hours are subject to change without notice. Feel free to call (601) 679-2473 before visiting to make sure the room is open. Stop by during the month of August and get a free gift while supplies last. See the school liaison in suite 171 for details.

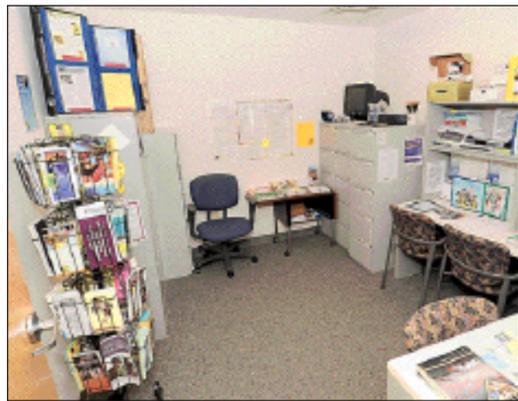


Photo by MC2 Casey Kyhl
The Parent Resource Room for academic matters is open in Administration Building 255, suite 173.

NTTC welcome, farewell staff

PS2(SW) Kenlesha Nicole Reynolds reenlisted for six years on Aug. 3. Prior to arriving at NTTC Meridian, she was an engineman on board USS John Paul Jones (DDG 53) who was selected for personnel specialist through the Navy's PTS program. Petty Officer Reynolds is originally from Atlanta and will be stationed with the Deployable Medical Unit San Diego, Calif., for her



first assignment as a personnel specialist.

PS2(EXW) Kevin Clark Brooks reenlisted for four years on Aug. 7. Prior to arriving at NTTC Meridian, he was a master at arms stationed at Naval Base San Diego, Calif., who was selected for personnel specialist through the Navy's PTS program. Petty Officer Brooks is originally from Lenexa, Kan., and will be stationed on board USS Cape St. George for his



first assignment as a personnel specialist.

PS2(SW) Salvador Alberto Murillo Jr. reenlists for six years on Aug. 3. Prior to arriving at NTTC Meridian, he was a STG at NRD Houston who was selected for personnel specialist through the Navy's PTS program. Petty Officer Murillo is originally from Rosenberg, Texas, and will be stationed at on board the USS Iwo Jima (LHD 7) homeported in Norfolk, Va., for his first



assignment as a personnel specialist.

PS2(AW) David Anthony Fairburn reenlisted for six years on July 30. Prior to arriving at NTTC Meridian, he was an aviation ordnanceman who was selected for personnel specialist through the Navy's PTS program. Petty Officer Fairburn is originally from Boonsboro, Md., and will be stationed at VP-1 in Whidbey Island, Wash., for his first assignment as a



personnel specialist.



Cmdr. Brett St. George, commanding officer of Naval Technical Training Center Meridian, presents LS2(AW) Jesse Lavelle Holland with his reenlistment papers. Holland reenlisted for six years on July 25. Prior to arriving at NTTC Meridian, he was an aviation machinist mate who was selected for logistics specialist through the Navy's PTS program. Petty Officer Holland is originally from Panama City, Fla., and will be on board USS Harry S. Truman (CVN 75) home ported in Norfolk, Va., for his first assignment as a logistics specialist.

Photos by Tom Childress



NTTC Meridian bid LS1(EXW) Sven Helms and his family "Fair Winds and Following Seas" at staff quarters on July 31. Petty Officer Helms retired after a distinguished 20-year career of dedication and devotion to our Navy and nation. His wife, Rebecca, who was a longtime NTTC command ombudsman, and his daughters, Haley and Tiffany, joined as the command took the opportunity to say "thank you" shipmate! During his time at NTTC Meridian, he served as Military Standards Division leading petty officer, Logistics Specialist "A" School instructor and Naval Military Training Instructor. He has been recognized as Sailor of the Quarter, Instructor of the Quarter, Instructor of the Year and Meridian Military Citizen of the Year. His many contributions to the command and the thousands of students that passed through during his tenure will be remembered for decades.

2012 Navy Ball Pancake & Sausage Breakfast
Tickets: \$6
Date: Saturday, Sept. 1, 7-9 a.m.
Place: Applebee's, 106 HWY 11&80, Meridian

YUMMY-YUMMY
Get your tickets from Navy Ball Committee
Command Representative

NAS: CSC Jessica Nettles AC1 Senja Perez Susan Jenkins NTTC: SHC Judi Ahner LS1 Rosa Melgar PS1 Cruz Ponce	Branch Health Clinic: HM2 John Kippos HM2 Shannon Payne VT-7: LTJG Joseph Yates	TW-1: ET Mark Collins Michelle Carlson NOSC: HM1 Smith PSSN Kaylan Barrett
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All proceeds benefit NAS Meridian's celebration of the U.S. Navy's 237th Birthday Ball set for Oct. 13, 2012

Public Works

to protect the workers from a trench cave-in," Ross said.

Before the shoring equipment was purchased employees had to dig a bigger trench, or box, to have access to pipes that needed to be cut while working underground. This process is called "stepping back" the hole and requires much more time and space.

By reducing the size of the excavation area makes the job easier; saving time on the entire job.

"Our goal is to provide the safest work environment for our employees," said Coe. "Both new pieces of equipment will greatly enhance the safety and efficiency of our workforce."

Submitted photo

Richard McKee, from the Public Works Department Meridian plumbing shop, adjusts the width of the shoring equipment, or trench box, as Larry Joyner, carpenter leader, looks on. Before the shoring equipment was purchased employees had to dig a bigger trench, or box, to have access to pipes that needed to be cut while working underground. This process is called "stepping back" the hole and required much more time and space.



CSADD Poster Contest

Poster should focus on the awareness of synthetic drug use. (No profanity, sexual content or overly graphic material should be depicted in poster. Poster will be judged on creativity and message content.

Deadline: 1700 on 23 August
Dropoff locations: LSSN West at Galley or AC2 Powell at Air Operations

Size: No larger than 11x17

Open to all active duty military members of all services

Winner Announcement: 31 August. Winning poster will be displayed in various locations on base and featured in "The Skyline" newspaper.

For information, call AC2 Powell 775.240.6798

"Your Decisions Determine Your Destiny"

Print clearly and attach this tab to the poster.
Name:
Rate/Rank:
Command/Department:
Contact Phone:

School supplies donation



Photo by Penny Randall

Donna Riley, left, manager of Balfour Beatty Communities in NAS Meridian housing, accepts a donation of school supplies from American Gold Star Mothers member Wilma Allen, and Meridian's Robert "Shane" Pugh Veterans of Foreign Wars Post members: RP1 Joseph Stroney, Norm Copeland and David Angle, along with VFW Auxiliary member Nat Copeland. The two organizations partnered with Dollar Tree and Operation Homefront to collect and distribute school supplies to military families. This year these two organizations locally collected, sorted and distributed to seven Army and Air Force units in addition to Naval Air Station Meridian. Both organizations feel it is important to assist military members and communities in any way that they can. While this event was a combined effort, there are many other events that each of them participate in separately. The American Gold Star Mothers is an organization that was founded for the mother's who have lost a son or daughter in service to our country. The Veterans of Foreign Wars was founded as a fraternal organization to work on behalf of American veterans by lobbying congress for better veterans' health care and benefits. It is made up of service men and women that have served overseas in wartime. For more information about either of these organizations, call the the Robert "Shane" Pugh VFW post at (601) 282-5866.

Commissary presents scholarship Navy League presents scholarship



Submitted photo

Glenn Huovinen, left, a representative from Del Monte Foods, presents Gage Neal a \$1,500 scholarship as Samuel B. Somerville, NAS Meridian Commissary Director assists. Gage is the son of Cmdr. Andy and Alice Neal of Meridian. A ceremony was held Aug. 1 at the Meridian Commissary to present Gage with the check and certificate of achievement. His parents were presented with Scholarship for Military Children pins. Gage is a student at Auburn University. Winning requires a demonstration of grades and skill. The scholarship program is open to children of active duty, reserve/guard, or retired military commissary customers. Recipient must be enrolled or planning to enroll full time in a four-year undergraduate college or university, accredited in the U.S. They must have a minimum cumulative grade point average of 3.0 on a 4.0 basis. Program is funded primarily by vendors that sell products to the military through the commissary system.



Submitted photo

Bob Huff, left, is joined by Capt. Charles C. Moore II, commanding officer of NAS Meridian as Kaysi Weber and Sarah Story are presented scholarship checks by Arjen Legendijk, president of the Meridian Area Navy League. Weber and Story each received \$750 scholarships and are students at Mississippi State University. Not pictured is Gage Neal who also received a \$750 scholarship. He is a student at Auburn University.

Visit the Federal Voting Assistance Program website at www.fvap.gov for more information on how to register online to vote.



Teens experience learning styles workshop hosted by school liaison

Cynthia H. McDonald
NAS Meridian School Liaison Officer

Recently, the School Liaison Officer conducted a workshop for several of the teens who were hired to work on board NAS Meridian this summer. Five teens participated in the workshop which was held in the conference room at the Child Development Center.

The workshop was based on the Multiple Intelligences Theory which suggests that there are eight learning styles: Logical/Mathematical; Spatial/Visual; Musical; Linguistic; Bodily Kinesthetic; Interpersonal; Intrapersonal; and Naturalistic. A PowerPoint presentation described the learning styles and showed significant traits of each. Teens completed a questionnaire that helped them to discover their dominant learning style(s).

They discussed the results of the questionnaire in pairs and had to come up with creative ways to demonstrate their learning styles to the whole group. Members of the group included musical, linguistic, logical/mathematical, and interpersonal learners. The SLO challenged the teens to explain which learning style is most beneficial in their summer employment.

The SLO emphasized that this workshop is not intended to place limitations on students. Rather its intent is to help students recognize their strengths and apply them to future learning.

