

THE SKYLINE



Volume 49, Number 21

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

October 13, 2011

On Base...

✓ **Ponta Creek Golf Course** hosts the Senior Two Person Scramble on Oct. 18 ~ 27 Holes For more information or to register, call the Pro Shop at (601) 679-2526.

✓ **Captain's Cup 5 Mile Run** set for Oct. 15 at 9 a.m. Begins at Fitness Center. Call (601) 679-2379.

✓ **NAS Meridian Fire Department will conduct hydrant testing this month.** Occupants in Housing and Navy Gateway Inn & Suites are notified not to wash white clothes during the test days in their area as water will likely be discolored.

Oct. 24-25: ADMIN Area
Oct. 26-27: Housing
Oct. 28-29: Centroid Area
For information, call (601) 679-2589.

✓ **Fleet & Family Support Center hosts Halloween Crafts** on Oct. 26 from 2:30-4 p.m. Children, ages 3-12, are invited to the FFSC to create spooky Halloween crafts! Registration is required for preparation of materials!

✓ **MWR hosts Autumn Fest** Oct. 29 from noon-4 p.m. at the Sonny Montgomery Fitness Center Complex. Activities include Rock Wall, Giant Slide, Spaceball, Joust Arena, Trunk-or-Treat and Free Food!

✓ **McCain Lanes invites military** to bowl 1 game free of charge on Nov. 11 between 11 a.m.-3 p.m.

A Day in Naval History

October 13
1775: Birthday of U.S. Navy. The Continental Congress establishes Continental Navy, later the U.S. Navy.

October 15
1917: USS Cassin (DD-43) torpedoed by German submarine U-61 off coast of Ireland. In trying to save the ship, Gunner's Mate Osmond Kelly Ingram becomes first American Sailor killed in World War I and later is awarded the Medal of Honor for his heroism. He becomes the first enlisted man to have a ship named for him, in 1919.
1948: First women officers on active duty sworn in as commissioned officers in regular Navy under Women's Service Integration Act of June 1948 by Secretary of the Navy John L. Sullivan.
1957: USS Lake Champlain reaches Valencia, Spain to assist in flood rescue work.
1965: U.S. Naval Support Activity Danang Vietnam, established.

-- www.history.navy.mil

THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER

USS Jackson (LCS 6) plans unveiled

NAS Meridian Sailors meet SECNAV Mabus

By Penny Randall
Editor

Twenty-one Sailors for NAS Meridian and its tenant commands were special guests at the recent commemoration ceremony of the USS Jackson (LCS 6) on the grounds of Mississippi's historic city hall in the capitol city of Jackson.

Secretary of the Navy and former governor of Mississippi Ray Mabus made the announcement before a crowd of spectators and media on Oct. 5. Opening the ceremony Mabus first thanked the Sailors from NAS Meridian and acknowledged their dedication to the U.S. Navy.

"I think that it's really appropriate that we name one of these ships the USS Jackson after the capital city Jackson which itself was named after Andrew Jackson," Mabus said. "General Jackson helped preserve our nation in the War of 1812 and President Jackson helped bring new meaning to the idea of democracy on which our nation was founded. Throughout our history the citizens of Mississippi have been on the front lines defending our nation. I know there is going to be a special relationship between the USS



Photo by Penny Randall

Secretary of the Navy Ray Mabus speaks to media and spectators during the commemoration ceremony of the USS Jackson (LCS 6) the Navy's newest littoral combat ship. NAS Meridian Sailors were in attendance for the event on the grounds of City Hall in Jackson.

Jackson and the citizens of Mississippi. God bless the USS Jackson and all those who will sail in it."

In attendance at the ceremony were

Jackson Mayor Harvey Johnson and Rep. Bennie Thompson, U.S. Representative for Mississippi's second congressional district.

● **USS Jackson, page 3**

Navy recognized for BEST training

By Ed Barker
Naval Education and Training
Command Public Affairs

WASHINGTON (NNS) -- The Naval Education and Training Command (NETC) was recognized for outstanding contributions to workplace learning and development during the 2011 American Society for Training and Development (ASTD) BEST Awards ceremony Oct. 6 at the Ronald Reagan International Trade Center.

The ASTD BEST awards recognize organizations that demonstrate enterprise-wide success as a result of employee learning and development and use the learning function as a strategic business tool to get results.

Capt. Chuck Hollingsworth, commanding officer of the Center for Personal and Professional Development (CPPD), received the award on behalf of the NETC commander, and was a featured presenter at the 'Learn from the Best' conference Oct. 7.

"I'm honored to receive this award on behalf of the 12,000 professionals of NETC who provide outstanding training to our global Navy forces," said Hollingsworth.

"Placing third out of 32 finalists and a total of 73 organizations validates the quality of Navy training and recognizes our pursuit of excellence in delivering critical skills training to our Sailors as well as being an employer of choice."

Earning third place out of 32 BEST Award winners, NETC is among organizations from Canada, Hong Kong, India, Singapore, Turkey and the United States honored as winners in the 2011 BEST Award competition.

"These 32 organizations excelled in creating innovative, vibrant learning cultures that clearly aligned with strategic business goals," said Tony Bingham, ASTD's president and CEO. "They get it. The leadership of these organizations value learning and know it is a strategic driver."

As a 2011 BEST Award winner, NETC will be featured in the October issue of ASTD's Training + Development (T+D) monthly magazine.

For this year's BEST Awards, NETC competed against 73 organizations in 10 countries.

Organizations submitted quantitative and qualitative information to ASTD about their learning and development practices and programs.

Applications were assessed in a blind review by members of the BEST Awards advisory committee

● **BEST, page 3**

Special Olympics Fall Games



Photo by MC2 Flordeliz Valerio

Sailors from Naval Technical Training Center on board NAS Meridian assist a Special Olympic athlete during the soccer portion of the Area 5 Special Olympic Fall games, Sept. 29.

Military personnel volunteer to assist athletes

By MC2 (AW/SW) Flordeliz Valerio
Staff Writer

Students, teachers, parents and volunteers gathered at the newly renovated Sonny Montgomery Fitness Center complex basketball court on board NAS Meridian for the opening ceremony of the Area 5 Special Olympics Fall Games on Sept. 29.

Nearly 250 athletes from 22 schools from Clarke, Kemper, Newton and Lauderdale counties participated in this year's games. Twenty-six athletes from Mississippi Industries for the Developmentally Disabled (MIDD), who employs people with

mental and/or physical disabilities, and the Meridian Group Home also participated.

NAS Meridian commanding officer Capt. Charles C. Moore II kicked off the event by welcoming guests and athletes, followed by the presentation of colors by the Ceremonial Detail Team. Naval Technical Training Center PS 'A' school course supervisor Chief Personnel Specialist Lafayette Bonner sang the national anthem. Everyone joined NAS Meridian Airfield Assistant Manager Senior Chief

Aviation Boatswain's Mate Equipment Kent Malone in reciting the Pledge of

● **Athletes, page 6**

"It's a great day! The children and participants enjoyed it."

Shannon Ainsworth
Area 5 Special Olympics
Director

October is Energy Awareness Month, SECNAV energy goals continue

The Department of the Navy (DON) participates in National Energy Awareness Month, demonstrating its commitment to enhancing energy independence, warfighting capabilities and energy security.

As a U.S. government leader in energy security, the secretary of the Navy outlined five energy goals which seek to enhance and better enable our combat capabilities, sustain the environment for future generations, and promote a clean energy economy.

SECNAV Energy Goals are:

• **Increase Alternative Energy Use** DON-Wide: By

2020, 50 percent of total DON energy consumption will come from alternative sources.

• **Sail the "Great Green Fleet":** DON will demonstrate a Green Strike Group in local operations by 2012 and sail it by 2016. This strike group will consist of nuclear ships, conventional and hybrid ships, and aircraft operating on biofuel.

• **Reduce Non-Tactical Petroleum Use:** By 2015, DON will reduce petroleum use in the commercial vehicle fleet by 50 percent.

• **Increase Alternative Energy Ashore:** By 2020, DON

will produce at least 50 percent of shore-based energy requirements from alternative sources; 50 percent of DON installations will be net-zero.

• **Energy Efficient Acquisition:** Evaluation of energy factors will be mandatory when awarding contracts for systems and buildings.

Department of Navy Energy Initiatives include:

In August, President Obama announced the U.S. Departments of Agriculture, Energy and the Navy will invest up to \$510 million during the next three years in partnership with private sector

organizations to produce advanced drop-in aviation and marine biofuels to power military and commercial transportation.

In fiscal year 2012, every building built by DON will have a Leadership in Energy and Environmental Design (LEED) Gold option, and by fiscal year 2013 every building built will be mandated to be LEED Gold. The Marine Corps will invest more than \$200 million in operations and maintenance funding for repairs and minor construction to improve energy efficiency in fiscal year 2012.

-- From RhumbLines

Look Inside

~ Page 3 ~
CNO visits USS John C. Stennis in Arabian Gulf



~ Page 3 ~
VT-7 names Yolanda Foster Civilian of the Quarter



~ Page 5 ~
Afghan National Army rocks desert in first artillery shoot



~ Page 8 ~
Rudders to host Halloween party, costume contest



Photo of the Week



Submitted Photo

Religious Program Specialist 2nd Class Joseph Stroney, top, and Hospital Corpsman Melissa Baxley assist children on the inflatable jump climber at the Northeast Elementary Fall Festival on Oct. 7. Six personnel volunteered from Naval Air Station Meridian, Naval Technical Training Center, Marine Aviation Training Support Squadron One and Naval Branch Health Clinic Meridian to assist with games, face painting, inflatable jumps and hay rides. NAS Meridian encourages its personnel to volunteer for community relations projects to promote the Navy and Marine Corps team.

Area Happenings

OCTOBER

- Ongoing:** Christ Community Church is hosting "From Dream to Destiny" a 10-week DVD study series by Robert Morris about fulfilling God's purpose for your life. The church is located at 8522 Hwy 39 North. For more information, call Pastor Lane Busbee at 601-681-HOPE (4673).
- 15:** Annual Hamasa Shrine Magic Show at Meridian Temple Theater at 10 a.m. For information, call(601) 693-5353.
- 18:** Meridian Main Street's Children's Fall Festival in downtown Meridian from 3:30-7:30 p.m. For information, call (601) 693-7480.
- 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.
- 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.
- 27:** Oh So Pink! Breast Cancer Awareness and Survivor Celebration from 5:30-6:30 p.m. at Marshall Florist, 1525 23rd Ave., Meridian. Door prizes, refreshments and entertainment! You may also drop off your donated bras (new or used) at Marshall Florist, Monday-Friday between 8 a.m.-4 p.m. Marshall Florist will also host a decorated bras contest-- celebrate Breast Cancer Awareness. Art classes, church groups, senior adult groups or individuals can donated a decorated bra to this worthwhile project. Hopes are to collect more than 200 bras that will be strung from Marshall Florist to City Hall on Oct. 27. For information, call Connie Joyner at (601) 479-0297.
- 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.
- 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.
- 29:** Kiwanis Club Monster Dash 5K Run & Walk through downtown Meridian starting at 8 a.m. Pre-registration is preferred. Race day registration is from 6:30-7:30 a.m. at Dumont Plaza, 5th Street & 22nd Ave, downtown Meridian. Cost: \$20 by Oct. 26, \$25 after & on race day. For information, call Carley Moore at (601) 480-0821 and Brandon Pratt at (601) 479-2769.

NOVEMBER

- 5:** MOPS (Mothers of Preschool Students) Mega Yard Sale from 8 a.m.-1 p.m., in the Fifteenth Avenue Baptist Church parking lot, 1318 15th Avenue, Meridian. Over 50 + sellers! For more information e-mail: fabmops@yahoo.com or call Denise at (601) 207-0888.
- 5:** Interested in Graduate School? Register now for the Graduate Record Examination (GRE) workshop at MSU Meridian on Nov. 5 from 8 a.m.-5 p.m. Cost is \$40 for MSU Meridian students, and \$50 for the public. Deadline is Oct. 31. For information, call (601) 484-0298 or e-mail vgier@meridian.msstate.edu.

