

THE SKYLINE IS A CHINFO AWARD WINNING NEWSPAPER

4th generation Navy pilot



Photo by MC2 Flordeliz Valerio

Vice Adm. Thomas J. Kilcline Jr., left, Commander, Naval Air Forces, watches as his wife, Deb, pins on the wings of gold on their son, Lt. j.g. Thomas J. Kilcline III, during a Naval Aviator Designation Ceremony, June 18, on board Naval Air Station Meridian. Lt. j.g. Kilcline, a fourth generation naval aviator. Vice Adm. Kilcline was the guest speaker for the event which winged 19 other Navy and Marine Corps aviators and one French pilot were recognized for their achievements. "The day you receive your wings of gold is truly one of the most significant milestones in the life of a naval aviator," Vice Adm. Kilcline said. "Today's ceremony marks the culmination of literally years of extensive preparation by these young men and women. See page 10, for more on the winging ceremony.

NTTC welcomes new commanding officer

Naval Technical Training Center (NTTC) welcomed a new commanding officer, Cmdr. Shane G. Harris, and said farewell to Cmdr. Christopher "Rusty" Bownds on June 16 during an official ceremony.

"This has been a challenging and rewarding experience," Bownds told the audience of fellow military members, base personnel and community leaders. "I've had the chance to work with the best staff and the Navy's future Sailors who are more educated and dedicated than ever."

● **Change of Command, page 6**



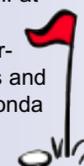
Photo by MC2 Flordeliz Valerio

Cmdr. Shane G. Harris, left, poses with Center for Service Support Commanding Officer Capt. Bernard Dunn and Cmdr. Christopher "Rusty" Bownds after the change of command ceremony on board NAS Meridian on June 16. Harris relieved Bownds as the commanding officer of Naval Technical Training Center which trains 100 percent of the Navy's Administrative and Supply "A" School personnel.

On Base...

✓ 2010 Navy Ball Golf

Tournament: July 9 at 10 a.m. at Ponta Creek Golf Course. 4-person scramble, \$50 per person. Includes: Cart, green fee's and lunch -- Lots of great prizes. Honda is sponsoring a hole in one!!



✓ Kid's Bowling Camp:

McCain Rec Center will host a bowling camp for kids age 8-13 from July 12-16, 1:30-3 p.m. daily. Cost is \$25 per child. For more information, call (601) 679-2651.

✓ Vacation Bible

School: Chapel sponsors Vacation Bible School July 26-30, 9-11 a.m. in base housing. Call (601) 679-3635 to register!

✓ Marine Aviation Training

Support Squadron One: Change of Command Ceremony at 9 a.m. on July 2 outside on the NTTC grinder. Capt. Aaron Schnetzler will be relieved by Maj. Aaron Brooks.



✓ Basic Auto

Skills Class: Set for June 29 at the Outpost at 5 p.m. Call (601) 679-2609 for more information.

Photo of the Week

Military and civilian personnel from NAS Meridian attempt to form a "human blood drop" on World Donor Day at the conclusion of the week-long United Blood Service blood drive on board the installation from June 15-18. The Meridian office of the United Blood Service Center partnered with the Meridian Navy Exchange to host the event resulting in 120 products of red blood cells, plasma or platelets being donated. Naval Technical Training Center had the most people donate, followed by the Navy Exchange and the Regional Counterdrug Training Academy in third place.



Photo by Penny Randall

Off Limits Establishments

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

The Underground (Bonita Lakes Mall)
Meridian Underground Music Exchange

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

THE Skyline

~ Naval Air Station Meridian, Miss.

Command Staff

Commanding Officer ~ Capt. Charles M. Gibson
Executive Officer ~ Cmdr. Edward Donohoe
Command Master Chief ~ CMDCM Sharon Laguna

Editorial Staff

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Area Happenings

JUNE

29: Meridian Symphony Association presents Symphony Fun House. Children ages three and older will experience the symphony orchestra first hand during this special event. Classes are at 10 a.m. and 1 p.m. The fun house will be designed as an interactive "petting zoo" in which your children will be allowed to touch and play these instruments. This day will be filled with many fun activities specifically designed to bring out the "music" inside of each child. Each session of the event will include a tour and demonstration of each section such as the woodwinds, percussion, brass and strings family as well as arts and crafts. During the arts and crafts time, your child will have the opportunity to make their own musical instrument! The event is free, but children must be pre-registered by calling (601) 693-2224 or by e-mail at meridiansymphony@att.net.



JULY

4: City of Meridian Fourth of July Concert and Fireworks Display at Bonita Lakes Park. Entertainment starting at 6 p.m. on stage. Gigantic fireworks show over the lakes, food vendors and family fun for all ages. Fireworks at 9 p.m. Admission is free. For information, call City of Meridian Cultural Affairs at (601) 485-1944.

4: Sunfish Summer Triathlon featuring 1K swim, 34K bike race and 8K run at Bonita Lakes. Sponsored by Meridian Athletic Association. Start time: is 7 a.m. For information and entry fee and forms contact Stacy Barr by e-mail at jsbarr57@hotmail.com.

10-Sept. 30: "Sparkle and Twang" Marty Stuart Museum Exhibit at The Riley Center. For more information, call (601) 696-2200.

12-16: Kindermusik Summer Music Camp, "On The Road" for children 3 1/2 to 5 years old. Call Julie Mathews at (601) 678-7082 or e-mail: jcarolmathews@gmail.com. Go to: www.musicwithjulie.com.

14-17: Mississippi Band of Choctaw Indian Fair Performers include July 14: Tracy Lawrence, July 15: The Four Tops; July 16: The Lost Trailers and Sara Evans. Tickets are \$15 adults; students: \$10 and ages 5 and under free. For more information, call (601) 650-7450 or go to www.choctawindianfair.com. This is a non-alcoholic, family event.

19-23: Kindermusik Summer Music Camp "Tell Me a Tale" for children 5 to 7 years old. Call Julie Mathews at (601) 678-7082 or e-mail: jcarolmathews@gmail.com. Go to: www.musicwithjulie.com.

Pfc. Bernadel Semexant

MATSS-1 Student
Hometown: West Palm Beach, Fla.

Pfc. Bernadel Semexant is a student in the Marine Aviation Supply Specialist course at Marine Aviation Training Support Squadron One on board NAS Meridian.

"I joined the Marine Corps to become more successful in life," Semexant said. "To finish my college education and to join the largest fraternity and the toughest."

Semexant, 19, enlisted on Jan. 19, 2010, and would like to be stationed in California after graduation from MATSS-1.

"I've never been to the West coast," he said.

"I'm looking forward to continuing the pursuit of my criminal justice degree and one day becoming a Marine officer."

The person he most admires is his mother.

"No matter what decision I make, she will support me if I'm 100 percent sure about it."

OOORAH!

Pvt. Stevi Ann Dunne

MATSS-1 Student
Hometown: Florence, Mont.

Pvt. Stevi Ann Dunne would also like to be stationed in California after graduation from Marine Aviation Training Support Squadron One.

"It's near home," said Dunne who enlisted in the Marine Corps on Nov. 13, 2009.

"My dad was in the Navy in the 80's," Dunne said. "He talked about all the traveling he did. I chose to be a Marine for the challenges. I'm most excited for the travel and to see experience cultures."

Pvt. Dunne is the daughter of Glenn Dunne and Rainbowe Meadows, and has one older brother, Lucas.

The person she most admires is her father.

"My dad raised my brother and I alone, and showed us how to respect everyone for something, no matter how small."



Opportunity A'weights: Motor-T Operator sheds 120 pounds to join 'the Few'

By Sgt. Justin J. Shemanski
1st Marine Logistics Group (FWD)

CAMP LEATHERNECK, Afghanistan -- Loaded down with personal protective equipment, an M-4 carbine and tucked behind the steering wheel of a Marine Corps "7-Ton" Medium Tactical Vehicle Replacement, Lance Cpl. Clifton Perkins appeared to be right at home.

This was only the second convoy the motor transportation operator had participated in since touching down in country as a member of Combat Logistics Battalion 6, 1st Marine Logistics Group (Forward), but as he gazed attentively upon the rugged terrain ahead, he spoke like a seasoned professional as he quizzed his vehicle commander on improvised explosive devise indicators and various other convoy routines and procedures.

