

# THE SKYLINE



Volume 49, Number 20

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

September 29, 2011

## On Base...

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

✓ **Ponta Creek Golf Course** hosts the 2011 Club Championship on Oct. 13-15 ~ 36 Holes \$35 per person. The Senior Two Person Scramble will be Oct. 18 ~ 27 Holes. For more information and to register for these events, call the Pro Shop at (601) 679-2526.

✓ **Karaoke Night** is every Wednesday at Rudders.

✓ **Upcoming Safety Classes**  
 Oct. 3: AAA  
 Oct. 4-5: Basic Rider Course  
 Oct. 6: Experienced Rider Course  
 Oct. 7: Sport Bike Rider Course  
 These classes are available for registration in ESAMS. For information, call Jerry Snow at (601) 679-3756

✓ **Marine Ball set for Nov. 5 at Silver Star Convention Center at the Pearl River Resort in Philadelphia.**  
 Tickets are:  
 E1-E2: \$20  
 E3: \$25  
 E4-E5: \$30  
 E6-E7: \$35  
 E8 & Above: \$40  
 Civilians: \$45  
 Social hour: 5 p.m.  
 Ceremony: 6 p.m.  
 For tickets, call Staff Sgt. Darryl Coleman at (601) 679-2913 or Cpl. Steven Emond at (601) 679-2792. (Deadline to purchase tickets is Oct. 30)

## A Day in Naval History

**September 30**  
 1946: U.S. Government announces that U.S. Navy units would be permanently stationed in the Mediterranean to carry out American policy and diplomacy.  
 1958: Marines leave Lebanon.  
 1959: Last flight of airships assigned to the Naval Air Reserve at Lakehurst, N.J. takes place.  
 1968: Battleship New Jersey arrives off Vietnam.

**October 1**  
 1880: John Phillip Sousa becomes leader of Marine Corps Band.  
 1979: President Jimmy Carter awards the Congressional Space Medal of Honor to former naval aviators Neil Armstrong, Capt. Charles Conrad Jr., USN (Ret.); COL John Glenn, USMC (Ret.); and RADM Alan Shepard Jr., USN (Ret.).

**October 6**  
 1884: Department of the Navy establishes the Naval War College at Newport, R.I. (General Order 325).

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

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

## 'Don't Ask, Don't Tell' repealed

WASHINGTON (NNS) -- Chief of Naval Operations, Adm. Gary Roughead, announced to the Fleet Sept. 20 repeal of the 18-year old statute known as "Don't Ask, Don't Tell," allowing gay, lesbian, and bisexual service members to begin serving openly.

NAVADMIN 271/11 is the 15th message in a series informing leadership and Sailors as the Navy moved through planning and training towards the repeal. In this message, CNO explained to the Fleet how this significant policy change will be effectively implemented through command leadership and adherence

to Navy's core values.

"I have been impressed with our training, detailed preparation, demonstrated professionalism, and decency of our Navy as we prepared for repeal. You have supported the process admirably and treated all your shipmates with dignity and respect. Thank you for how you have conducted this transition," said Roughead. "I know your superb professionalism will continue in the post repeal environment as our Navy continues to be a positive, inclusive environment for all."

Immediately following that message

NAVADMIN 272/11, offered further policy guidance regarding the repeal. The message explained that sexual orientation or lawful acts of homosexual conduct will not be considered as a bar to military service or admission to service academies, ROTC or any other accession program. Accordingly, Sailors who were discharged solely under "Don't Ask, Don't Tell" may apply to reenter the Navy and can expect to be evaluated according to the same criteria and service requirements applicable to all prior-service members seeking reenry.

• **Don't Ask, page 7**

## 'Permission to enter the mess'

### Southeast Region CMC guest at Meridian CPO ceremony

By Penny Randall  
 Editor

Navy Region Southeast Command Master Chief (CMDM) Herbert "Mack" Ellis was the guest speaker at Naval Air Station Meridian's Chief Petty Officer Pinning Ceremony on Sept. 16.

CMDM Ellis, who assumed his duties as the region command master chief in April, congratulated the new chiefs.

"This day is significant because it brings new blood into our chief's mess," said CMDM Ellis who completed his chief petty officer initiation 12 years ago.

"Besides boot camp, I believe there is no other day you are going to remember more in your Navy career than the day you make chief petty officer," said Ellis who made his first visit to NAS Meridian for the pinning ceremony. "You see the faces of everyone who has helped your career and the pride of your family. This day is priceless."

CMDM Ellis also challenged the new chiefs.

"I ask you now to be more

mindful of the Sailors in our Navy," Ellis said. "You will be asked to do more than ever before. With these anchors, comes great privilege. The young Sailors that you mentor will not know if you've worn the anchors for 10 minutes or 10 years – they will look to you the same."

During the ceremony Ellis honored the families of the new selectees and asked them to stand for a round of applause.

"Today is a day of celebration," Ellis said. "Nothing is more important in the Navy than family, so thank you, families, for your selfless support of these sons, fathers, husbands and brothers."

During the ceremony on board NAS Meridian, five new chief petty officers were promoted and they included: Hospital Corpsman (SW) Thomas Wolff, Personnel Specialist (SCW/EXW) Darien Johnson, Air Traffic Controller (AW) Dwayne Hinson, Air Traffic Controller (AW/SW) William Nolan and Hull Maintenance Technician Norvel King. Hospital Corpsman



Photo by MC2 Flordeliz Valerio

**Navy Region Southeast Command Master Chief (CMDM) Mack Ellis congratulates Hospital Corpsman Chief (SW) Thomas Wolff just moments after the Chief Petty Officer Pinning Ceremony on board Naval Air Station Meridian, Miss., on Sept. 16. CMDM Ellis, who assumed his duties as the region command master chief in April, was the guest speaker for the event.**

(SW/AW) Robert Spahr was pinned in Guantanamo Bay Cuba where he is completely an Individual Augmentee tour. HMC (SW) Thomas Jay Wolff was carrying on a family tradition today.

"My father is a retired senior chief, and I will have his anchors

placed on my collar today," said Wolff moments before the ceremony started. "I've worked hard for this, and it's a very special day for me and my family."

Wolff has served 18 years in the U.S. Navy and is currently stationed at Meridian's Naval

• **Chief, page 7**

## Bone Marrow Drive was success

By MC2(AW/SW) Flordeliz Valerio  
 Staff Writer

Sailors and civilians on board Naval Air Station Meridian took time to do something for a very worthy cause recently.

Naval Branch Health Clinic (NBHC) Meridian sponsored its first bone marrow donor registration drive Sept. 12-16 with Hospital Corpsman 3rd Class Justin Arnold spearheaded the event.

"We collected 120 potential donors from around the base to include both Marine Aviation Training Support Squadron One, Naval Technical Training schools, housing resident in Balfour Beatty Communities and several walk-ins to the clinic," Arnold who partnered with the C.W. Bill Young Department of Defense

Bone Marrow Donor Program to conduct the program.

"As far as reaching our goal, I am pleased that we were able to collect as many as we did, but there are hundreds of possible matches out there yet to be registered."

Arnold developed the program with the support from his command and colleagues who volunteered from NBHC Meridian because of a need for bone marrow matches. He said several of his family members have gotten sick including his grandfather who died of cancer.

"One match can change the lives of not just one person but of many," he said. "Families are destroyed by untimely deaths every day, so why not try to save some."

• **Drive, page 9**



Photo by MC2 Flordeliz Valerio

**Naval Branch Health Clinic (NBHC) Laboratory Technician Hospital Corpsman 3rd Class Justin Arnold uses an oral swab to take a Human Leukocyte Antigen sample from radiology technician Hospital Corpsman 2nd Class John Kippes for the DoD Bone Marrow donor program at clinic on board NAS Meridian, Sept. 12. The week-long bone marrow registry drive was hosted by NBHC Meridian. The goal is to enhance the database of potential donors, increasing the chances of a match when someone is in need.**

## Sonny Montgomery Fitness Center opens!



Photo by MC2 Flordeliz Valerio

NAS Meridian MWR Director Chad Baldwin joins Fitness Center Coordinator Beth Brown, NAS Meridian Commanding Officer Capt. Charles C. Moore II and Sports Coordinator Alan Winningham at the ribbon cutting to officially open the newly renovated Sonny Montgomery Fitness Center on board NAS Meridian, Sept. 23.

The Fitness Center was designed specifically to support the base PRT Program and to accommodate fitness/aquatic and sports options for active duty, retirees, dependents and eligible civilian workforce. F&T Joint Venture was awarded the contract to complete the renovation.

The renovation included a 4,000 square foot bath house with 25m-eight lane swimming pool; 2,100 square foot cardio room addition to the Fitness Center; two racquetball courts; new tennis courts and lighting system; new 1/4 mile running track; refinishing

• **Fitness, page 9**

## Look Inside



~ Page 3 ~  
 Medal of Honor given to Marine Sergeant



~ Page 3 ~  
 Quitman student receives \$5,000 savings bond from NEX-COM



~ Page 7 ~  
 ITT Office has Talladega 500 tickets on sale



~ Page 10 ~  
 USS Constitution recognizes new chiefs underway

## Photo of the Week



Photo by MC2 Flordeliz Valerio

**Morale, Welfare and Recreation (MWR) Meridian director Chad Baldwin, MWR golf course/food and beverage manager Dave Atkins and NAS Meridian commanding officer Capt. Charles Moore II cut the ribbon re-opening Rudders Pub during a ceremony on board NAS Meridian, Sept. 16. The \$180,000 project included a new bar, laminate wood floor, new bar equipment, 4-door glass front merchandiser cooler, walls painted and accented with bead board, new ceiling tiles, accent lighting, new soda delivery system, video and security cameras installed, TVs and new photos throughout facility.**

## Area Happenings

### OCTOBER

- 1:** Jeremy Camp in concert with Francesca Battistelli and Adam Cappa at 7 p.m. at the Evangle Temple, 3611 Highway 145, Meridian. Tickets are: \$25, general admission or \$75 for VIP access. Tickets Available at the Bible Bookstore in Meridian (601) 693-5966, online at iTickets.com or order by phone by calling (800) 965-9324.
- 1:** Queen City Race for Life High Heel Dash and 5K Run at Dumont Plaza in Downtown Meridian. Time: 8 a.m.-3 p.m. For information, call Cindy Kane at (601) 513-7743 or (601) 483-9362.
- 2:** The Riley Center presents country music group Little Big Town in concert at 6 p.m. at the MSU Riley Center, 2200 5th Street, downtown Meridian. Tickets are \$58 & \$52. For information, call the box office at (601) 696-2200 or visit [www.msurileycenter.com](http://www.msurileycenter.com).
- 4:** "The Musical Tale of Peter Rabbit" is presented at 7 p.m. as part of Meridian Community College's Arts and Letter Series in McCain Theatre, 910 Hwy 19 North. For information, call (601) 484-8696.
- 6-12:** Meridian Little Theatre presents "The Best Little Whorehouse in Texas" at the Highway 39 North Playhouse. Curtain at 7:30 p.m. each night, except Sunday matinee at 2 p.m. No performance on Monday. For information, call (601) 482-6371 or go to [www.meridianlittletheatre.com](http://www.meridianlittletheatre.com).
- 8:** 59 TWENTY Music Festival at Singing Brakeman Park in downtown Meridian from 10 a.m.-11 p.m. Musical groups include North Mississippi Allstars, Sonny Landreth, Lightin' Malcolm, Cheryl Luquire, Wes Lee, Cary Hudson, Lost in Lodi, Highway 39, All For You, No Requests, Self Made Fools, Mousai and the Trey Hawkins Band. Tickets are \$25 in advance and \$30 at the gate. Children 12 and under are free. For more information, call (601) 527-5674. Buy tickets online at [www.xorbia.com/tickets/59TWENTY](http://www.xorbia.com/tickets/59TWENTY). Proceeds will benefit Care Lodge Domestic Abuse Shelter in Meridian.
- 8:** The Riley Center presents Patty Griffin in concert. Pre-show at 6 p.m., concert at 7:30 p.m. at 2200 Fifth Street, in downtown Meridian. Ticket prices are \$42 & \$36. For information, call the box office at (601) 696-2200 or go to: [www.msurileycenter.com](http://www.msurileycenter.com).
- 20:** The Riley Center presents Mary Chapin Carpenter in concert. Pre-show at 6 p.m., concert at 7:30 p.m. Ticket prices are \$58 & \$52. For information, call the box office at (601) 696-2200 or go to: [www.msurileycenter.com](http://www.msurileycenter.com).
- 20:** Meridian Community College's Arts and Letter Series presents Little Big Band with Carey Smith at 7 p.m. at the college, 910 Highway 19 North. For information and tickets, call (601) 484-8696.
- 22:** Boo Run - 5k Run sponsored by the State Games of Mississippi. Mini-Boo Run for ages 12 and under starts at 9:30 a.m. and Boo Run starts at 10:45 a.m. at Bonita Lakes Park. Cost: \$20. For information: [www.stategamesofms.org](http://www.stategamesofms.org).
- 28:** The Riley Center presents Point of Grace with special guest Jason Castro at 7:30 p.m. Ticket prices are \$34 & \$28. For information, call the box office at (601) 696-2200 or go to: [www.msurileycenter.com](http://www.msurileycenter.com).
- 29:** Meridian Little Theatre Guild will hold a Book Fair and Baby Boutique Sale from 9 a.m.-3 p.m. at the Meridian Little Theatre on Highway 39 North. For information, call (601) 482-6371.