For example, a bodily kinesthetic learner may find that adding movement to the task of trying to absorb new information may deepen the learning. A graphic organizer may be just the thing to help a visual learner.

The logical/mathematical learner will probably want to organize information into specific steps, formulas, or time lines. It is important to know that it is possible to have multiple learning styles, although usually one or two will be dominant.

At the conclusion of the workshop, each participant received a chart that showed some of the common careers/jobs associated with the various learning styles.

Materials used in the training were obtained from the Center for Parent Leadership and Parents for Public Schools. Contact Cynthia McDonald at (601) 679-2473 to schedule a workshop for your group.

DoD CIVILIANS: JOIN TODAY!

If you work on a U.S. military installation and are employed by the DoD, then you're eligible to join Navy Federal. For over 75 years, we've been providing quality products and services for a lot of members—military and civilian. As a member, you'll enjoy:

- > Low auto loan rates
- > 24/7 live telephone support
- > Free checking accounts with no monthly service fees
- > 55,000 free ATMs in our CO-OP and MoneyPass® networks, in addition to others
- > Free Mobile Banking*
- > Free Web Bill Pay



Spring Fabrics have arrived!

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Staff Sgt. Joshua Hitzing
MATSS-1 Personnel Chief
Hometown: Fort Myers, Fla.

Staff Sgt. Joshua Hitzing is one of several new staff members at Marine Aviation Training Support Squadron One on board NAS Meridian.

Hitzing reports to Meridian from San Diego, Calif., but he is not alone. He is proud to have his wife, Gunnery Sgt. Christine Hitzing, report with him.

"We've been married since 2007 and are both in the Marine Corps," he said. "I think it makes our marriage easier. We have someone who understands the pressures of the job."

Hitzing said he joined the Marine Corps in 2005 because, "I wanted to challenge myself and see the world." He has certainly done that. One of his most memorable experiences came on his deployment in support of Operation Enduring Freedom.

"Flying at night in the pitch black in an Osprey over Afghanistan was amazing," said Hitzing who aspires to come a drill instructor and warrant officer.

The person he most admires is his father. "He came from having nothing and worked until he had everything he ever wanted."

OOORAH!



Staff Sgt. Melissa Robbins
MATSS-1 AOS Instructor
Hometown: Pittsburgh, Pa.

Staff Sgt. Melissa Robbins recently had what she considers her most memorable experience in the Marine Corps to date.

Robbins was asked by her best friend to share in her promotion ceremony to the rank of staff sergeant at Camp Pendleton.

"I am extremely proud of her, and just to know that she wanted me to be the one to promote her was a very humbling experience," said Robbins who recently joined the staff of Marine Aviation Training Support Squadron One as an instructor in the Aviation Operation Specialist Course.

"I joined the Marine Corps for the good opportunities," said Robbins who is joined here by her husband, Alex, and three-year-old son, Troy. Her hobbies include reading, shooting skeet and trap, and spending time with her family.

The person she most admires is her best friend. Staff Sgt. Melissa Stewart.

"She is an excellent Marine and mother. Her dedication to her job, her Marines and her family is awe-inspiring."

Hoops from Home brings NBA stars to Pendleton

By Lance Cpl. Derrick K. Irions
Marine Corps Base Camp Pendleton

MARINE CORPS BASE CAMP PENDLETON, Calif. -- Hoops from Home provided Camp Pendleton's youth with a free basketball training camp at the Paige field house gymnasium, Aug. 11.

Hoops from Home, a non-profit organization, held the camp to promote healthy, positive development of military children through basketball mentoring from professional and collegian players and coaches.

The event began with basketball players from the University of California San Diego, University of Southern California and the University of Southern California Los Angeles leading the youth, ages nine to 17, in warm-up drills similar to those performed during college basketball practices like the jump-stop drill, high-knees drill and sprint drills.

"We wanted to get the energy flowing, we wanted to get them running," said Sean Farnham, the founder of Hoops from Home and a college basketball analyst for ESPN.

Providing the camp for the youth is a way to give back and honor America's armed forces men and women, Farnham said.

Following the warm-ups, participants engaged in individual skill development stations designed to teach and enhance basketball fundamentals like shooting, rebounding, passing and dribbling.

Former NBA star Brent Barry and current NBA players Ryan Hollins, Orlando Johnson and John Jenkins were in attendance and showed their support by joining in on activities.

The playing field was leveled for Barry and Jenkins during a three-point shootout competition when they strapped into modified athletic wheelchairs and competed against wounded warriors, Lance Cpl. Carlos Garcia and Cpl. Josue Baron.

Fifteen-year-old Jasmine Glenn became Hoops from Home's first "Knock-Out" tournament winner when she beat out Hollins, Johnson and the rest of the camp participants, Farnham said.

"I've been involved in a lot of charities throughout my NBA career but this has touched me more than any other," said Mike Brown, head coach of the Los Angeles Lakers. "I feel like I'm a part of this community."

Brown grew up in a military house-



Photo by Lance Cpl. Derrick K. Irions

Mike Brown, head coach of the Los Angeles Lakers, signs a basketball for a Hoops from Home basketball camp participant at Camp Pendleton's Paige field house gymnasium, Aug. 11.

hold and is familiar with the hardships that military families go through.

"This is a phenomenal program," said Mike Brown. "I'm just thankful for having the chance to come out here. Hopefully I was able to reach out and inspire the kids."

"This means so much to me," said Farnham, with tears of accomplishment building in his eyes. "There are not many things that you can be proud of in life but this is one that I can be proud of. I just hope that the kids got as much out of it as I did."

Alabama native serves with Marines in southern Afghanistan

By Staff Sgt. Brian Buckwalter
Headquarters Marine Corps

COMBAT OUTPOST JAKER, Afghanistan-- For some people, history is just another subject in school. For Lance Cpl. Joshua Taylor, being a part of history was a calling.

To follow that calling, Taylor, 21, from Troy, Ala., left behind a full-ride scholarship to college to join the Marine Corps. The only reason he even went to college for a year was because it was free, he said. He's always had an interest in the military.

"Action movies had a role in it," he said, but so did his interest in warfare, tactics and World War II history.

Taylor, a 2009 graduate of Pike Liberal Arts School, went to recruit training and then to the Marine Corps' School of Infantry where he became an infantry assaultman. Following his initial training, he was assigned to 2nd Platoon, Lima Company, 3rd Battalion, 8th

Marine Regiment.

Initially, he wasn't sure if the Camp Lejeune-based unit was going to deploy, a disappointing possibility for an infantry Marine, he said.

"I wanted to be here before the war was over," Taylor said.

His best friend, who also joined the Marine Corps, is stationed in Hawaii.

"He said I'm the lucky one," Taylor said, because his friend also wanted the opportunity to deploy to Afghanistan.

Taylor deployed to Afghanistan exactly a year into his enlistment, and just before his 21st birthday. He serves near the Nawa District of Helmand province, and so far, has had a quiet deployment.

"We actually don't need to be here," he said. "The Taliban don't even target us. They target the (Afghan National Security Forces)," Taylor said.

However, the Marines are still a good security blanket for the Afghan National Army and other



Photo by Staff Sgt. Brian Buckwalter

Afghan forces in the area, he said. Occasionally, the Marines will respond to a call from ANSF for help if they get overwhelmed.

This reactionary approach is part of the transition from coalition-led to Afghan-lead security operations. Marines had been fighting in the lead in Helmand province, then shoulder-to-shoulder with Afghan forces, before beginning to make the transition to an advisor-only force earlier this year.

Lance Cpl. Joshua Taylor, assaultman, 2nd Platoon, Lima Company, 3rd Battalion, 8th Marine Regiment, Regimental Combat Team 6, stands outside of his tent at Combat Outpost Jaker, Afghanistan, July 27, 2012. Taylor deployed to Afghanistan a year after joining the Marine Corps. I always hoped to be a part of history, Taylor said. It's something I can be proud of.

and recreation tent to check his Facebook account, but he usually tries to keep his mind off of what he is missing back home.

Taylor said he went through recruit training and the School of Infantry with some of the Marines in his squad. They've all developed a strong bond with each other, he said.

"I know everyone would have my back just like I would have their back," Taylor said.

Taylor said it's too early to decide whether he will re-enlist or get out of the Marines when his four-year contract expires. If he does decide to get out, he will go back to college to become a stockbroker or learn computer security.

Whatever he decides to do, he said, he will be always able to look back at his service and know that he was a part of something bigger than himself.

"I always hoped to be a part of history," Taylor said. "It's something I can be proud of."

Safety Is Our Duty

Tips to help you during severe weather

By David Younce
NAS Meridian Disaster Preparations Specialist

You may not know it, but the weather thus far has been fairly calm for this time of year. Though we may not have had as many severe storms, hurricanes, and tornados, as "normal," don't be lulled into a sense of security.

Hurricane season is still upon us, until Nov. 1, and even after this date, hurricanes can still form and strike. Let us not forget that fall brings us another round of "tornado season" here in Mississippi too. In between, the southeast is still famous for our "pop up storms" that can create a large amount of rain in a short period of time, high wind gusts that can take down trees and power lines, not to mention damaging hail.

Here are a few safety tips to keep you and your family safe during severe weather taken from "The Texas Severe Weather Storms Association," www.tessa.org/safety_tips.html:

Tornadoes

Tornadoes can produce winds greater than 300 mph, and can travel across the ground at up to 60 mph. They can develop any time of day, any month of the year, but are



Photo by David Younce

Trees in NAS Meridian housing were damaged during a severe weather storm on Aug. 9.

most common in the afternoon and evening, and in the spring and fall. Tornadoes are most common across the Great Plains and Gulf States regions of the U.S. More tornadoes occur in the United States than any other country in the world.