Though his current duties involve using heavy equipment to transport Marines and gear across rural highways and almost non-existent dirt roads in a combat zone, it isn't all that different from working back on local farms as a teenager in his native Glasgow, Ky.

The biggest difference is admittedly Perkins himself. When speaking in terms of physical fitness and appearance, three years ago he was about as far away from a combat zone -- and Marine Corps standards -- as he could get.

Weighing in at 310 pounds, the six-foot-one inch tall Perkins was set in his ways. He had a big appetite and was content with life. At one point

● **A'weights, page 18**



Photo by Sgt. Justin J. Shemanski

A fit and trim Lance Cpl. Clifton Perkins, a motor transportation operator with Combat Logistics Battalion 6, 1st Marine Logistics Group (Forward), poses next to a "7-Ton" Medium Tactical Vehicle Replacement. Before entering the Marine Corps, Perkins weighed in at 310 pounds and was able to shed more than 100 pounds within a six month period prior to enlisting.

Marines get taste of ship life on USS Wasp

By MC2 Christopher Koons
USS Wasp Public Affairs

NORFOLK, Va. (NNS) -- A group of 34 Marines belonging to Marine Corps Forces Command (MARFORCOM) based in Norfolk, Va., visited USS Wasp (LHD 1) May 26 for an orientation of the type of ship they could eventually serve aboard during their careers.

"This tour was for their professional military education," said Col. Ken Gill, chief of staff for MARFORCOM's Communications Systems Department. "Most of our guys are young and have not yet had the opportunity to come aboard a Navy ship, and Wasp was the perfect place to get that first exposure."

MARFORCOM's chief role is as principal adviser to the commander of U.S. Joint Forces Command on Marine Corps matters. As a result, they are involved in many technical aspects relating to the overall United States military mission in the world.

"We do all communications force planning in support of the Global War on Terrorism," said Gill. "Thus, we help decide which Marine Corps units will go to places such as Iraq and Afghanistan and what kind of communications equipment they'll need."

Marines visited various shipboard areas; included among them were, the navigation bridge, Medical Department, flight deck, and Landing Force Operations Center.

"Our goal was to get them familiar with the working environment aboard a Navy ship," said Chief Warrant Officer Bryan Simon, Wasp's Combat Cargo officer. "We wanted them to see what our abilities, as well as our constraints are."

"It seems like a very dynamic ship, with all of its different

● **USS Wasp, page 16**

Local TV honoring military

Meridian's local television station, WTOK-TV & its partners, have begun a special tribute to all members of the military titled "The Price of Freedom." The station will honor those who are currently serving and those who have served in the armed forces to protect our freedom.

Viewers are asked to go online (<http://www.wtok.com>) to upload photos and stories of their loved ones. Simply click

on "The Price of Freedom" box on the right hand side of the homepage. Instructions on how to upload photos will follow.

Entries can be submitted from June 14-25. WTOK-TV will air these salutes June 28 thru July 4 during daily newscasts.

Also area veterans will be recognized in vignette form & station IDs.

-- By Penny Randall

Training jet crashes at NAS Kingsville

KINGSVILLE, Texas (NNS) - A U.S. Navy T-45C Goshawk training jet assigned to Training Air Wing 2 ran off the end of the runway at Naval Air Station (NAS) Kingsville, Texas, at approximately 10:00 a.m. June 10.

The pilot ejected safely and was evaluated by the NAS Kingsville Branch Health Clinic and taken to Christus Spohn Hospital-Kleberg for treatment of minor injuries.

The name of the pilot is not being released at this time.

The aircraft was attempting

to land as part of a routine training mission at the time of the mishap. Fire and emergency rescue personnel from the NAS Kingsville Fire Department responded immediately to the scene and remain at the site at this time.

The T-45C Goshawk is a tandem-seat, carrier capable, jet trainer whose mission is to train Navy and Marine Corps pilots.

An investigation to determine the cause of the accident is underway.

-- From Chief of Naval Air Training Public Affairs

Flood prompts personal readiness lessons

By MC1 LaTunya Howard
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- After 1,000-year flood affected Millington, Tenn., May 1, Navy Personnel Command (NPC) Sailors have been rethinking their personal readiness plans.

"We really didn't have an emergency plan other than we would go to my parent's house out of state if we had to leave here," said Interior Communications Electrician 1st Class (SW) Bernadette Brown, Navy Manpower Analysis Center, who was evacuated from base housing during flood. "I think many Sailors only think about their personal readiness plan as part of general military training or as a check in the box for a command requirement. You really do need to be prepared for anything."

Sailors have many resources to consider when developing an emergency plan. "Operation Prepare" is designed to help Sailors and their families get ready for any disaster. There are three basic components to

being prepared: being informed, having a plan and making an emergency kit.

"Sailors should talk with their families about what to do in the event of fire, flood, a terrorist threat or base evacuation," said Force Master Chief (AW/SW/NAC) Jon Port, NPC. "That prepared Sailor has the waterproof lockbox with the family's important documents in it. Does your child know who they should call if they can't reach the parent? Do we need to clarify what our homeowners' insurance will cover? All these points should be part of the family discussion," said Port.

The Federal Emergency Management Agency-sponsored Web site <http://www.ready.gov/america/getakit/navy.html> summarizes the Navy's preparedness information. It also offers a checklist of supply items for an emergency kit.

Sailors can ensure family information is correct in the Navy Family Accountability & Assessment System (NFAAS), created after Hurricane Katrina to help the Navy

account for personnel and determine their needs after a disaster. NFAAS has been an important tool in all recent disasters impacting Sailors, such as the Southern California wildfires and the Tennessee floods.

NFAAS allows families to account for their safety online and fill out a needs assessment if they are without housing, need financial assistance or other help. Of the 7,667 Sailors identified as possibly affected by the Millington flood, 941 members completed a needs assessment on NFAAS, expediting services to them.

Sailors can log on to the NFAAS Web site now and register before an emergency happens. Log-on to NFAAS at <https://navyfamily.navy.mil> to verify address and contact information. Member information should be updated when a life event such as a marriage, divorce or a new baby requires a Page 2 entry or other critical paperwork.

"Think of NFAAS as another critical piece of paperwork like page 2 and Servicemembers Group Life Insurance beneficiary documentation," said Port.

Starbase-Atlantis hosts Summer Workshops

July 7-9 (8 a.m. -noon) For Students...

This workshop will be held at the Starbase site at NAS Meridian! Robots made with LEGO pieces. This robotics workshop will be so much fun. You'll learn all about how the pieces work and how to program the robot to complete a task. If you have completed 5th, 6th or 7th grades, this workshop is for you. To register, call (601) 679-2448.

July 12-14 (8 a.m. -1 p.m.) Teacher STEM Workshop Part 2

This is the second session for teachers for 1.5 CEU's. It will be held at the Starbase site on the Choctaw Starbase. To register, call 601-663-7592. Please

bring a snack, as no lunch time will be provided.

July 19-21 (8 a.m. -noon) For Students...

This fun workshop is for students in the middle school grades at the Starbase at NAS Meridian. Many exciting experiments are planned for this workshop. Call (601) 679-2448 to register.

July 26-27 (8 a.m. -noon) For Students...

At NAS Meridian Starbase this weather workshop is for students in grades 2 and 3. Activities dealing with the four types of weather will be enjoyed by the students in this workshop. Call (601) 679-2448 to register.

Safety is our Duty

Severe weather: Stay alert, stay alive

By April Phillips
Naval Safety Center Public Affairs

Across the fleet, Sailors and Marines cross their fingers and hope for sunny skies during their summer vacation leave periods.

Unfortunately, it's a fact that summer corresponds to the start of hurricane season. Hurricane Katrina still lingers in our national psyche and tornados make big news whenever a destructive funnel cloud touches down.

However, the National Oceanic and Atmospheric Administration (NOAA) reports that thunderstorms, which many people view as routine during the summer, are nature's most violent storms.

Thunderstorms are always accompanied by dangerous lightning, and often the atmospheric conditions created during a thunderstorm can actually trigger a tornado. Each summer, thunderstorms, which can form quickly and strike without much warning, kill and injure people, damage houses and equipment, and wreak havoc whenever they hit.

According to NOAA, on average, tornados kill 70 people and injure another 1,500 each year. Lightning is responsible for an average of 80 deaths and 300 injuries per year. Flash flooding is the number one cause of deaths associated with thunderstorms, killing nearly 150 people per year.