## NAS Meridian hangar receives \$6.8 million repair

Naval Facilities Engineering Command (NAVFAC) Southeast awarded a \$6.8 million contract Sept. 19 to The American Contractor and Technology, Inc., a small business out of Pensacola, Fla. for work to be done at Naval Air Station Meridian, Miss.

The work to be performed will provide for hangar repair and paraloft relocation.

"The HVAC system upgrade and demolition of five buildings will reduce NAS Meridian's footprint by 21,000 square feet, directly enhancing the station's ability to sustain warfighter readiness through improved efficiency and more effective processes, all while saving valuable energy dollars," said Capt. Chris Moore, commanding officer, NAS Meridian.

This project will provide architectural, mechanical, and electrical repairs to the Hangar (Building #2), consolidate various maintenance shops, and demolish vacated associated shop buildings 151, 223, 422, 166, and 445 for a total footprint reduction of approximately 21,000 square feet.

Architectural repair work includes modification of existing first floor shop areas for consolidation of aircraft maintenance shops, replacement of deteriorated 2nd floor interior wall finishes, ceilings, carpet, doors, renovation of 2nd floor bathrooms, exterior painting, and door repairs.

Mechanical repair work includes replacement of heating, ventilation, air-conditioning systems, replacement of old pneumatic HVAC control system and replacement of second floor bathroom fixtures.

In 2009, Navy leadership at shore installation commands were asked to continually identify, describe and reduce Navy total ownership costs, divest excess and underutilized infrastructure, and establish the optimal Navy shore footprint. This will improve the effectiveness and efficiency of services delivered by standardizing, aligning, synchronizing, and innovating processes, resources, and systems.

"As the Navy continues to right size, resulting in needed consolidation of missions and facilities, older structures that are not being used effectively continue to cost us money to maintain," said Lt. Cmdr. Lance Coe, public works officer, Public Works Department Meridian. "The Navy's initiatives to routinely evaluate the use of our facilities, demo unused buildings, and still meet the needs of the installation will show immediate savings."

The facility will be Leadership in Energy and Environmental Design (LEED) certified.

The project is expected to be completed by November 2013.

-- From Naval Facilities Engineering Command, Southeast Public Affairs Office

## NBHC Meridian, FFSC team up for National Depression Screening Day

Naval Branch Health Clinic Meridian and the Fleet and Family Support Center invite service members, their families, as well as civilian employees working at NAS Meridian to participate in National Depression Screening Day on Oct. 6, from 7:30 a.m.-3:30 p.m.

Both the NBHC and the Fleet and Family Support Center will have pen and paper screening tools available for those interested in the process.

In addition, the Clinic has established a screening Web site where anyone may take an anonymous online screening for depression, bipolar disorder, generalized anxiety disorder, Alcohol Abuse/Dependence, Posttraumatic Stress Disorder (PTSD), and for parents of adolescents, a brief screen for adolescent depression.

The adolescent brief screener is for parents to complete, based on their observations of their teen.

While the online measure is completely anonymous, the onsite paper-based screening must be scored and reviewed by a clinician. After a review,

the reviewing clinician will make a recommendation to you with respect to potential need for treatment. No personal identifiable information will be collected during the in-person screen or online screening. In addition, no one will know the results of your individual screening. That is viewed only by you, and in the case of a face-to-face review, by the reviewing clinician.

In addition, personnel may complete the screening online at any time at the following Web site address: <https://www.militarymentalhealth.org/Meridian>.

There are exceptions to confidentiality. If you reveal that you are contemplating self-harm or harming someone else, we must take precautions to prevent those behaviors. Further, if you were to disclose abuse or neglect of a child or senior adult, we are mandated to disclose such conduct. This is true in any health care setting, not just during this screening.

For further information, please see attachment or call 679-2240 or 679-2360.

## TRICARE instructions for behavioral health care situations

Many people are reluctant to seek behavioral health care because they're afraid a "stigma" surrounds behavioral health problems.

Too often, a person fails to reach out for help until he or she is in the midst of a crisis. Our military leadership recognizes the need for addressing behavioral health care issues for men and women in uniform, their families, and retirees.

If you feel as though you or a close family member needs help right now, don't wait until the situation worsens. Here's what you should do.

If an emergency, go directly to the closest emergency care or psychiatric health care facility. An emergency means that the physical well-being of an individual or those around him or her is at risk. In the U.S., you can call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or TTY: 1-800-799-4889. This hotline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. You will be routed to the closest possible crisis center in your area. Your call is free and confidential.

Veterans living in the U.S. may call 1-800-273-TALK (1-800-273-8255)

and press "1" to reach the Department of Veterans Affairs (VA) hotline. This line is staffed by behavioral health professionals who work closely with local VA behavioral health care providers. This number is not free of charge if dialed from outside the U.S.

Active duty service members (ADSMs) must receive behavioral health care services at an MTF when available. TRICARE Prime Remote (TPR) ADSMs can receive civilian behavioral health care with a prior authorization. All other ADSMs must have a referral from their PCM and prior authorization from ValueOptions to seek behavioral health care services from a civilian network or non-network provider.

Other beneficiaries do not need a referral from their Primary Care Manager (PCM) in order to access mental/behavioral health benefits. Beneficiaries may see the provider selected for up to eight visits in a fiscal year. If additional visits are required after the initial eight, the provider must contact ValueOptions to obtain authorization. However, if a beneficiary seeks care from a licensed mental health counselor (LMHC), a licensed pro-

fessional counselor (LPC), or a pastoral counselor, TRICARE policy requires a physician referral before the initial evaluation and continued oversight throughout treatment, in order for the claim to be cost shared.

Psychological testing is not part of the eight unmanaged visits and therefore, preauthorization is required.

Preauthorization of all inpatient care is required. However, in an emergency, beneficiaries are directed to go to the nearest emergency room. Ask a family member or someone at the hospital to call ValueOptions within 24 hours to avoid benefit penalties.

Retirees and their family members enrolled in Prime will have a medical copayment of \$12 for medication management and psychological testing services.

Resources: Mental Health and Behavior Web page at [www.tricare.mil](http://www.tricare.mil), your regional contractor at TRICARE South Behavioral Health 1-800-700-8646 for information/assistance regarding benefits, authorizations, selecting a network mental/behavioral health provider, or [www.humana-military.com](http://www.humana-military.com).

### Court Martial

"During a general court martial on board NAS Jacksonville, a petty officer first class (PO1) pled guilty on Sept. 9 to child molestation and possession of child pornography. The Military Judge sentenced him to 52 years confinement, reduction in rate to E-1 and a dishonorable discharge. A pre-trial agreement limited confinement to 25 years. The PO1 is expected to serve about 19-22 years, with good time. Once released, he will be required to register as a sex offender."

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

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is the responsibility of the NAS Meridian Public Affairs Office. *The Skyline* solicits news contributions from military and civilian sources. It reserves the right to edit material selected for publication. **The deadline for material is 4:30 p.m. the Thursday before publication.** Send submissions to: *The Skyline*, 255 Rosenbaum Ave., Suite 201, Public Affairs Office, Naval Air Station, Meridian, MS 39309-5003 or e-mail: [penny.randall@navy.mil](mailto:penny.randall@navy.mil) or [susan.junkins@navy.mil](mailto:susan.junkins@navy.mil). For more information, call (601) 679-2318 or (601) 679-2809.

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# SECNAV Mabus remarks on Sgt. Meyer's Medal of Honor recipient

*The following are the remarks by the Honorable Ray Mabus, Secretary of the Navy during the Sgt. Dakota Meyer, Hall of Heroes Induction ceremony at the Pentagon, Washington, DC on Sept. 16, 2011*

Commandant, your words have the eloquence that mine will lack. Thank you, for the explanation you have given and the leadership and inspiration you give every day to our Marines.

Mr. Secretary, Sgt Meyer and all your family, half of Kentucky I believe is here, Medal of Honor recipients, that honor us with your presence, ladies and gentlemen. Never leave a Marine behind – these words are indoctrinated into our young Marines from their first moments at Parris Island or San Diego. They are not codified in any sort of rule or regulation, in any creed or oath, but are its ethos understood in the heart of every Marine. And those words were made real by the actions of Sergeant Dakota Meyer in the Ganjgal Valley, Kunar Province, Afghanistan on September 8, 2009.

As you all know, and as the Commandant so gracefully explained, yesterday, Sgt Meyer received the highest military honor our nation can bestow. President Obama placed around his neck the unmistakable light blue ribbon of the Medal of Honor. But Sgt Meyer said yesterday, and he has said repeatedly and consistently, that it is not his honor, it belongs to the fallen Marines, it belongs to all Marines. It

belongs to the Marines, like Sgt. Meyer, for whom uncommon courage is a daily occurrence. Today, we add him to our Hall of Heroes, ensuring that his tale of valor continues and that the names of the fallen are not forgotten. I've had the amazing honor of presenting combat awards to men and women who have all done extraordinary things.

The one constant in each one of these, is demonstrated by Sgt. Meyer, and that is humility. Every time I have presented a Navy Cross or a Silver Star for valor, the explanation has always been, "I was just doing my job." What cannot be more plainly said, is when Sgt. Meyer did his job, he became a hero.

He has a lot of family here today: Mike; and Pepaw and Mamaw, 58 years married and role models for him; mentors and friends from high school; from the Marines, who have contributed to the life of this outstanding young man. Thank you for all that you did and have done to make Dakota Meyer into the person he has become.

During times of war, a lot is made of valor and courage, and opportunities to demonstrate them multiply. But even within these extraordinary actions, some, some of them just stand out.

Dakota Meyer's heroism is of that kind; unfathomable, awe inspiring to everybody who hears about it.

The President of the United States yesterday, did an amazing job in

recounting the events of Sept 8, 2009. The citation on the Medal of Honor does great justice. And I know that it's a difficult story for Dakota Meyer to hear, and I know he has had to hear it a lot. But with my apologies to you and my asking your indulgence, I'd like to tell the story one more time. Because I think it is a story that deserves to be told, as an example of what Marines will do to protect each other, and to what lengths they will go to never leave a Marine unaccounted for on a battlefield.

You've all heard, on Sept. 8, Sgt Meyer and his team in were part of an Embedded Training Team with the 1st Kandak, 2nd Brigade, 201st Afghan Army Corps. They were going, as the Commandant said, on a peaceful mission to meet with village elders. When they set out that morning, they knew the day could be hard. They split into three sections: four of the US team members were with the lead elements of the Afghan Army (ANA) and Afghan Border Police (ABP) column, five Americans joined the center of the column, and two Marines, Sgt. Meyer among them, remained behind at the rally point providing security.

And as the teams approached that village, just before sunrise, every light in the village went off. And minutes later, the world became fire.

From three sides, grenades and small arms fire began to rain down from the terraced fields and from the houses, from the village, pinning down and catching them in a barrage



Photo by MC1 Kevin S. O'Brien

**Secretary of the Navy (SECNAV) the Honorable Ray Mabus speaks with Medal of Honor recipient former Marine Corps Sgt. Dakota Meyer before an induction ceremony at the Hall of Heroes in the Pentagon. Meyer was awarded the Medal of Honor for actions in Afghanistan on Sept. 8, 2010. Meyer saved 13 U.S. Marines and Soldiers and 23 Afghans.**

so intense that no one could move for over two hours.

Sgt. Meyer could hear all this and knew that his security team's efforts just couldn't get them out, because of the geography and because of what they were facing. He also knew that air support was not going to be coming anytime soon. And so, without regard for his own safety, he and Staff Sgt. Rodriguez-Chavez, who it has been my honor since then to award the Navy Cross for his actions that day, they took the initiative. They got into a humvee, left their secure location where they could have stayed, moved directly into the kill zone to find their fellow Marines and Sailors, and Afghans.

Finding the way to battle was easy, follow the sounds of the guns. Theirs was the only moving vehicle and an obvious target, and it became the tar-

get for the overwhelming grenade, mortar, machine gun, and small arms fire. And it was hit, repeatedly. They had no supporting arms, no additional people. Sgt. Meyer sat in the unprotected turret gunner seat, and returned fire the entire time. They pressed on, deeper into the kill zone. They came across wounded Afghan soldiers along the trail and turned around to evacuate them to safety.

After transferring the wounded, Sgt Meyer and Staff Sgt. Rodriguez-Chavez went back, a second time. They discovered more wounded and other stranded Afghans and evacuated them back to a safe zone with the first group of wounded. And then, they went back.