In the Spotlight...

Happy birthday to the following NGIS employees.

Celebrating October birthdays include: **Sarah Harris, Joelle Houston, Brendella Wallace and Keisha Butler.**

Happy Belated Birthday to **Pia Ard, Angie Coleman, Gregory Dancy, Roy Love, Vonda Roseman, Cynthia Silliman and Kenneth Grant.**

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

Navy Region Southeast partners with Navy Personnel Command for suicide prevention, awareness training

By Dianne Parker

Navy Region Southeast Family Readiness Program

Commander, Navy Region Southeast (CNRSE) and Navy Personnel Command (NPC) conducted suicide awareness and prevention training Sept. 20-22 on board Naval Air Station (NAS) Jacksonville.

The training included tenant command leaders, frontline supervisors, suicide prevention coordinators (SPC) and ombudsmen from installations throughout the southeast region, including NAS Pensacola, NAS Whiting Field and NAS Panama City, as well as participants from Texas, Great Lakes and Washington, D.C.

In response to an increase in military suicides, the Navy has stepped up efforts to raise awareness and enhance its suicide prevention program. Rear Adm. John C. "Jack" Scorby Jr., commander, Navy Region Southeast, signed a proclamation in September supporting those efforts.

"In the Navy community, no Sailor stands alone," Scorby said. "It is the responsibility of leadership to ensure programs are in place and Sailors have ready access to them."

NAS Pensacola Command Master Chief (SW/AW) Michael F. Dollen opened the training by welcoming attendees to the command leadership suicide prevention brief, which provided guidance on Navy Suicide Prevention Program (NSPP) instruction (OPNAVINST 1720.4A) and outlined the role and responsibilities of commanding officers in suicide prevention.

According to NSPP instruction, all Navy commands are required to designate in writing a command SPC, preferably E-7 or above. The SPC is responsible to ensure the command establishes and maintains a comprehensive suicide prevention program in accordance with OPNAV N135F instruction.

During a four-hour workshop, frontline supervisors were provided in-depth training to enhance their ability to recognize and effectively intervene with personnel suffering from psychological distress as a result of a variety of life problems.

"Nobody cares how much you know until they



U.S. Navy photo by Dianne Parker

Steven Holton, Naval Personnel Command suicide prevention outreach coordinator, speaks during suicide prevention and awareness training on board Naval Air Station Jacksonville.

know how much you care", said Steven Holton, NPC suicide prevention outreach coordinator. "Deckplate supervisors are vital to helping Sailors in distress because they spend time every day at work with their people. Good leadership is good prevention."

The training for supervisors included group exercises to get participants thinking about the subtle, day-to-day interactions they have with Sailors, which can create an atmosphere of trust and open communication.

"Sailors need to know you and trust you before they will allow you to help them during times of crisis," said Cmdr. Linda Beede, NPC behavioral health suicide prevention outreach coordinator. "Sailors will not trust you with their problems if you don't take the time to get to know them."

It is easier to recognize distress when supervisors know how someone acts when things are normal. Building good working relationships is key to suicide prevention and helping personnel cope with life stressors, Beede said.

"Research shows that stress can negatively impact job performance and that troubled Sailors are less efficient and productive at work and are absent from work more often", Holton said. "They are also more likely to be late, miss deadlines, make faulty decisions and mistakes, and to experience more accidents. Distressed personnel also exhibit lower morale and have more arguments with supervisors, co-workers, friends and family members. All these factors disrupt unit functioning and cohesiveness. The impact of distress amongst Sailors can result in the overall

lowering of both individual and unit readiness"

During all training sessions, Chief Parachute Rigger Jeremy Kelsey (AW/SW) shared his personal story of psychological pain, which ultimately resulted in him attempting suicide after facing ongoing depression and not reaching out for help when he needed it. Kelsey said it was not until he reached out and asked for help that he received the appropriate treatment he needed to successfully resolve his problems, allowing him to continue to serve and have a successful Navy career.

During the week, suicide awareness and prevention training was also provided for installation and command SPCs and ombudsmen. In out-brief sessions, participants indicated they were better prepared to recognize and assist individuals in distress as a direct result of the training received.

"As leaders, it's important to reach out and help our Sailors," said Chief Aviation Maintenance Administrationman (AW/SW) Eugene Burns, CNRSE regional suicide prevention coordinator. "The ultimate goal of the suicide awareness and prevention training is to make command leadership and other support personnel aware of Navy resources and prevention tools that are available to help them with this critical issue."

In fiscal year 2012, CNRSE, in partnership with NPC, will continue its efforts to promote the NSPP throughout the southeast region.

In today's military community it takes courage to step up and ask for help. Remember, ACT-Ask, Care, Treat. It is an honorable thing to do.

For more assistance, call 1-800-273-TALK, or 1-800-273-8255.

TRICARE Prime enrollment fees increase

Active duty service members (including activated Guard/Reserve members) and their families enrolled pay no enrollment fees and no out-of-pocket costs for any type of care as long as care is received from the primary care manager or with a referral. All others pay annual enrollment fees and network copayments.

Enrollment Fees

Beginning Oct. 1, 2011, beneficiaries who pay enrollment fees will see a modest increase in TRICARE Prime enrollment fees. The fee increase applies only to new enrollees whose TRICARE Prime applications are received on or after Oct. 1, 2011.

Annual Fees: \$260/year for individuals	\$520/year for families
Quarterly Fees: \$65/quarter for individuals	\$130/quarter for families
Monthly Fees: \$21.66/month for individuals	\$43.33/month for families

Annual fees for beneficiaries enrolled in TRICARE Prime before Oct. 1 will remain at \$230 and \$460 until Oct. 1, 2012. You can opt to pay your fees annually, quarterly or monthly. Before deciding to pay annually, please keep in mind that in most cases, enrollment fees are non-refundable. Current enrollment fees are listed on the TRICARE Prime Enrollment and PCM Change Form. You can select your payment option (monthly, quarterly or annually) when you complete the form.

Information source: www.tricare.mil. Access form through Regional Contractor Web Site which for the South is www.humana-military.com.

Court Martials

"At a Special Court Martial for a Naval Station Mayport-based Petty Officer Third Class (PO3), the Sailor pled guilty to stealing \$4,000 from the Navy Exchange and impeding an investigation. The Military Judge sentenced the PO3 to 4 months confinement, reduction in rank to E-1, forfeiture of \$978 per month for four months, and a bad conduct discharge. The PO3 made full restitution to the Navy Exchange prior to trial."

"An Airman Apprentice assigned Naval Air Technical Training Center, Pensacola, Fla., was found guilty at a Special Court Martial of failing to go to the Sailor's appointed place of duty (3 specifications), violating general and lawful orders (5 specifications), wrongful use of marijuana, assault, and drunk and disorderly conduct. The Sailor was ordered into confinement for 97 days, reduction in rank to E-1, and forfeiture of 2/3 of pay per month for three months."

"A Petty Officer Third Class assigned to Naval Branch Clinic Mayport, Fla., was found guilty at a Special Court Martial of attempted theft, stealing \$400 and stealing gasoline, intent to defraud, and wrongfully opening mail matter. The sailor was reduced in rank to E-1 and was confined for 75 days."

-- From Navy Region Southeast Public Affairs

The Skyline ~ Naval Air Station Meridian, Miss.

Command Staff
 Commanding Officer ~
 Capt. Charles C. Moore II
 Executive Officer ~
 Cmdr. Michael Siepert
 Command Master Chief ~
 CMDCM Sharon Laguna

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

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of *The Skyline* are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or NAS Meridian, Mississippi. *The Skyline* is published every other Thursday by *The Meridian Star*, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the commanding officer of Naval Air Station, Meridian, Mississippi. The editorial content of this publication

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 or susan.junkins@navy.mil. For more information, call (601) 679-2318 or (601) 679-2809.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or *The Meridian Star* of products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

CNO visits USS John C. Stennis in Arabian Gulf

By MC2 Kathleen O'Keefe
USS John C. Stennis Public Affairs

USS JOHN C. STENNIS, At Sea (NNS) -- Chief of Naval Operations (CNO) Adm. Jonathan Greenert with Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick West visited Sailors aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74) in the Arabian Gulf Oct. 8.

The CNO and MCPON dined with John C. Stennis Strike Group (JCSSG) Sailors, observed daily operations throughout the ship while transiting the Strait of Hormuz and addressed Stennis Sailors during an all hands call in the hangar bay.

Upon arrival aboard Stennis, the guests were welcomed by Rear Adm. Craig Faller, commander, JCSSG; and Capt. Ronald Reis, Stennis' commanding officer.

After spending time observing daily operations Greenert served as presiding officer at the reenlistment ceremony for 12 JCSSG Sailors and took the

time to greet each Sailor individually before addressing the crew as a whole.

During his address Greenert emphasized the importance of the missions that carrier strike groups, like JCSSG, carry out each day and praised their power, flexibility, sustainability and mobility while carrying out the nation's business.

"I'm really amazed being here on USS John C. Stennis," said Greenert. "What you do and what you are doing today as we speak is at the forefront of all that we are about. Make no mistake about it; all eyes are on you."

Greenert also discussed the three tenets he plans to focus on during his tenure as CNO, which are warfighting first, operate forward and be ready.

"What I'm asking you to do, as you do your job day in and day out, is to think of these three things," said Greenert. "We have some tough challenges ahead. We are shaping our strategy to fit the future. There is a realization as operations draw down in Afghanistan

that we have been on watch with our brothers and sisters that are ground forces and we will keep the watch. There is understanding of the value of the Navy there."

The CNO spent a good deal of time answering questions from Sailors concerning a variety of issues including the Perform to Serve (PTS) program, the future of the Navy's role in Afghanistan and the possible consequences of defense budget changes.

Personnel Specialist 1st Class (SW/AW) Marianogerard Zamora, who had the opportunity to ask the CNO about PTS, expressed his confidence in the CNO's ability to lead the Navy into the future.

"I had a chance to meet Adm. Greenert when he was a Vice Adm. working on the Individual Augmentee program, and his focus on Sailors as well as the mission really resonated with me," said Zamora. "It's reassuring that the Navy knows how to pick its leaders. I strongly believe we are heading in the right direction with Adm. Greenert as



Chief of Naval Operations Adm. Jonathan Greenert speaks to chief petty officers during a CPO call aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74). Greenert and Master Chief Petty Officer of the Navy Rick D. West spent the day touring spaces, meeting Sailors and observing shipboard operations.

Photo by MC2 Walter M. Wayman

our CNO."

The address ended with the MCPON leading the crew in a resounding 'hooyah' before departing the stage to greet Sailors. For Sailors stationed aboard Stennis the visit provided an uplifting and motivating experience. "Having the CNO visit us out here really motivates me," said Aviation Boatswain's Mate

(Equipment) Airman Ezekiel Anthony. "It made me feel good about being in the Navy, but also about being deployed to this area of the world. It proved that the Navy's biggest leaders really believe what we are doing here is important."

The visit to Stennis was Greenert's last stop on a tour that included visits to Japan, Korea and Bahrain,

and it was his first official trip to a deployed naval vessel since his appointment as CNO.

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/. For the CNO's official Blog "Operating Forward" go to: <http://cno.navy.mil/2011/10/09/operating-forward/>.

● **USS Jackson**

"Thank you for bestowing this honor on Mississippi's capital city," Mayor Johnson said. "I know that the citizens of Mississippi will be proud that this combat ship bears the name of our capital city."

Mabus said that littoral combat ships have become a major part of the Navy's future fleet.

"She provides the Navy with very fast, agile, flexible capability," he added. "She can complete missions very quickly from high end combat and regular warfare to humanitarian assistance and disaster relief."