NOAA says the best way to prepare for the unexpected is to develop a family disaster plan. Pick two places to meet. One should be outside your home for an emergency such as a fire, and another place should be away from your neighborhood, in case you can't return home, such as in the wake of a tornado that causes heavy damage. Make sure you choose and out-of-

state relative or friend as a "family check-in contact" and make sure everyone knows to call this person if you get separated.

A disaster supply kit should include a three-day supply of water and non-perishable foods, a change of clothes and shoes for everyone, blankets, a first aid kit including prescriptions, a battery-powered radio with extra batteries, and an extra set of car keys.

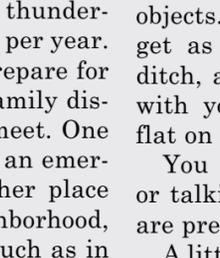
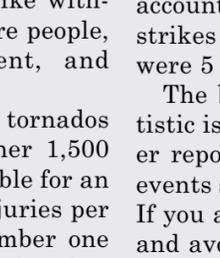
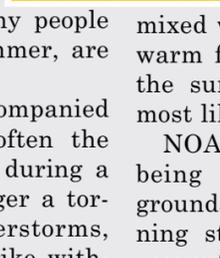
Nearly 2,000 thunderstorms are occurring at any moment around the world. That's 16 million per year. The recipe for a thunderstorm is simple: moisture, added to unstable air, mixed with a little lift, caused by cold or warm fronts, sea breezes, mountains, or the sun's heat. These ingredients are most likely to mix during the summer.

NOAA recently charted the risk of being hit. Open fields (parks, playgrounds) account for 27 percent of lightning strike deaths. People under trees accounted for 14 percent. Water-related strikes were 8 percent, and golf courses were 5 percent.

The best way to avoid becoming a statistic is to be prepared. Watch the weather reports, check the sky, and plan your events so weather doesn't become a factor. If you are caught in a storm, find shelter, and avoid tall, isolated trees or other tall objects. If you're stuck in an open field, get as low as possible, preferably in a ditch, and put your hands on your knees with your head between them. Don't lie flat on the ground.

You should also avoid taking showers or talking on the telephone when storms are present or imminent.

A little common sense can go a long way toward making sure thunderstorms are more of a nuisance than a disaster.



Know the Terms

Familiarize yourself with these terms to help identify a thunderstorm hazard:

Severe Thunderstorm: Tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio, or television for information.

Severe Thunderstorm Warning: Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property to those in the path of the storm.

Take Protective Measures...

To prepare for a thunderstorm, you should do the following:

- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Remember the 30/30 lightning safety rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.

The following are guidelines for what you should do if a thunderstorm is likely in your area:

- Postpone outdoor activities.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades, or curtains.
- Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
- Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
- Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.

Resource Links:

- National Lightning safety institute "It can't happen to me" Library: www.lightningsafety.com/nlsi_lls/incidents.html
- FEMA: www.fema.gov/areyouready/thunderstorms.shtm
- National Oceanic and Atmospheric Administration: <http://www.nws.noaa.gov/om/severeweather/index>



NAS Meridian, Fleet and Family Support Center and MWR are all on facebook. Become a fan!



NEX offering new baby items, Sailors earn discount on motorcycle items

The NEX Web Store has added 335 baby items and gear to its Web site, www.myNavyExchange.com. Authorized customers can now purchase a variety of baby items, including car seats, strollers, bedding and nursery décor, bouncers, play yards, swings, safety items, feeding seats and high chairs and more.

"We want our customers to be able to purchase the merchandise they need for their families," said Karen Connery, Navy Exchange Service Command's (NEXCOM) Director of Merchandising e-commerce.

"The NEX Web Store provides customers the ability to exercise their earned benefit, delivering a NEX brand shopping experience no matter where they are located around the world. Also, for our customers who have a smaller NEX, it gives them access to a wider variety of merchandise that may otherwise be unavailable to them."

The NEX Web Store allows customers to compare items side by side before purchasing. Items purchased from myNavyExchange.com can be shipped to all 50 United States and APO/FPO addresses. Tracking information is available once the order has been placed. Orders are typically shipped two days after receipt of the order.

-- From NEXCOM PAO

The NEX, in partnership with the Naval Safety Center and Commander, Navy Installations Command, is offering a discount coupon on motorcycle protective gear for all Sailors who complete the Motorcycle Safety Course at their base.

The coupon entitles the Sailor to receive 25 percent off their entire purchase of motorcycle protective equipment sold at select NEXs as well as online at www.myNavyExchange.com.

"We are happy to partner with the Naval Safety Center to bring this discount coupon to Sailors who have completed their required motorcycle training," said Rear Adm. Steven J. Romano, Commander, Navy Exchange Service Command (NEXCOM). "The NEX does all it can to help promote motorcycle safety including selling protective equipment, promoting safety messages and partnering with the Naval Safety Center. We will do all we can to ensure the safety of our Sailors and their families."

"In fiscal year 2009, motorcycle fatalities were down 61 percent in the Navy" said Rear Adm. Arthur Johnson, Commander, Naval Safety Center. "However, we still have more work to do. At least 3,500 Sailors haven't completed their required motorcycle training. We have to close this gap as well. If you know a rider who hasn't been to training, get involved! If you need your three-year refresher course, take responsibility and get to a class! The American people are counting on you to manage risks and ride smart."

Sailors who complete the Navy Motorcycle Rider Training class will receive a coupon from their course instructor. The coupon will have the Sailor's name and course completion date. The coupon is non-transferrable and is good for 90 days. The 25 percent discount does not apply to any other merchandise in the transaction or to general purpose footwear, outerwear or electronics. The coupon may not be combined with any other offers, coupons or discounts.

For those Sailors making their

motorcycle protective equipment on the NEX online store, www.myNavyExchange.com, the process is slightly different. Since the online store cannot accept coupons, customers will need to bring their receipt, found inside the shipping box, along with their 25 percent coupon to any NEX customer service counter. The NEX will issue a discount to the Sailor's credit card for 25 percent off the merchandise cost of the entire purchase of motorcycle protective equipment. The coupon is not good on online purchases of motorcycle protective equipment from www.myNavyExchange.com made prior to the date of issuance of the coupon. The coupon is not good on purchases from the All-Services Exchange Catalog or Exchange Online Mall.

To sign up for motorcycle training, go to www.navymotorcyclerider.com.

Remember, customers receive a five cent credit toward their purchase for each eco-friendly reusable bag used to bag their purchase.

-- From NEXCOM PAO

Change of Command

In the two years as the head of the training center, Bownds and his staff graduated 6,000 Sailors in five ratings -- Logistics Specialist, Ship's Serviceman, Personnel Specialist, Yeoman and Aviation Maintenance Administrationman. NNTC Meridian trains 100 percent of the Navy's Administrative and Supply "A" School personnel.

Additionally, Bownds implemented numerous community service programs to cement strong relations between the Navy and the local area, resulting in receipt of three Navy Region Southeast Community Service Awards and the overall 2009 Navy Community Service Program Award for the Environmental Stewardship Flagship.

Under Bownds command, NNTC was awarded the USS Bainbridge Award, the Navy's highest award for community service.

A 1991 graduate of the U.S. Naval Academy, Bownds is a former A-6 Intruder bombardier/navigator. When the A-6 was decommissioned, Bownds transferred to the Human

Resources Community. Prior to arriving at NNTC, he served as the embedded trainer for the Afghan National Army Darulaman Garrison, Kabul, Afghanistan.

Bownds' next duty assignment will be on the staff of the Assistant Secretary of the Navy, Manpower and Reserve Affairs. Assuming command of NNTC is Cmdr. Shane G. Harris whose most recent assignment was as executive assistant to the Assistant Deputy Chief of Naval Operations (Manpower, Personnel, Training and Education).

"I am extremely blessed and honored to be given the chance to lead the NNTC team," Harris said. "This is an awesome responsibility -- when I joined the Navy 25 years ago my goal was to become a commanding officer. This is a tremendous opportunity."

Before graduating from Purdue University and receiving his commission through the NROTC program, Harris enlisted in the Navy as an undesignated Seaman in the Seaman Apprentice Program.

Harris's previous staff assign-



Harris

ments ashore include Echelon I Manpower Requirements Officers on the staff of the Chief of Naval Personnel; Administrative Department Head, Naval District Washington; and administrative officer, Atlantic Fleet Weapons Training Facility, Roosevelt Roads, Puerto Rico.