This time, Staff Sgt. Rodriguez-Chavez wedged the truck between the insurgents and the stranded troops, and Sgt Meyer

got out of the vehicle, exposing himself even further, ran out to gather the wounded, and return with them.

As they moved farther into the kill zone, Staff Sgt. Rodriguez-Chavez noted how rough it was ahead and how unlikely it was they would find anyone alive. Sgt. Meyer acknowledged this risk remarking, "Then, I guess we'll die with them."

They drove forward and met up with team members who were there in an unarmored pickup truck. The group returned to the safe zone to treat the wounded and trade out vehicles. The turret of the humvee that Sgt. Meyer and the Staff Sgt. had been in was peppered with pock marks from shrapnel and had bullets embedded in the armor, another indicator of how many close calls Dakota Meyer had from

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**NAVY-MARINE CORPS RELIEF SOCIETY**  
Building 200, Suite 100  
NAS Meridian

**Coming Soon...**

## BABY BOOT CAMP

- NEW BABY FINANCIAL INFORMATION
- BABY GEAR & WEBSITE INFORMATION
- LAYETTE ISSUED TO EACH FAMILY
- LOCAL BREASTFEEDING COUNSELOR
- DOOR PRIZES FROM LOCAL BUSINESSES
- LIGHT REFRESHMENTS

**Baby Boot Camp Workshop Dates**  
**Saturday, October 1, 2011**  
9:30 - 11:30 A.M.  
at your  
Navy-Marine Corps Relief Society Office

Reserve your spot by calling 601-679-2504  
or email us at [monmar@meridian.navy.mil](mailto:monmar@meridian.navy.mil)

Available to all Active Duty and Retired Service Members and their Spouses



## NGIS staff awards



Photo by MC2 Flordeliz Valerio

**Navy Gateway Inns and Suites (NGIS) Meridian Manager John Houdek, left, and Recreation Director Chad Baldwin, right, pose with NGIS employees during a ceremony on board NAS Meridian on Sept. 15. NGIS employees honored include: Roy Love, August Employee of the Month; Jerry Royal, Safety Hero Award; Cynthia Silliman, Tom Myers, Patricia Benamon and Barbara Lake, Shining Star Awards; April Balitz, July Employee of the Month; Sarah Harris and Joelle Houston received Team Builder/Player Awards; and Niecey Brown, Letter of Appreciation from TW-1 Commanding Officer Capt. David Lobdell. Not pictured are Arnetra McGlothlin and Lasandra Harris who received Team Builder/Player Awards.**

## The School Fundraiser: No storage or refrigeration required

Every parent of a school-age child knows that sooner or later the child is going to come home with information about the dreaded "f" word -- fundraising.

You start targeting your neighbors, hoping to be the first one in the community to ask them to make a purchase. You call relatives and friends and invite them to browse through the fundraiser catalog. So the ritual begins -- another season of selling cookie dough, holiday ornaments, and magazine subscriptions. But did you know that there is a way that you can make a financial contribution to your school district without competing with other families for customers? How? It's simple. Just fill out and return the Parent-Pupil Survey that your child's school sends home each year, usually during September or October.

Survey results are used to assess the number of federally connected students enrolled in the district. This number is reported to the U.S. Department of Education in the form of an application requesting Impact Aid.

Impact Aid was passed into law by Congress in 1950 as a means of providing for the education of federally connected children -- children of military service members and Department of Defense employees, among others. Ordinarily, school districts receive funding from property taxes paid by individuals and local businesses. However, military installations are exempt from property taxes, and often military service members claim their home state for purposes of taxation, not the state where they are temporarily stationed. Though beneficial for the service member, this contributes to a significant loss of revenue for local school districts.

To off-set this loss, the U.S. Department of Education provides a supplement that is paid directly to

### COLUMN

school districts.

According to the official Impact Aid Web site: "The Impact Aid payment for these students is intended to match the taxes lost as a result of the federal ownership of property, exclusive jurisdiction and the Soldiers' and Sailors' Relief Act. The funds go directly into the school district's general fund for operations such as purchase of textbooks, computers, utilities, and payment of staff salaries."

To be eligible to receive Impact Aid, a school district must have at least 400 federally connected students in their Average Daily Attendance (ADA) or federally connected students must account for at least 3 percent of the district's ADA. This is why your response to the Parent-Pupil Survey is so critical.

Underreporting excludes districts from receiving funds and places a financial burden on districts to provide educational services to students.

Whether you live on base or work for the DoD in some other capacity, please take the time to complete and return the survey to your child's school and contribute to this often overlooked fundraiser. To learn more about Impact Aid and the formulas used to determine appropriations, visit the following sites: [www.nmfa.org](http://www.nmfa.org) or <http://www.ed.gov/offices/OESE/ImpactAid/> or [www.nafisd.org](http://www.nafisd.org).

Cynthia Haynes McDonald is NAS Meridian's School Liaison Officer. She holds a Master of Education in English and a Bachelor of Science in Education (English). She has held educational positions such as assistant principal, academic performance standards trainer, instructional literacy coach and middle school educator. She can be reached at (601) 679-2473.



McDonald

## A-OK Winner



**NAS Meridian commanding officer Capt. Charles Moore II presented a gold medal and a \$5,000 savings bond to Kayiana Jasper, 9, a student at Quitman Upper Elementary School, on Sept. 20. Jasper is the first quarter winner of the A-OK Student Reward Program sponsored by the Navy Exchange Command. NEXCOM supports the military community by rewarding hard work and good grades to full-time students enrolled in first through 12th grade who are children of military members. Jasper is the daughter of Tech. Sgt. Kristopher Jasper, U.S. Air Force Reserve, and Katrice Jasper, former Army National Guard.**

Photo by MC2 Flordeliz Valerio

## Influenza vaccination season underway

WASHINGTON (NNS) -- Navy officials reminded all Navy active duty Sailors and Reservists that they must receive the seasonal influenza or "flu" vaccine upon its availability at their local installation's directed treatment facility (MTF) as directed by NAVADMIN 207/11.

The Navy's goal is to have 90 percent of all Navy personnel vaccinated for the flu by Dec. 1.

"It's important for all the active duty personnel to realize that the single best way to prevent the flu is with vaccination," said Vice Adm. Adam M. Robinson Jr., U.S. Navy surgeon general and chief, Bureau of Medicine and Surgery. "Without it, the influenza virus could have a sweeping impact on our force readiness and ability to meet our mis-

sion." Each year in the U.S., there are more than 25 million reported cases of the flu with more than 150,000 hospitalizations due to complications and more than 24,000 deaths.

Navy personnel and their family members can take preventive measures to reduce the risk of exposure to and spread of the flu. These methods include washing hands, maintaining a clean home and work environment, teleworking, and staying home from work when sick.

**NOTE: Flu vaccination for active duty military is available at NAS Meridian Branch Health Clinic.**

From Commander, Navy Installations Command Public Affairs and U.S. Navy Bureau of Medicine and Surgery Public Affairs

October is Energy Awareness Month

# Money-saving energy saving tips and ideas

## Refrigerators and freezers

✓ Clean the unit. Clean dust off the condenser coils, fins, evaporator pan and motor once or twice a year. A clean unit runs more efficiently. Unplug the unit and clean with a vacuum cleaner or long-handled brush.

✓ Defrost a manual-defrost unit regularly. Frost makes your unit work harder and wastes energy. Don't allow more than one-quarter inch of frost to build up.

✓ Stay away from direct heat. Place the refrigerator or freezer away from direct sunlight and other heat sources such as ovens or ranges. Heat will cause the unit to use more energy to stay cold.

✓ Do not place the unit in unheated space. Don't place your refrigerator or automatic defrost freezer in a garage, porch or other unheated space. If the temperature drops below 60° F, the unit will be less efficient and cost more money to operate. Or, the compressor may stop running, causing the temperature inside the freezer compartment to rise. Stored food could spoil.

✓ Check the seals. Refrigerator and freezer doors should seal tightly. Loose seals cause your unit to work harder and use more energy. If you can move a dollar bill through the closed door, the seal is not tight enough. Get the seals replaced or replace the unit if it is an older model.

## Dishwashers

✓ Run full loads. Always wait until you have a full load before running your dishwasher. Full loads use the same amount of hot water and energy as smaller loads. You run fewer loads and save energy.

✓ Use short cycles. Select the shortest cycle that properly cleans your dishes. Shorter cycles use less hot water and less energy.

✓ Skip rinsing the dishes. Rinsing dishes before loading them into the dishwasher wastes energy. If you do rinse, use cold water.

✓ Clean the filter. If your dishwasher has a filter screen, clean it regularly. A clean appliance runs more efficiently.

## Ranges and oven

✓ Reduce the heat. Begin cooking on a higher heat setting until liquid begins to boil. Then, lower the temperature and simmer the food until fully cooked. A fast boil doesn't cook faster than a slow boil, but it does use more energy.

✓ Don't peek in the oven. Resist the urge to open the oven door while baking. Every time you peek, the temperature drops 25° F and requires additional energy to bring the temperature back up.

✓ Use retained heat. Turn off cook tops or ovens a few minutes before food has completed cooking. Retained heat finishes the job using less energy.

✓ Consider a natural gas range or oven. Natural gas appliances cost less to operate than electric appliances and offer better temperature control.

✓ Put a lid on it. Cook food and boil water in a covered container whenever possible. This traps the heat inside and requires less energy.

✓ Make sure the oven seals tightly. Make sure the seal on the oven door is tight. Even a small gap allows heat to escape and wastes energy. If you can move a dollar bill through the closed door, the seal is not tight enough and should be replaced.

✓ Check the oven temperature. Test the oven temperature to be sure that the setting matches the actual temperature. If the actual temperature is too high, you will use more energy than needed. Also, your food may not turn out how you anticipate.

## Washers and dryers

✓ Adjust the water level. If you have a washer that allows you to control the load's water level, adjust the level according to laundry load size. You can save energy by using less hot water for small loads.

✓ Run full loads.

Always run a full load in your washer or dryer. Running a partial load uses the same amount of energy as a full load – but you get less done. Running full loads allows you to run your washer or dryer less often.

✓ Wash laundry in warm or cold water. Washing laundry with warm or cold water works your water heater less. Use hot water only when the greatest cleaning is needed.

✓ Rinse in cold water. Rinse water temperature has no effect on cleaning. Rinsing with cold water saves money by heating less water.

✓ Place the washer close to the water heater. Water loses heat as it flows through pipes. When the washer is located near the water heater, hot water doesn't have to travel as far to reach the washer, and less heat is lost. Insulating the pipes between the water heater and washer helps retain heat, too.



Oct. 3 - 9, 2011

### Schedule of Events:

**Monday, Oct. 3rd (4pm - 10pm)**  
**Admission: Local-Cash proceeds**  
 "Behind the Scenes of the Fair"  
 4pm - 5pm - FREE GATE ADMISSION  
 5pm - 6pm - Local Bands  
 6:30pm - performance by MCC Dimensions

**Tuesday, Oct. 4th (4pm - 10pm)**  
**Best Buy & Meridian Family of Schools**  
 4pm - 5pm - "The Best Buy TV Best Buy Bowl"  
 6pm - Chorus Jubilee  
 6:30pm - Meridian Community Band  
 8pm - "Qualifying" by the Meridian High School Band

**Wednesday, Oct. 5th (4pm - 10pm)**  
**FCA presents "Youth Night at the Fair"**  
 4pm - 6pm - Youth Fellowship  
 6:30pm - Youth Fellowship  
 8pm - Youth Fellowship

**Thursday, Oct. 6th (4pm - 10pm)**  
**Meridian Star Day**  
 4pm - 5pm - Local Bands  
 5pm - 6pm - Local Bands  
 6pm - 7pm - Local Bands  
 7pm - 8pm - Local Bands  
 8pm - 9pm - Local Bands  
 9pm - 10pm - Local Bands

**Friday, Oct. 7th (4pm - Midnight)**  
**"Military Day"**  
 4pm - 6pm - Military Bands  
 6pm - 8pm - Military Bands  
 8pm - 10pm - Military Bands  
 10pm - Midnight - Military Bands

**Saturday, Oct. 8th (4pm - 10pm)**  
**"Meridian Star Day"**  
 4pm - 5pm - Local Bands  
 5pm - 6pm - Local Bands  
 6pm - 7pm - Local Bands  
 7pm - 8pm - Local Bands  
 8pm - 9pm - Local Bands  
 9pm - 10pm - Local Bands

**Sunday, Oct. 9th (4pm - 8pm)**  
**"Community Spotlight Family Fun Day"**  
 4pm - 6pm - Family Fun  
 6pm - 8pm - Family Fun

Lauderdale County Agri-Center  
 Meridian, MS

**Thursday, Oct. 6th (4pm - 10pm)**  
**"WTOK Night"**  
 4pm - 5pm - WTOK  
 5pm - 6pm - WTOK  
 6pm - 7pm - WTOK  
 7pm - 8pm - WTOK  
 8pm - 9pm - WTOK  
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 6pm - 8pm - Family Fun

**FREE EVENING:**  
 • Bowling  
 • Family & Friends  
 • Food & Beverage  
 • Meridian High School  
 • Meridian's Most Talented  
 • Music  
 • "Talk Me Q&A" Program

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

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**Pfc. Daryl Anciano**

**MATSS-1 Student  
Hometown: Santa Rita, Guam**

# OOORAH!



Pfc. Daryl Anciano hopes to pursue his love of boxing while in the Marine Corps.