Below-ground shelters, and reinforced "safe rooms" provide the best protection against tornadic winds. Other options include: In homes or small buildings, go to the northeast corner of a basement. If a base-

ment is not available, go to the smallest, most-interior room on the lowest floor, such as a closet or bathroom. Cover yourself to protect your body from flying debris.

In schools, hospitals, factories or shopping centers, go to the smallest, most-interior rooms and hallways on the lowest floor. Stay away from glass enclosed places or areas with wide-span roofs such as auditoriums and warehouses. Crouch down and cover your head.

● Storm, page 6

Safety on the school bus and off

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 3-4 p.m. Between 1994 and 2004, 91 crashes occurred in which at least one occupant of a school transportation vehicle died. Fifty-five 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 horse-play. 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

● Bus, page 6



Truman Sailor's daughter competes in Olympics

By MCSN Taylor DiMartino
USS Harry S. Truman Public Affairs

USS HARRY S. TRUMAN, At Sea (NNS) -- With this year's Olympics in full swing, Sailors aboard the aircraft carrier USS Harry S. Truman (CVN 75) are rooting for Team USA, but one is cheering for Turkey as well.

A USS Harry S. Truman family member is competing in the 2012 Summer Olympics in London through Aug. 12.

Twenty-two-year-old Quanita Hollingsworth, daughter of Chief Aviation Support Equipment Technician (AW/SW) Marvin J. Pelzer, leading chief petty officer for Truman's safety department, is currently in London playing for Turkey's Olympic basketball team.

"I really don't have the words for it," said Pelzer. "It's even more than pride. When your child has surpassed every one of your expectations, the feeling is much bigger."

The oldest of three siblings, Hollingsworth aspired to play basketball after watching Pelzer and her mother play. She joined a recreational league in Chesapeake, Va., at the age of nine.

Through years of practice, Hollingsworth's skills continued to improve.

Pelzer recalled his daughter's initial venture into the game as a humbling experience for her.

"She was horrible her first year," said Pelzer. "She didn't have a clue how to play, but she had the advantage of being taller than the average nine or 10 year old, and through her passion for the sport, she strived to be better."

Honing her skills on the court, Hollingsworth eventually played for Virginia Commonwealth University, in Richmond, where she chose a full academic scholarship over the athletic scholarship she was also granted. Hollingsworth was 19 years old when she was drafted by the Minnesota Lynx into the WNBA.

More recently, Hollingsworth played in the European Basketball League. During her time overseas, Turkey recognized her talent and offered her citizenship and a spot on the Olympic team.

"Being in the Olympics is just another chapter in her life," said Pelzer. "She is still challenging herself to be a better teammate, even as she strives to bring home the gold medal. She is a very humble person; she doesn't overreact and takes everything in stride. Sometimes it's like she needs to be

reminded that she's in the Olympics, especially when she is focused on the game itself."

Pelzer believes if his daughter's team wins gold, her first priority will be to give back to the community by providing guidance to young men and women.

"She has accomplished so much at such a young age," said Pelzer. "She is the type of person who would use her unique experience and recognition to help others. She'd educate and motivate them to be successful. She already acts as a role model through her non-profit organization, 'At Your Best,' which is designed to inspire children to achieve their goals."

Pelzer said his admiration of his daughter has taught him much about being a parent.

"There are a lot of challenges to being a Sailor, but you must devote time to your family," said Pelzer. "Support your children in their endeavors and always be their advocate. Give them the opportunity to be who they want to be while still being their positive guidance. It's a beautiful thing to see one of your children become successful; however, success shouldn't be measured on how many people know their name, but rather on what they do and how well they do it."

Carrier Air Wing 11 departs USS Nimitz

By MC2 Robert Winn
USS Nimitz Public Affairs

USS NIMITZ, At Sea (NNS) -- The squadrons of Carrier Air Wing (CVW) 11 embarked on board the aircraft carrier USS Nimitz (CVN 68) for the Rim of the Pacific (RIMPAC) 2012 exercises left for their home stations beginning with the fly off Aug. 8.

Disembarking an air wing is a massive undertaking and requires coordination between many different departments.

As many as 700 tri-wall reinforced storage boxes will be moved from the ship, said Cmdr. Frank Bennet, Nimitz' maintenance officer.

"We've got to coordinate with squadrons; as soon as the last plane leaves we start getting all the tri-walls moved to the hangar bays," said Bennet.

"When that last plane takes off, it's a scramble to get everything into the tri-walls," said Aviation Structural Mechanic 1st Class Jason Everett, corrosion prevention leading petty officer for Strike Fighter Squadron (VFA) 154.

Each squadron will get approximately 30 tri-walls to fill with supplies they brought on board for the underway including computers, tools, chains, support equipment, televisions and grease pencils.

"It's like Tetris getting everything to fit inside," said Cpl. Jeremiah Clark, assigned to Marine Strike Fighter Squadron 323. "I already have a packing list of where everything goes, and everything we have is really organized, especially our tool boxes. It will only take us about two hours to do the actual packing."

As the ship pulls pier-side, shore based cranes will be in place to move the boxes to the pier where a fleet of forklifts will load the trucks which will depart for their home bases.

This offload presents the challenge of simultaneously on-loading gear for the fleet replacement squadrons, which are to go underway with Nimitz for carrier qualifications.

"The hardest part is getting everything staged," said Lt. Cmdr. Joseph Hildalgo, officer in charge of the offload. "We have nine squadrons to move. It's going to be an all hands effort."

Security, Air Department, Supply Department, Aviation Intermediate Maintenance Department, Safety Department and all the squadrons coordinate between each other and Naval Air Station North Island to ensure all the gear is moved properly.

The offload marks the final step in the completion of RIMPAC 2012.

Lincoln completes deployment, makes Norfolk new home

By MC3 Tim D. Godbee
USS Abraham Lincoln Public Affairs

NORFOLK, Va. (NNS) -- The Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) and embarked Carrier Air Wing (CVW) 2 arrived at Naval Station Norfolk, Aug. 7, concluding an eight-month deployment to the U.S. Navy's 5th, 6th and 7th Fleet areas of responsibility.

While deployed, aircraft assigned to CVW-2 flew more than 11,000 sorties totaling in excess of 32,000 flight hours, including more than 2,400 combat sorties and more than 14,000 hours flown in support of U.S. and coalition ground forces supporting Operation Enduring Freedom (OEF).

Since leaving in December, the ship sailed more than 72,000 miles during its 245 days deployed, including 105 days in the Arabian Sea supporting OEF.

"The men and women of Lincoln and the embarked commands have done a remarkable job throughout this twice-extended deployment," said Rear Adm. Mike Shoemaker, commander, Carrier Strike Group (CSG) 9. "Now that we're home, each and

every one of us is very excited and more than ready to see our families and friends again."

Upon her arrival in Norfolk, Lincoln is scheduled to undergo a four-year refueling complex overhaul (RCOH) in-port maintenance period. During the RCOH period, workers will refuel Lincoln's nuclear reactors, upgrade and modernize the ship's combat and communication systems, and overhaul the hull, mechanical and electrical systems.

"I am incredibly proud of our Sailors," said Capt. John D. Alexander, Lincoln's commanding officer. "They have performed admirably for months on end, and they have done so with huge smiles on their faces. I am enormously proud of each and every Abe Sailor for their contributions to national security. They're great Americans, one and all."

Alexander added that the in-port period comes at the perfect time for the ship's crew.

"After two deployments in a little less than two years, the Abraham Lincoln crew is very happy to be in our new homeport and ready to spend time with family and friends," he said.

Lincoln departed Naval Station Everett, Wash., her home since January 1997, in

December 2011 for a scheduled change-of-homeport deployment to Virginia for a four-year RCOH in Newport News, Va. After operational requirements added two extensions and three months to the ship's deployment schedule, Big Abe pulled into port following eight months at sea.

"I'm excited about the homeport change," said Aviation Boatswain's Mate (Equipment) 3rd Class Sheila Seripap. "I loved living in Everett, but it will be interesting to call somewhere else home. One of the biggest advantages of the Navy lifestyle is getting to experience living in different parts of the country and the world."

While deployed, Lincoln visited several foreign ports, including Pattaya, Thailand; Manama, Bahrain; Dubai, United Arab Emirates; and Antalya, Turkey.

"To be able to tell people I've literally been around the world is something I'll be able to take with me for the rest of my life," said Seaman Anton Schafer. "Coming from a small town, I never thought I'd get to see and do some of the things I did. I'm glad I'll be able to share this experience with my friends and family in the years to come."

● Storm

In cars or mobile homes, abandon them immediately. Cars and mobile homes provide no protection from tornadic winds. If you are in either of those locations, leave them and go to a substantial structure or designated tornado shelter. Do not attempt to seek shelter beneath an overpass or bridge. They provide little or no shelter and have proved to be deadly options.

If caught in the open, lie flat in a culvert, ditch or depression and cover your head.

Lightning

Lightning is a threat anywhere thunderstorms occur. If you hear thunder, it is time to take shelter.

When inside:

- Avoid using the telephone, or other electrical appliances.
- Do not take a bath or shower, or stand near plumbing.

If caught outdoors:

- Seek shelter in a sturdy building. A hard-top automobile can also offer protection.
- If you are boating or swimming, get out of the water and move to a safe shelter on land.
- If you are in a wooded area, seek shelter under a thick growth of relatively small trees.
- If you feel your hair standing on end, squat with your head between your knees. Do not lie flat.
- Avoid isolated trees or other tall objects, water, fences, convertible cars, tractors and motorcycles.

Flash Floods

Flash Floods develop quickly. They can occur anywhere, along rivers or creeks, in low water crossings or in a dry stream bed. They can occur during any month and at any time during the day. In fact, flash floods often occur at night when it is difficult to find an escape route. Flash floods can be deceptive. Flood waters are likely deeper and moving faster than you think.