Operational assignments include G1 ARSIC-West, Combined Joint Task Force PHOENIX V1 and Embedded Training Team S1, FOB APACHE, Qalat, Afghanistan. Cmdr. Harris has been deployed to South American, the eastern Mediterranean and the Arabian

Did you know?

NNTC Meridian is accredited through the Council on Occupational Education (COE), which ensures accredited educational institutions provide quality instruction in career and technical education, and facilitates learning by students while meeting the needs of the labor market. The courses at NNTC are also accredited through the American Council on Education which evaluates the quality of the courses provided for potential college credit through colleges and universities.

Gulf.

He holds a master's degree in Human Resource Business Management from Marymount University and a master's degree in military studies from USMC Command and General Staff College.

Capt. Bernard Dunn Jr., commanding officer, Center for Service Support, was the guest speaker during the ceremony.

He congratulated Bownds on a job well done as commanding officer and challenged Harris to continue the superb work at NNTC.

"I've always enjoyed the opportunity to spend time in Meridian

and it's a pleasure to be here today," Dunn said. "Clearly this is a special day for both Cmdr. Bownds and Cmdr. Harris -- it's the culmination of a successful command for Bownds and for Harris, the beginning of a leadership experience."

Capt. Dunn told the audience that Cmdr. Bownds created a successful environment for Sailors to be trained -- which is second to none.

"Cmdr. Bownds was brought here to NNTC to lead and that he did," Dunn said. "Cmdr. Harris will have a tough road ahead -- our nation is at war and resources are tight, but I know NNTC will continue to thrive under his leadership."

NAS Meridian Chapel

211 Fuller Road

Protestant
Sunday Services
9 a.m.
Choir Practice
at 8 a.m.

Catholic Mass
Sunday 5 p.m.
Choir Practice
at 4 p.m.

Wednesday
Prayer Lunch
11:15 a.m.

Come Worship
With Us!

Call (601)
679-3635



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

Chapel Sponsors Vacation Bible School July 26-30, 9-11 a.m.



Base Housing
Call
(601) 679-3635
to register!

Open House 5690 Rainbow Parkway



- On the main lake at Rainbow Lakes Subdivision
- 3 BR 2 BA Home over 2,100 sq. ft.
- Has an additional detached sunroom/office over 450 sq. ft.
- Has additional detached game room over 400 sq. ft.
- All have hardwood and/or ceramic tile floors throughout
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- Tremendous amounts of shade and deck space in backyard
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OPEN HOUSE DATES:
Friday, June 25th - 5-8pm
Saturday, June 26th - 9-11am & 2-5pm
Sunday, June 27th - 2-4pm

Navy expands partnership with U.S. Fish and Wildlife Services

By Annalisa Cachin
Naval Facilities Engineering Command Mid-Atlantic Public Affairs

VIRGINIA BEACH, Va. (NNS) -- The Navy has partnered with U.S. Fish and Wildlife Services (USFWS) and Back Bay National Wildlife Refuge at Joint Expeditionary Base (JEB) Little Creek-Fort Story with a Memorandum of Understanding (MOU) perform patrols for sea turtle activity and marine mammal strandings.

Since 1993, the agreements were executed between the Army and the USFWS but now that the two military installations have joined as one base, the Navy will continue previously established turtle patrols and expand the MOU to include patrolling for sea mammal and turtle strandings. This program is part of Naval Facilities Engineering Command Mid-Atlantic's environmental efforts in their area of responsibility that stretches from North Carolina to Maine.

"The Navy has the challenging duty of balancing the military mission with natural resource conservation," said Sara Bell, Natural Resources specialist, in the Public Works Department JEB Little Creek-Fort Story. "With the expansion of the original MOU to include the reporting of stranded marine mammals, the Navy helps contribute to its responsibility to uphold the Marine Mammal Protection Act."

Under the MOU, USFWS representatives will conduct non-intrusive patrols along a portion of beach front property between JEB Fort

• **Wildlife, page 16**

A Friendly Reminder...

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| | |
|--------------------|--|
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| Wednesdays: | 6:45 p.m. - Prayer Ministry 7 p.m. - Adult & Youth Mid-Week Bible Study |

Directions from I-20/59 & Meridian: Take exit 154 off I-20/59, then Hwy 39 N for approx. 20 miles, turn right on Hickory Grove Rd, continue 1.2 miles, turn left on Antioch Rd. The Church is on the right.

Meridian hosts NJROTC Area 8 Leadership Academy

By MC2 Flordeliz Valerio
Staff Writer

One hundred nineteen Naval Junior Reserve Officer Training Corps (NJROTC) cadets from various southeastern high schools graduated the annual week-long NJROTC Area 8 Leadership Academy, June 19.

Cadets represented 45 high school NJROTC units from Louisiana, Arkansas, Alabama, West Florida and Mississippi.

Area 8 Leadership Academy's Commanding Officer Retired Capt. Jimmy Jones from Louisiana said the summer program is beneficial to young adults.

"The program emphasizes citizenship and leadership development which is one value we wanted to instill in these young kids," Capt. Jones said.

Divided into three platoons, the cadets were led and trained by platoon commanders who are Navy, Marine Corps and Coast Guard retirees and now employed as Naval Science instructors. Two graduate assistants, that previously completed the NJROTC program, are assigned to each platoon.

According to cadets, they leave the leadership academy having learned intangible and valuable lessons they will take back to their schools and share with fellow NJROTC cadets.

Cadet Christian Lader, from Escambia High School in Florida, said that joining the program taught him a lot and is a great way to spend his summer.

"I have a military family," Lader said. "My dad just recently retired... before I got into high school and my brothers are both in NJROTC. They influenced me ... this is an awesome program."

Cadet Tiffany Porter, from Labelle High School in Florida, said the direction and support from her instructors and graduate assistants showed her platoon "how to come together as a team, while also teaching us the value of concepts such as integrity."

While at the academy, the cadets underwent daily routines that would be recognizable to any military veteran. Reveille sound-



Photos by MC2 Flordeliz Valerio

Above: Charlie Platoon salute Staff Sgt. Jorge Cedeno-Tullock from MATSS-1, a volunteer judge, during NJROTC Area 8 Leadership Academy's drill competition on board Naval Air Station Meridian on June 17. Below: Retired Coast Guard Cmdr. Tim Aguirre, NJROTC instructor in charge of academics, conducts personnel inspection on Charlie Platoon on June 18. One hundred nineteen students representing 45 southeastern high schools participated this year's NJROTC Area 8 Leadership Academy 2010 from June 12-19. Cadets graduate the program on June 19 at the NAS Meridian chapel.

ed at 4:45 a.m., followed by physical fitness training before the students began the rest of their daily activities. Throughout each day, until taps at 9:45 p.m., the cadet platoons split off to participate in various activities, including military drill, classes on leadership principles, personnel and room inspections, etiquette and orienteering. Each platoon also competed against each other in academics, physical fitness and drills.

The ultimate goal for the cadets is obtaining the coveted silver aiguillette, or shoulder rope, for their NJROTC uniforms. In order to earn the aiguillette, cadets must achieve passing scores on all of their academic exams and successfully pass the Navy's physical fitness test. If the students are unable to pass any portion of the program tests the first time they get a second chance, with the instructors conducting planned remedial programs to assist the students in getting through the course.

Thus, teamwork was the key to graduate from the NJROTC program. Cadets learned to work together in order to rise to the challenge of each task.



Navy's patent portfolio top among government organizations worldwide

ARLINGTON, Va. (NNS) -- Navy scientists rank No. 1 when it comes to newly patented discoveries and inventions, according to a June report published by the Institute of Electrical & Electronics Engineers (IEEE).

The IEEE's annual Patent Power Scorecard, which ranks the relative significance of various organizations' patent portfolios, said the Navy surpassed all international government agencies. IEEE is the world's largest professional association dedicated to advancing technological innovation and excellence for the benefit of humanity.

The Office of Naval Research, the Navy's science and technology provider, is responsible for policy and direction concerning patents, inventions, trademarks, copyrights and royalty payments (intellectual property).

"Holding the top position is a good performance indicator, but being first also recognizes that the network of naval research labs and partnerships is focused on generating innovations and intellectual property that our Sailors and Marines depend on," said Chief of Naval Research Rear Adm. Nevin Carr, who leads the Office of Naval Research (ONR). "Patents protect the Navy's research and development investment."