Anciano, a student at Marine Aviation Training Support Squadron One was a successful amateur boxer in Guam before he enlisted in March 2011.

"I joined because I wanted to be a Marine -- I wanted to better myself and of course help my family," Anciano said. "I trained at Lights Out Boxing Gym in Guam and had a record of 5-1 when I joined. Boxing keeps my humble and it has taught me discipline."

Anciano got a chance to show off his skills while in boot camp.

"We got to get in the ring, but I know what skills I have and I know how to control myself. It's not all about knocking the person out. Boxing builds a strong comradery among my fellow Marines -- we never hold a grudge for what happens in the ring."

Anciano's goal is to one day try out for the Marine Corps boxing team.

**Pvt. Bethanie Dietrich**

**MATSS-1 Student  
Hometown: Madison, Fla.**

Pvt. Bethanie Dietrich has a passion for singing that took her all the way to Nashville, Tenn., to sing at the famous Tootsie's Orchid Lounge.

"I spent three years in Nashville singing and pursuing my passion for music," said Dietrich. "I felt it was time for a change and one day I joined the Marine Corps."

Dietrich said she wanted to serve her country in the Marine Corps because of the benefits and travel opportunities.

"I wanted to be part of something bigger than herself," said Dietrich who is a student at Marine Aviation Training Support Squadron One. "I still have the chance to sing. I will use my talents to help the Marine Corps."

The people she most admires are her adoptive parents, Jim and Sharon, and her birth mother, Vanessa.

"At the age of 15, she had the courage and strength to give me up for adoption. I admire my adopted parents for raising me in a loving home supporting my singing and for giving me opportunities to excel in life."

## Secretary of the Navy visits Afghan training center

**By Cpl. Daniel Wulz**  
II MEF (FWD)

CAMP LEATHERNECK, Afghanistan -- Secretary of the Navy Ray Mabus visited Joint Sustainment Academy Southwest aboard Camp Leatherneck, Helmand province, Sept. 20, to witness first-hand the ongoing training of Afghan National Security Forces.

Mabus walked through several classes with Maj. Gen. John A. Toolan, commanding general of Regional Command Southwest, and Maj. Andrew V. Martinez the academy's director.

"The literacy training but also the specific schools that they go through [have] very high standards and very high enthusiasm," said Mabus. "I think that what it does is get us on a road as we draw down our combat capabilities, they're going to be there in place with the skills, with the training ready to do what they need to do to keep a stable Afghanistan."

The secretary also observed Afghan police and soldiers practicing counter-improvised explosive device training on the JSAS compound.

"These are life or death skills in a

lot of cases and the impressive thing about this is how broad the training is," Mabus said.

JSAS specializes in teaching advanced combat skills to Afghan National Army soldiers and Afghan Uniformed Police who already have basic knowledge in military skills. Certain courses even train Afghans to become instructors back at their parent units.

According to Martinez, the Academy is different from other training centers in Afghanistan in that it is a joint training facility for both Afghan soldiers and police. In addition, all of the Marine Corps instructors live on the compound with the Afghan staff and students.

"We eat, live, train and sleep with the Afghan students," Martinez explained.

JSAS also teaches vocational skills, giving students skills that can be utilized outside of their military careers. The idea is that fielding a military with civilian skills will help add stability to the country in the future.

After visiting JSAS, Mabus commented on the success of Marines and



Submitted Photo by Cpl. Daniel Wulz

**Secretary of the Navy Ray Mabus (center) talks to Maj. Andrew V. Martinez (left), Joint Sustainment Academy Southwest director, about Afghan security forces training at the academy during a visit to Camp Leatherneck, Helmand province, Sept. 20. The academy specializes in teaching advanced combat skills to Afghan National Army soldiers and Afghan Uniformed Police who already have basic military training.**

Sailors in Helmand province and thanked them for their service.

"The fact that we're able to do this, the fact that our Marines are able to have this sort of success speaks volumes

about the Marine skill level, dedication level, patriotism level and their willingness to commit to something bigger than themselves," he said. "Ooo-rah Marines, you're doing a great job here."



**MATSS-1 Marine Ball set for Nov. 5 at Silver Star Convention Center at the Pearl River Resort in Philadelphia**

Tickets are:

E1-E2: \$20;

E3: \$25;

4-E5: \$30;

E6-E7: \$35;

E8 & Above: \$40;

Civilians: \$45

Social hour: 5 p.m.

Ceremony: 6 p.m.

For tickets call,

Staff Sgt. Darryl

Coleman at

(601) 679-2913

or Cpl. Steven Emond

at (601) 679-2792.

(Deadline to purchase tickets

is Oct. 30)

## Deployed troops reflect on 9/11 during memorial ceremony

**By Cpl. Katherine Keleher**  
II MEF (FWD)

CAMP LEATHERNECK, Afghanistan -- Hundreds of service members aboard Camp Leatherneck, Helmand province, attended a memorial ceremony to reflect upon the tragic events and lives lost on September 11, 2001.

Maj. Gen. John A. Toolan, commanding general of Regional Command Southwest and II Marine Expeditionary Force (Forward), served as the guest of honor and delivered a speech about how he wants to remember the occasion.

"This is who we are. This is what America is made of," said Toolan, a native of Brooklyn, N.Y., during his remarks. "It's not people who are going to cower because they are afraid. America is made up of millions of raw boned, fire-breathing freedom fighters."

"As President Bush, on the evening of the attack, said: 'Today our fellow citizens, our way of life, our freedom came under attack. Terrorist attacks can shake the foundations of our

biggest buildings, but they can't touch the foundation of America. These acts shatter steel, but they can't dent the steel of American resolve. The search is underway for those who are behind these evil acts.' And guess what? We were true to that word. In fact, some of you may know, this command delivered Osama Bin Laden to his final resting place. We follow through with our word."

Those in attendance of the ceremony were moved by not only the speech, but by being given the opportunity to reflect on the tragic events of 9/11.

"I felt the ceremony truly honored the memory of all the persons lost since 9/11 or as a result of Iraq or Afghanistan," said Sgt. Ruby Clendenning, the RC(SW) staff secretary office administration non-commissioned officer-in-charge. "My husband was in New York City for the actual ceremony and it was nice that the time of our ceremony was aligned to be simultaneous."

During the ceremony, a narrator recounted the timeline of



Photo by Cpl. Katherine Keleher

**Marines listen to Maj. Gen. John A. Toolan, the commanding general of Regional Command Southwest and II Marine Expeditionary Force (Forward), and a native of Brooklyn, N.Y., during a speech he gave during a memorial ceremony hosted aboard Camp Leatherneck, Helmand province, to reflect upon the 10-year mark of September 11, 2011. Hundreds of coalition service members from all branches of service attended the ceremony.**

the attacks as a band played solemnly in the background. Each time the narrator recalled an event which claimed lives, including each of the plane crashes, each tower collapse and the pentagon attack, a bell was rung and a moment of silence observed for the 2,977 lives lost.

Troops from other nations

also attended the ceremony.

"Nine-eleven is one of the main reasons we're here," said Sqd. Ldr. Nick Card, British Royal Air Force, and a native of Catworth, England. "The speech was really nice, it was really good that the CG brought the level down for it and talked about how he felt about 9/11."

## Safety Is Our Duty

### Work-related falls result in injuries, fatalities each year

Every year, work-related falls from elevations result in numerous critical injuries.

In 2002, the most recent year for which statistics on workplace fatalities in the United States are available, the U.S. Department of Labor, Bureau of Labor Statistics lists falls to a lower level as the second most frequent cause of work-related fatalities (after highway incidents). Falls accounted for 13 percent of all workplace fatalities (714) in 2002. Review of the narratives from OSHA fatality data between 1991 and 2001 indicated that approximately 15 percent of recorded shipyard fatalities were due to falls from heights.

The risk of falling from heights is inherent to Navy ship construction (drydocks) and aircraft maintenance sites and to any shipboard and shore facility work spaces containing scaffolds, platforms, weapons systems, auxiliary equipment, confined spaces, storage tanks, and other structures. The dangers of working at heights and the extra precautions needed to do so may mean that routine maintenance and inspections of equipment and structures that present fall hazards are carried out less frequently or may be less comprehensive than required.

Falls from elevations also typically lead to negative publicity and contribute to the degradation of morale and mission readiness. In addition to harming personnel, conditions that contribute to severe fall injuries often result in expenditures for medical care, down time, and costly retrofits that could have been built-in during ship system planning and acquisition phases.

Typical costs for a fatality range from \$800,000 to \$2,400,000, while the average cost of serious

injury is more than \$30,000. These are direct costs and do not include worker replacement, pain and suffering, employee morale, and other indirect costs.

The following is a general cost profile that compares incorporating fall protection and prevention measures at various stages of design, construction, and maintenance:

During conceptual design ----- If it costs \$1  
At the final drawing stage ----- it will cost \$10  
As a construction modification --- it will cost \$100  
During startup and testing ----- it will cost \$1,000  
During maintenance phase ----- it will cost \$10,000

Defense acquisition and construction programs and projects include many products and facilities that require work at elevated locations. These programs and projects must manage the potentially fatal risk of working at heights as an integral part of the design and process control that provides safe and effective defense systems. Defense acquisition regulations (DoD 5000.02) require planning and risk management for life cycle cost control and safety. Federal Acquisition Regulations (FAR) require construction safety precautions consistent with the latest Army Corps of Engineers Safety Manual.

Elimination or minimization of fall hazards can best be achieved by incorporating fall protection measures during planning and design phases. Fall protection and prevention measures must be considered during all phases of design, construction, use, maintenance, operation, and final disposal.

-- from <http://www.safetycenter.navy.mil/>

#### Ladder Safety

Falls down ladders are a common shipboard hazard. Many ladder mishaps occur while sailors and shipyard workers are attempting to move equipment or carry various items up and down inclined ladders. Typically, ship ladders are inclined at a 68 degree angle, which is fairly steep. Ladders are often built at an even steeper angle or are completely vertical to allow more room for other items in the space constrained ship environment. Steep angles make climbing the ladders awkward, especially while carrying bulky materials. Other factors which lead to falls from ladders are uneven surfaces, poor traction (lack of non-skid surfaces), lack of materials handling alternatives, lack of adequate



**Note the steep incline of ships' ladders**

lighting to see ladder rungs, and lack of guard rails, chains, or man ropes at hatch openings (first four steps).

## NPC completes sea shore flow implementation

By **MCC (SW) Maria Yager**  
Navy Personnel Command  
Public Affairs

MILLINGTON, Tenn. (NNS) -- Navy Personnel Command (NPC) has concluded a recent review and update of projected rotation dates (PRDs) for all active-duty enlisted Sailors, officials said Sept. 19.

Detailers reviewed all active-duty enlisted records and adjusted PRDs for more than 60,000 Sailors impacted by the revised Sea Shore Flow enlisted career paths announced in NAVADMIN 201/11.

The revisions were made to better reflect the Navy's current billet inventory.

"Since 2008, the number of sea duty billets has increased, while the number

of shore duty billets has decreased," said Capt. Michael White, NPC assistant commander for Career Management. "The updated career paths provide optimal balance between sea duty and shore duty, enhances stability, and improves predictability of the career paths for every Sailor in a sea-centric Navy."

Thirty-six ratings have increased sea time, and 18 ratings are now classified as sea intensive. Specific Sea Shore Flow timelines for individual ratings are listed by rating in the NAVADMIN.

Commands can review PRDs for their Sailors in the Enlisted Distribution and Verification Report.

Individual Sailors can review their PRD online by

logging into Career Management System/Interactive Detailing (CMS/ID) at <https://www.cmsid.navy.mil> and clicking on the "My Personnel Detail" link under "Sailor Info" category. PRDs are reflected in the professional information section.

All enlisted Sailors should confirm their PRD, which is used to determine when Sailors can negotiate for permanent change of station (PCS) orders and can determine when Sailors must submit Perform to Serve applications.

Enlisted Sailors may negotiate for PCS orders nine to seven months prior to their PRD and enter the needs of the Navy window six months prior to their PRD.

Enlisted Sailors in paygrades E-4 to E-6 with 14 years of service or less may require an approved PTS quota in order to negotiate for orders. They must apply for PTS 12 months from their PRD if they do not have enough obligated service time to fulfill their next assignment.