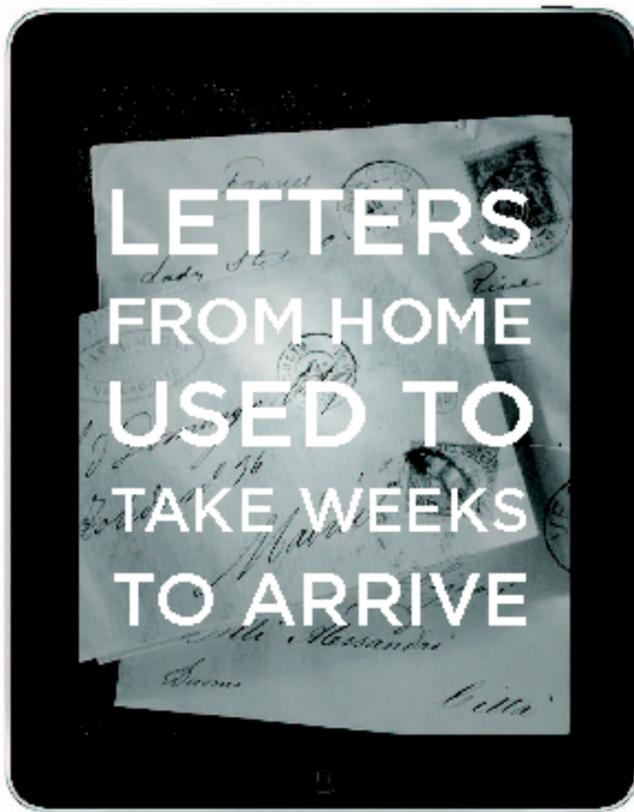
When driving:

- Avoid low water crossings.
- Use alternate routes to avoid flood prone areas.
- Leave your vehicle immediately if it stalls in flood waters.
- Move to higher ground if you can do so safely.
- Most cars and light trucks will begin to float in as little as 12 inches of water.
- Act quickly, rising waters make vehicle doors difficult to open.

If you are outside:

- Everyone, especially children, should stay away from flooded creeks, streams or drainage ditches.
- Swiftly flowing water can quickly sweep away even the strongest swimmers.
- Soggy banks can collapse, dumping you into flood waters.

For more information on severe weather safety visit the National Weather Service Webpage, www.weather.gov, or call the NAS Meridian Emergency Management Office at (601) 679-3750.



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● **Bus**
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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 any questions or we can be of any assistance please contact NAS Meridian's Fire Prevention Office at (601) 679-3866/3875.

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Volunteers

ABE2 Dutton, HM2 Arnold, ABE2 Blakely, HM1 Rice, ABE2 West, ABE2 Moore and ABH2 Dezarragallago volunteered Aug. 3 at the Mississippi Veterans Memorial Cemetery in Newton. The group of Sailors assisted with raking leaves, weed eating and trimming bushes and trees at the cemetery. For more volunteer information, call Chief Demetrius Jenkins at (601) 679-2543 or RP1 Stroney at (601) 679-3635.

Photo by RP1 Joseph Stroney



Reenlist

Air Operations Officer Cmdr. Erik Greve presents AC2 (SW/AW) Joshua A. Ottwell with his reenlistment certificate. Ottwell reenlisted for two years on Aug. 14 during a ceremony in the administration building.

Photo by MC2 Casey Khyll



Update: No injuries in Strait of Hormuz collision

NAVAL SUPPORT ACTIVITY, Bahrain (NNS) -- No one was hurt when a U.S. Navy guided-missile destroyer and a large Japanese owned merchant vessel collided near the Strait of Hormuz Aug. 12.

The collision between USS Porter (DDG 78) and the Panamanian-flagged bulk oil tanker M/V Otowasan occurred at approximately 1:00 a.m. local time.

Porter transited under its own power to

Jebel Ali, UAE and is now pierside for assessment and repair.

The incident is under investigation.

USS Porter is on a scheduled deployment to the U.S. 5th Fleet area of responsibility conducting maritime security operations and theater security cooperation efforts.

From U.S. Naval Forces Central Command Public Affairs

Navy Operational Stress Control for Leaders completes 100th class

MILLINGTON, Tenn. (NNS) -- The Navy's Operational Stress Control (OSC) Program surpassed a milestone Aug. 10 with completion of the 100th presentation of its Navy OSC for Leaders Course (NAVOSC-LEAD) at NTC Great Lakes, Ill.

The course presented by the OSC Mobile Training Team East is designed to show Navy Leaders how to assess individual and unit stress response and readiness and help their Sailors navigate stress.

"The Leaders Course uses the Stress Continuum Model as a tool to focus leaders on how important it is to recognize and attend to personnel in the early stages of stress," said Capt. Kurt Scott, director, Navy Behavioral Health. "The focus is on prevention rather than treatment and addresses stress injuries early on as well as provides Navy leaders with the skills to promote resilience.

The course is not a medical course; it is intended to enhance leadership capabilities and is characterized by dialogue, case studies and personal leader stories that highlight or underscore the impact of stress on individuals and their families.

"The course uses the application of tools and leadership intervention to build and maintain wellness. It is intended to build balanced and informed empathy for Sailors," said Scott. The course is designed for officers and chief petty officers.

To date, the course has been taught by East and West Coast Mobile Training Teams to more than 2,500 officers and chiefs of dozens of CONUS and OCONUS expeditionary units, shore commands, two aircraft carriers, and several smaller surface vessels.

For more information about the course or Navy Operational Stress Control, visit www.navy.navstress.com.

From Navy Personnel Command Public Affairs

Chaplain's Corner...

In her book, *The Whisper Test*, Mary Ann Bird writes about growing up with the deformity caused by having been born with a cleft palate. She was a little girl with a misshapen lip, crooked nose, lopsided teeth and garbled speech. Her classmates were cruel with their words at times, but when they asked, "What happened to your lip?" she would tell them she had fallen and cut it on a piece of glass. It seemed more acceptable to be the victim of an accident than to have been born "different". She was convinced no one outside her family could love her.

That is until the second grade, which is when she met Mrs. Leonard, a teacher whom all the children adored. Mrs. Leonard was a short, round, happy lady whose personality practically sparkled.

Each year the children had to pass a hearing test, but in her school there was no expensive, sound-proof booth to use. Rather, the children would stand over against the door covering one ear at a time, and the teacher, sitting at her desk,

would whisper a phrase that the children would have to repeat back to her. The teacher would say things like "The sky is blue" or "Do you have new shoes?"

The children began to call it "the whisper test."

As Mary Ann Bird stood there in the second grade, waiting to hear what the teacher said, Mrs. Leonard spoke seven words that God must have put into her mouth, for they were the words that changed Mary Ann's life. Mrs. Leonard whispered, "I wish you were my little girl."

You see, Mrs. Leonard was a woman who understood the incalculable value of a human life, however marred or unlovely, and she communicated to Mary Ann that day a sense of worth and value. I believe the most beautiful message that winds its way throughout Holy Scripture is that God is saying to every one of us "I wish you were my child."

By Lt. Cmdr. Doran Kelvington
NAS Meridian Command Chaplain
can be reached at (601) 679-3635.



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YARD SALE

The Fleet Reserve Association will host a fundraiser yard sale on Aug. 25 from 8 a.m.-1 p.m. at the Branch Home, 8874 Hwy 39, rain or shine. All proceeds will assist area veterans. Anyone wishing to make donations can contact, Michelle Spangler at (601) 479-8440.

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Allegro "Balanced Body" Pilates reformer. Gym quality, top of the line in palates equipment. Bought 1 year ago at \$2,695. Used 1-2 times a week. Just like new always keep in doors. Moving and will sacrifice at \$1,800 OBO. Call Sonia (601) 513-2229.

AB Lounger Sport exerciser, great condition and assembled. \$40 Call Willie (601) 479-4061.

Brand New Treadmill fully equipped. Asking \$400 firm. Great savings! Call (601) 681-4280.

Chuck Norris Total Gym "XLS." Call (601) 513-3495.

BOATS/CAMPERS/TRAILERS

Camper/F350 Package -- 1999 5th Wheel Imperial by Holiday Rambler 36SKT standard or gooseneck hitch, new refrigerator/freezer, new leather swivel recliner chairs, 80 gallon fresh water tank, flat screen TV, microwave over with bent fan, three burner stove with oven, two air conditioners, owners are non-smokers! Asking \$16,165. **2003 F350 Duallie Crew Cab** with Lariat Package, 135,000 miles complete maintenance record. 6 speed manual transmission, 7.3 liter turbo diesel, trailer pkg., tool box, non smokers. Will sell separately or discount both items as a package. Asking \$19,000 for F350. As a package: \$34,000. Call (601) 917-4545 or (601) 693-9292.

2012 Cargomate 6x12x6 enclosed cargo trailer. One month old, bought from a dealer, build date 8/18/2011. Rear barn doors, side door, interior light, spare tire, 3 month limited factory warranty. \$3200 OBO. Call (267) 414-4124.

32-foot Mountaineer Travel Trail-

er, tag-alone, 2 slides, excellent condition. Asking \$13,300. Call (251) 607-9536.

1992 Sprint 276 Pro Bass Boat Yamaha Pro V 150. Runs great, ready to fish. Asking \$4,500. Call John at (601) 737-8735 or (601) 701-5069.

HOUSEHOLD ITEMS

NEW ITEM! Sleigh Day Bed Set made out of metal comes with a beautiful ivory comforter, bed skirt, shams and matching valance. Paid \$600 will settle for \$185. Call (601) 527-2587.

NEW ITEM! Cherry Wood Twin Bed without mattress, solid with six drawers underneath. Was \$500 will sell for \$230. To request photos, call (601) 527-2587. Will also consider delivery.