With 232 patents issued in 2009, the Department of the Navy outpaced its closest two competitors by wide margins. The U.S. Department of Health and Human Services issued 121 patents and Japan's Science and

Technology Agency distributed 104.

"Numbers are important, but so is quality," Carr said. We're fortunate to have a strong team that produces a diverse patent portfolio."

Along with highlighting the volume of the Navy's world-class scientific work, the ranking underscores the close coordination with ONR's talented legal team to ensure patents are well structured and valid, the admiral mentioned.

One of the Navy's most notable patents is the Navigation System Using Satellites and Passive Ranging Techniques issued in 1974, which led to the development of the NAVSTAR-Global Positioning System (GPS). That technology was invented by Roger L. Easton, a research scientist who worked for the Naval Research Laboratory, ONR's corporate lab.

The Office of Naval Research provides the science and technology necessary to maintain the Navy and Marine Corps' technological advantage. Through its affiliates, ONR is a leader in science and technology with engagement in 50 states, 70 countries, 1,035 institutions of higher learning and 914 industry partners. ONR employs approximately 1,400 people, comprising uniformed, civilian and contract personnel with additional employees at the Naval Research Laboratory in Washington, D.C.

-- From Office of Naval Research Corporate Strategic Communications

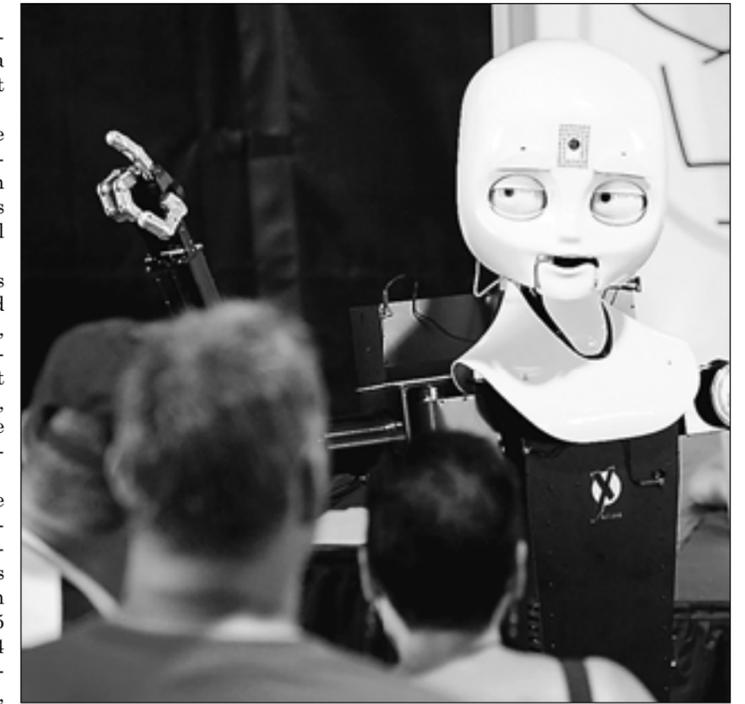


Photo by John F. Williams

Visitors interact with the mobile, dexterous, social (MDS) robot Octavia at the Office of Naval Research (ONR) exhibit during Fleet Week New York 2010. The ONR human robotics interaction research program at the Naval Research Laboratory focuses on the abilities of teams of humans and autonomous systems to communicate clearly, collaborate to solve problems, and interact via modality both locally and remotely.

Update exceptional family members before negotiating orders

MILLINGTON, Tenn. (NNS) -- There are currently 16,000 Navy families enrolled in the Exceptional Family Member Program (EFMP), but some Sailors are not updating their packages before entering their detailing window.

"Enrollment in the EFM program is mandatory for all family members with long-term medical, mental health or educational needs and is required immediately upon identification of a special need," said Cmdr. Cynthia Granby, EFMP branch head at Navy Personnel Command.

"Before a detailee can release orders, an updated EFM status is needed. The sponsor is responsible for knowing his or her EFM update timeframe and for updating the file prior to negotiating for orders. Local coordinators at the nearest Military Treatment Facility can be contacted to confirm update status and timeframe."

Family member status updates are required nine months prior to a Sailor's Projected Rotation Date, every three years, or whenever the enrolled member's need changes. Temporary enrollments (Category VI) must be updated within a year of assignment.

The EFMP is required for authorized family members who possess a physical, emotional, developmental or educational disability, or a condition that requires special medical, mental health or education services and reside

with or are in the custody of a Sailor. Enrollment ensures family members' needs are identified so that Sailors are stationed where those needs can best be met.

"The program is a benefit for Sailors and commands," said Kathleen Wells, Navy EFMP manager. "It's available to help alleviate hardships on family members by ensuring their special needs are considered in the detailing process."

"EFMP remains flexible," Granby said. "Once the sponsor enrolls and family needs are identified, he/she will have a good chance at obtaining a career enhancing assignment."

EFMP families are classed into one of six categories. For those families who have been designated categories IV and V, the Navy has a separate program, Navy EFMP Respite Care, which provides up to 40 hours of free in-home care for exceptional family members and their siblings.

"Many family members enrolled in the program have complex needs that cannot be met using typical in-home care," said Sharon Fatheree, Navy Child and Youth Programs, Outreach program manager for Fleet and Family Readiness. "The Navy EFMP Respite Care Program is provided through the Child and Youth Programs and was designed to offer parents in-home care with specialized providers trained to meet the individual

Did you know?

Currently Respite Care is offered at five locations: Jacksonville, Fla.; Bremerton, Wash.; San Diego; Norfolk, Va.; Naval District of Washington D.C.; and 50 independent locations in the continental U.S. Sailors interested in Respite Care can visit the National Association of Child Care Resource & Referral Agencies Web site at www.naccrra.org/MilitaryPrograms/navy.php. For more information about EFMP, visit their Web site at www.npc.navy.mil/CommandSupport/ExceptionalFamilyMember/ or call the NPC Customer Service Center toll-free at 1-866-827-5672.

needs of the family member so parents can feel safe leaving children in in-home care to run errands, go to medical appointments or just get a change to reconnect with their spouse."

-- From Navy Personnel Command Public Affairs

20 aviators earn 'Wings of Gold' in June 18 ceremony; Vice Admirals son among group

By Penny Randall
Staff Writer

A long family tradition continued on June 18 when a fourth generation naval aviator earned his "Wings of Gold."

Vice Adm. Thomas Kilcline Jr., Commander, Naval Air Forces and Commander, Naval Air Force, U.S. Pacific Fleet, along with his wife, Deb, placed the golden wing pin on their son, Lt. j.g. Thomas Kilcline III, during the ceremony in the chapel on board NAS Meridian.

Vice Adm. Kilcline was the guest speaker for the event which winged 19 other Navy and Marine Corps aviators, and one French pilot who were recognized for their achievements.

"The day you receive your wings of gold is truly one of the most significant milestones in the life of a naval aviator," Vice Adm. Kilcline said. "Today's ceremony marks the culmination of literally years of extensive preparation by these young men and women. Many years ago a young lieutenant junior grade named John McCain worked his way through flight training right here in Meridian and earned his wings of gold. As a legacy to that Navy pilot and POW -- which is simply inspiring -- one can only guess the potential of these newly winged pilots gathered here today."