Sea Shore Flow was first implemented in 2008 to replace pay-grade driven Sea Shore Rotation. Sea Shore Flow was made to help ensure proper manning of all sea duty and front line operational billets. At the same time, it helps to provide a more desirable work-life balance throughout a Sailor's career by working to offset the often arduous nature of sea duty with predictable periods of meaningful work ashore.

## Public Works Department Gulfport achieves Energy Star Rating

GULFPORT, Miss. (NNS) -- Naval Facilities Engineering Command (NAVFAC) Southeast announced that its Public Works Department (PWD) at Naval Construction Battalion Center (NCBC) Gulfport, Miss. earned the Environmental Protection Agency's (EPA's) Energy Star rating for its facility Sept. 9.

Energy conservation is a top priority in the Navy. PWD Gulfport is working hard to lead by example.

"This is just one more step on the road to meet the Navy's energy reduction goals," said PWD Gulfport Public Works Officer Cmdr. Christopher Knudsen.

During a one year renovation of building 322, from February 2009 to July 2010, several steps were taken to make necessary achievements in energy reduction.

The old chilled water system was replaced with a variable refrigerant heat pump system with seasonal energy efficiency ratio (SEER) rating above 20. Currently, residential air conditioners must have a SEER of at least 13 with Energy Star qualified Central Air Conditioners having a SEER of at least 14.

"Substantial energy savings can be obtained from these more efficient systems," said Matt Schultz, production division director, PWD Gulfport. "For example, going from a SEER 9 to SEER 13 unit at your home, one can typically save \$300 per year."

"We also improved the outside air system and CO2 controls, carbon dioxide or greenhouse gas emissions, which reduce energy use and help prevent humidity issues in the building," said Gene Baker, UEM commodity manager, PWD Gulfport. "By installing a state-of-the-art direct digital control to supervise and control the system it improved the energy efficiency of the system."

Finally, all the older T12 lighting was replaced with high efficiency T5 fluorescent lighting and occupancy sensors. T12 lighting is considered outdated compared to the more energy efficient T8 and T5 fluorescent technologies now available. To push organizations toward better efficiencies, the Department of Energy is phasing out the manufacturing of T12 lighting. With this change, most facilities will see energy savings as high as 45 percent with 1-3 year paybacks on the upgrades.

Then the team had to wait to see how well the new system functioned and what the energy savings would be. They collected 12 months of data and were surprised at how much of a reduction there was so they decided to apply for the ENERGY STAR building rating.

"You must receive a score of 75 to earn the rating and building 322 earned a score of 85," said Baker.

ENERGY STAR is a U.S. Environmental Protection Agency program that focuses on improving energy performance in buildings as a method of reducing greenhouse gas emissions.

Building 322 will now be included as part of the EPA's online registry of buildings that have earned the ENERGY STAR rating.

"Most people hear of 'ENERGY STAR' ratings for appliances and electronics; now we are achieving the same rating for our facilities," said Knudsen.

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

--From Naval Facilities Engineering Command  
Southeast Public Affairs

## Graduate education opportunities available for officers

By **Ed Barker**  
Naval Education and Training  
Command Public Affairs

PENSACOLA, Fla. (NNS) -- Naval officers unable to pursue full-time graduate studies have an additional education option with the FY-12 Graduate Education Voucher (GEV) program, announced Sept. 19.

Detailed in Naval Administrative Message (NAVADMIN) 270/11, the GEV program offers eligible officers the opportunity to receive funded graduate education during off-duty hours. Through GEV, unrestricted line (URL) officers can apply to receive funding for Navy-relevant graduate education meeting the requirements of at least one subspecialty code as specified by the Navy Subspecialty System (NSS).

"For many officers, full-time, in-resident study at the Naval Postgraduate School (NPS), Naval War College or other institutions is not possible due to career demands and rotations," said Cheral Wintling, graduate education coordinator for Naval Education and Training Command (NETC). "The GEV program offers a path to an off-duty master's degree while on shore duty, with financial support of up to \$20,000 per fiscal year, with a limit of \$40,000 for the entire course of study."

All required fees normally charged by the uni-

versity relating directly to student application and enrollment, including mandatory health fees and health insurance, laboratory fees, vehicle registration and identification cards, and computer fees are reimbursable. Other reimbursable expenses include the cost of textbooks and course materials, and limited expenditures for transcript and entry fees, and final thesis production.

Lt. Gabriel Hohner, a pilot and E-2 'Hawkeye' project manager with Air Test and Evaluation Squadron 20 (VX-20) at Naval Air Station Patuxent River, Md. is a current GEV participant in the final stages of finishing his master's degree in systems engineering with Johns Hopkins University.

"Attending a civilian institution offers me a different perspective on situations than I would get from the military," said Hohner. "It helps add a healthy dose of balance to the military officer, and as a recent selectee for redesignation to aviation engineering duty officer, I have no doubt the degree will make a significant impact."

GEV applicants select a regionally accredited school and choose a specific course of study meeting community subspecialty requirements. The education plan is reviewed and approved for the Navy subspecialty code by the Naval

Postgraduate School (NPS).

The GEV program is targeted at officers with demonstrated superior performance and upward career mobility who are transferring or have recently reported to shore duty, in order to allow sufficient time for completion of a graduate program. The GEV program is open to URL active-duty list officers in paygrades O-3 through O-5, in designators 111X, 112X, 113X, 114X, and 13XX.

Subject to funding availability, there are 115 planned quotas available for FY12 as follows: Surface Warfare - 40; Submarine - 30; Aviation - 40; Special Warfare/Special Operations - 5. Quotas by degree program and warfare areas are available in NAVADMIN 270/11, and for additional information, visit the Navy College Program's GEV Web page at: [https://www.navycollege.navy.mil/gev/gev\\_home.cfm](https://www.navycollege.navy.mil/gev/gev_home.cfm).

"One thing that sets GEV apart from most educational programs is that it does not have an annual selection board," added Wintling. "Individuals may apply anytime throughout the fiscal year. Each community manager at Naval

Personnel Command reviews and selects applicants until their quotas are filled."

Some restrictions apply and enrollment in the program carries a service obligation of three times the number of months of education completed, with a minimum of 24, and a maximum of 36 months obligation. Officers completing a degree using GEV should expect to serve one tour in a subspecialty billet not later than the second tour following graduation. OPNAVINST 1520.37A contains additional information on specific program requirements. Interested officers should submit written requests to their detailer, per the NAVADMIN and OPNAV instruction. For ships at sea, applications via naval message containing the required information will be accepted.

For those not qualifying or selected for the GEV program, educational assistance may be available through the Tuition Assistance (TA) program, G.I. Bill or other graduate education programs, as listed on the Navy College website at <https://www.navycollege.navy.mil>.

### ● Medal of Honor

this completely exposed position, where he never stopped returning fire.

And then they went back. They went back, not once more, but twice more. When air support finally arrived they pressed deep into the kill zone for what would be Sgt. Meyer's and Staff Sgt. Rodriguez-Chavez's fifth and final trip that day.

When they reached the village, for the second time Sgt. Meyer left the vehicle and continued searching for the missing Marines and the corpsman, on foot. He knew he was taking an even greater risk than he taken already that day, but he was following the directions from the helicopter search team and went to find the missing Americans.

He ran through continuous fire, a rain of bullets and iron, until he came upon the bodies of the missing. He retrieved the body of one his fallen comrades and ran back through the danger zone to the convoy. He returned again to the ditch with his teammates to recover the other three as enemy fire continued unabated. Only after recovering the whole team, did the vehicles leave, still under intense fire.

Marines never leave a Marine behind.

So today, first let us remember those who aren't here. In particular, those four US service members who died that day, Sept. 8, 2009 and their families, who have a hole in their hearts that will never quite heal but who were brought some measure of comfort because Sgt. Meyer and his team lived that Marine ethos.

Let us also remember that during that action, Sgt. Meyer saved the lives of 13 Marines and soldiers of the United States Marine Corps and the United States Army and 23 Afghan soldiers and police.

People are alive today because of what Dakota Meyer did. Because of the courage that he showed and his brothers in arms demonstrated that day, families are still whole, children and grandchildren are going to be born, marriages and graduations will get to be celebrated and, at its most fundamental, life will continue.

There are no words, Sgt. Meyer, that can adequately convey your country's gratitude for what you have done. There are also no words that can convey what your fellow Marines do every day.

As we honor Sgt. Meyer today, I ask we also remember the more than 20,000 Marines still deployed in Afghanistan, still standing the watch, so the rest of us sleep in our homes in peace.

Thank you, Dakota Meyer.

The person who, I have the privilege and opportunity to present to you now, is a fighter for every single person in uniform and their families. He has spent four decades in public service and I can tell you from first-hand experience, no one cares more deeply about the people who wear the cloth of this country and their families. No one is more concerned about their safety and their well being and no one is a greater warrior for them, than our Secretary of Defense, Leon Panetta.



**JOHN C. STENNIS**  
MEMORIAL HOSPITAL  
Your Community Hospital  
*A Division of Rush*

**Join us for the first monthly  
Lunch and Learn  
Community Seminar**

**Learning about and living with  
diabetes – important information  
about one of Mississippi's  
most serious health problems.**

**Thursday, October 6 at 12 noon**  
**John C. Stennis Memorial Hospital  
Cafeteria Meeting Room**

**Conducted by Juantina Johnson, MD**  
*Internal Medicine, Emergency Medicine and  
Pulmonology and Laurcn Hill, Registered Dietitian*

**Dr. Johnson will discuss signs and symptoms of diabetes  
and diabetes management techniques.**

This luncheon is provided free of charge as a community service,  
however reservations are requested. A light, healthy lunch will be served.  
**Please contact Carol Hunicutt at 769-486-1037 to make your reservation today.**

**Those attending will be offered complimentary blood  
pressure and blood sugar screenings, and also be entered  
in a door prize drawing for a free glucose monitor,  
graciously donated by CVS pharmacy.**



[stennismemorialhospital.com](http://stennismemorialhospital.com)

John C. Stennis Memorial Hospital 14365 Highway 16 West DeKalb, MS 39328 | 769-486-1000

● **Don't Ask**

While the primary focus of repeal has been on changes in the law, some of the most important aspects can be found in what will remain the same. For instance, sexual orientation will continue to be a personal and private matter. Current and future Sailors will not be asked, nor be required to reveal, their sexual orientation.

Standards of conduct remain unchanged. Existing Navy standards of conduct will continue to apply to all Sailors regardless of sexual orientation. Enforcement of standards, including those related to public displays of affection, dress and appearance, and

fraternization will be sexual orientation neutral. All members are responsible for upholding and maintaining the high standards of the U.S. Navy at all times and in all places.

The diversity of the force will remain a strength. Success of the Navy is enabled by the diversity of our Sailors, representing many different racial, religious, ethnic and economic backgrounds, and by the expectation that all Sailors will be treated with dignity and respect. Accordingly, there will be no changes regarding the exercise of religious beliefs.

All Sailors, regardless of sexual orientation, are entitled to an environment

free from personal, social, or institutional barriers that prevent service members from rising to the highest level of responsibility possible.

To learn more about the repeal of "Don't Ask, Don't Tell," visit [www.public.navy.mil/bupers-npc/support/dadt/pages/default.aspx](http://www.public.navy.mil/bupers-npc/support/dadt/pages/default.aspx).

To read NAVADMIN271/11 and NAVADMIN 272/11, visit Navy Personnel Command at <http://www.public.navy.mil/bupers-npc/reference/messages/NAVADMIN/Pages/NAVADMIN2011.aspx>.

—From Chief of Naval Personnel

**Officer years commissioned service requirement reduced**

By MC3 Andrea Perez

Navy Personnel Command Public Affairs Office

MILLINGTON, Tenn. (NNS) -- The minimum years of commissioned service (YCS) required for selected officers for retirement purposes has been temporarily reduced from 10 to eight years, officials said Sept. 15.

"This change mainly affects prioritized officers who with their prior

service and active commissioned service will satisfy their minimum payback towards 20-plus year active duty retirement," said Lt. Shane Walker, assistant limited duty officer/chief warrant officer community manager. "This temporary change will help the Navy achieve, in part, its desired end-strength goals."

ALNAV 057/11 temporarily minimizes that YCS requirement. Now

● **Don't Ask, page 9**



Photo by MC2 Flordeliz Valerio

Newly pinned chiefs include HMC Thomas Wolff, left, PSC Darien Johnson, ACC Dwayne Hinson, ACC William Nolan and HTC Norvel King.

● **Chief**

Branch Health Clinic.

Nolan is the youngest of the new chiefs. At 29, Nolan has served 10 years in the Navy with two overseas deployments and one Individual Augmentee assignment which he completed just a few months ago.

"In the past six weeks I've received some extensive training," said Nolan who had his anchors placed on by his father and younger brother. "I'm really proud that I was at a small command – like NAS Meridian – I got a lot of one-on-one time with all the chief petty officers that were here. My goal now is to lead by example."

With 23 years in the Navy, HTC King

was the senior of the group of new chiefs.