LCS's are 127.10 meters in length and speed up to 40 knots. Its hangar has the capability of housing two SH-60 helos.

"LCS has the ability to

operate in very shallow water that major warships cannot, but is also very capable of being part of our blue water Navy and operating in any ocean on the globe," Mabus said. "The LCS is one of the most versatile and most valuable ships we have in the Navy."

Mabus said the Navy's plan is to purchase 55 LCS ships to make up 15 percent of our fleet in the coming years.

"We've gone from building five ships a year to 11 ships a year for the past two years," he added. "This will increase our ships from 285 to 320 in the early 2020's. These LCS ships are a key part of the plan and a key part of maintaining our country's shipyard industrial base."

Mabus added that it is critical that the Navy gets

the right price and fair value for these ships.

"The ships we build today are going to be part of our fleet for more than 30 years," Mabus said. "Sailors not yet born will sail on these ships."

Prior to his visit to Jackson, Mabus visited Little Rock, Ark., where he unveiled the USS Little Rock (LCS 9) and left Mississippi for Alabama where he announced the USS Montgomery (LCS 8). The USS Jackson and the USS Montgomery will be constructed at Austal -- shipbuilding yard in Mobile, Ala. This 10-ship contract will require Austal to more than double its Mobile workforce to approximately 3,800 employees in order to fulfill the contracts currently awarded.

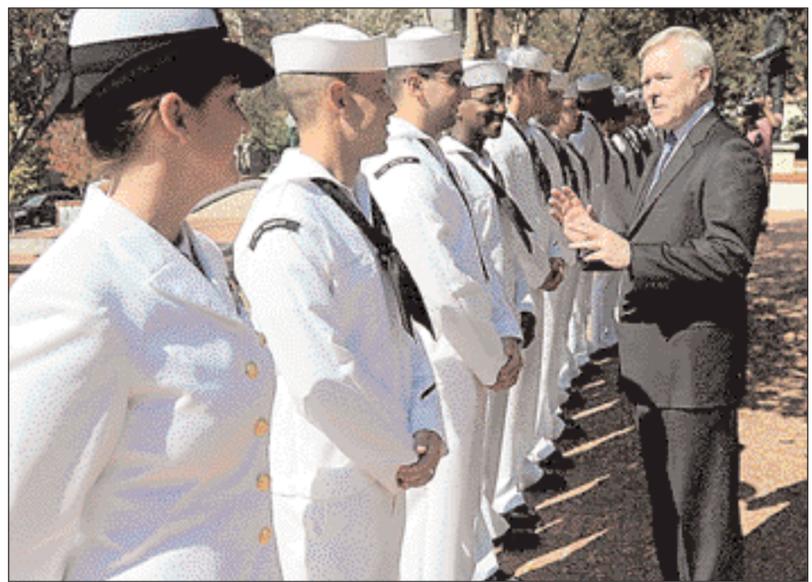


Photo by Penny Randall

Secretary of the Navy Ray Mabus shakes hands and speaks with each Sailor from NAS Meridian and its tenant commands who attended the commemoration ceremony for the USS Jackson (LCS 6) on Oct. 5.

● **BEST**

tee, a select group of experts in the learning and development field.

ASTD is the world's largest association dedicated to the training and development field. ASTD's members come from 100 countries and connect locally in 130 U.S. chapters and with 30 international partners.

At the 'Learn from the BEST' conference the day after the BEST awards pre-

sentations, speakers from the top 32 award-winning organizations shared their BEST practices and successes.

Hollingsworth's presentation focused on the diverse approaches to two training products created by CPPD that had very different requirements for content, delivery method and intended audience. The first was Navy-wide training on the repeal of the "Don't Ask, Don't Tell" law, which was

mandatory training for all Navy employees that was delivered to a global workforce. The second was the training resource "Navy Operational Fueling and Fitness Series," which is optional training that teaches Sailors how to effectively exercise to decrease injuries and effectively eat to achieve optimum body fueling and performance.

Hollingsworth stressed that for both projects, CPPD began with the end in mind. By thinking about the content, audience, delivery method and production results desired, CPPD pro-

vided two different training products that were tailored to specific Navy needs.

This is the first year that NETC competed for the BEST awards following three years in a row that the Navy performed well at the ASTD Excellence in Practice awards.

In 2010, two NETC learning centers received ASTD recognition: Surface Warfare Officer School (SWOS) submitted and was one of only 16 organizations to receive an Excellence in Practice Award for its Full-Spectrum Warfare Training program. The Center for

Naval Engineering (CNE) received an Excellence in Practice Citation for its analysis of the Basic Engineering Common Core course.

From 2009 applications, Excellence in Practice Citations were awarded to NETC for the Language, Regional Expertise and Culture Program, Voluntary Education Program, and SWOS's Full Spectrum Surface Warfare Training. The Naval Service Training Command was also cited for its Computer-Based Adult Reading

Comprehension Improvement and Game-Based Casualty Training System.

In 2008, NETC received Excellence in Practice Awards for the Center for Information Dominance (CID) Navy COOL program and the Center for Explosive Ordnance Disposal and Diving Preparatory Training for Entry Level Divers. Excellence in Practice Citations were received for CID's Navy COOL program and also for the Navy Task Force Life Work program.

Wherever you're headed this fall...

Navy Gateway Inns & Suites may already be there.

With over 100 properties across the United States, Navy Gateway Inns & Suites is the leader in providing comfortable, convenient accommodations for our Sailors and their families.

Creating comfortable guest services for those who serve. Today and Tomorrow.

Navy Gateway Inns & Suites

With over 100 properties across the United States, Navy Gateway Inns & Suites is the leader in providing comfortable, convenient accommodations for our Sailors and their families.

Visit www.navygateway.com

ACTIVE SHOOTER RESPONSE ACTIONS

HOW TO RESPOND WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY

IMMEDIATELY DETERMINE THE MOST REASONABLE WAY TO PROTECT YOUR OWN LIFE, YOUR OWNERS AND OTHERS AND LIFE IN THE BUILDING. THE LEAD OF EMPLOYEES AND MANAGERS DURING AN ACTIVE SHOOTER SITUATION:

- EVACUATE**
 - Follow evacuation routes.
 - Leave belongings behind.
 - Keep your hands visible.
- HIDE OUT**
 - Hide in an area out of the line of sight of the shooter.
 - Stay away from windows.
 - Stay away from doors.
- TAKE ACTION**
 - As a last resort, and only when your life is in immediate danger, attempt to disarm the active shooter.
 - Act with deliberate aggression and awareness of the active shooter.

CALL 911 WHEN IT IS SAFE TO DO SO

HOW TO RESPOND WHEN LAW ENFORCEMENT ARRIVES ON THE SCENE

- HOW YOU SHOULD REACT WHEN LAW ENFORCEMENT ARRIVES**
 - Remain calm, and follow officers' instructions.
 - Immediate compliance with commands.
 - Keep hands visible at all times.
 - Avoid making quick movements that could be misinterpreted as a threat.
 - Follow all instructions from law enforcement.
- INFORMATION YOU SHOULD PROVIDE TO LAW ENFORCEMENT OR 911 OPERATORS**
 - Location of the active shooter -- If safe.
 - Number of shooters, if more than one.
 - Physical description of shooters.
 - Number and type of weapons held by the shooter(s).
 - Number of potential victims at the location.

RECOGNIZING SIGNS OF POTENTIAL WORKPLACE VIOLENCE

AN ACTIVE SHOOTER MAY BE A CURRENT OR FORMER EMPLOYEE. ALERT YOUR HUMAN RESOURCES DEPARTMENT IF YOU BELIEVE AN EMPLOYEE EXHIBITS POTENTIALLY VIOLENT BEHAVIOR. INDICATORS OF POTENTIALLY VIOLENT BEHAVIOR MAY INCLUDE ONE OR MORE OF THE FOLLOWING:

- Increased use of alcohol and/or illegal drugs.
- Unexplained increase in absent days, and/or vague physical complaints.
- Depression, irritability.
- Unexplained change in mood, habits, and activities outside of normal expectations.
- Unexplained loss of productivity at home.
- Increased or unexplained concern about workplace, behavior, or other dangerous weapons or activities.

Contact your Unit Administrator, Rep. or Unit Emergency Manager for more information.

VT-7 Civilian of Quarter

Submitted Photo

Yolanda Foster is presented the VT-7 Civilian of the Quarter Award for her outstanding performance as the VT-7 schedules clerk by the squadron Commanding Officer Cmdr. William Doster.

Retirement

Submitted Photo

On behalf of the Petty Officers Association, AC1 Jason Miller presents AC1 Mark Lawson with his shadow box during Lawson's retirement ceremony on Oct. 7. Lawson served 22 years in the U.S. Navy.

Naval Reservist

Photo by MC2 Flordeliz Valerio

NAS Meridian Public Works Department electrician Dan Adams is heading to Afghanistan to fulfill his duties in the Naval Reserves. Adams is a Construction Electrician 1st Class and will be attached with Navy Cargo Handling Battalion Eleven (NCHB-11). He will be training in Norfolk, Va., for three months before heading to Afghanistan in January 2012.

Retirement

Photo by MC2 Flordeliz Valerio

Naval Supply Fleet Command Jacksonville Site Director for NAS Meridian Lt. Cmdr. Mary Kessler presents a plaque to Willie Griffin during his retirement ceremony on Sept. 27. Griffin retired after 40 years of combined military and civil service.

October is Energy Awareness Month

Money-saving energy saving tips and ideas

Washers and dryers

✓ Don't dry clothes excessively. Drying laundry excessively uses more energy than is needed, and is hard on fabrics. If you purchase a dryer, get one with an electronic sensor that shuts off the dryer when clothes are dry.

✓ Clean the lint filter. After each load, clean the filter to keep the dryer running efficiently. Also, periodically check the air vent and hose for clogging. Keeping the air vent and hose free of lint prevents a fire hazard.

Water heaters and water usage

✓ Purchase an energy-efficient model. The initial cost may be more but operating costs are less in the long run. Consider a tankless or instantaneous water heater, which uses energy only when hot water is needed, rather than maintaining 40 gallons or more of hot water all the time.

✓ Purchase the correct size. Consider your family's hot water needs. If your water heater is too large, it uses more energy than needed. If it is too small, you may run out of hot water.

✓ Purchase a natural gas water heater. If you currently have an electric water heater, consider replacing it with a natural gas water heater. When it comes to heating water, natural gas is less expensive than electricity, and it heats more water faster during heavy use. Consider a sealed combustion or an on-demand water heater. Both types use less energy.

✓ Install your water heater near the kitchen. The kitchen is where you use the hottest water. When the water heater is located near the kitchen, hot water doesn't have to travel as far and less heat is lost.

✓ Insulate water pipes. Use half-inch foam or pipe tape for insulation wherever pipes are exposed. On cold water pipes, insulate four to five feet nearest to the water heater. Pipe insulation can save you up to \$25 annually.

✓ Set the water temperature to 120° F. It takes less energy to heat water to a lower temperature. If you have an electric water heater, you'll have to remove the cover plate of the thermostat to adjust the temperature. For safety rea-

sons, remember to turn off the water heater at the circuit breaker/fuse before changing the temperature.

✓ Repair dripping faucets promptly. If the faucet leaks hot water, the energy used to heat it is costing you money. (One drop a second can waste up to 48 gallons a week!)

✓ Install a heat loop or in-line trap. If you add a new water heater to your home, consider having a heat loop or in-line trap installed. These mechanisms can be inexpensive to install and keep hot water from moving into the piping system when you are not using hot water. Ask your plumbing contractor for details.

✓ Reduce deposits and build-ups. Drain a bucket of water from the bottom of the water heater once or twice a year to reduce mineral deposits and sediment build-up. This increases water heater efficiency.