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

Aviators who graduated included:

First Lt. Peter Abramovs Jr., USMC, who earned three Navy "E's" for bombing accuracy during Total Strike Training. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on March 9. Abramovs completed Total Strike Training with Training Squadron Nine;

Lt. j.g. Matthew Cox, USN, who earned one Navy "E" for bombing accuracy during Total Strike Training. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on

March 9. Cox completed Total Strike Training with Training Squadron Nine;

Lt. j.g. Christopher Curd, USN, who earned three Navy "E's" for bombing accuracy during Total Strike Training. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 26. Curd completed Total Strike Training with Training Squadron Seven;

Lt. j.g. Tyler Davies, USN, who was named to the Commodore's List with Distinction during Total Strike Training. He earned two Navy "E's" for bombing accuracy and the "Top Gun" award for his class. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on March 9. Davies completed Total Strike Training with Training Squadron Nine;

Lt. j.g. Jennifer Deluca, USN, who was named to the Commodore's List during Primary Flight Training. She earned four Navy "E's" for bombing accuracy during Total Strike Training and earned the "Best Bomber" award for her class. She carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 26. DeLuca completed Total Strike Training with Training Squadron Nine;

Lt. j.g. Jason Geddes, USN, who earned three Navy "E's" for bombing accuracy during Total Strike Training. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 27. Geddes completed Total Strike Training with Training Squadron Seven;

First Lt. Joseph Haas, USMC, who carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on March 9. Haas completed Total Strike Training with Training Squadron Nine;

First Lt. Lee Haight, USMC, who earned four Navy "E's" for bombing accuracy during Total Strike Training and carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on June 13. Haight completed Total Strike Training with Training Squadron Seven;

Lt. j.g. Thomas Kilcline III, USN, who earned four Navy "E's" for bombing accuracy during Total Strike Training and received the Chief of Naval Air

Training "Top Gun" award for outstanding achievement in the Air Combat Maneuvering (ACM) syllabus. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 27. Kilcline completed Total Strike Training with Training Squadron Seven;

First Lt. Bredon Kimel, USMC, who earned one Navy "E" for bombing accuracy during Total Strike Training and carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on March 9. Kimel completed Total Strike Training with Training Squadron Nine;

Ensign Thomas Lambert, French navy, who was named to the Commodore's List and earned five Navy "E's" for bombing accuracy during Total Strike Flight Training. Additionally, he received the Chief of Naval Air Training "Top Gun" award for outstanding achievement in the Air Combat Maneuvering (ACM) syllabus. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 27. Lambert completed Total Strike Training with Training Squadron Seven;

Lt. j.g. Christopher Montague, USN, who earned two Navy "E's" for bombing accuracy during Total Strike Training and carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 27. Montague completed Total Strike Training with Training Squadron Seven;

Lt. j.g. Christopher Nisch, USN, who earned two Navy "E's" for bombing accuracy during Total Strike Training and carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 27. Nisch completed Total Strike Training with Training Squadron Seven;

Lt. j.g. Carey Owens, USN, who was named to the Commodore's List and earned two Navy "E's" for bombing accuracy during Total Strike Training. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 26. Owens completed Total Strike Training with Training Squadron Nine;

Lt. j.g. Ryan Peterson, USN, who

was named to the Commodore's List with Distinction during Primary Flight Training and earned three Navy "E's" for bombing accuracy during Total Strike Training. He was selected as VT-9's Student of the Month for June 2009 and September 2009. He carrier qualified in the T-45C on board the USS John C. Stennis (CVN-74) on Feb. 5. Peterson completed Total Strike Training with Training Squadron Nine;

Lt. j.g. Michael Spranger, USN, who was named to the Commodore's List during Primary Flight Training and the Commodore's List with Distinction during Total Strike Training. He earned four Navy "E's" for bombing accuracy during Total Strike Training and carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on March 9. Spranger completed Total Strike Training with Training Squadron Nine;

Lt. j.g. Bradford Tesdall, USN, who earned five Navy "E's" for bombing accuracy during Total Strike Training. He was selected as VT-9's Student of the Month for October 2009 and carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 26. Tesdall completed Total Strike Training with Training Squadron Nine;

First Lt. Jonathan Ulyatt, USMC, who earned two Navy "E's" for bombing accuracy during Total Strike Training and carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 27. Ulyatt completed Total Strike Training with Training Squadron Seven;

First Lt. Stephen White, USMC, who earned one Navy "E" for bombing accuracy during Total Strike Training and carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 26, when he was named "Best at the Boat" for that carrier qualification evolution. White completed Total Strike Training with Training Squadron Nine, and

Lt. j.g. Eric Wilckens, USN, who earned five Navy "E's" for bombing accuracy during Total Strike Training and carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on April 27. Wilckens completed Total Strike Training with Training Squadron Seven.



Abramovs



Cox



Curd



Davies



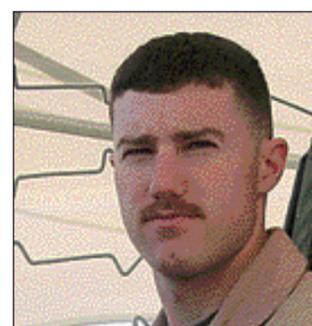
Deluca



Geddes



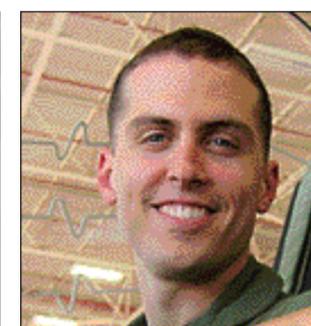
Haas



Haight



Kilcline



Kimel



Lambert



Montague



Nisch



Owens



Peterson



Spranger



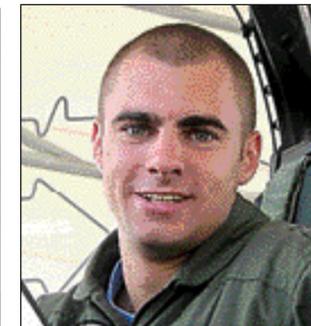
Tesdall



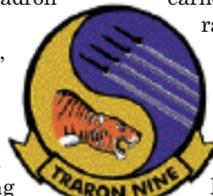
Ulyatt



White



Wilckens



Navy's incentivized energy conservation program continues to realize fleet dividends

WASHINGTON (NNS) -- Naval Sea Systems Command (NAVSEA) announced June 17 that Navy ships realized 386,000 barrels of fuel avoidance during the first half of fiscal year 2010 as part of the Incentivized Energy Conservation (i-ENCON) initiative.

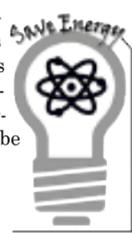
The i-ENCON program encourages ships to operate in the most efficient manner while conducting their mission and support the Secretary of the Navy's efforts to reduce total energy consumption on naval ships.

"These efforts increase Fleet readiness by enabling Sailors at sea to train or deploy longer while spending the same amount of money on fuel," said Hasan Pehlivan, i-ENCON program manager, "Type commanders (TYCOM) could deploy ships for an additional 22,000 underway steaming hours."

While i-ENCON engineers use barrels-per-hour metrics to evaluate a ship's fuel efficiency, budget analysts uses operations tempo metrics.

"The programmatic/budgetary allocation system uses barrels per operations tempo day (OPTEMPO Day), defined as three or more hours of underway operation per day. This distinction is important, so i-ENCON hourly rates will not be compared to ships' OPTEMPO Days. i-ENCON results are not suitable for budgetary decisions," said Pehlivan.

As a "Meet-the-Fleet" initiative, i-ENCON program sponsors conduct routine meetings with ship operators to review specific fuel-saving procedures and recommend quarterly awards for ships with the most fuel-efficient operations. The performance in the first and second quarters of fiscal year 2010 are attributed to strong commitments and energy awareness by the fleet type commanders, strike group commanders, base commanders, and ship's force.



i-ENCON also rewards leading fuel conservers among underway surface ships with special recognitions and cash incentives. According to Pehlivan, award money is routed to each commanding officer's discretionary funds that are often used to buy items like damage control gear or to augment the ship's welfare and recreation programs.

There are seven different incentives under the iENCON program: Fleet TYCOM cash awards; SECNAV annual energy awards given to eight ships (four large-hull category; and four small-hull category); Department of Energy awards presented to two ships (one large-hull category; and one small-hull category); top five performing ships (posted quarterly on the iENCON Web site); top 25 performing ships (posted quarterly on the iENCON Web site); recognition of iENCON achievements in annual fitness reports; and the opportunity to be good stewards of Navy resources.

--From Naval Sea Systems Command Office of Corporate Communications

New firearms policy released

By April Phillips
Naval Safety Center Public Affairs

NORFOLK (NNS) -- The Navy announced a policy change regarding personal firearms to consolidate and clarify the requirements for those who own these weapons.

The NAVADMIN detailing the new policy is available at <http://www.persnet.navy.mil/NR/rdonlyres/BCB24012-BC52-4E88-B20F-A509B1C744B70/NAV10196.tx>. The change to OPNAVINST 5530.14E came after a review of existing policy indicated that there were inconsistencies in the way personal firearm regulations were enacted across the fleet, according to Rear Adm. Arthur J. Johnson, Commander, Naval Safety Center.

However, he emphasized that the policy change should not make life more difficult for those who choose to own weapons.