"I'm going to take all my knowledge and the history I've learned during this process and use it to motivate my young Sailors," King said. He is a reservist attached to the Navy Operational Support Center on board NAS Meridian.

During the ceremony, Naval Technical Training Center Command Master Chief Mark Sansing read "The Fouled Anchor," while NAS Meridian Command Master Chief Sharon Laguna presented the "Chief Petty Officer's Creed."

And with "Permission to enter the mess?" asked and granted, the U.S. Navy now has five new chief petty officers stationed at NAS Meridian.

**Rush**

Dr. Akhtar Siddiqui and the staff of Central Mississippi Family Health Clinic are pleased to welcome Rachel Hull, M.D. Pediatrics

Walk-ins Welcome! Appointments Available! Call 601-486-4210.

rushhealthsystems.org

Central Mississippi Family Health Clinic, A Division of The Specialty Hospital of Meridian  
909 C South Fanning Road | Meridian, MS 39201

**Meridian/Lauderdale County**  
**CRIMESTOPPERS Cash REWARDS up to \$1000!**

For information about any serious crime, wanted person or stolen property 24 hours a day.  
Call (601) 485-1860 ~ No Name Required ~

**Make your plans now to attend YOUTH NITE at the QUEEN CITY FAIR Wednesday, October 5th**

**Youth Nite**  
Wednesday October 5th 6pm

**Queen City Fair**  
Meridian, MS

**SPORTS GAMES**  
**LOVENOW**

For more information: Visit [www.queencityfair.net](http://www.queencityfair.net) email [lemmcrac@comcast.net](mailto:lemmcrac@comcast.net) - 601-934-4867

**Sale ... or**

**ELECTRONICS MUSICAL/COMPUTERS**

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

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

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

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

**EXERCISE EQUIPMENT**

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

**BOATS/CAMPERS**

**NEW! 32-foot Mountainer Travel Trailer**, tag-alone, 2 slides, excellent condition. Asking \$13,300. Call (251) 607-9536.

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

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

and 1/2 baths and a shower, washer dryer combo, bedroom includes a sleep numbers bed and wall mount 23" TV. With 26" LCD TV Digital Satellite System Home Theater System in the main coach, 4-door refrigerator/freezer w/ice maker and water on the door. GE microwave/convection oven over regular 3 burner gas range w/oven. NON SMOKER RV is in really good condition. Must see to appreciate. Asking \$149,000. Call Gail Brennhofner at (601) 679-2408 or (601) 678-9504.

**HOUSEHOLD ITEMS**

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

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

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

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

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

**Brand new in box, International Silver 70 piece service for 12** (San Marcos pattern) 24K goldplated flatware set with bonus flatware chest. \$25. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

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

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

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

\$100 each. Call Clinton at (601) 323-1003.

**AUTOMOBILES, ETC.**

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

**2002 Ford Explorer XLT.** Great condition, only one owner. 131,000 miles (highway). Pioneer GPS navigation system, touch screen, Bluetooth capability for hands free calling. Also plays CD, DVD, MP3, iPod. 22" chrome rims and tires, and stock rims and tires also included in price. Asking \$6,000 OBO. Call (619) 512-6630.

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

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

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

**(MOTORCYCLES/GEAR/ATV)**

**NEW ITEM! 1981 Kawasaki KZ440LTD motorcycle**, 22k miles. Asking \$1500. Call (610) 457-8915.

**NEW ITEM! Mechanic's dream or great parts bike - needs work 1986 Honda Rebel.** Asking \$300. Call Teresa at (601) 679-3474.

**2008 Yamaha Majesty Scooter**, 400CC and rides very good, 1008 miles, and it will go 90 MPH easily. Gets about 57 MPG. Contact Darin at (601) 480-4132 or Ann at (601) 480-4134.

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

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

**2008 Kawasaki Ninja 250R**, blue with jacket and helmet included, 3800 miles. Asking \$2,000. Call (601) 562-6508.

**2004 Honda VTX1300C**, burnt orange, very clean, runs great,

many accessories. Can email pics and more details. Call Frank at (601) 513-1738.

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

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

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

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

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

**HOMES/APARTMENTS**

**NEW! For Rent:** Home at Dalewood. 2 BD/1BA with living room, dining room and large kitchen, fenced in back yard. Newly painted inside. Within 2 blocks of boat launch and beach. Asking \$650 month/\$650 deposit. Call (601) 604-2929.

**NEW! For Sale:** 3BR/2BA 2169 sqft home located in West Lauderdale School District and only minutes away from the conveniences of the city of Meridian. Exterior features include a double lot with large fenced backyard, storage building, saltwater pool, and a 12x16 gazebo with electricity. Interior features include a spacious family living area, open dining room, spacious kitchen, a large laundry room, nice gameroom/sunroom leading to backyard. Updates include fresh neutral paint colors throughout the house, ceramic tile flooring in kitchen and dining room, and an updated hallway bathroom. Located less than 20 miles for NAS Meridian. Asking \$167,000. Call (601) 934-1799.

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

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

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

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

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

**NEW PRICE! For Sale:** Doublewide, 3 BR/2 full BA. Master has shower and garden tub with 2 vanities. All bedrooms have walk-in closets. Central air & heat. Gas fire place. Large kitchen with all undated appliances with dishwasher. 10x20 covered front deck with 10x20 side deck. 12x15 Storage building included. Large yard with circle drive on 2 acres. Located Collinsville/Martin area on Mayatt Road. West Lauderdale school level 5A. 18 miles from NAS. Asking \$69,000. Call (601) 938-1903.

**For Sale:** Home in Poplar Springs School Dist. 3 BR/2 BA with split floor plan; upgraded kitchen with granite counter tops, stainless steel appliances, new flooring and breakfast nook, formal dining room; master bath has jetted tub with separate shower. Indoor laundry; large garage with storage room. Nice

yard with privacy fence and covered patio. Outside trim painted with new gutter in 2010. Asking \$185,000. Call (601) 604-2015.

**WANTED TO BUY**

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

**TOOLS**

**NEW ITEM! Craftsman Contractor Series Radial Arm Saw** with stand, asking \$200. Call (601) 679-9972.

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

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

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

**MISCELLANEOUS**

**NEW PRICES! Golf Taylormade Driver R9 \$175; Bobby Jones Workshop Edition Driver \$75 -- all in like new condition.** Call or text George at (361) 442-4489.

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

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

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

**U 12 Ga. shotgun** with chocks and cleaning kit, asking \$1,200; **40 round bales of hay**, fescue and clover mix cut this year, \$25 each; **Pure local honey** for sale, quart size bottles, \$10 each (other sizes available). Call Clinton at (601) 323-1003.

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

# MWR Mission First... Sailors Always

## NEW pool open until Oct. 10



The newly renovated and expanded Sonny Montgomery Fitness Center is now open and features a state-of-the-art 4,000 square foot bath house with 25m-eight lane swimming pool. The new All Hands Pool will be open until Oct. 10. Hours for the pool are: Monday-Friday 10:45-1 p.m. for lap swim and water aerobics. Free swim is Tuesday-Friday from 3-8 p.m. and Saturday-Sunday from noon to 6 p.m. The Fitness Center is open Monday-Friday from 5:30 a.m.- 8 p.m. and on weekends and holidays from 11 a.m.-6 p.m. It is closed only three days a year: New Year's, Thanksgiving and Christmas. For more information about the fitness center, call (601) 679-2379, (601) 679-2367 or (601) 679-3384.

Photo by Matt Davis  
MWR Marketing Director



### October Specials

**WEDNESDAYS:** Military Student Special (NTTC, MATSS-1, VT-7, VT-9)  
6-9 p.m. ~ \$2 per game including shoes

**THURSDAYS:** Cosmic Night  
~7 p.m. to close, regular rates

**SATURDAYS:** Family Night  
~ 5 p.m. to close  
\$2 game and \$1 for shoes.

**Oct. 22 No-Tap Tournament:**  
8 games of 9 pin  
\$20 entry fee sign up by 9:30 a.m. day of event.

**Oct. 31: Bowl wearing a Halloween costume** (not military uniform) and get up to 3 games free. 6 p.m. to close.

### Captain's Cup Bowling Standings Week 3

- 1st: NTTC Silencers
  - 2nd: Dilligaf
  - 3rd: "Spare Me" NBHC
  - 4th: Air Ops
  - 5th: NEX Gutterfingers
  - 6th: PW Kegler's
  - 7th: Turkey Hunters
  - 8th: Devil Dogs
- High Rollers**  
Men: Andrew Clayton (237)  
Ladies: Dian Hinton (172)

### AT THE MOVIES

There are three scheduled movies per week at McCain Lanes Theater. The movies are shown at 6 p.m. on Tuesdays and Wednesdays; and at 1 p.m. on Saturdays. On Fridays you can select from the 780 movies on file. Movies on this schedule will not be available for open viewing until after their scheduled showing date. Call (601) 679-2651.

### Admission is Free!

- October ...
- 1st: "Toy Story 2" (G)
  - 4th: "Lean on Me" (PG-13)
  - 5th: "The Conspirator" (PG-13)
  - 6th: "Something Borrowed" (PG-13)
  - 8th: "Prom" (PG)



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

### October

- 3rd:** Head to the Liberty Center at 6 p.m. and add a little color to your day by creating your own Tye Dye shirt. Liberty provides all supplies for FREE while they last. If you miss our free t-shirts, bring a light cotton shirt of your own.
- 5th:** Double Elimination Pool Tournament at 7 p.m. in Liberty Center. No entry fee – prize awarded to winner. Register day of event at Liberty Center.
- 8th:** Paintball Trip ~ Leave Library parking lot at 7:30 a.m. Cost is \$30 per person. Must register & pay for the trip by Oct. 5. Minimum of 20 people needed for trip to run – NO REFUNDS (unless trip is cancelled).
- 9th:** Dog Day Sunday  
FREE hot dogs, chips, beans & soda served at 1 p.m. in the Liberty Center.
- 12th:** Ping-Pong Tournament at 7 p.m. in the Liberty Center. No entry fee – prize awarded to winner. Register day of event at Liberty Center.
- 13th:** FREE bowling to all Liberty patronage at McCain Recreation Center from 6-8:30 p.m.
- 22nd:** Six Flags "Fright Fest" Trip to Atlanta! Leave the Library parking lot at 4 a.m. Cost is \$30 per person. Must register & pay for the trip by Oct. 19. Minimum of 20 people needed for trip to run – NO REFUNDS (unless trip is cancelled).

### Are you ready for some football?

**Rudders will feature College FOOTBALL on Thursday and Monday night FOOTBALL on the new TVs.**

**Expanded hours of operation at Rudders will be open for football season.**

**Monday-Thursday:**  
4:30-10 p.m.  
**Friday:**  
5 p.m.-midnight  
**Saturday:**  
11 a.m.-midnight  
**Sunday:**  
11 a.m.-10 p.m.



### Catch all the excitement... Talladega 500 on Oct. 23!

The ITT office is now taking orders for Talladega 500 tickets at a discounted military rate. Orders taken prior to Oct. 13 will be available for pickup at the ITT office the week prior to the race. Orders placed after Oct. 13 will be held for pickup at Talladega's Will Call office. The last days to order tickets from ITT is Oct. 19 (or while supplies last).

(Pit Pass must be purchased with Sunday ticket)

Want to make it a Talladega weekend? Tickets are also available for the Coca-Cola 250 NASCAR World Truck Series on Oct. 22. Last day to order tickets from ITT will also be Oct. 19.

**ITT Talladega 500 Pricing**  
Gadsden Grandstand: \$40  
Lincoln Grandstand: \$45  
Talladega Grandstand: \$45  
Anniston Grandstand: \$56  
Anniston Tower: \$94  
Pre-Race Pit Pass: \$18



**ITT Coca-Cola 250 Pricing**  
General Admission: \$35 (children 12 and under are free with a paying adult)

For more information, call the NAS Meridian ITT Office at (601) 679-3773.

### PONTA CREEK UPCOMING TOURNAMENTS

#### 2011 Club Championship Oct. 13-15 ~ 36 Holes

\$35 per person  
Includes green & cart fee, and dinner after play on Saturday

Open to active duty, retired military, DoD and monthly/annual membership holders  
(The player plays 36 holes for the tournament, they can play all 36 in one day, or split it up and play two 18 hole rounds on different days. The player must come into the shop and declare what they are doing before they play. There must be at least two players in each group in the tournament.)

**Divisions Include:**  
Active Duty Division  
Open Division  
Senior Division  
Women Division



#### Ponta Creek Golf Course Association Senior Two Person Scramble ~ Oct. 18 ~ 27 Holes

Shotgun Start at 9 a.m.  
\$45 per player ~ Includes cart fee, lunch & beverages

**Divisions Include:**  
Ages 50-59 White Tees  
Ages 60-69 Gold Tees  
Ages 70 + Red Tees

**Awards:**  
Closest To The Pin On Hole #18  
Most Accurate Drive On Hole #10  
Closest to the 100 yard marker #12

For more information and to register for these events, call the Pro Shop at (601) 679-2526.