DPS WEBINAR FOR FIRST TIME USERS

Obtaining a password, first time log-in procedures and what's on www.move.mil

SESSION 1		SESSION 2	
WEB DETAILS Log in to: https://www.usa.webex.com/mnaacusa		WEB DETAILS Log in to: https://www.usa.webex.com/mnaacusa	
MEETING DATE:	TUESDAY	MEETING DATE:	THURSDAY
MEETING TIME:	0300 PST	MEETING TIME:	1300 PST
MEETING NUMBER:	742497404	MEETING NUMBER:	742492372
MEETING PASSWORD:	DPS123	MEETING PASSWORD:	DPS123
TELECONFERENCE DETAILS:		TELECONFERENCE DETAILS:	
PHONE NUMBER:	1-866-632-2837	PHONE NUMBER:	1-866-632-2837
PASSWORD:	446582	PASSWORD:	446583

Feel free to log in to either session up to 10 minutes ahead of start time. If you have any questions, please contact us by email at householdgoods@navy.mil. Please include your name and the word WEBINAR in the subject line.

Navy releases selective early retirement results

MILLINGTON, Tenn. (NNS) -- Results from the Fiscal Year 2012 Selective Early Retirement Board have been approved and notifications are complete, according to NAVADMIN 295/11, released Oct. 4.

Board results are posted for individual access through BUPERS online accounts. In accordance with ALNAV 061/11, officers selected for early retirement have also been notified by letter routed via their immediate superior in command.

The FY-12 Selective Early Retirement Board (SERB) reviewed the records of active duty unrestricted line

captains and commanders who met eligibility criteria outlined in NAVADMIN 006/11.

Navy convened the SERB after high retention, reduction in officer billets and low attrition among senior active duty unrestricted line officers resulted in an excess. The board was used as a force management measure to balance the force and ensure sufficient senior officers are available at the right times in their careers to serve in critical fleet billets, according to the message.

Like the enlisted retention board and senior enlisted continuation board, ● **Results, page 6**

If assistance with wildlife is need on board NAS Meridian, contact the USDA Biologist Clint Lott at (601) 606-5620 or NAS Meridian Biologist Chris Bucciattini at 679-3539. Also, contact the USDA Biologist with location of "road-killed" animals in or around NAS Meridian. These animals are attractants for vultures/buzzards which affect aircraft safety.

It took me from zero to new ride just like that.

Pre-approval rocks!



We put the buying power and a check in your hands. So when you get to the dealership, you're in the driver's seat. Get a super-low rate, 100% financing, and the service you deserve.

ARMY
MARINE CORPS
AIR FORCE
DoD
NAVY FEDERAL
Credit Union
navyfederal.org
1.888.842.6328

Apply and enjoy the ride.



NEW | We do the right thing.
 Part of what's NEW: newcorp.com
 You don't hear much about Integrity these days. Things are different at NEW: we do the right thing every day - for our team, our customers and the company. When I leave here at the end of the day, I'm proud of the work I've done. I'm Keith and I'm part of what's NEW. Come join us today.
 Learn more or apply for a career at newcorp.com/careers
 701 New Way
 Lincoln, NE 68501
 A New York Company
 Equal Opportunity Employer

facebook.com/newcorp/careers
 twitter.com/newcorp/careers
 newprotected.com

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!

CHRIST COMMUNITY CHURCH
 "Building Bridges - Tearing Down Barriers"
 Non-Denominational Spirit Filled

10 Week DVD Study Series
 Sunday at 5:00pm
FROM DREAM TO DESTINY
 by Robert Morris
 "Fulfilling God's purpose for your life!"
 -Barry Farwell

Sunday
 Sunday Colored Ch. 10:00am
 Children's Worship 10:00am

Wednesday
 Family Fellowship 6:00pm
 Youth J.A.M. Service 6:45pm
 Adult Bible Study 6:45pm
 Children's Bible Studies 6:45pm

Bullfinch Crossing Street
 8522 Hwy. 39 North
 (at Black Oak & Highway 39) For Information Call 601-688-8882
 Pastor: Bill Moore - Pastor
www.christcommunitychurch.org

Pfc. Roosevelt Glenn

MATSS-1 Student
Hometown: Gary, Ind.

OOORAH!



Pfc. Roosevelt Glenn is the first in his family to serve in the military.

"Receiving my eagle, globe and anchor was the most memorable experience," said Glenn who is a student in the Aviation Supply Specialist Course at Marine Aviation Training Support Squadron One on board NAS Meridian.

"I became a Marine to make an influence in my community and to make a difference in the lives of people I meet around the world."

After he completes training at MATSS-1 he would like to be stationed in Iwakuni, Japan.

"I've never been out of the country and I've heard a lot of Marines says Iwakuni is a great place to be stationed," said Glenn whose hobbies include scoring sound tracks, music production and visual art.

The person he most admire is his mother, Barbara.

"She is truly a Marine mom -- never giving up and going that extra mile no matter what the mission is. She taught me to always have faith in what I do."

Pfc. Abdullatif Alghanem

MATSS-1 Student
Hometown: Tacoma, Wash.

Pfc. Abdullatif Alghanem joined the Marine Corps on May 23, 2011. He is currently a student in the Aviation Maintenance Administration Course at MATSS-1 on board NAS Meridian.

"I joined the Marine Corps because I wanted to be a better citizen and to give back to my country," Alghanem said.

Alghanem, 23, lists his hobbies as scuba diving, hunting and motorcycle riding. After graduation from MATSS-1 he hopes to be stationed in San Diego.

"I just love the West Coast," he said.

During boot camp, Alghanem said his most memorable experience came when he reach the top of the reaper at Camp Pendleton.

"I felt a great sence of accomplishment -- a feeling I never felt before," he said.

The person he most admires is his wife, Michelle, who is a former Marine. "She motivates me to be a better Marine. She has been through all of this already so she understands what I am going through."

Afghan National Army rocks desert in first artillery shoot

By Cpl. Jeff Drew
2nd Marine Division

HELMAND PROVINCE, Afghanistan -- Temperatures rose in the desert as Afghan National Army soldiers with 4th Kandak, 1st Brigade, 215th Corps, recently fired their first artillery rounds in Helmand province since their unit was formed in May.

The soldiers began their artillery training at the Kabul Military Training Center and, upon graduating, fell under the mentorship of Marines with the Combat Support Advisory Team attached to 1st Battalion, 12th Marine Regiment, and select Marines with Charlie Battery, 1/12.

The CSAT has worked side-by-side with the Afghan artillerymen since May to get the soldiers ready for their live-fire shoot. The ANA knew how to process a fire mission when the two military forces first met, but the Marines offered to increase their proficiency and skill. One of the biggest improvements made was in the Fire Direction Center, where Marines compute a target's range, direction and precise target location when a request for fire support comes in.

"In terms of the FDC we wanted to bring their mission processing time down," said St. Louis native 2nd Lt. Bradley Naert, an advisor with the

CSAT. "It was taking them roughly 10-15 minutes to process a mission and have the data ready after receiving a call for fire; now they are down to six minutes, so that is a big success."

The advisors often had no translators to instruct the ANA soldiers and had to learn Dari in order to teach them. When translators were available, the mentors found it best to teach them in order to better describe it to the ANA members. The Afghan soldiers seemed excited and motivated to learn a new skill, whether taught by Marines or through translators.

"When we trained the ANA, they were excited and paid attention to the training," said Lawrenceville, Ga., native Staff Sgt. Mitchell H. Hamilton, an advisor with the CSAT. "They learned and caught on very quickly. Even with the lack of interpreters at times, it was amazing to see how fast they caught on."

The soldiers put their new skills to the test during their first shoot in the Afghan desert. The first day the ANA and Marines arrived at the training area and began setting up the four soviet-made 122 mm howitzer D-30 artillery cannons. Before long the sun began to dip down below the horizon, and the soldiers sent their first volley of high explosive dual purpose artillery rounds down range. Excitement erupted from the sol-



Photo by Cpl. Jeff Drew

Cpl. Alonso Arviso (left), an assistant section chief with Charlie Battery, 1st Battalion, 12th Marine Regiment, observes an Afghan National Army soldier with 4th Kandak, 1st Brigade, 215th Corps as he fires rounds down range. The Afghan soldiers spent three days in the desert working with the 122 mm howitzer D-30 artillery cannons to increase the soldiers' confidence with the weapon system.

diers as they saw all of their training pay off. The day ended on a high note, leading to more anticipation and shooting for the second day.

"I was happy when we shot because we put in practice and it shows we understand what we have learned," said Afghan Sgt. Mowladad Wafa, a recorder with one of the gun sections. "I was

happy to hit the target -- so far we've had a successful shoot."

The second day of firing began early. The ANA soldiers gathered around the gun line, polishing their drill movements in anticipation for the arrival of the kandak commander and brigade general. They spent the

● **Afghan Army, page 9**

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)

Mock evacuation preps unit for deployment

By Sgt. Elyssa Quesada
11th MEU

CAMP PENDLETON, Calif. -- Marines with the 11th Marine Expeditionary Unit conducted noncombatant-evacuation training here Oct. 8 during the unit's final exercise before deploying in November.

The unit employed its ground, aviation and logistics elements to evacuate 32 role players from Point Mugu, Calif.; Laughlin, Nev.; and Camp Pendleton.

Combat Logistics Battalion 11 used its noncombatant tracking system to process role-players, Marine Medium Helicopter Squadron 268 (Reinforced) provided helicopters and Battalion Landing Team 3/1 provided security.

The tracking system provides a way of electronically identifying and tracking people when a region is evacuated.

"With so many countries in

turmoil around the globe, ambassadors know they have the option to ask the military for assistance," said Lt. Col. Andy Bergen, the commanding officer of CLB-11. "This exercise was especially good training because we were afforded the opportunity to work with state department personnel, who are intricately involved in evacuation operations overseas."

The training prepared the Marines to protect and safely evacuate civilians from areas of unrest, according to Sgt. Bradley K. McMurray, the assistant site commander.

"It's highly likely that we could be asked to evacuate non-combatants while deployed," Bergen said, who hails from Encinitas, Calif. "This training offers Marines a chance to further prepare for that situation."

The unit embarked USS Makin Island, USS New Orleans and USS Pearl Harbor



Photo by Cpl. Claudia M. Palacios

Marines and sailors with the 11th Marine Expeditionary Unit control a rowdy crowd here Oct. 8 during a noncombatant evacuation exercise. The unit embarked USS Makin Island, USS New Orleans and USS Pearl Harbor in San Diego Sept. 28 and is participating in its final exercise before deploying in November.

in San Diego Sept. 28 before Pacific and Middle East deploying to the Western regions.

Safety Is Our Duty

Hunting season opens in Mississippi

Oct. 1 was the opening day for Archery Deer Season. Deer season will continue, through various weapons seasons, until Feb. 1, 2012.

However, there will be a continuous open hunting season on various wildlife species now through May 1, 2012.

All hunters on base are asked to please keep safety in mind and to follow the station hunting regs. Non-hunters should know where the hunting areas are located and avoid entering them during the hunting season.

During hunting season, those going off paved roads should be wearing fluorescent vests this includes joggers, hikers, bicycle riders, etc.

It is required that all hunters show proof of having passed a state-approved Hunter Education Class. It can be from any state, and is a requirement for every hunter 12 years old and older on the installation. For information, call NAS Meridian Wildlife Biologist Chris Bucciantini at (601) 679-3539.

The following are upcoming Hunter Education Classes in the area.

Neshoba County: Railroad Depot, Philadelphia
Date: Nov. 22, 8 a.m.-6:30 p.m.
Call: (601) 859-3421

Newton County: MSU Coastal Plains Experiment Station, 51 Coastal Plains Road, Newton
Date: Oct. 29, 8 a.m.-6:30 p.m.
Call: (601) 859-3421

Clarke County Multi-Purpose Building, Quitman
Date: Oct. 22, 8 a.m.-6:30 p.m.
Call: (601) 776-3951

Clarke County Multi-Purpose Building, Quitman
Date: Nov. 26, 8 a.m.-6:30 p.m.
Call: (601) 776-3951

Preparing your home for winter fire prevention

Heating equipment is the second leading cause of home fires in the United States during the winter months. Most heating equipment fires start as a result of misuse or improper maintenance. When purchasing new heating equipment, be sure to select products that have been tested and approved by an independent testing laboratory. Install and maintain heating equipment correctly, and be sure it complies with local fire building codes.