Beautiful cherry wood, twin size bed w/ six drawers underneath. Purchased for \$500 about year ago. Has plastic still on original mattress. Asking \$280. Can deliver. Call (601) 527-2587.

Washer and dryer set for sale. Price \$700 or OBO. Call (601) 938-7213.

GRACO Portable Crib. Great condition. Easy setup. Folds nicely into carry bag for travel. Asking \$40. **Wood High Chair.** Great condition. Asking \$50 Call Joe at (916) 402-7908.

Oak entertainment center. Asking \$100. Call Joe at (916) 402-7908.

White Queen Bed and Frame. Asking \$175. Call (601) 513-3495.

Sofa and love seat. Dark blue microfibre material in great condition. 6 pillows included. Asking \$500 OBO.

Coffee table and end table. Asking \$120 OBO. Call (619) 512-6630.

Solid Wood Oak top white high dining room table with hideaway extension, and 4 white high top chairs. Six months old in perfect condition. \$650 call 601-513-3495.

Wrought Iron Baker's Rake for \$100 or OBO. If you would like to see a picture e-mail jason4heather@yahoo.com or call (601) 679-8372.

AUTOMOBILES, ETC.

NEW ITEM! 2001 Audi TT APT, Blue, 116k miles, manual 6 speed, 4 cylinder turbo, new tires, leather interior, heated seats, H.I.D. headlights, fog-

lights. \$7000 OBO. Call Brandon at (601) 678-9177.

NEW ITEM! 1978 Fiat Spider 124, 4cyl, 5 spd, 4 wheel disc brakes, 80K miles, biege with black convt top, luggage rack. Pictures available. Asking \$2500 OBO. Call (601) 52-6191.

2000 Toyota Sienna CE Minivan - 1 owner; 7 passenger 6 cyl., 129k miles on Mobil 1 Synthetic Oil, equipped w/cruise, CD/tape w/wheel controls, power windows/locks, AC w/rear AC & factory carpet mats. All scheduled maintenance done w/records. Michelin X Radial Tires. Call (601) 409-0513.

2006 AUDI S4, gray, GPS, Bose System, 80k miles. Asking \$19,900. Call Stephanie (210) 837-2437.

2005 Toyota Rav4 L 121k miles. Excellent condition, white with tan interior, fully loaded, cruise control and power everything. Asking \$11,500. Call (601) 480-3552 or (601) 513-2220.

2010 Toyota Highlander SUV, 4x2, 3.5l. Silver color, navigation system, backup camera, dual leather PWR/heated seats, sunroof, third row seat, multi disc, JBL premium sound, dual control air/heat system, like new condition. Asking \$28,500. Call (601) 479-9713.

'91 CHEVY Z71, Rebuilt 350, transmission and a lot more, needs interior work, great toy or work truck. Asking \$6,000 OBO. Call (601) 679-3258 or (601) 681-4280.

2005 Ford Ranger, 136k miles, 3.0 v6 with 5 speed trans, 15" Dick Cepek rims with 31x12.5 Bridgestone Revo AT, DUAL 7" touch screen DVD player with 2 Memphis 12's. Asking \$6,500 call or text (601) 781-7189.

1984 Full-Size GMC Jimmy, has 350 4-bolt main has less than 9k miles after rebuild, skyjacker lift, 35" pro comp M/T tires, electric water pump, cam, chrome, new Auburn locker in rear end, lots of performance parts. Asking \$3,000 call or text (601) 781-7189. MUST SEE! Too many extras to list.

2004 Corvette, 77k miles, LS1-5.7 Liter SFI V8-350HP, Black exterior w/torch red interior trim, transparent removable roof panel, Bose speaker and amplifier system. Asking \$19,000. Call (601) 737-4435 after 6 p.m.

MOTORCYCLES/GEAR/ATV

NEW PRICE! 2005 Harley Davidson Softail Deluxe. Low mileage (5500 miles), Asking \$15K OBO. Original owner. Stored indoors. Blue/White with chrome trim. Exceptional condition. Harley Davidson accessories: Windshield, road bars with pegs, hard leather saddle bags. Corbin custom seat with back rest. Original seat included. Pictures available upon request. Call: Bob at (334)341-1670.

2004 Honda CBR F4i 600 Many extras. Black/Red. D & D carbon, fiber exhaust. 9500 miles -- never been dropped! Excellent condition. A must see! Asking \$3,250. Call Ben at (601) 681-9921.

Leather Jacket and Chaps. Matching set. Has all the fringe for that freedom in the wind. Make yourself seen and look good doing it. Asking \$130. **Leather Chaps.** great condition. Add some protection to your riding. Asking \$50 Call Joe at (916) 402-7908.

Two motorcycle helmets. DOT approved. \$25 each. Call Joe at (916) 402-7908.

2007 Suzuki Eiger 400 ATV, 4x4, auto trans, wench, garage kept excellent condition, low miles. Also, 6x10 utility trailer with spare tire and mount. Asking \$3,000 for both. Call Jerry at 601-513-2624.

1981 Kawasaki KZ440LTD motorcycle, 22k miles. Asking \$1500. Call (601) 457-8915.

2008 Suzuki Boulevard T-50. 10600 miles, leather touring bags, floor boards, shield, various helmets, garage kept, synthetic oil since new, new tires with sale. Asking \$4,500. Call John (601) 737-8735 or (601) 701-5069.

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

HOMES/APARTMENTS

For Sale: Three bedrooms, 2 baths, family room, library, kitchen, dining room, dish washer, stove, refrigerator in the Preston area. Call (601) 513-5067.

For Sale: 2389 sq. ft. 4 BR/2BA brick home just off North Hills St on a less traveled path. Kitchen has been

nically updated and is open to the breakfast area and family room. There's a great backyard with plenty of play room. Call Carla at (601) 678-6165.

For Sale: Home located 20 minutes from NAS Meridian, 3 BR/2BA home located in the Poplar Springs school district. Home also has a finished basement with full living area, sunroom, and deck, 1 car garage and nice backyard. Must see! Call (601) 490-3905 -- great deal!

For Sale: Home in excellent Meridian neighborhood. Call Alita at (601) 513-4787.

For Sale by Owner: 3 BR/2BA, nice kitchen with breakfast nook, formal living room and dining room, 1860 sq. ft., view of main lake at private community of Dalewood Lake in Lauderdale, 2 car garage, situated on 3 beautiful fenced lots, large front porch, deck, double French door lead to back court yard. 12 miles to NAS Meridian. Can provide picture with email request to: pardisekw@yahoo.com. Call (601) 479-9713 or (601) 679-3517.

TOOLS

Gravely zero turn lawn mower. Industrial model HD (Heavy Duty), 52 inch cut with 26 hp Kohler engine. 2-5 gallon fuel tanks with 3 blades. Almost new with approximately 75 hours running time. Always keep inside, never left in the weather. Used residentially only. Paid over \$5,600 new 2 years ago. Asking \$4,500 OBO. Call (601) 513-2220.

Craftsman self-propelled lawn mower. Honda engine; bag; used very little. \$400 new, will sell for \$250. Call (601) 616-0947.

Craftsman Contractor Series Radial Arm Saw with stand, Asking \$200. Call (601) 679-9972.

Craftsman 10" compound miter saw. Works great. \$400. Call (757) 412-9411. Leave message.

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

MISCELLANEOUS

NEW ITEM! 13-year-old miniature registered stud donkey.

Absolutely adorable. Good pasture mate or pet. \$200. Call (601) 679-7649.

Girl clothes in excellent condition sizes 4T - 6 all seasons. Shoes sizes 1 -12. Great prices ranging from .50 - \$5. Coats, dresses, pants, shorts, tops, etc. Call (631) 410-3547.

Bahia Hay for sale. Weed free and horse/cow quality. 4x5 rolls, \$32 each. Call (601) 986-5334.

Beagle Puppies, 16 week old for sale, 2 male & 1 female. All shots up to date including Rabies, asking 75.00 dollar. Please call Tommie at 601-679-2866/601-880-6625/

Horse tack for sale: Black saddle cushion, \$25; Troxel Riding Helmet, \$25; Purple saddle blanket, \$25. These items were never used. Call (601) 679-7649.

One set of F2 (face forward) irons 4-9 with graphite shafts and F2 pitching, sand and lob wedges with steel shafts. Asking \$150; and **Bobby Jones Workshop Edition Driver,** \$60 -- all in like new condition. Call (601) 679-2022.

Lab Puppies -- AKC registered have first shots and ready to pick up April 1, mother and father onsite. Asking \$300 each. Call Ann at (601) 480-4134.

Wedding dress size 8 and veil for sale. If interested please call (601) 938-0182.

55x4 fenced kennel. Asking \$150. Call Tamra at (601) 479-7902.

WANTED

Need someone to babysit your child/children starting in August, Mon-Fri. Over 25 yrs of experience in child care. Please contact (601) 595-2035.

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.

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.



NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: www.cnic.navy.mil/meridian

Facility Phone Numbers

Fitness Center	679-2379	The Outpost Library	679-2609	CDG/CDH	679-2652
All Hands Pool	679-3470	Library	679-2326	SAC	679-5252
Liberty Center	679-3760	Rudder's	679-2636	SLO	679-2473
ITT	679-3773	Sandtrap Grill	679-2780	P.C. Golf Course	679-2526
McCain Rec Ctr	679-2651	Mom's Diner	679-2531	MWR Admin.	679-2551



McCain Rec Center Bowling Specials

SUNDAY
FAMILY SPECIAL, 1pm-9pm, \$20 for 22 # game including rental shoes.

MONDAY
NITTC/MATSS1 STUDENT SPECIAL, 6pm-Close.

WEDNESDAY
RCTA SPECIAL, 6pm-Close.