#### Check out what's new at the Andrew Triplett Library:

2011 Peterson Education Guides,  
2011 Job and Information Guides and  
Free Wi-Fi! Also new books for children and young adults have arrived!!  
Hours of Operation: Monday-Friday 10 a.m.-6 p.m.,  
Saturday 10 a.m.-4 p.m. For more information, call (601) 679-2326.



### Play Ping Pong at Rudders Games are Free! Hours of Operation

Monday-Thursday: 4:30-10 p.m.  
Friday and Saturday: 5 p.m.-Midnight  
For more information, call (601) 679-2636.



### Group Exercise Schedule:

- Mondays ~ 11:30 a.m.:** Belly Dancing with Stacey  
6 p.m.: Self Defense with Dawg Kerwood
- Tuesdays ~ 11:15 a.m.:** Cardio Mix with Shannon
- Wednesdays ~ 11:30 a.m.:** Belly Dancing with Stacey  
6 p.m.: Self Defense with Dawg Kerwood
- Thursdays ~ 11:15 a.m.:** Cardio Mix with Shannon
- Fridays ~ 11:30 a.m.:** Belly Dancing with Stacey  
\*\*P90X and Insanity available any time!\*\*

**Fitness Center Policy:**  
1.) The Sonny Montgomery Fitness Center will conduct a 100 percent ID check of all patrons. ID check will be administered to ALL unless wearing military issued PT gear or in uniform.  
2.) If NO issued PT gear is worn, then you must show ID to enter the workout zones.  
3.) If any civilian is sponsored by authorized personnel, they must pay the daily fee of \$2.  
4.) All contractors must pay the daily fees or monthly dues and show ID to enter workout zones.  
**Hours of Operation:** Monday-Friday from 5:30 a.m.- 8 p.m. and on weekends and holidays from 11 a.m.-6 p.m. It is closed only three days a year: New Year's, Thanksgiving and Christmas.  
For more information about the fitness center, call (601) 679-2379, (601) 679-2367 or (601) 679-3384.

### Meridian/NAS Bus Schedule

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

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

# It's Your Turn...

This week we asked the following, "What does the American National Anthem mean to you?"

Photos by MC2 Flordeliz Valerio



**HM1 Dianne Olesin**  
Pharmacy Technician  
"Patriotism, freedom and remembering all the sacrifices that have been made."



**HM3 Thomas Shaw**  
NBHC Corpsman  
"Diligence and determination. Never give up, never surrender."



**Janet Rossman-Sinyard**  
Former Civilian Employee  
"A patriot's dream in the middle of the night. When Francis Scott Key wrote the song in the middle of the night, it meant everything that it means now -- to be in the land of the free and home of the brave."



**Jonathan Creekmore**  
Northeast High NJROTC  
"I think we are blessed to be in the land of the free, and have men and women to make us home of the brave."



**Lt. Christopher Sharpe**  
NBHC Meridian Senior Medical Officer  
"It means never forgetting that freedom is not free. It requires sacrifice and constant aggressive vigilance to ensure its continuance."

## Fleet & Family Support Center October is Domestic Violence Month

### What is Domestic Violence?

Domestic violence is a crime that uses families, weakens communities and undermines military readiness. With this campaign, we are calling on our service men, women and their families to take a stand against domestic violence.

**Dr. David S.C. Chu**  
Under Secretary of Defense for Personnel and Readiness  
United States Department of Defense

The Department of Defense defines domestic violence as an offense under the United States Code, the Uniform Code of Military Justice, or state law that involves the use, attempted use, or threatened use of force or violence against a person, or the violation of a lawful order issued for the protection of a person who is: (a) a current or former spouse; (b) a person with whom the abuser shares a child in common; or (c) a current or former intimate partner with whom the abuser shares or has shared a common domestic. Domestic violence can happen to anyone of any race, age, religion or gender and can affect people of all socioeconomic backgrounds, education levels and military ranks.

**Take a Stand**

### Are You or Someone You Know in an Abusive Relationship?

There are many signs to look for to determine if you are being abused, some more serious than others. For instance, does your partner:

- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to or where you go?
- Stop you from seeing your friends or family members?
- Make all of the decisions?
- Tell you that you're a bad parent or threaten to take away or hurt your children?
- Prevent you from working or attending school?
- Intimidate you with guns, knives or other weapons?
- Shove you, slap you, shake you or hit you?
- Threaten to commit suicide?
- Threaten to kill you?

**If you answered 'YES' to even one of these questions, you may be in an abusive relationship.**

### Where You Can Turn for Help

Once you call the Hotline, an advocate will put you in touch with a local program that can help you further. If you are on a military installation, contact the Installation Victim Advocate, the Family Advocacy Program and/or law enforcement.

**MAKE THE CALL**  
**1-800-799-SAFE (7233)**  
1-800-799-7233 (TTS) For the Deaf, Deaf-Blind and Hard of Hearing

*The National Domestic Violence Hotline understands the overwhelming and detrimental effect domestic violence has on families. Until the violence stops, we will continue to help... one call at a time. Make the call and take a stand against domestic violence.*

**Sheryl Coles**  
Executive Director, NDVH

**Stop the Abuse**

## 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.

**Understanding Domestic Violence Victims: Oct. 4 from 9-10 a.m. or Oct. 13 from 3-4 p.m.** Domestic violence is a serious issue that affects millions of people in one way or another. In fact, even if you are not the victim of domestic violence, you likely know someone who is. Therefore, whether you are the victim or the friend of someone being abused, it is important for you to know how to find help and break the cycle of abuse. Come learn about domestic violence, why some victims stay in spite of the abuse, and how you can help break the cycle of abuse.

**Effects of Domestic Violence on Children: Oct. 11 from 10-11 a.m. and Oct. 24 from 2-3 p.m.** Family violence is not a topic people generally like to discuss; however, since October is Domestic Violence Awareness Month, FFSC is offering this workshop to explore the impact of family violence on children. Topics will include: tips on understanding the damage caused by family violence, how to recognize the warning signs of domestic violence, and how to offer support efforts to help end family violence.

**Welcome Aboard & New Spouse Orientation: Oct. 6 from 8-noon (NSO noon-1 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 (EFM) Program, TRICARE, vehicle registration, on- and off-base driving regulations, legal services, community services, Chapel and other religious services, MWR, things to do at NAS and in Meridian, and more! The New Spouse Orientation will include a Q&A session with command Ombudsmen and other briefs of interest to military spouses. Whether you're a spouse new to military life or just new to Meridian, you'll be able to pick up important information and meet other spouses.

**Writing Your Best Résumé: Oct. 12 from 2-3:30 p.m. or Oct. 27 from 10-11:30 a.m.** This workshop will review the basic types of résumés, discuss which types of résumés 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 résumé, and how to market a résumé effectively in the current job market. Bring your current résumé if you have one, or come prepared to start a new one!

**Command Financial Specialist (CFS) Training: Oct. 17-21 from 8 a.m.-4:30 p.m.** Each command with at least 25 active duty service members is asked -- in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 -- to select individuals to attend CFS Training. Commands are required to maintain a ratio of one CFS to every 75 active duty personnel. Current CFSes must attend CFS Training every three years to remain active. Only E6 & above service members are eligible to attend this training and serve as CFSes. For more information about eligibility, or to register for the class, please call 601-679-2360.

**IA Readiness Fair: Oct. 14 from 9-11 a.m.** FFSC hosts this deployment readiness event to help Individual Augmentee (IA) deployment candidates and their families prepare. We'll have representatives from various departments and agencies on-hand to answer your questions and provide valuable information.

**IA Spouse Discussion Group: Oct. 14 from 9:30-11 a.m.** FFSC hosts an IA Spouse Discussion Group over coffee (or tea). Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back & chat!

**Halloween Crafts for Kids: Oct. 26 from 2:30-4 p.m.** All children, ages 3-12, are invited to the FFSC to create spooky Halloween crafts! Registration is required for preparation of materials!

## Phase I enlisted retention board adjourns

By MCC (SW) Maria Yager  
Navy Personnel Command  
Public Affairs

MILLINGTON, Tenn. (NNS) -- The first phase of the Enlisted Retention Board (ERB) adjourned and forwarded its recommendations to Navy Personnel Command (NPC), officials said Sept. 16.

ERB Phase I results will likely be released in mid-to-late October after the Bureau of Naval Personnel (BUPERS) reconciles the results and processes those who applied for conversion, according to Rear Adm. Don P. Quinn, acting chief

of naval personnel. As announced in NAVADMIN 180/11, conversion applications were held until the board completed deliberations. Only those Sailors not selected for retention in-rate by the ERB will be considered for conversion into selected undermanned ratings for which they qualify. Conversion waivers will be granted based on the needs of the Navy.

Once BUPERS reviews the recommendations for conversion opportunities, board results will be forwarded to the Chief of Naval Personnel for approval. "A conversion pack-

age is a second opportunity to stay Navy and we want to have all those decisions made before results are released," said Quinn. NPC received more than 2,000 conversion requests from ERB eligible Sailors.

The Phase I ERB reviewed the records of ERB-eligible E-4 and E-5 Sailors from 31 overmanned ratings.

The board was charged with reviewing each candidate's official military personnel file and any correspondence submitted by the member to identify the best qualified Sailors to receive the finite number of retention

quotas available. Once the board results are approved, NPC will notify commanding officers so they may personally contact and provide counseling to each Sailor not being retained.

Sailors not selected for retention will have access to the Navy's transition assistance management program and other benefits, for members who are involuntary separated.

To learn more about the ERB, visit [www.public.navy.mil/bupers-npc/boards/ERB/Pages/default2.aspx](http://www.public.navy.mil/bupers-npc/boards/ERB/Pages/default2.aspx).

**• Drive**  
The process was simple. Sailors and civilian personnel on board NAS Meridian filled out a Department of Defense consent form upon registration. Each one provided oral-swab samples to determine their Human Leukocyte Antigen (HLA) type. That coded information (no names or social security numbers are used for identification purposes) is placed on the national registry of the National Bone Marrow Donor Program in Minneapolis, Minn., where it will remain until their 61st birthday. They will be contacted if found to be a match. "This is a great program to have," said Lt. Cmdr. Roger Caron, NBHC Meridian officer-in-charge. "We would like to keep it going and

give the new people coming into the installation the opportunity to be donors."

Caron commends Arnold's effort of taking initiative to start the program.

"Arnold took the ball and ran with it," Caron said. "He and his colleagues did a tremendous job."

NBHC Meridian still has a few donation kits available for those on base who may wish to register as bone marrow donors. Donor registration drives are continuously organized throughout the United States and at overseas military facilities by volunteer installation and activity points of contact with their commanding officers' approval. For information, contact HM3 Arnold at (601) 679-2204.

**• Fitness**  
existing basketball courts; renovating saunas; new HVAC system throughout, including locker rooms and basketball courts; new floor/wall/ceiling surfaces throughout; emergency call systems; energy efficient lighting, lavatories, showers and plumbing fixtures throughout; and applying for Leadership in Energy and Environmental Design (LEED) Silver certification.

MWR executed a grant of nearly \$294,000 to stock the Fitness Center with state-of-the-art fitness, aquatic and sports equipment and supplies.

The center is open Monday-Friday from 5:30 a.m.- 8 p.m. and on weekends and holidays from 11 a.m.- 6 p.m. It is closed only three days a year: New Year's, Thanksgiving and Christmas.

**• Don't Ask**  
certain officers eligible for retirement through Sept. 30, 2013 only have to satisfy eight years of commissioned service to receive the same retirement benefits. "To clarify, if an officer who is retirement eligible and will have eight years of active commissioned service between the release date of the message and Sept. 30, 2013, he or she can request retirement under this option if they are in an eligible designator and no other service obligations are in place," said Walker. Waivers from years of required ACS will not be approved for officers:  
\* With pending permanent change of station orders;  
\* Identified to fill a general services administration assignment;  
\* Under a bonus entitlement (or special pay);

\* Assigned to a department of defense (DOD) area and who have not met the DOD tour requirement (joint/overseas duty);

\* Under a service obligation for an education program including graduate education, scholarship, fellowship, service college, tuition assistance or graduate voucher;

\* Under a training obligation. Normally, requests for retirement must be submitted no more than 12 months in advance. Officers applying for retirement under ALNAV 057/11 can submit requests up to 18 months prior to their retirement date.

For eligibility requirements, read ALNAV 057/11, found on the Navy Personnel Command (NPC) website, [www.npc.navy.mil](http://www.npc.navy.mil) or contact the NPC customer service center at [CSCmailbox@navy.mil](mailto:CSCmailbox@navy.mil) or 1-866-U-ASK-NPC.

Find out more about new All Hands Pool, page 8

### Go Light on Lights

Do you really need the lights? If there's natural daylight in your workspace, try turning off your overhead lights. If the morning is dark, see if you can leave the lights off after you return from lunch. You can use task lighting to supplement the daylight in specific areas that need more light. It uses a fraction of the energy that lighting a whole room does.