Portable and other space heaters: Portable and space heaters can be either electric or fueled by gas, liquid fuel (kerosene), or solid fuel (wood or coal). All types must be placed at least 36 inches (1 meter) away from anything that can burn, such as wallpaper, bedding, clothing, pets and people. Never leave space heaters operating when you are not in the room, or when you go to sleep. Don't leave children or pets unattended with space heaters, and be sure everyone understands that drying clothing or placing combustibles over heaters is a fire hazard. If you have an electric space heater check each season for fraying or splitting wires and overheating. Have all problems repaired by a professional before operating the space heater.

Fireplaces: Have your chimney inspected by a professional prior to the start of every heating season and cleaned if necessary. Creosote, a chemical substance that forms when wood burns,

builds up in chimneys and can cause a chimney fire if not properly cleaned. Always protect your home and your family by using a sturdy screen when burning fires. Remember to burn only wood -- never burn paper or pine boughs, which can float out the chimney and ignite your roof or a neighboring home. Never use flammable liquids in a fireplace. If you are purchasing a factory-built fireplace, select one listed by a testing laboratory, and have it installed according to local codes.

Wood Stoves: Be sure your wood or coal stove bears the label of a recognized testing laboratory and meets local fire codes. Follow the manufacturer's recommendations for proper installation, use and maintenance. Chimney connections and chimney flues should be inspected at the beginning of each heating season and cleaned periodically. Follow the same safety rules for wood stoves as you would for space heaters. Burn only wood, and be sure the wood stove is placed on an approved stove board to protect the floor from heat and hot embers. Check with your local fire department and local code of officials before having your wood stove installed.

CAUTION -- Portable LP gas (Propane) Heaters with self contained fuel supplies (cabinet heaters) are prohibited for home use by NFPA fire safety standards.

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



USAJOBS system upgrade underway

WASHINGTON (NNS) -- The USAJOBS system shut down Oct. 7-12 to undergo a major upgrade designed to improve the applicant's experience when seeking federal job opportunities.

Beginning 5 p.m. EDT Oct. 7, USAJOBS will be offline to applicants; the system interruption is expected to return to full functionality by Oct. 12.

During the system down time, the Office of Personnel Management will transfer nearly five billion rows of data from the current system. Included in the data transfer are 16.6 million job seeker accounts, 19.8 million resumes and 8.4 million supporting application documents.

Jean Mercer, director

of Human Resources Systems and Business Transformation for the Department of the Navy (DON), said that job vacancies will not be posted during this time to allow for the necessary maintenance to USAJOBS system.

"However, this will not impact those positions that have already closed or interrupt the hiring processes that have begun," said Mercer.

"We understand that the upgraded USAJOBS system will streamline account management and improve search capabilities for our job applicants."

USAJOBS is the one-stop source for posting and receiving applications for all DON job announcements. DON transitioned to

USAJOBS earlier in the year as part of an ongoing effort across the Department to reform and streamline the hiring process.

The DON hiring reform team has put together a series of checklists and fact sheets to help individuals with the application process. Information is available at www.public.navy.mil/DONHR/employment/hiringreform.

For tips on creating a powerful resume, visit www.public.navy.mil/DONHR/employment/CivJobOpps/pages/AllAboutYou.aspx.

The DON remains committed to improving the applicant's experience, reducing the time to fill vacancies and securing

quality candidates for DON positions. Civilian careers in the Department of the Navy offer real world challenges with real life rewards - careers where purpose and patriotism unite.

Questions on the DON hiring reform efforts may be sent to the hiring reform team at DONhrfaq@navy.mil.

USAJOBS is an employment application option available to separating Sailors including those affected by the Enlisted Retention Board (ERB).

For the latest ERB information visit Navy Personnel Command's ERB Web site; www.public.navy.mil/bupersnps/boards/ERB/Pages/default2.aspx.

— From Department of the Navy Office of Civilian Human Resources

Headline News anchors tape show at Mayport

By MC2 (SW) Jacob Sippel
Navy Public Affairs Support Element
East Detachment Southeast

MAYPORT, Fla. (NNS) -- Naval Station Mayport welcomed Headline News anchors Oct. 7 to take video and record shows to be aired at a later date.

Morning anchor Robin Meade went aboard USS Farragut (DDG 99) to film her "Salute to the troops" episode. She has conducted several of these shows throughout the United States. Every morning on her show, Meade features "Salute to Troops" - family, friends and loved ones that send video shout outs to members of armed forces.

"For us, the very least we could do is say thank

you and allow those families who are real warriors at home, waiting for their loved ones to come back home, allow them to talk about their loved one, and we can find out what they do in the military," said Meade. "I'm grateful and I know our viewers are grateful for the service you provide. It's really great to highlight some of the things that go on in the military because most people don't know what they do."

Headlines News financial guru Clark Howard also met with Sailors. Sailors gathered at Helicopter Anti-Submarine Squadron Light (HSL) 40 for an "Ask Clark" taping.

"I for years have done a series called 'Operation

Clark Smart' where I go to a military posts and give them advice. It especially works for the young enlisted service members. This is my first time at a Navy facility, and I love this," said Howard. "I come from a family that has a long tradition of military, and this is an opportunity for me to interact with fine men and women who have put lives on the line for my freedom. So that's why I do this, because I appreciate so much the bravery of people who volunteer to wear the uniform of the United States Navy."

Sailors had the opportunity to ask questions and express thoughts on personal financial situations.

"The one thing I want to say is if you're not a good

saver, just try saving one percent of your Thrift Savings Plan (TSP) and slowly work your way up," Howard said. "Every six months add another percent to your TSP. This will help you save money and slowly adjust to minor changes to your check."

The day provided opportunities for both Howard and Meade to engage with Sailors while prepping for their future shows.

"Everyone here is very professional, but you can tell they have a great personality too. You can tell people love their job," exclaimed Meade. "There really is an overall feeling of passion and joy here on base and that is infectious."

● **Athletes**

Allegiance. NAS Meridian Staff Judge Advocate Lt. Mishonda Mosley provided the invocation for this year's games.

During the opening ceremony, M'Lea Davis from Community Foundation of East Mississippi presented a \$3,000 check to the Special Olympics Mississippi Area 5 committee as a donation on behalf of the Pat Barber Endowment fund.

NAS Meridian Emergency Management Chief Aviation Machinist's Mate Tonjala Chavious had the honor of reading the Special Olympics motto and was assisted by three Special Olympics athletes from the audience.

Everyone shouted "Let me win. But if I cannot win, let me be brave in the attempt." Chavious opened the event by saying "Let the games begin!"

Soccer, softball, bocce ball and equestrian events were all held by the football field beside the fitness center. Other events included golf at Ponta Creek Golf Course and bowling at McCain Rec Center.

Capt. Moore said serving as the host for this year's fall games was a chance to give back to the community.

"I speak truthfully when I tell you, they, like me, look at this as a privilege and a grand opportunity to give back to the community," Moore said. "And also to help children that are challenged in varying ways in a positive and enthusiastic environment."

Students from Naval Technical Training Center volunteered to assist with events.

"I volunteered because I want to help out," said Logistics Specialist Seaman Melissa Messler. "It gives the kids with special needs a chance to participate in the events. I loved the whole experience. One girl said to me 'This is the best day ever!'" Messler added. "Those words just gave me a warm, happy feeling."

Special Olympics Area 5 Director Shannon Ainsworth said the games give individuals with developmental and physical disabilities the chance to compete in sports.

"Oftentimes, these individuals

are not able to compete in school sports or community sports, so this gives them an environment that they can focus on their abilities, the things they can do, and compete against other individuals with that same skill level," Ainsworth said.

Special Olympics is a year round international program with continuous sports training and competition, designed to increase physical fitness, cooperation social skills, competition and self-esteem for disabled people.

Special Olympics serves approximately 2 million intellectually and physically challenged individuals in a wide variety of programs in more than 150 countries. The Special Olympics program is divided into five levels: local area, state, region, national and international.

After hours of fun and enjoyment, Ainsworth said that the event was a success.

"It's a great day!" Ainsworth said. "The children and participants enjoyed it. I am glad that it was a success."

Navy helps return oysters to NJ Bay in environmental effort

By Mike Brady
Naval Weapons Station Earle Public Affairs

EARLE, N.J. (NNS) -- Representatives from the NY/NJ Baykeeper organization successfully inserted 3,600 oysters into Raritan Bay adjacent to the Naval Weapons Station (NWS) Earle pier complex, a yearlong process completed Oct. 6.

Until the early 20th century, Raritan Bay was a thriving breeding ground for oysters and a well-known source for shellfish. Unfortunately, as the bay became polluted due to industrial runoff, the oyster colonies died off and disappeared. Now that the bay has become less polluted, the NY/NJ baykeepers are seeking to return oysters to the bay.

Oysters provide a natural filtration system that could further enhance efforts to return the waters of the bay to a cleaner state. The first step in returning oysters to the bay is to conduct experimentation and research into whether oysters can in fact survive there. A previous effort by the Baykeepers to establish an oyster colony off Keyport, N.J. ended in failure in 2010 when the New Jersey Department of Environmental Protection (DEP) ordered the oyster colony destroyed over concern that the colony could not be properly monitored or protected from illegal poaching. At this point, the Navy entered the picture.

It was clear that establishing oyster colonies adjacent to the trestle would have no impact on accomplishment of NWS Earle's ordnance mission. Working closely with the N.J. DEP and the Baykeeper group, Capt. Fuzz Harrison, commanding officer of NWS Earle, and his environmental staff were able to help work through the extensive DEP approval process.

DEP concern over potential poaching of the oysters was alleviated by the fact that the waters surrounding the NWS Earle piers and trestle are in a protected and patrolled security zone with ample procedures in place to keep unauthorized personnel out. With the approval from DEP in place, 3,600 oysters were placed in six locations adjacent to the NWS Earle trestle Oct. 5-6. With hopes that the oysters will be able to survive the sometimes harsh New Jersey winter, and possibly even thrive, the baykeepers will return in the spring to evaluate the survival and growth rates of the experimental oysters. If the experiment proves successful, they will continue efforts to help return the bay to its natural state.



Photo by Michael Brady

Dr. Beth Ravitt, from Rutgers University, left, and Frank Steimle drop oyster cages into Raritan Bay from the Naval Weapons Station Earle trestle.

FRAMING TO PLEASE!

Furniture
Lamps
Home Decor

Custom Frame & Gift!

Broadmoor Shopping Center • 601-431-6605 • Hours: Mon-Sat. 10am-6pm

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.

DEPARTMENT OF THE NAVY ENERGY EFFICIENCY

Visit <http://energy.navy.mil>

● **Results**
SERB is a force-management tool to help the Navy meet its congressionally mandated end strength. SERB complies with statutory requirements of Title 10, United States Code, Section 638 and conforms to Department of Defense Instruction 1332.32 and SEC-NAVINST 1420.1B as a means to manage officer strength excess. Officers selected for early retirement are encouraged to participate in the Executive Transition Assistance Program. For more information about the SERB, or to read the NAVADMINS, visit www.npc.navy.mil or contact NPC customer service center at 1-866-U-ASK-NPC or CSCmailbox@navy.mil.

We interrupt football season to remind you that you have an astonishing wife!

Here's to loving her more than any game!