FRIDAY- AUGUST 31
9 Pin No-Tap Tournament, Bowl 3 games, \$15 entry fee, sign up by 6:15pm.

SATURDAY
Cosmic Bowling, 7pm-Close, regular rates.

Coming Attractions

To McCain Rec Center



August 16 • 6pm
Rated R



August 18 • 1pm
Rated PG



August 21 • 6pm
Rated R



August 23 • 6pm
Rated PG13

*Scheduled movie premieres at McCain Rec Center. Movies schedule subject to change. Admission is FREE!

Call McCain Rec Center to ask about group bowling rates when planning your next party! Call (601) 679-2651 for info.

Captain's Cup Bowling League Org. Meeting

Aug. 21, 2012 at 1600 • McCain Rec Center
For more info call (601) 679-2651.



TRIATHLON



Bike 10 miles



Run 2.5 miles



Swim 500m

September 15 • 0800 • Fitness Center

Andrew Triplett Library

Some services offered:

- Story Time Ages 3-6
- TV/Lounge Area
- NY Times Bestsellers
- Six Free Computers
- Over 20 Magazines
- Copy/Fax Service
- Daily Newspapers
- Free Wi-Fi
- Navy Reading List
- Conference Room
- Books

Wireless printing now available.

New Arrivals!

The library just received a new shipment of books for young adults.
For more info call (601) 679-2326.



Check out the selection now at the Andrew Triplett Library!

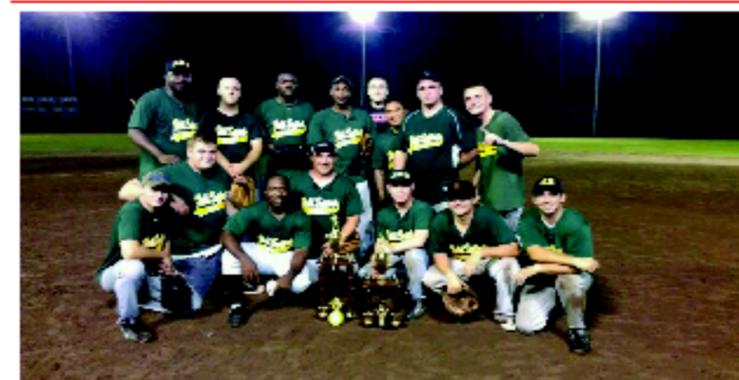
PLAYAWAY

"Fan Appreciation Night"

\$1 hot dogs, sodas and a fireworks show after the game.
M-Braves vs. Pensacola Blue Wahoos
Saturday, August 25th, 2012
Location: Jackson, MS
Game Time: 1800
Bus Departs: 1400 from Admin #255
Cost: \$10.00 per person
For more info call (601) 679-3773

Now Available!

Six Flags Over Georgia & Geyser Falls tickets now available at the ITT Office!



SOFTBALL TOURNEY KINGS

Field Support poses after recently capturing the top spot in the Captain's Cup End of Season Softball Tournament. They also placed third during the regular season. Finishing second during the EOS Tournament was Air Ops and the Shaggers from NITTC came in third.

unidentified photo

MWR Aquatics

Water Aerobics & Lap Swim

Lunch/Lap Swim takes place M-F from 11am-1pm.
Water Aerobics take place M,W,F from 12:15-1pm.

New Back to School
All Hands Pool Hours Of Operation
Mon.- Closed • Tues.- Fri.: 3pm-7pm • Sat., Sun. & Holidays: None 6pm
For more info call (601) 679-2379.

Sonny Montgomery Fitness Center Complex

Personal Trainer

Now available at the Fitness Center. Begins at 5:30am
Monday-Saturday. Call (601) 679-2379 for info.

Massage Therapy

Rates start at only \$35 for a 1/2 hour massage.
Call (601) 679-2379 today to schedule your appointment!

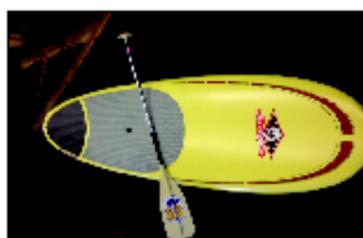
Group Exercise Schedule

Monday	Belly Dancing Class @ 11:30am	Self Defense with Dwyg @ 6pm
	Self Defense with Dwyg @ 6pm	
Tuesday	Spin with Shannon @ 11:30am	
Wednesday	Belly Dancing Class @ 11:30am	
		Thursday
		Spin with Shannon @ 11:30am
		Friday
		Belly Dancing Class @ 11:30am
		*All group exercise classes are held in Bldg. 266 and are free.

Events

- Monday- Miller Madness Monday
- Tuesday- 2 for 1 Domestic Draught
- Wednesday- Karaoke Night/ Manager's Choice \$1 Draught
- Thursday- Import & Spec. Bottled on Sale
- Saturday- MLB Game of Week
- August 17- Live DJ at Rudders

Available at The Outpost



Rent One Today!

Hours of Operation
Mon.-Sat. 9:30am-6pm
Closed Sun. & Wed.

For more information call (601) 679-2609.

Personal Property and POV Storage available at the Outpost.

For more info call (601) 679-2609.

LIBERTY

The following are events scheduled for single and unaccompanied active duty military aboard NAS Meridian. For info call (601) 679-3760.

Thursday, August 16 Watermelon Day & Seed Spitting Contest

The watermelon seed spitting contest will take place at 7pm outside of the Liberty Center and cool refreshing watermelon will be served to all at 7:00pm.

Saturday, August 18 Six Flags Trip

Get onboard with the Atlanta, GA Six Flags trip! We leave the Liberty parking lot at 0400. The cost is 300 per person. You must register & pay for the trip by Wednesday, August 15. A minimum of 20 people is needed for the trip to run - NO REFUNDS (unless the trip is cancelled).

Sunday, August 19 Water Balloon Battle

Meet outside the Liberty Center at 1800 for some cool and refreshing competition.

Tuesday, August 21 Liberty Bowl

FREE bowling for all Liberty patronage at the McCain Recreation Center from 1800 - 2030.

Thursday, August 23 Double Elimin. Pool Tourn.

The tournament begins at 1900 in the Liberty Center. No entry fee - prize awarded to the winner.

Saturday, August 25 Birthday Bash

A celebration of August birthdays! FREE cookies and soda will be provided at 1900.

Monday, August 27 Air Hockey Tournament

The tournament begins at 1900 in the Liberty Center. No entry fee - prize awarded to the winner. Register the day of the event at the Liberty Center.

Thursday, August 30 Video Game Tournament

Game time is 1900. Prize awarded to the winner. Register the day of the event at the Liberty Center.

It's Your Turn...

NAS Meridian military and civilian personnel attended Meridian Day at the Neshoba County Fair on Aug. 1 to promote the Navy/Marine Corps Team. We asked these volunteers, "What did you enjoy most about the experience?"

By MC2 Casey Kyhl and Penny Randall



ABH2 Yves Calixte
Field Support

"The food and the people. You can find a lot of things at this fair that you can't find anywhere else."



Jim Copeland
Community Planning
Liaison Officer

"I enjoyed meeting folks and all the conversations that were generated."



MA1 Michael Dozier
NAS Security

"I'm very surprised with the amount of cabins and how close they are to each other. It reminds me of my time in Europe. The homes are built very close together there also."



ABE2 Derrick Blakely
Field Support

"I've enjoyed the 'Southern Hospitality'. Everyone has come up and greeted us with such enthusiasm -- especially the kids."



Ensign Julius Bratton
VT-7 Student Pilot

"Everyone who has come up to me have acted like they've known me for years. It's refreshing to know people truly care about those who serve our country."

Fleet & Family Support Center

Learning to cage your rage, anger

By Stacey Jemison

Meridian FFSC Work & Family Life Educator

"The angry man will defeat himself in battle and in life."
- Samurai Warrior, Tokugawa era

Anger is a normal human emotion, a powerful psychological response to being offended, wronged, or denied. Anger causes physiological and biological changes – increased heart rate and blood pressure, and amplified levels of adrenalin and noradrenalin (energy hormones) – as well as cognitive and behavioral changes.

Anger can sometimes be a positive force in our lives. It can help us reach goals, solve problems, communicate with others, and handle emergencies. When mankind was more primitive, anger was nature's way of helping us defeat our enemies and survive.

However, poorly managed anger can lead to a number of negative consequences. Many physical health problems (heart issues, high blood pressure, headaches, digestive troubles) can be caused or exacerbated by anger. And many of the physical symptoms of anger (tense muscles, clenched jaw, sweaty palms, racing heartbeat, trembling or feeling shaky, upset stomach) aren't very pleasant either.

Anger also clouds our judgment and makes it hard to concentrate and make good decisions. This is because anger originates in the amygdala, often referred to as the "reptilian" part of the brain because it evolved hundreds of millions of years ago and closely resembles the entire brain of present-day reptiles. When we are out of control with rage, it's the result of the more primal amygdala overriding the rational parts of our brain, such as the prefrontal cortex.

This anger-skewed judgment can lead to many negative actions, such as abusing (either physically or verbally) those who are close to us, destruction of property, violent crimes . . . even murder. And the consequences of those actions can be severe, long-lasting, and life-altering.

According to Izzy Kalman, a leading expert on anger and bullying, the irony of anger is that angry people feel like victims but look like abusers. Anger is a response to a threat from a perceived enemy, so angry people do feel victimized. But the anger reaction (an attempt to, in turn, victimize the "abuser") actually serves to reinforce the "abuser's" action. This optical illusion in civilization can be hard to understand . . . how can a reaction cause the event that preceded it? But, in cases where the anger pattern is repetitive, the angry reaction of the "victimized" party is part of the problem.