# Meridian aviators earn 'Wings of Gold' during Oceana Air Show

Seven Student Naval Aviators who were trained on board NAS Meridian will receive their "Wings of Gold" during a naval aviator designation ceremony at the Oceana Air Show in Virginia, Sept. 24-25.

Those who will receive "Wings of Gold" during Saturday's designation ceremony include:

**Lt. j.g. Ryan Aldrich**, USN, who was named to the Commodore's List with Distinction during Primary Flight training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on Sept. 20. Aldrich completed Advanced Jet Flight Training with Training Squadron Nine;

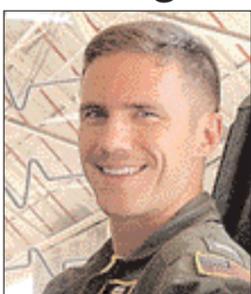
**Lt. j.g. Justin Chalkley**, USN, who was named to the Commodore's List with Distinction during Primary Flight Training and was VT-9's Student of the Month for February 2011. Additionally, he was designated a Distinguished Naval Graduate and is TW-1's Golden Stick award winner. During Advanced Jet Flight Training, he earned two Navy "E's" for bomb-

ing accuracy and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 31. Chalkley completed Advanced Jet Flight Training with Training Squadron Nine; and

**Lt. j.g. Ariel Klainerman**, USN, who was designated a Distinguished Naval Graduate. He earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on Sept. 20. Klainerman completed Advanced Jet Flight Training with Training Squadron Nine.

Those who will receive "Wings of Gold" during Sunday's designation ceremony include:

**Lt. j.g. Andrew Christopher**, USN, who was named to the Commodore's List during Primary Flight Training and was VT-7's Student of the Month for July 2011. During Advanced Jet Flight Training he earned two Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on



Aldrich



Chalkley



Christopher

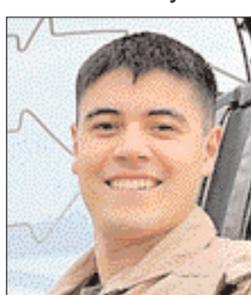


Dicks

Aug. 1. Christopher completed Advanced Jet Flight Training with Training Squadron Seven;

**First Lt. Jarod Dicks**, who was named to the Commodore's List during Primary Flight Training. He earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on Aug. 1. Dicks completed Advanced Jet Flight Training with Training Squadron Seven;

**Capt. Tristan Gerritsen**, USMC, who was named to the Commodore's List during Primary Flight Training. He earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board



Gerritsen



Klainerman



Williams

the USS Dwight D. Eisenhower (CVN-69) on Aug. 1. Gerritsen completed Advanced Jet Flight Training with Training Squadron Seven; and

**Lt. j.g. Brian Williams**, USN, who was named to the Commodore's List with Distinction during Primary Flight Training and was VT-7's Student of the Month for May 2011. During Advanced Jet

Flight Training, he earned two Navy "E's" for bombing accuracy. Additionally, he was designated a Distinguished Naval Graduate. He carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on Sept. 20. Williams completed Advanced Jet Flight Training with Training Squadron Seven.

The naval aviator designation ceremony is not

prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition. It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous demands of aerial combat and carrier operations -- earning each the title of "Naval Aviator" and the right to wear the coveted "Wings of Gold."

# Chief petty officer pinning ceremonies around the Navy

## Enterprise pins new chiefs, continues 50 year legacy

By MCSN Gregory A. Pickett II  
USS Enterprise Public Affairs

USS ENTERPRISE, Norfolk (NNS) -- Twenty-four USS Enterprise (CVN 65) Sailors were advanced to chief petty officer during a shipboard ceremony Sept. 16.

The ceremony comes at the culmination of the chief petty officer induction process which began the day the selection board results were released in August.

Some of the topics covered during the seven-week training course include the history and traditions surrounding chief petty officers, as well as the responsibilities of a chief and leadership principles. Specific issues and challenges the selectees are bound to face in leading Sailors in today's Navy are also covered.

The teaching methods included classroom training, traditional induction training, physical fitness, role play, and various team-building and leadership exercises.

"We train our selects for the many challenges that they will soon face by providing current and related training as it pertains to today's Sailors," said Enterprise's Command Master Chief (AW/SW) Keith Oxley. "We concentrate on real-life scenarios that will make them more effective as chief petty officers."

Chief petty officers are an essential component of the Navy and the ship, especially during the command's transition from the work-ups to preparing the crew for back-to-back deployments. Chiefs are deckplate leaders who are entrusted with the Navy's historical traditions and standards while they carry out the daily mission of the command.

Completing the rigorous process and receiving the fouled anchors of the chief is an enormous achievement for any Sailor, but never losing sight of your goals is the key, said newly pinned Chief Machinist's Mate (SW) Paul A. Tornabene.

"Always keep your eyes on your goals," said Torabene. "If you ever have trouble getting to those goals, ask the chief for help!"

The newly pinned chiefs are undergoing more changes than just a different color uniform. Their responsibilities and what is expected of them has also changed. They are now the example that all Sailors, junior officer and enlisted, look to for mentorship, advice and guidance.

"This season of selects marks the 50th group of selects to go through the induction process onboard Enterprise," said Oxley. "It is remarkable to think of how many chief petty officers have gone through this process onboard this legendary warship. With this long heritage comes great honor. A statistic not lost on the selects as they were "charged" with, and responsible for, showcasing this significant milestone. They even included the term "50th year of Enterprise CPO selects" in their PT guide-on."

## Gulfport Seabees end first construction phase on Inert Ordnance Storage Facility

PANAMA CITY, Fla. (NNS) -- Seabees from Naval Mobile Construction Battalion (NMCB) 11 completed Phase I of a construction project Sept. 18, during their 10-month homeport, for the Navy Munitions Command (NMC) at Naval Support Activity (NSA) Panama City, Fla.

Seabees from NMCB 74 will arrive next month to start Phase II of the project.

"Public Works Department (PWD) Panama City recognized that this type of project would be a perfect fit for a Seabee Battalion to use as training," said Ensign Steven Ferrara, NMCB 11 Detachment officer in charge.

The 90' by 55' steel structure will be used for the storage of inert ordnance by NMC, a tenant at NSA Panama City.

"This type of project allows the customer and the installation to receive a necessary building while the Seabees get training on the skills they need to make an impact in their battalion," said PWD Public Works Officer Lt.



Photo MC2 Kathryn E. Macdonald

**Chief Culinary Specialist Brian Pettee salutes while passing through the side boys for the first time as a chief petty officer during the 2011 chief petty officer pinning ceremony aboard USS Constitution.**

## USS Constitution recognizes 3 new chiefs underway

By MC2 Kathryn E. Macdonald  
USS Constitution Public Affairs

CHARLESTOWN, Mass. (NNS) -- USS Constitution promoted three Sailors to the rank of chief petty officer (CPO) while underway Sept. 16.

The promotion ceremony took place at 9 a.m. and ended at 10 a.m. The underway commenced immediately thereafter, and Constitution fired a 21-gun salute to Fort Independence on Castle Island.

"The pinning ceremony symbolizes the end of our Transition Season and the welcoming of our newest Brothers and Sisters into the chief petty officers ranks," said Command Master Chief Roxanne Rhoades, USS Constitution. "As each Selectee has a family member or friend pin on their first Chiefs anchors and their Sponsor dons their first combination cover, these Sailors begin to feel a weight upon their shoulders build. This weight carries with it the past 118 years of tradition, knowledge, responsibility, and accountability of being "The Chief."

Chief Mass Communication Specialist (SW/AW) Frank Neely, Chief Builder (SCW) Christopher Locke, Chief Culinary Specialist (SW) Brian Pettee, assigned to

Constitution, were promoted to CPO.

"Promoting our three Sailors to Chief Petty Officer is such a momentous event for them, as it ends one journey in their career and begins another," said Cmdr. Matthew J. Bonner, 72nd in command USS Constitution. "It is also important for the crew to see that transition from first class to chief."

Retired Master Chief Petty Officer of the Navy (MCPON) John Hagan was also in attendance as the guest speaker. Hagan was the Navy's eighth MCPON.

"The feelings and emotions going through me before, during and after the ceremony are completely indescribable," said Locke. "It's exciting and I am ready to be that 'chief.'"

This will be the first time since 2008 Constitution has promoted Sailors to the rank of CPO.

Constitution is located in the Charlestown Navy Yard of Boston Harbor and is the world's oldest commissioned warship afloat. The ship defended the sea lanes against threat from 1797 to 1855, much like the mission of today's Navy. Constitution's mission today is to offer community outreach and education about the ship's history, as she welcomes more than 500,000 visitors per year.

## First lady of 'Goat Locker' attends Orlando chief's pinning

By MC2 Charles E. White  
Navy Region Southeast Reserve Component  
Command Public Affairs

ORLANDO, Fla. (NNS) -- An honorary master chief and wife of the first Master Chief Petty Officer of the Navy (MCPON) attended the Navy Operational Support Center (NOSC) Orlando chief's pinning ceremony Sept. 17.

"I am happy to be here for the chief's pinning," said Ima Black, who attended with Navy Reserve Force Master Chief Chris Wheeler. "There is no promotion in any of the other military services like going from first class [petty officer] to chief."

Three new chiefs joined the world's largest fraternity, the U.S. Navy Chief's Mess, in a ceremony overseen by its first lady.

Chief Personnel Specialist Matt Montillo said that having both Wheeler and Black at his pinning ceremony was "priceless," adding that Black's attendance was a special reminder of "the history and tradition that she represents."

During induction, new chiefs must learn the history of the Navy chief petty officer (CPO) and the chief's mess in general. By the time new chiefs shed their "selectee" status, each one knows about MCPON Del Black and his wife Ima, who in her 90s continues to work with the Navy even after her husband's death more than a decade ago.

Wheeler, attending his first pinning ceremony since becoming the Navy Reserve Force Master Chief, was honored to share the moment with such an important and integral part of chief's mess history.

"What a thrill just to see her, to meet her," said Wheeler, adding how Black and the history that she represents engenders "pride in the Chief's mess."

Ima, named an honorary master chief by MCPON Joe Campa Jr. in 2007 for her tireless dedication to the Navy, has had to step back slightly from traveling long distances for Navy functions due to age, but she still participates locally and in true master chief fashion, she mentors local Navy enlisted leadership, including chief selectees.

During the induction process, she attended a dinner with Orlando and Tampa area selectees, then hosted them in her home for a two-way question-and-answer session.

"They really enjoyed looking at all the photographs," noted Black, speaking of the large number of photos of MCPON Black's early career on the walls of her home.

The induction process is full of physical and educational training meant to bolster the seven guiding principles of a CPO: deckplate leadership, institutional expertise, professionalism, character, loyalty, active communication and heritage. But family members say that additional time makes graduation equally important for them as well.

Cmdr. Chris Landess.

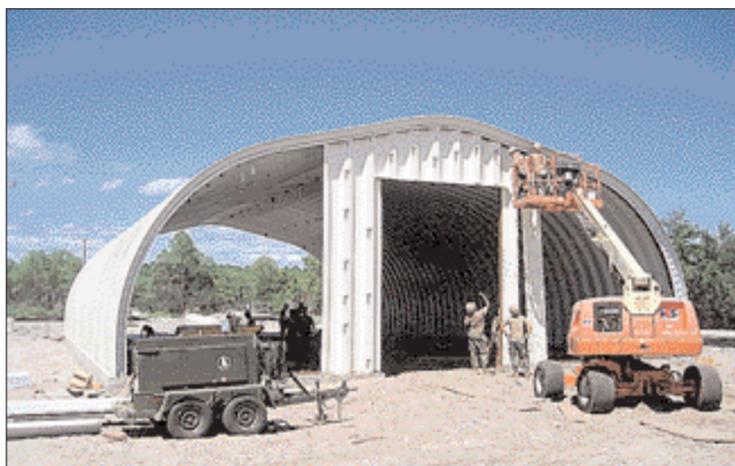
Landess walked through the project site Sept. 14 with NMC CONUS East Commanding Officer Capt. Charles Marks to observe work on the project.

"I am appreciative of how NMCB 11 upheld the values of the Naval Construction Force - delivering a high quality product to the customer while always maintaining safety as their top priority," said Landess. "Hoorah! to the Seabees from NMCB 11."

NMCB 11 is the middle of a 10-month homeport at the Naval Construction Battalion Center in Gulfport, Miss. During this time, the 600-person battalion concentrates on homeport projects, such as this one, as well as tactical and technical training. They are currently preparing for an eight-month deployment to Afghanistan.

The project is expected to be completed January 2013.

~ From Naval Facilities Engineering Command Southeast Public Affairs



Submitted U.S. Navy Photo

**Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 work on an inert ordnance storage building for Navy Munitions Command on board NSA Panama City, Fla..**