"This policy is more of a clarification than a change," said Johnson. "It's not meant to make owning a personal firearm more restrictive for Sailors. Instead, it aligns policy across the enterprise so Sailors know what's expected of them if they do own a firearm."

One highlight of the new policy is the ability for all Sailors to store their personal firearms in base housing or armories (when

● Firearms, page 13

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Sudden deployments can be difficult on a military family. But worrying about your car insurance won't be an added burden. At GEICO, we offer our Military customers car insurance that's second to none: 24-hour service, simple payment plans, money-saving discounts, and storage options, whether you store the vehicle yourself or on base. For seventy years, GEICO has been serving the special needs of the special people who serve our country. We're ready to do it for you. Call us anytime.

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● **Firearms**
space is available), so long as they receive prior written approval from the installation commanding officer. Weapons must be stored in a locked container, a locked gun rack, or secured with approved trigger locks to keep the weapon from firing.

Weapons are still prohibited in other on-base locations, such as bachelor enlisted or bachelor officer quarters, work centers, and vehicles.

The policy also clarifies that Sailors must comply with all federal, state, and local laws, and that concealed weapons are never allowed on Navy installations, regardless of local law.

While the policy change co-locates and clarifies firearms policy, Johnson said there's one thing that hasn't changed.

"The decision to own a personal firearm carries with it personal responsibility," said Johnson. "If you do own a weapon, you must understand the basic rules of gun safety and make sure you follow those rules at all times."

The primary rules of gun safety are: Treat every weapon as if it were loaded; never point a weapon at anything you don't intend to shoot; and, keep your finger off the trigger until you're ready to fire.

Johnson adds two other rules that are important to remember.

"Keep weapons out of untrained or underage hands, and remember that guns and alcohol don't mix," he said.

Did you know?

On June 10, 2010, the Navy had 330,561 active duty officers, Sailors and midshipmen; 65,493 selected reserve Sailors, with 6,152 mobilized Reserves. 195,121 civilians are serving in the Department of the Navy.

MWR Mission First... Sailors Always

Bowling Camp

Ashley Fitzgerald, Robert Moffatt, Elizabeth Moffatt, McKenna Gallagher and Braxton Duncan completed the Bowling Camp at McCain Rec Center from June 14-18. Also pictured are Gene Derusha, McCain Rec Center manager, and Willie Fraizer, MWR recreation division manager.



Photo by Matt Davis
MWR Marketing Manager

~ ~ MWR News ~ ~

Stop by the **ITT Office** to take advantage of the Walt Disney Military Salute today! For more information call (601) 679-3773.

Bounce into Spring at the **Outpost** Get the kids out of the house and into a bounce house from the Outpost. Rent one for the weekend for only \$75. Great for birthday parties. Call (601) 679-2609.

Rudders hosts Hip Hop Night is

every Tuesday and Saturday beginning at 7 p.m. Staff Night will be June 24 beginning at 3:30 pm. Wednesday is Ladies Night!

Ponta Creek Golf Course Special ~ 18 holes of golf, green fee and cart for only \$20 Monday-Thursday Pro Shop Hours are Monday-Sunday from 7:30 a.m.-5:45 p.m. Stop by the Pro Shop today and stock up on new golf gear!



Basic Auto Skills Class at Outpost

June 29 ~ 5 p.m.

call (601) 679-2609 for more information

The Sonny Montgomery Fitness Center is hosting the following sporting events:

June 26, 9 a.m.

3-on-3 Outdoor Basketball Sign-up at Fitness Center!



June 29, 6 p.m.

Wii Boxing at the Fitness Center 3 rounds per match

For more information on these events, call (601) 679-2367

Bowling Camp
July 12-16 at
McCain Rec Center,
1:30-3 p.m.
Kids age 8-13,
\$25 per child!
Sign-up Deadline:
July 9
For more info call
(601) 679-2651

McCain Lanes



June Specials

STUDENT SUNDAYS:
NTTC/MATSS-1 SPECIAL
4 p.m.-close, \$2 a game includes shoes.

MANIC MONDAYS
COLORED HEAD PIN BOWLING
Win a free game with strike on a colored head pin from 4:30 p.m.-close. Regular rates apply.

RCTA WEDNESDAYS
VISITING POLICE NIGHT
4:30 p.m.-close, \$2 a game includes shoes.

SILLY SATURDAYS
Kids 16 and under bowl from 11 a.m.-3:30 p.m. \$1.50 a game, 50 cent shoe rental.



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.

June

27: Dog Day Sunday
FREE hot dog's, chips & soda served to Liberty participants beginning at 1 p.m.
29: Ping-Pong Tournament
Tournament begins at 7 p.m. in the Liberty Center. No entry fee. Register day of the event at check-in desk. Prize awarded to winner.

July

4: Cream Soda & Root Beer Float Day
Cool down by making a FREE float! Put a smile on your face starting at 1 p.m.
7: Double Elimination Pool Tournament
Tournament begins at 7 p.m. in the Liberty Center. No entry fee. Register day of the event at Liberty Center check-in desk. Prize will be awarded to winner.

8: Liberty Slip-n-Slide
Meet outside the Liberty Center at 6 p.m. for our very own "water slide!"
10: Mississippi Braves Game!
Leave the Library parking lot at 3 p.m., eat dinner in Jackson then attend the 7:05 p.m. baseball game. Cost is \$25 per person. Register by July 6. Minimum of 20 people needed for the trip to run - NO REFUNDS (unless the trip is cancelled).

11: Liberty Pool Day
Reserved pool from 6-9 p.m. so you can chill out before the week starts by enjoying crazy poolside activities and music.
13: Video Game Tournament
Game time: 7 p.m. -- prize to top gamer.

15: Tye-Dye Day
Head over to the Liberty Center at 1800 and add a little color to your day by creating your own tye-dye shirt. Liberty provides the supplies and FREE t-shirts (while they last). If you miss our free shirts, bring a light cotton shirt of your own and go CRAZY!

MWR Mission First... Sailors Always



Group Exercise Schedule:
Mondays ~ 6:30 a.m.: Pro Fitness Group
Noon: Water Aerobics at Pool
Tuesdays ~ 11:15 a.m.: Step Aerobics
Wednesdays ~ 6:30 a.m.: Pro Fitness Group
Noon: Water Aerobics at Pool
Thursdays ~ 11:15 a.m.: Step Aerobics

New Policy: The Sonny Montgomery Fitness Center will conduct a 100 percent ID check of all fitness center patrons.
1.) ID check will be administered to ALL unless wearing issued PT gear or are in uniform.
2.) If NO issued PT gear is worn, then you must show ID to enter the workout zones.
3.) If any civilian is sponsored by authorized personnel, they must pay the daily fee of \$2.
4.) All contractors must pay the daily fees or monthly dues and show ID to enter workout zones.
The NAS Meridian Fitness Center is now open in its temporary location in Building 266 (Behind Starbase Atlantis). Call (601) 679-2367.

Become a FAN of the NAS Meridian MWR Fan Page on Facebook. Stay Connected with MWR... Want instant updates from us? If so, text MeridianMWR or MeridianLiberty to 30364 to receive text updates about MWR events and programs. Standard text messaging rates apply.

Smash Jit Subs
\$5.00 Foot Long Subs
Choice of: Italian, Turkey, Ham or Roast Beef.
Available At:
MEAN C-GENE'S BURGERS

Meridian/NAS Bus Schedule

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

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

Applebee's Restaurant (upon request only)

2010 POOL Fees

General Info
Hours of Operation
Tuesday-Friday 1200-2000
Weekends/Holidays 1200-1700

Pool Fees
MWR is excited to announce that for the 2010 season Active Duty/Fitness will have a special rate.