So how do we discontinue the anger pattern and get people to stop driving us crazy? Mr. Kalman offers the following rules to help turn your enemies into friends:

RULE #1: Refuse to give others the power to get you mad. Anger is a choice, even though this can be hard to remember in the heat of the moment. But no one can MAKE you angry . . . you're doing it to yourself, and you're giving your "enemies"

a weapon to use against you, which they will continue to do. When you get angry with someone, you're treating them like an enemy, and they will respond like you're their enemy as well.

RULE #2: Treat everything people tell you as the words of your best friend (even if they sound angry and hateful). If my best friend tells me I need to rethink the dress I'm wearing, I'll have a much different reaction than if someone else nastily tells me my dress is hideous and I should burn it. Just assume that people, by being critical or insulting, are really trying to give you valuable insight and advice. This doesn't mean that you have to believe all the things they say about you – only that you're grateful for their input and you don't let it make you angry.

RULE #3: Do not be afraid. When we fear physical aggression or another person's negative emotional response to us, we put that person in a stronger position. Fear is something we feel toward enemies, not friends, and it makes it impossible to have a good relationship with that individual.

RULE #4: Do not defend yourself. Against whom do we defend ourselves, friends or enemies? Defense is just as much an act of aggression as attack, but the very nature of defense suggests that the attacker in the stronger position. If you need to explain your stance to another individual, make sure you're attempting to give them information to understand the situation (not just trying to prove them wrong).

RULE #5: Do not attack. Again, attacking is something we do to enemies, and it sets the stage for retaliation and defense.

RULE #6: If someone hurts you, just show that you are hurt; do not get angry. Easier said than done, right? Pain is much harder to show and to manage than anger, but anger just invites an angry response. If you simply admit that someone has hurt you, without the accompanying anger, they're more likely to feel sorry and/or apologize.

If all of this sounds really basic, that's because it is – anger control can be essentially reduced to The Golden Rule, "Treat others the way we want them to treat us." Of course, this means being nice to people even when they're mean to us or angry with us. Eventually, though, if we consistently practice the choice of not getting angry when others attack us, they will stop. Remember the "optical illusion" of the reaction causing the event that preceded it? It takes two people to argue or fight, and if we refuse to resort to the anger response, our attackers will have no choice but to give up.

You must be consistent in your non-angry responses, though, in order to win. Your attacker will likely redouble his/her efforts to make you mad when they see it isn't working anymore. But eventually, like a gambler playing a slot machine that never pays out, your attacker will have to quit or find another way to try to communicate with you.

If you'd like to learn more about controlling anger or practice the techniques mentioned here, please contact the FFSC at 601-679-2360 to find out about anger management workshops or individual counseling.



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.

Developing Your Spending Plan: Aug. 20 from 2:30-3:30 p.m. Come to this workshop to learn about the importance of developing financial goals and having a written plan to help you make your goals a reality. Using the Financial Planning Worksheet, a comprehensive financial planning tool, you will learn how to measure your wealth by calculating net worth, account for all of your income, document living expenses, and detail your indebtedness. You will also learn easy ways to improve your cash flow, reduce unnecessary living expenses and pay off debt, and know where to go for help!

Controlling Anger: Aug. 22 from 9-10 a.m. or Aug. 28 from 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.

Resumé Clinic: Aug. 23 from 2-4 p.m. This workshop will review the basic types of resumé, discuss which types of resumé are appropriate for different job seekers, and what information should be included. It will also cover the essential elements of cover letters to use in conjunction with the resumé, and how to market a resumé effectively in the current job market. Bring your current resumé if you have one, or come prepared to start a new one!

Stress Management: Sept. 4 from 2-3 p.m. or Sept. 19 from 10-11 a.m. Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental and physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress better.

Raising Financially Fit Kids: Sept. 5 from 3-4 p.m. (Held at CDC) This program, designed for parents of children of all ages, will teach parents how to explore their own financial habits and skills and learn techniques to teach their children sound financial management skills.

Welcome Aboard: Sept. 6 from 8 a.m.-2 p.m. FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, medical/dental, Exceptional Family Member Program, TRICARE, vehicle registration, on-and-off-base driving regulations, legal services, community service, chapel and other area religious services, MWR, things to do at NAS and in Meridian, School Liaison Program, and more!

Command Financial Specialist (CFS) Training: Sept. 10-14 from 8 a.m.-4:30 p.m. Each command with at least 25 active duty service members is asked – in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 – to select individuals to attend CFS Training. Commands are required to maintain a ratio of one CFS to every 75 active duty personnel.

WAVES turn the tides of military gender segregation

By MC1 (AW) Tim Comerford

Naval History and Heritage Command Public Affairs

WASHINGTON (NNS) -- It was July 30, 1942 - 70 years ago - that the U.S. government realized the need for women to take their place beside their male counterparts in the Navy.

It is difficult to imagine what life was like in America in 1942: Walking was still the primary means of transportation, only a little more than half of residences had indoor plumbing, male life expectancy was 60 years old and females 68 years old, and the rationing of every resource, including food, metal and energy sources, was the norm.

President Franklin Roosevelt signed Public Law 689, July 30, 1942, creating the Women's Naval Reserve commonly known as Women Accepted for Volunteer Emergency Service (WAVES).

"With the war imminent, members of Congress and the services started to prepare for what was likely to happen," said Regina T. Akers (PhD), a historian for Naval History and Heritage Command (NHHC) whose doctoral thesis was on the impact of the WAVES. "It had become evident to the War Department (who preceded the Department of Defense) that they would not have enough people to do all the jobs that might be required."

Though the Army was the first to accept women into their ranks, Akers saw this as an advantage. The Navy was able to learn from the Army's experiences.

"The secretary of the Navy put his foot down and said, 'Look, we are not going to do what the Army did. We are not going to have these women as an auxiliary. They are going to have access to information and we want to be able to use them in any way we can,'" explained Akers. Mildred McAfee, resident of Wellesley College, was sworn in as a Naval Reserve Lieutenant Commander becoming the first female officer and was selected to become assistant chief of naval personnel for women. McAfee was given the charge of the female Sailors and unlike World War I where they were relegated to nurses or yeomen (a clerical job), the women could now choose a wider variety of jobs.

"There wasn't a piece of mail processed that wasn't touched by WAVES, few pilots were trained without interacting with WAVES. About one third of the women served in the aviation community and had integrated training, which was unheard of before then," Akers said. She explained that the changes were due to Joy Bright Hancock, a former WWI Yeoman F (female yeoman) who worked in the Bureau of Aeronautics after WWI. Hancock was commissioned during World War II by McAfee and worked her way up to becoming the WAVES director in 1946 and a captain.

According to Akers, the WAVES had other gender non-traditional Navy jobs such as in intelligence, as pilots, dentists and lawyers. Male Sailors started to resent the impact the females hard work had on their jobs.

"WAVES did so well in certain ratings

they could come and do the job of two or three males," Akers said.

Despite the misgivings of male Sailors and that of Congress, the WAVES impressed many.

"One of the best compliments, McAfee often remarked, was the repeated demand for the WAVES. In some ratings they couldn't keep enough of them," Akers said. "They volunteered to serve knowing they would be in service for the duration of the war and six months after. They didn't know what the war's duration was going to be. But they took the oath and they served with great distinction."

And that distinction won over many of their former detractors.

"Even before the war was over, some of those congressmen that were so against having women in the military and opponents in the War Department and the Navy Department were considering having a permanent place for these women. Why? Because of the incredible contributions these women made," Akers said.

By the end of World War II, the WAVES had become a large part of the Navy, numbering more than 8,000 officers and 80,000 enlisted Sailors and leaving an indelible mark on the history of the U.S. Navy. Currently, the Navy employs more than 52,000 active duty women in a total force of 321,000.

The courage and sacrifices of the WAVES contributed to the U.S. victory in 1945.

"I have the greatest admiration and respect for these first-ever pioneers. I have

met some of these remarkable women, most recently at our March 2012 Sea Service Leadership Association, Joint Women's Leadership Symposium, and they are still going strong and setting the example," Vice Adm. Carol Pottenger, the Navy's senior-most female Sailor, said. "Our Navy today would not be the same without their sacrifices and commitment to service - they make me proud to put on my uniform every day."

Pottenger, a commissioned naval officer since 1977, is currently the Deputy Chief of Staff for Capability and Development, at North American Treaty Organization (NATO) Supreme Allied Commander Transformation.

From the days of having only one captain in the Navy, to now having 35 female active duty and reserve admirals and 143 master chiefs across the diverse communities, Akers believes the WAVES would be impressed with the progress of today's female Sailors.

"This is an unprecedented era," Akers explained. "I don't think the WAVES could imagine what the women in the Navy are doing today - the wide variety of duties and the types of positions that they are in. I think if those women that served during WWII could see and fully understand the female Sailors of today, they would be proud and amazed."

For more information on the WAVES visit <http://www.history.navy.mil/special%20highlights/women/Women-index.htm>.

F-35 completes first airborne weapons separation

By Victor Chen

F-35 Integrated Test Force Public Affairs

PATUXENT RIVER, Md. (NNS) -- The F-35 Lightning II accomplished a significant test milestone Aug. 8 when the aircraft successfully released a weapon in flight.

BF-3, a short take-off and vertical landing F-35 variant, executed an inert 1,000-pound GBU-32 Joint Direct Attack Munition (JDAM) separation weapon over water in an Atlantic test range while traveling at 400 knots at an altitude of 4,200 feet.

"While this weapons separation test is just one event in a series of hundreds of flights and thousands of test points that we are executing this year, it does represent a significant entry into a new phase of testing for the F-35 program," said Navy Capt. Erik Etz, director of test for F-35 naval variants. "Today's release of a JDAM was the result of extraordinary effort by our team of maintainers, engineers, pilots and others who consistently work long hours to deliver F-35 warfighting capability to the U.S. services and our international partners."