LaBiche Jewelers

SINCE 1953

A HERITAGE OF TRUST

221 28TH STREET • MERIDIAN, MS 39301 • 601.693.6071
MON-FRI 9:00AM-5:00PM

Rush

Please join us in welcoming

Juantina Johnson, M.D.
Internal Medicine
Emergency Medicine
Pulmonology

to

John C. Stennis Memorial Hospital

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

JOHN C. STENNIS MEMORIAL HOSPITAL
Your Community Hospital
40 Years of Care

rushhealthsystems.org

NDW implements energy CONOPS to reduce energy consumption, cost

By **Chatney Auger**

Naval District Washington Public Affairs

WASHINGTON (NNS) -- Naval District Washington (NDW) is utilizing innovative technology to improve energy efficiency at installations throughout the region with the implementation of the Smart Energy Concept of Operations (CONOPS).

The Smart Energy CONOPS was developed by the Naval Facilities Engineering Command (NAVFAC) Washington as a tool to provide the framework for how NDW operates when it comes to energy efficiency and sustainability. The Energy CONOPS is an approach to achieving Navy energy goals and meet federal mandates to reduce energy costs and operations and maintenance costs and changing operational behavior.

"The first thing we have to tackle is to reduce energy consumption," said David Capozzoli, utility and energy product line coordinator for NAVFAC Washington. "That's our top priority, and the energy CONOPS will guide us there."

To target the most effective energy consumption and reduction opportunities

at installations in the region, five action areas are outlined under the energy CONOPS. These action areas are: managing facilities to as-designed condition; identifying energy efficiency upgrades; generating stakeholder metrics; enhancing demand response; and Networking Supervisor Control and Data Acquisition (SCADA).

The Industrial Control System (ICS), comprised of interconnected technologies that collectively and intelligently monitor, predict, control, and respond to building and utility management systems will allow NDW to achieve those five action areas. ICS technologies will ensure that the flow of information will be provided to all energy users in the region in order for them to make smart energy decisions.

According to Capozzoli, many NDW facilities are under-performing and the data collected from the ICS will help installations make smart investments that will reduce energy usage and costs.

"We are making smart energy decisions," said Capozzoli. "The Energy CONOPS will give us the ability to look at buildings to be proactive and to see when a facility is not working the way that it

should."

Real-time meter data will be provided to the tenant commands and employees who are utilizing the energy to show how their facilities are performing in hopes of giving them an incentive to reduce their energy consumption.

Providing energy bills to the tenant commands and employees "gives awareness of consumption in a facility, which can lead to energy savings," said Capozzoli. "The awareness it provides and the information it gives on usage enables energy consumption reduction."

Tying together energy and facility operations with energy facilities management and facilities maintenance will ultimately achieve NDW's overall energy vision. Once the SmartEnergy System is integrated with NAVFAC database, ICS data service will eventually shift from human interface to automated process whereby the ICS will be able to identify if a system is operating outside of parameters.

As NDW's Smart Energy CONOPS becomes fully operational, every installation in the region will be operating in an efficient manner and will have buildings that demonstrate cost-effective usage.

The Navy and the Department of Defense comply with building sustainability targets set out by Executive Order 13423 and Secretary of the Navy Ray Mabus' energy goals. Bases and facilities will be required by 2015 to produce at least half of all shore based energy requirements through the use of renewable sources, including wind, ocean and solar; and, by 2020, use alternative sources to provide 40 percent of the Navy's total energy consumption.

This initiative is one of many throughout the Navy and Marine Corps which will enable the Department of the Navy to achieve the Secretary Ray Mabus' energy goals to improve our energy security and efficiency afloat and ashore, increase our energy independence, and help lead the nation toward a clean energy economy.

For more information about NAVFAC energy reduction initiatives, visit <https://portal.navy.mil/portal/page/portal/navfac/>.

For more information about NDW's Smart Energy CONOPS, visit <http://www.facebook.com/#!/pages/Naval-District-Washington-NDW/146991682040800>.

Fleet Activities Sasebo lighting project exceeds energy, savings goals

By **Ron Inman**

Naval Facilities Engineering Command Far East

YOKOSUKA, Japan (NNS) -- Commander, Fleet Activities Sasebo's (CFAS) public works department reported Sept. 30 that an energy-efficient lighting system installed there in September 2010 had exceeded expected energy and savings goals.

Naval Facilities Engineering Command (NAVFAC) Far East's PWD Sasebo replaced more than 100 aging lighting fixtures in a 93,000 square foot medical warehouse and storage facility on CFAS with fluorescent lighting and projected an annual energy savings of 116 megawatt hours - enough energy to power 10 average U.S. homes for a year.

One year later, the

new system at Bldg. 6000 has realized an actual energy savings of 138 megawatt hours for the facility.

"This additional energy savings will help CFAS meet its energy reduction goals," said Lt. Cmdr. Jay Bieszke, CFAS public works officer. "Our goal isn't just to meet the Executive Order for energy reduction (Executive Order 13514, which requires federal agencies to increase energy efficiency); as guests in Japan, we have a responsibility to be good stewards of local resources."

Bieszke attributed the additional savings in part to an aggressive energy conservation awareness campaign at CFAS, which he said has resulted in increased awareness of the importance of conserva-

tion by users there - and most importantly, changes in how they use energy resources.

CFAS PWD performed a Life Cycle Cost Analysis before initiating the project to determine how long it would take to pay back the investment, and what savings would be gained. The original estimate predicted a payback period of 7.7 years with a savings-to-investment ratio (SIR) of 1.43; the increased energy savings for Bldg. 6000 have improved that to a payback period of 4.8 years with a SIR of 2.27.

"We are always interested in how long a project takes to pay for itself," Bieszke said. "We owe that to the tax-paying American public."

Secretary of the Navy Ray Mabus laid



Photo by MC2 Richard Doolin

Japanese contractors install solar panels on the Public Works building roof at Fleet Activities Sasebo, Japan. The project is part of a \$564,000 project to improve energy efficiency on the base.

out five aggressive energy goals in October 2009 to improve 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.

Navy streamlines Exceptional Family Member enrollment

By **Cheryl McGrew**

Navy Region Southeast Family Readiness Program

The Navy launched an Exceptional Family Member Program (EFMP) enrollment and tracking application on the Navy Family Accountability and Assessment System (NFAAS) (<https://navyfamily.navy.mil>) Sept. 1.

The EFMP application adds an electronic enrollment capability for the EFMP and allows service members to track the progress of the enrollment process. The initial phase will only allow new enrollees to use the system. Phase Two implementation is scheduled for the middle of fiscal year 2012, at which time all enrollees will have access and all existing enrollee information will be migrated over to the NFAAS system. At

that time, EFMP enrollment information will show in the NFAAS profile.

Those who were enrolled in the EFMP prior to Sept. 1, 2011, do not need to do anything further at this time. The NFAAS/EFMP module is in Phase One of implementation, which will only show new enrollments after Sept. 1.

Those who enroll in the EFMP after Sept. 1, 2011, should take the following steps:

1. If you have not already done so, you must manually download and complete the enrollment forms (DD form 2792 and DD form 2792.1) found here: <http://www.public.navy.mil/bupers-npc/Pages/default.aspx>

2. You or your spouse (if the EFM member) and the physician should complete the forms and attach any applica-

ble documentation.

3. Make a copy for yourself and submit to the EFMP coordinator at your local military treatment facility or branch medical clinic.

4. Your local Fleet and Family Support Center (FFSC)/EFMP liaison can assist you with locating the coordinator and completing the enrollment process and can provide information, referral and services related to your family member's needs.

5. The EFMP Coordinator will review the package, complete their assigned sections and upload all documents into NFAAS for submission to the Central Screening Committee (CSC) at Naval Medical Center Portsmouth.

6. The CSC will review the package and submit it to Navy Personnel

Command (NPC) with a category recommendation.

7. NPC will then review and assign the final category, and notate your detailing record.

Screening and processing typically takes 4-8 weeks. Applicants may contact their FFSC/EFMP liaison or check NFAAS for the status of the application.

The exceptional family module is available online at the NFAAS Web site at <https://navyfamily.navy.mil>. The NFAAS Navy family member's user guide is available after login and can be found under the help tab.

Sailors with additional questions can contact the regional EFMP liaison at 904-542-9838 or e-mail cheryl.mcgreww.ctr@navy.mil.

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/T APEMD 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

Total Gym XLS with attachments, paid \$1500 asking \$900, 601-490-4107.

BOATS/CAMPERS/TRAILERS

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

NEW! 32-foot Mountainer Travel Trailer, tag-alone, 2 slides, excellent condition. Asking \$13,300. Call (201) 607-9536.

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

NEW ITEM! Concession Trailer (former CATERMIL PLUS). Great operation for new power plant area. Negotiable terms. Call John at (601) 737-8735 or (601) 701-5069.

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

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

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

2007 Fleetwood Revolution LE 40ft. Very low miles and very low hours. 400 Cat engine w/ Allison push button transmission w/ fuel economy mode. 3 wall slide outs; 1 and 1/2 baths and a shower, washer dryer combo, bedroom includes a sleep numbers bed and wall mount 23" TV. With 26" LCD TV Digital Satellite System Home Theater System in the main coach, 4-door refrigerator/freezer w/ice maker and water on the door. GE microwave/convection oven over regular 3 burner gas range w/oven. NON SMOKER RV is in really good condition. Must see to appreciate. Asking \$149,000. Call Gail Brennhof at (601) 679-2408 or (601) 678-9504.

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.

Two 36-inch TV'S (not flat screen). Asking \$200 each. **Oak Entertainment Center,** \$250. **Book Shelves,** ready to stain for \$100 each. Call Clinton at (601) 323-1003.

2008 Chrysler PT Cruiser, **AUTOMOBILES, ETC.**

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. 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.

NEW ITEM! 1981 Kawasaki **MOTORCYCLES/GEAR/ATV**

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

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

NEW ITEM! 2003 Suzuki Intruder 1500LC. Clean cruiser, black in color. Recently serviced, new tires, new front fork seals, new rear brakes. Hard saddlebags, with leather look. Short sissy bar with rack on back. 43,000 miles. Call John 601-484-7244

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

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. garage kept. Call (601) 934-6615.

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

NEW! For Sale/Rent: Home **HOMES/APARTMENTS**

directly across road from West Lauderdale High School, 2,850 sq. ft. 3 BR w/extra office/nursery area off master suite. 2 1/2 BA, 2 car garage w/additional metal 3 car building/storage area. Fenced backyard, patio, paved drive, easily maintained yard. Great neighborhood and area for walking. 15 miles from NAS. Call (601) 527-7005 between 8 a.m.-8 p.m. for information.

NEW! For Rent: UNIQUE Tri-level home in Northeast School District. Spacious, over 3300 sq ft., 4 large bedrooms, study, den, huge room that can be used as game room etc., 3 full baths, new roof, cook top/hood, sink, refrigerator etc. Ideal for big family or bachelors, share a home. About 6 miles from NAS (Meridian). Interested party can call 601 616 2263 for further information.

NEW! For Sale: 3 BR/2 full BA, nice kitchen with breakfast nook, formal living room and dining room, 1860 SQFT, view of main lake, 2 cars garage, situated on 3 beautiful fenced lots, large front porch, deck, double french door lead to back court yard. Home located at private community of Dalewood Lake Resort in Lauderdale, 12 miles to NAS Meridian. Can provide picture with email request to: paridisekw@yahoo.com. Call (601) 479-9713 or (601) 679-3517 for more details.

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 sq/ft 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 game-room/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 from 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.

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.

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

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

NEW ITEM! Craftsman TOOLS

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.

NEW PRICES! Golf Taylormade MISCELLANEOUS

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.

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

MWR Mission First... Sailors Always

UPCOMING FUN...



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.

McCain Rec Center Lunch Bowling League Oct 17-Dec. 16. Two person teams. Each bowler must bowl two games a week Mon.-Thurs. from 11 a.m.-1 p.m. Cost: \$6 per person per week. Call (601) 679-2651

Captain's Cup Bowling Standings

Week 6
1st: Dilligaf
2nd: "Spare Me" NBHC
3rd: NTTC Silencers
4th: NEX Gutterfingers
5th: Devil Dogs
6th: Air Ops
7th: PW Kegler's
8th: Turkey Hunters

High Rollers
Men: Gordon Mohl (233)
Ladies: Tessie Bristow (222)

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!

- Oct. 13: "Patriot Games" (R)
- Oct. 15: "Cars 2" (G)
- Oct. 18: "Temple of Doom" (PG-13)
- Oct. 19: "P.O.C Strange Tides" (PG-13)
- Oct. 20: "Horrible Bosses" (R)
- Oct. 22: "Mr. Popper's Penguins" (PG)
- Oct. 25: "Rocky" (PG)
- Oct. 26: "The Hangover 2" (R)
- Oct. 27: "Green Lantern" (PG-13)
- Oct. 29: "Zoo Keeper" (PG)

Halloween Movie Special!

October 31...

3-5 p.m.: "Harry Potter: Deathly Hallows (PG-13)

5-7 p.m.: "Priest" (PG-13)

7-9 p.m.: "Paranormal Activities 2" (R)

Rudders' HALLOWEEN PARTY & Costume Contest

October 29, 2011

8pm-Midnight

MWR

Autumn Fest

October 29, 2011

Sonny Montgomery Fitness Center Complex

1200-1600

Activities include Rock Wall, Giant Slide, Spider Mountain, Spaceball, Joust Arena, Trunk-or-Treat, Hayride, Cupcake Walk, Free Food and more!

Like MWRMeridian Today!

Lazy Acres Pumpkin Patch Trip

Date: Sunday, Oct. 30
Location: Lazy Acres Plantation, Chunky, Miss.
Departure Time: 12:30 p.m. from Admin 255 Parking Lot
Cost: \$10 for Adults; \$7.50 for Children (Ages 3-11)
\$30 for Families ~ Free for Children Ages 2 and Under
Included in Price: Admission, 4.5 Acre Corn Maze, Hay Ride, Air Bouncy Pillow and various Children's Games.
(Concessions and pumpkins available for an additional expense)
Registration is now open at the ITT Office
Call (601) 679-3773 for more information

Open Enrollment at CDC

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

Before and After School Care

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

The Sandtrap

Now Serving Breakfast Monday-Friday from 7:30-9:30 a.m.; and Saturday-Sunday from 7-9:30 a.m. Call (601) 679-2780.

ITT Office

Come checkout the great specials for Walt Disney World and other summer hot spots at the ITT Office located in ADMIN Building 255, beside Navy Federal Credit Union. For more information, call (601) 679-3773.

Rudders

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

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. For more information or to register, call the Pro Shop at (601) 679-2526.

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

Catch all the excitement... Get Your tickets for 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).

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



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

- 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).
- 24th:** Video Game Tournament at 7 p.m. Prize awarded to winner. Register day of event at Liberty Center.
- 26th:** A celebration of October birthdays! FREE cookies and soda will be provided at 7 p.m. in Liberty Center.
- 27th:** Chuck-a-Pumpkin Let your pumpkin fly outside of the Liberty Center at 6 p.m. Prize awarded to the person whose pumpkin is chucked the furthest.
- 30th:** Halloween Costume Party at Liberty Center will host a spooktacular costume party from 6-9 p.m. filled with music, FREE food, scary movies and prizes.

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
FRIDAY					
4:35 p.m.	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	6:40 p.m.
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7 p.m.	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.		Drop off if any.....
SATURDAY					
9:30 a.m.	10 a.m.	10:05 a.m.	10:10 a.m.	10:50 a.m.	11 a.m.
11:10 a.m.	12 p.m.	12:05 p.m.	12:10 p.m.	12:50 p.m.	1 p.m.
1:10 a.m.	2 p.m.	2:05 p.m.	2:10 p.m.	2:50 p.m.	3 p.m.
3:10 p.m.	4 p.m.	4:05 p.m.	4:10 p.m.	4:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7:40 p.m.	7 p.m.	7:05 p.m.	7:10 p.m.	7:30 p.m.	
	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.		Pass. Drop off if any.....
SUNDAY					
12:30 p.m.	1 p.m.	1:05 p.m.	1:10 p.m.	1:30 p.m.	
	2 p.m.	2:05 p.m.	2:10 p.m.	2:30 p.m.	
3:40 p.m.	3 p.m.	3:05 p.m.	3:10 p.m.	3:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	6 p.m.	6:05 p.m.
6:10 p.m.	6:40 p.m.	6:45 p.m.	6:50 p.m.		Pass. Drop off if any 7:20 p.m.
Applebee's Restaurant (upon request only)					

It's Your Turn...

In celebration of the Navy's birthday on Oct. 13 we asked these service members, "What is your proudest moment in your Navy career? Why?"

Photos by MC2 Flordeliz Valerio



PSC Tiberius Taylor
NTTC 4th Fleet LCPO

"When I made Chief at NTTC Meridian. Being in a position to have an impact on our future personnel specialists is a great opportunity, and making Chief made the experience even better."



MA2 Dalon Williams Sr.
Security Department
Watch Commander

"My proudest moment would be when I enlisted. It was the moment I realized I was obligated to give the Navy 110 percent of my God-given abilities. Honor, courage and commitment.



LSCM Gary L. Daniels
Submarine Pacific Fleet
Force Master Chief LS

"Being selected as the Force LS. It has afforded me the opportunity to improve policies and procedures to increase the efficiency of logistic specialists."



HMC Thomas Wolff
NBHC Meridian LCPO

"Two of my proudest moments: The day I was selected chief and when I put on my chief anchors. The anchors that I got pinned with were the ones my father wore when he was chief."



HM2 Stella Myers
NBHC Meridian Preventive
Medicine Technician

"My proudest moment was deploying as individual augmentee to Afghanistan and experiencing first hand true patriotism."

Fleet & Family Support Center

October is Domestic Violence, Family Advocacy Program Awareness Month

The Family Advocacy Program (FAP) is a DoD-mandated program that responds to all aspects of child abuse and/or domestic violence within the military family.

This includes the identification of abuse, reporting, prevention, intervention and follow-up in cases of child abuse/neglect and spouse abuse. FAP objectives include: Enhance operational readiness, positively affect the lives of active duty members and their families; teach parenting, communication and other skills to prevent abuse or neglect before it occurs; stop abuse and neglect in our Navy family; and advise and support commands on family violence issues.

Educational workshops are designed to increase interpersonal skills and coping with family conflicts and challenges, including: Parenting education; couples communication; marital enrichment seminars; anger management training; and stress management. Brief, problem-focused counseling is also available for individuals, couples or families faced with common life problems for which they would like professional assistance.

Domestic violence is a pattern of behavior used to establish power and control over a spouse or intimate partner through fear and intimidation. It often includes threats or use of violence. Although we have historically referred to this behavior as spouse abuse, use of the term domestic violence will become increasingly common across the military services in the future. Domestic violence takes many forms. It may include emotional abuse, economic abuse, sexual abuse, using children, male privilege and intimidation. Men are more frequently reported to be the perpetrators of domestic violence.

Domestic violence usually falls into one or more of the following categories:

Physical attacks: The abuser's physical attacks or aggressive behavior can range from bruising to murder. It may begin with seemingly minor acts, such as pushing or restraining, but often escalates into more frequent and more serious attacks.

Sexual abuse: Physical attack by the abuser is often accompanied by, or ends in, sexual violence where the woman is forced to have intercourse or take part

in unwanted sexual activity.

Psychological attacks: The abuser's psychological assaults can include constant verbal abuse, harassment, excessive possessiveness, isolation from friends and family, deprivation of physical and economic resources and destruction of property.

Estimates are that 960,000 to 3 million women are physically abused by a husband or boyfriend each year. On average more than three women are murdered by their husbands or boyfriends in this country every day.

In a national survey of more than 2,000 American families, 50 percent of the men who frequently assaulted their wives also frequently abused their children.

Violence prevention is an "all hands" mission. The Fleet Family Support Center FAP provides the following educational programs:

Executive Leadership: Provides information about family violence and FAP to Commanding Officers, Executive Officers, Command Master Chiefs and Chaplains.

Child Abuse Prevention: One-hour general military training (GMT) helps military members identify emotional, physical and sexual abuse and neglect. This training is provided to other family/military audiences upon request.

Domestic Violence Awareness: Leadership training regarding retention, safety issues, confidentiality, victim sensitivity, Command requirements and latest trends.

Domestic Violence Prevention: One-hour GMT helps members identify domestic violence, cycles of violence and warning signs, and provides information on available resources. This training is provided to family/military audiences upon request.

Please contact the FFSC for further information or to schedule any of these trainings. The FFSC FAP is committed to preventing family violence in our military community by raising awareness about the scope, nature and impact of family violence, educating the Navy community about healthy ways to cope with family conflict, and by providing support when abuse occurs.

-- From FFSC Staff



Navy's IA BlackBerry Smartphone Application

NORFOLK (NNS) -- The Navy's new BlackBerry smartphone application, which allows more Sailors to deploy with the vital information they need from the Navy Individual Augmentee (IA) website, recently reached a milestone of more than 2,000 downloads.

U.S. Fleet Forces Command (USFF), the executive agent for the Individual Augmentee Continuum, launched the Navy's third IA smartphone application June 7 to give Sailors the ability to access the Navy IA website at their fingertips through use of their mobile devices.

The new Navy IA app uses BlackBerry smartphone technology

and joins the Navy IA mobile app for the iPhone/iPod Touch and Android, which have been downloaded more than 11,000 times since they were launched during the past year.

Using the smartphone apps, IA Sailors have access to 95 percent of the Navy IA website content without the need for an internet connection. The Navy IA website provides information covering the entire IA process, from receipt of orders to redeployment/demobilization. It also includes IA-specific questions and answers, instructions, NAVADMINS, resources, and frequently asked questions.

The Navy IA website is the

centerpiece of USFF's overarching communication strategy. Adding Navy IA mobile apps, Navy IA Facebook and Twitter sites is an integral extension of the strategy and provides the latest information and resources to this generation's IA Sailors, families, commands, and civilian employees.

The Navy IA apps for the iPhone, Android and BlackBerry based smartphones are free of charge.

For more information about the Navy IA mobile apps, visit www.ia.navy.mil. Follow IA news and updates by becoming a fan at www.facebook.com/navyIA and a follower at twitter.com/Navy_IA.

Transition Benefits: FFSC's Relocation Assistance Program helps plan your move

WASHINGTON (NNS) -- Fleet and Family Support Centers' (FFSC) Relocation Assistance Program can provide support to help ease the stress of moving to a new location.

Relocating a Navy family is a normal occurrence during a Sailor's career. When Sailors receive orders for a permanent change of station, they should first contact the installation's Personal Property Office. They should then speak with a relocation specialist who will be able to provide information, workshops and individual counseling about the moving process.

"As soon as a Sailor receives orders, he or she

needs to start the relocation process. The FFSC Relocation Assistance Program has relocation counselors available to help and support our Sailors and their families with providing relocation information," said Dede O'Rourke, Commander, Navy Installations Command assistance program analyst.

"Along with contacting the local installation Personal Property Office, Sailors should visit the Move.mil web site. If you are a first time user on this site a video is provided with step by step instructions on how to use this website. The sooner a Sailor starts preparing for the move,

the easier the transition will be for the entire family," she added.

The Personal Property Office will provide the family with the paperwork and websites needed for the entire process. Also, the office will assist with preparing the required documentation, provide information on the option to use The Personally Procured Move Program (PPM) formerly Do-it-Yourself (DITY) Move and include timelines for move completion and household good storage.

Fleet and Family Support Centers are located on Navy installations worldwide, and the programs provided are free of charge. Their

Relocation Assistance Program is one of many transition benefits available to separating Sailors including those affected by the Enlisted Retention Board (ERB).

For the latest ERB information visit Navy Personnel Command's ERB website; www.public.navy.mil/bupers/nps/boards/ERB/Pages/default2.aspx.

To learn more about Fleet and Family Support Center Relocation Assistance Program, visit www.FFSP.navy.mil.