The release was the first time for any version of the F-35 to conduct an airborne weapon separation, as well as the first from an internal weapons bay for a fighter aircraft designated for the U.S. Marine Corps, the United Kingdom and Italy.



Photo courtesy of Lockheed Martin/Andy Wolfe

F-35B test aircraft BF-3, flown by Lockheed Martin test pilot Dan Levin, completed the first aerial weapons release for any variant of the aircraft. BF-3 dropped an inert 1,000-pound GBU-32 Joint Direct Attack Munition over an Atlantic Ocean test range from an internal weapons bay. The F-35B is the variant of the Joint Strike Fighter designed for use by U.S. Marine Corps, as well as F-35 international partners in the United Kingdom and Italy. The F-35B is capable of short take-offs and vertical landings to enable air power projection from amphibious ships, ski-jump aircraft carriers and expeditionary airfields. The F-35B is undergoing test and evaluation at NAS Patuxent River, Md., and Edwards Air Force Base, Calif., before delivery to the fleet.

The milestone marks the start of validating the F-35's capability to employ precision weapons and allow pilots to engage the enemy on the ground and in the air.

"[Using an internal weapons bay] speaks to how much capability the JSF is going to bring to the troops," said Dan Levin, Lockheed Martin test pilot for the mission.

"Stealth, fifth-generation avionics and precision weapons ... coupled with the flexible mission capability of the short take-off and vertical landing F-35B is going to be huge for our warfighters."

An aerial weapons separation test checks for proper release of the weapon from its carriage system and trajectory away from the aircraft. It is the culmination of a significant number of prerequisite tests, including ground fit checks, ground pit drops and aerial captive carriage and environment flights to ensure the system is working properly before expanding the test envelope in the air.

Aircraft and land-based test monitoring systems collected data from the successful separation, which is in review at the F-35 integrated test force at Naval Air Station Patuxent River.

The F-35B is the variant of the Joint Strike Fighter designed for use by U.S. Marine Corps, as well as F-35 international partners in the United Kingdom and Italy. The F-35B is capable of short take-offs and vertical landings to enable air power projection from amphibious ships, ski-jump aircraft carriers and expeditionary airfields. The F-35B is undergoing test and evaluation at NAS Patuxent River, Md., and Edwards Air Force Base, Calif., prior to delivery to the fleet.

Truman CO makes final flight in VT-9 Goshawk jet

By MC3 Jonnie Hobby

USS Harry S. Truman Public Affairs

USS HARRY S. TRUMAN, At Sea (NNS) -- The commanding officer of the aircraft carrier USS Harry S. Truman (CVN 75), took to the skies in a T-45C Goshawk Aug. 6.

Capt. Dee L. Mewbourne completed four launches and recoveries as part of his final underway aboard Truman.

Although he is an aviator, Mewbourne said that commanding officers only get to fly circumstantially due to their busy schedules.

"It's a special opportunity we're given," Mewbourne said. "We get to sample what we sell and make sure the flight operations we're conducting are safe and effective. We get a chance to see our people in action. I think it's also good for morale when the crew gets to see their captain fly."

Mewbourne assumed command of Truman in November 2011 during the ship's docking planned incremental availability (DPIA). When Truman left

the yards, it supported flight deck certification and carrier qualifications by hosting squadrons from Carrier Air Wings 3 and 8.

Mewbourne said he was glad to be able to see Truman from the air in an operational environment.

"It felt great to see Truman in action. I felt an immense sense of pride in the ship and crew," said Mewbourne. "When I came here, I knew my mission was to get Truman back to sea. As I saw the carrier doing what it's designed to do, I felt close to accomplishing my mission."

Mewbourne flew the T-45C training aircraft assigned to the "Tigers" of training squadron (VT) 9 while they were embarked on Truman conducting carrier qualifications.

Mewbourne, who was designated a Naval flight officer in December 1983, has accumulated more than 3,500 total flight hours in 47 different types of aircraft and more than 1,000 arrested landings on 12 carrier decks.

"We are Naval aviators and we still love to be part of that business because



Photo by MC3 Donald R. White Jr.

Capt. Dee L. Mewbourne, commanding officer of the aircraft carrier USS Harry S. Truman (CVN 75), and Lt. Larry Tarver, Truman's aircraft handler, speak in flight deck control. Harry S. Truman is currently underway conducting carrier qualifications.

our hearts are in the air," said Mewbourne. "I've been very blessed in my 30-year career to be part of Naval aviation. Whether I landed on one carrier or 12,

it's a distinct honor and privilege." Mewbourne is scheduled to turnover command of Truman to Capt. S. Robert Roth Aug. 16, 2012.

Norfolk firefighting school turns up heat during live exercise

By MC3 Molly Anne Greendeer

Navy Public Affairs Support Element East

NORFOLK, Va. (NNS) -- The Norfolk Farrier Fire Fighting School is nearing the end of its annual Damage Control Assistant/Senior Enlisted (DCA/SE) course for 16 international students as they began a live-firefighting exercise Aug. 8.

The seven-week course is designed to teach national and international sailors how to identify and combat shipboard damages. This particular course was an identical DCA/SE course that is offered at the Surface Warfare Officers School (SWOS) Command in Norfolk.

Sailors from the Colombian, Republic of Korea, Republic of Singapore, Lithuanian Naval Force and Royal Saudi navies attended the course.

Each year, navies from around the world have the opportunity to send officers and senior enlisted to the course where damage control personnel learn how the U.S. Navy prepares for and deals with shipboard damage.

"We do this course annually to teach them what our DCAs do on ships here," said Chief Damage Controlman Michael Lewis, one of the course instructors. "We talk to them and teach them what we do and they give us input on how they would handle the same situations."

Chief Damage Controlman Melvin Smith, an instructor at the school encourages all allied navies to take the course and learn as much as they can about the U.S. Navy's techniques and to share its methods to become more efficient in damage control efforts.

"It's important to stay relevant," said Smith. "We continually upgrade our tech-



Photo by MC3 Molly Anne Greendeer

A group of international sailors extinguish a fire during a firefighting training exercise at the Norfolk Farrier Firefighting School. The school hosts an annual week-long multinational firefighting and damage control training course for foreign and national personnel.

niques and take what we learn from our international students to provide the best damage control training possible."

"All the students come here with knowledge of what damage control is all about," said Lewis. "Because they already know the basic language of damage control, it makes it easier

for us to communicate and demonstrate our damage control techniques."

Students have the opportunity to use their own navy's firefighting techniques while learning new techniques during a firefighting and wet trainer, which are designed to simulate real-life situations.

"We put them in situations and we put pressure on them to see what kind of decisions they are going to make, because damage control is all about how quickly you assess the damage and make decisions," said Damage Controlman 1st Class Paul Andersen. "We want to know how they would prioritize the damages and balance their resources."

Colombian Senior Chief Damage Controlman German Castilla-Castillo said he was amazed at the size and realism of the live firefighting facilities.

"We have never fought fires on a big scale like this," said Castilla-Castillo. "The time and effort put into the training exercises better prepare myself and those who work under me."

Smith said it is important to ensure that all demonstrations and courses emphasize safety of students and service members and hopes the students go on to supervise after returning to their home country.

"Safety is paramount," said Smith. "Before the students put their hands on any equipment or run through any training exercise, we do a safety brief. We want to make sure they are prepared for any situation."

The course stresses that safety is just as important when they return to their ships as every ship is at risk of encountering a dangerous situation.

"Damage control is an international concern," said Damage Controlman 1st Class Scott Cheesbrough. "No matter what ship you are on and no matter what country you are from, ultimately those ships go in harm's way."

The students will graduate from the course Aug. 16.

Meridian training pilots qualify aboard Truman

By MCSN Lorenzo J. Bureson

USS Harry S. Truman Public Affairs

USS HARRY S. TRUMAN, At Sea (NNS) -- Sailors and Marines from pilot training squadrons (VT) embarked the aircraft carrier USS Harry S. Truman (CVN 75) to begin carrier qualifications Aug. 3.

Junior pilots from the Eagles of VT-7, the Tigers of VT-9, Redhawks of VT-21 and the Golden Eagles of VT-22 are required to complete four touch-and-gos and 10 arrested landings in the T-45C Goshawk, a Navy tactical jet trainer.

"This is the final step for the student pilots before they are fleet-ready aviators," said Lt. Cody A. Dowd, instructor in VT-

22. "In this testing phase, we grade the young pilots' abilities to take-off, land and maneuver around an aircraft carrier."

Dowd said the pilots must prove they are proficient in performing flight and landing procedures.

"Instructors will also train pilots to respond to signals, identify errors, and taxi aircraft. The pilots are closer to flying more advanced aircraft once they have shown the ability to perform the requirements."

Dowd said these are the training pilots' first carrier landings. Prior to embarking Truman, all the pilots' aviation training has been land-based.

"Landing on an aircraft carrier in the middle of the ocean is diffi-

cult to replicate when ashore," said Dowd. "The most challenging aspect is keeping your nerve. It is important for the pilots to trust their abilities and remember they have to train for this their entire careers."

Approximately 550 total arrested landings must be achieved during the training pilots' qualification, said Cmdr. Paul Crump, Truman's air officer. With so many, keeping the pilots and flight deck crew safe is a major focus.

"Safety is always the number one priority," said Crump. "To ensure safe practices, the students will only perform daytime flight operations."

Truman is doing its part to help qualify Sailors, said Crump.



Photo by MC2 Mick DiMestico

A flight deck shooter signals for the launch of a T-45 C Goshawk training aircraft attached to the Tigers of Training Squadron (VT) 9 aboard the aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman is underway conducting carrier qualifications.

"Truman is making sure we add 38 new qualified aviators to the fleet," said Crump. "It's all about providing services to training command and ensuring they complete their mission."