For the Move.mil web site, visit www.move.mil.

From Commander, Navy Installations Command Public Affairs

FFSC Briefs

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

IA 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!

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.

Effects of Domestic Violence on Children: 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.

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!

Writing Your Best Résumé: 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!

● Afghan Army

afternoon and evening sending rounds down range, increasing their proficiency and becoming more confident with the weapon system.

"Artillery allows the ANA to provide that long-range fire when one of their friendly units comes under attack," said Fairborn, Ohio, native Capt. Mitchell Moore, the commanding officer for Charlie Battery, 1/12. "When the United States reduces (its) presence here, (the ANA) need to have that capability so when they operate outside the wire, they have that comfort umbrella of knowing wherever they are they have an ANA brother who can provide fire support."

The ANA soldiers' confidence began to show as they became more comfortable using the howitzers at the end of the second day of firing. Enthusiasm kept spirits high, and the Afghan soldiers showed they were capable and ready to perform for their leadership.

The final day of firing arrived and when the kandak commander and brigade general arrived, the Afghan soldiers snapped to attention, ready to demonstrate the full capabilities of the weapon system.

The soldiers manned the gun line waiting for a fire mission from the forward observers, ANA soldiers placed down range who call in targets. The Afghan soldiers executed properly when the call for fire came and, after being verified by their Marine mentors, the soldiers sent another volley of rounds into the air, eagerly seeking their targets.

The leadership was pleased with the demonstration, and the Marines said the training evolution was a success.

"The ANA are out here self supporting," said Moore. "We are offering advice and support; however, this is an Afghan-led training evolution. That is a real success from where we started when they weren't sure of themselves and lacked confidence. Out here you see that confidence growing and the capability that goes with that."

Editor's note: First Battalion, 12th Marine Regiment, is currently assigned to 2nd Marine Division (Forward), which heads Task Force Leatherneck. The task force serves as the ground combat element of Regional Command (Southwest) and works in partnership with the Afghan National Security Force and the Government of the Islamic Republic of Afghanistan to conduct counterinsurgency operations.

Two French aviators earn 'Wings of Gold' during ceremony

Two French Naval Aviators received their "Wings of Gold" during a naval aviator designation ceremony at the Chapel on board NAS Meridian on Sept. 30.

Lt. Erwan Antoine Noel Guerneur earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier

qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) on July 31, 2011. Lt. Guerneur completed Advanced Jet Flight Training with Training Squadron Seven.

Lt. Benoit Plaisier earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier

qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69). Lt. Plaisier 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."



Guerneur



Plaisier



Photo by MC2 Kenneth R. Hendrix

Master Chief Petty Officer of the Navy (MCPON) Rick D. West participates in a training run with chief petty officers and first class petty officers at Commander, Fleet Activities Yokosuka. The run is part of the CPO 365 program, a three-phase year round training cycle aimed at preparing board-eligible first class petty officers to be future chief petty officers. West is in the U.S. 7th Fleet area of responsibility visiting forward deployed naval forces.

MCPON Kicks Off Phase One of CPO 365 in Japan

By MC2 (SW/AW) Kenneth R. Hendrix
U.S. 7th Fleet Public Affairs

YOKOSUKA, Japan (NNS) -- Chief petty officers and first class petty officers joined Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West for an early morning two-mile physical training run at Commander Fleet Activities Yokosuka (CFAY) Oct. 4.

The run recognized West's Chief Petty Officer 365 (CPO 365) program, which is a three-phase year-round training cycle aimed at preparing board-eligible first class petty officers to be future chief petty officers.

"I came out here, did not know what to expect. I've got to tell you - you rocked me," West said, while addressing Sailors after the run. "I am so impressed by all of you. I am going to drive away from here today knowing that our first class petty officers and chief petty officers are united together. CPO 365 is just that. It's about forging that relationship. Building it even more than it already was," West added.

The run took place on the back roads of CFAY along the Tokyo Bay waterfront. Throughout the run, Chief Machinist's Mate (SW) Doneka Booker, assigned to Systems Command Fleet Logistics Center Yokosuka, inspired the chiefs and first classes with her motivational siren sound cadence.

"I have been doing it here for three years now, and every time it brings motivation," said Booker, adding how excited she was to see the first classes and chiefs together showing unity in Yokosuka.

Interior Communications Electrician 1st Class (SW) Edward H. Craven, assigned to U.S. 7th Fleet flagship USS Blue Ridge (LCC 19), said the run showed the importance of the CPO 365 program.

"The chiefs and first classes were really pumped up today with the MCPON," Craven said. "It was cool to see 300 Sailors come together, and it felt good to be a part of something like that."

In a close-knit huddle after the run, West urged the Sailors to "go out as a team to make a difference in the community. Let them know that you are United States Navy Sailors. Let today be the start of a lot of great things across our Navy."

Helicopter Squadron celebrates 25th anniversary

By MC2 Josh Cassatt
Navy Public Affairs Support Element

SAN DIEGO (NNS) -- The "Wolfpack" of Helicopter Maritime Strike Squadron (HSM) 75 celebrated its 25th anniversary Oct. 3 in a ceremony at the squadron headquarters on Naval Air Station North Island.

Wolfpack, established Oct. 3, 1986 as Helicopter Anti-Submarine Squadron Light (HSL) 45, was the second Light Airborne Multi-Purpose System (LAMPS) Mk III squadron in the Navy.

"Celebrating 25 years is exciting," said Cmdr. Chris Westphal, HSM 75's commanding officer. "HSL

45/HSM 75 is a very proud squadron. We have been doing things exceptionally well for a long time, and being part of that long legacy of naval aviation excellence is a privilege."

For HSM 75, 2011 has been a year of transitions. In February, Wolfpack formally transitioned from HSL 45 to HSM 75, changing from the SH-60B to the MH-60R Seahawk helicopter.

They also transitioned from an expeditionary detachment deployment model to a carrier air wing (CVW) operating model, and in August the squadron underwent an immediate superior in command (ISIC) change from

Helicopter Sea Combat Wing, U.S. Pacific Fleet (HSC WING PAC) to CVW 11.

With all the changes happening within HSM 75, the squadron took the time to commemorate a quarter century of service.

"Celebrating our 25 years as a squadron signifies the traditions that the Navy is built on," said Command Master Chief Jeff Kozlik. "It's a tremendous milestone. Twenty-five years is a big deal, and it shows the younger Sailors there are men who have gone before who have sacrificed and put in a lot of hard work to make this a successful squadron we are today."

BRAC decision produces energy, maintenance savings

By Joe N. Wiggins
Navy Medical Research Unit San Antonio Public Affairs

FORT SAM HOUSTON, Texas (NNS) -- One of the final directives of the 2005 Base Realignment and Closure Law was completed when the Tri-Service Research Laboratory officially opened with a ribbon-cutting ceremony Sept. 15.

The new research laboratory consolidated three military branches into one location while saving money in maintenance and utilities costs, according to officials who spoke at the ceremony. Navy and Air Force officials praised the new facility and the results in biomedical research it will produce over the years.

"We are now witnessing the opening of this \$69.9 million project that resulted from that (2005) BRAC decision," said Rear Adm. Bruce Doll, the director of Navy medicine research at the Bureau of Medicine and Surgery. "Not only is this lab destined to produce even more of the kind of results that came out of the previous location, this building

accomplishes savings we could have never achieved in our previous facilities."

In remarks to more than 250 visitors and spectators at the ceremony held in front of the lab, Thomas S. Wells, director of the 711th Human Performance Wing, said the facility offers capabilities and opportunities to all branches of the Department of Defense.

"Each service brings their unique mission as together we conduct research in laser and radio frequency bioeffects and the effects of non-lethal weapons," said Wells.

Wells also told the audience the 181,000 square foot facility marks a new direction in military biomedical research.

"Nowhere else in the United States, will you find Air Force, Navy, and Army-directed energy bioeffects research under one roof," said wells. "Inside the walls of this building, you will get a glimpse of how we are creating the military of the future."

According to Dr. Gordon Hengst,

integration manager for the Directed Bioeffects Division of the Air Force's 711th Human Performance Wing, much of the savings designed into the new building will come from a more modern design and from the consolidation of previous facilities.

"We were in 29 different locations while at Brooks City-Base," said Hengst. "We have now consolidated into one 181,000 square foot facility at Fort Sam Houston."

Other officials in the facility offered other examples of the facility's capabilities and savings.

"The ceilings in the labs, for example, are fiberglass reinforced, and never have to be painted," said Carrie Crane, the veterinary support manager for the Navy Medical Research Unit San Antonio; one of the units located in the facility. "Combined with the other improvements in the floors and walls, we know we will save taxpayer dollars. In the old facilities at Brooks, we had to paint everything every three years, at a cost of more than \$200,000 each time."

Crane also said by being co-located

in one building, each service can benefit from the facilities used by the others.

"Just because one service owns a particular lab doesn't mean another service can't use it; all you have to do is request it and schedule a facility for your work," said Crane.

Doll concluded his remarks by reminding the audience of the high point the new Tri-Service Laboratory represents, along with the pride the users will have in better using available resources.

"This ribbon-cutting marks another milestone in the development of the finest military bioeffects research facilities in the world," Doll said. "Our Navy team is proud to join you in this endeavor."

This initiative is one of many throughout the Navy and Marine Corps which will enable the Department of the Navy to achieve Secretary Ray Mabus' energy goals to improve energy security and efficiency afloat and ashore, increase our energy independence, and help lead the nation toward a clean energy economy.

Seabees enhance quality of life in Afghanistan

By Lt. j.g. Jim Corbett and
MC1 Russ Stewart

Naval Mobile Construction Battalion 4 Public Affairs

MUSA QALEH, Afghanistan (NNS) -- Seabees from Naval Mobile Construction Battalion (NMCB) 4 began construction of the Musa Qal'eh low water crossing in September.

During the rainy season, the now-dry wadi becomes a surging river that isolates the district and turns it into an island traversable only by ferry. The crossing will provide a transportation route across the wadi (riverbed) to improve the Afghans' quality of life.

The project at Musa Qal'eh is well underway. Each day Seabees work 10-12 hours while wearing individual body armor - and with extreme precision - place up to 20,000-pound pieces of concrete.

"The amount of water in the ground makes the soil unstable; placing the pieces accurately is very difficult and requires extra effort to get them to all line up properly," said Chief Steelworker Jonathan Swagerty.

Composed primarily of equipment operators to operate heavy equipment and steelworkers to weld all the pieces in place, the 25 Seabees on this detail were hand-selected for this project because they are some of the best NMCB 4 has to offer.

"Being away from the battalion mainbody means there is more to do, and we get more experience," said Equipment Operator 3rd Class Eric Muckey.

The Seabees' hard work is becoming apparent as the first of two spans begins to take shape despite many obstacles to overcome.

"We are rotating through the work of welding, grinding and cutting, so we don't get tired of doing the same thing over and over," said Steelworker Constructionman James McMahan.

The project includes nearly 200 prefabricated reinforced concrete pieces held together by more than 15,000 welds.

"I like working outside the wire, seeing the [Afghans] and knowing I'm making a difference," said Steelworker Constructionman Brittney LeQuia.



Photo by MC1 Russ Stewart

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 4, Alfa and Delta Companies, place prefabricated concrete pieces in the riverbed at the Musa Qal'eh low water crossing project. NMCB-4 is a component of the Naval Expeditionary Combat Command that provides contingency engineering and construction across Afghanistan.



Photo by MC2 Arif Patani

An MH-60R Sea Hawk helicopter assigned to the Saberhawks of Helicopter Maritime Strike Squadron (HSM) 77, embarked aboard the aircraft carrier USS Abraham Lincoln (CVN 72), participates in an air power demonstration. The Abraham Lincoln Carrier Strike Group is returning to homeport in Everett, Wash., after a six-month deployment to the U.S. 5th and 7th Fleet areas of responsibility supporting maritime security operations and theater security cooperation efforts.