| Daily | Monthly | Swim Lessons |
|--|--|---|
| Active Duty/Fitness: \$2 per family member. Civilian/Guest: \$3 per person. | Active Duty/Fitness (01-05): With 1 Dependent: \$20.00 With 2 Dependents: \$30.00 With 3 Dependents: \$35.00 With 4 Dependents: \$40.00 With 5 Dependents: \$45.00 Active Duty/Fitness (06-07): With 1 Dependent: \$25.00 With 2 Dependents: \$35.00 With 3 Dependents: \$40.00 With 4 Dependents: \$45.00 With 5 Dependents: \$50.00 Civilian/Guest: With 1 Dependent: \$40.00 With 2 Dependents: \$45.00 With 3 Dependents: \$50.00 With 4 Dependents: \$55.00 With 5 Dependents: \$60.00 Seasonal: Active Duty/Fitness (01-05): With 1 Dependent: \$50.00 With 2 Dependents: \$65.00 With 3 Dependents: \$80.00 With 4 Dependents: \$95.00 | All swim lessons will take place Monday-Friday from 0900-1030 for adults age 14 and up and from 0900-1030 for all others. There will be no swim lessons on Memorial Day. Session 1: June 5-8 Session 2: June 7-17 Session 3: June 21-July 1 Session 4: July 12-22 Session 5: July 26-August 5 Dual Enrollment: \$60.00 With 1 Dependent: \$75.00 With 2 Dependents: \$90.00 With 3 Dependents: \$105.00 With 4 Dependents: \$120.00 With 5 Dependents: \$135.00 Swim Lesson Fees/Resale: 1 Swimmer: \$40.00 2 Swimmers: \$75.00 3 Swimmers: \$90.00 4 Swimmers: \$125.00 5 Swimmers: \$160.00 Pool Party/Hourly Fees: 1-25 Guests: \$25.00 26-50 Guests: \$40.00 51 and over: \$55.00. |

Lap Swim Schedule
Lap swim sessions will take place Monday-Friday from 1045-1200. There will be no lap swim on Memorial Day.

Pool Parties
Pool Party must be reserved for at least a minimum of two hours.

Water Aerobics Schedule
Water Aerobics will take place Monday & Wednesday from 1230-1:30. There will be no water aerobics on Memorial Day.

For more info call 679-3384.

Kids Stuff

Little Tikes Mountain Climber in great shape just some minor wear and tear. The slide and climber are adjustable to grow with the child. Asking \$150. Call (601) 513-3035.

Car Pool Needed

NAS Meridian employee Shirley Portis is in need of car pool from Toomsba area. Will help with gas expense. Call Shirley at (601) 513-7268 or (601) 679-3147.

Musical

Kenwood eight component stereo system. Includes 5 CD carousel, dual tape deck, tuner, amplifier, pre-amplifier, graphic equalizer, turn table, surround sound processor with speakers. \$500 OBO. Call Jim at (601) 679-3295 or (601) 681-9728.

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

Exercise Equipment

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

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

Big Stuff

1998 Yamaha Big Bear 4-wheeler. 2WD, wench, basket in front, rack on back. Hi-low range transmission with reverse. Approx. 1400 miles, great condition. Asking \$2,200. Call (601) 938-9627.

Household Items

NEW ITEMS! Twin size Lightning McQueen Car bed frame (red) with mattress and box spring, like new asking \$150, OBO. **Twin size car bed frame (blue)**, like new asking \$50. Call (757) 639-1870, ask for Jeff.

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

Twin Basset mattress, hardly used, \$35; **trampoline,** \$75 OBO. Call Call (904) 315-1556.

Refrigerator \$100; and **Stand up (fiberglass) shower.** Used, but in good condition. Asking \$75. Call (601) 480-2687 or (601) 692-7353.

Dining table and large china hutch. Set is 50 yrs old, great condition. Table comes with two large leafs and seats 8 comfortably. Hutch has glass doors, internal lighting and solid base with cabinets. Asking \$250 for both. Call (601) 626-7703.

Large 2-room capacity air conditioning window unit. Bought new 2 years ago for \$1,500. Asking \$500. Call (601) 632-4567.

White Dinette Set. Table is 42-inches in diameter with 18-inch extension leaf, 4 armchairs with white vinyl seat and back cushions on white, tubular, tiltback frame with casters. Asking \$100. Call (601) 737-2120.

White Kitchen Micro-Vent Hood/Microwave combination. Used, but in excellent condition. Changed out to match other appliances. Call (601) 917-6935.

Automobiles/Accessories

Ladder rack (Delta) that fit on a short wide Chevy 01. Asking \$250. **Pair of side tool boxes,** 70" white Rawson Konig. Asking \$250. Call (601) 527-4050.

1996 Isuzu Rodeo, black (new paint), V6, 4 door, auto, air, AM/FM CD, power windows, locks, brakes and steering. Aluminum wheels, full size spare, 75 percent tires. Cloth interior, 151k miles. Call Tony at (601) 693-4111 or (601) 692-8560.

2005 F250 Crew Cab Diesel, only 42k miles, 4x4, extended warranty until Jan 2011, alarm/remote start, bed cover, tint. Asking \$30,100. Call (601) 604-1088.

32' car hauler, bumper pull, triple axle, electric brakes on all axles,

Sale ... or

fresh gloss black paint, on board ramps. Great condition. Asking \$3,800 Call (904) 923-9357.

1980 Chevrolet El Camino, 60k miles, beautiful paint job, black w/gold trim, AT, AC, PS, PW, V-8, 305. No rust or dents. New starter, belts and water pump. All receipts. Looks and runs excellent. Asking \$4,500 OBO. Call (601) 692-6947.

1998 Nissan Pathfinder 4x4, black with gray leather interior, power windows and locks, sunroof, heated seats. 169k miles. Good condition. New tires. Asking \$2,000 OBO. Call (601) 527-8260.

1998 GMC Sonoma 4.3 V6, 5-Spd Power Pkg, Ext Cab, 3rd door. Asking \$4,750. Call (601) 917-6935.

2004 Honda Civic EX, excellent condition, new tires lights etc. Asking \$8,000. Call (601) 323-1003.

2007 Jeep Wrangler 17" alloy wheels/rims in brand new condition. All five rims are available and will only be sold together. Asking \$250. Call (601) 479-3308.

1994 Ford Bronco 5.8L Eddie Bauer 4x4. Lots of new parts. Truck looks and drives great. 171k miles with no issues at all. Asking \$5,500 OBO. Call (601) 604-4923.

2004 Chevrolet Venture LT, 68k miles, silver exterior w/vinyl grey interior, DVD player, dual power heated seats, power right sliding door and other extras. Asking \$9,000. Call (601) 616-5755.

Motorcycles/Gear

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

2005 Harley Davidson Softail Deluxe. Two-tone black and pearl paint. Beautiful bike; lots of extras, 12k miles. Asking \$15,500. Call (601) 917-7181.

2008 KLR 650 Dual Purpose, red and silver, like new PIAA headlight, rear luggage rack, great gas mileage, 5,300 miles, warranted thru 2013. Asking \$4,800. Call (601) 679-8180.

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

Acres

9.6 acres of pasture land with trees, beautiful homesite that would be very private -- excellent view. Perfect spot for a pond, access to a small creek that runs through the corner of the property. Located in southern Kemper county 2 miles off Hwy 39, approx. 10 miles to NAS, 19 miles to Meridian. Asking \$36,000. Call (601) 938-9627.

12.5 acres in West Lauderdale School District with 35x70 metal shop/barn. Cleared, fenced. Ready to have a home built on it with plenty of room for your horses/animals. Asking \$90,000 negotiable. Call Jerry at (601) 513-2624.

Homes

NEW PRICE! For Sale: 3BR/2BA home, 5 years old in Plum Point, close to North Hills St. and Poplar Springs Elementary School. Brick home with 1,639 sq. feet, 2 car attached garage, high ceilings, large crown moldings, open floor plan, and privacy fenced back yard with covered patio. Attic has tremendous height could be finished for additional living space. Asking \$168,900. Call (808) 554-0523.

For Rent: 532 Old Country Club Road West, 3 BR/3 BA home sitting on 7 acres. 2,889 square feet, all electric, includes stove, refrigerator, dishwasher, tool shed, motor home hookup, fireplace, alarm system. NO pets in home but will allow outside pets. Asking \$1,400 per month. Call (601) 485-8619.

For Rent: 7847 Highway 45 North, 3 BR, 2 BA home, tile floors throughout, kitchen and dining room, dishwasher, stove, refrigerator included. Nice fenced in back yard, covered patio. Just 15 minutes to NAS. Call (601) 527-5154.

For Sale: 2002 Legacy (16x80), 3 BR/2 BA, master bath has garden tub, brand new carpeting, new paint, all new interior doors, side-by-side ref/freezer, built in stove, dishwasher, microwave. Home sits on 2 lots in Hill Country Community. Take Highway 39 North to Briarwood Road, across from golf course. Asking \$18,000. Call Bob or Deborah at (850) 934-8672.

For Rent: Completely remodeled with new kitchen, 2 new BA, split bedroom plan with private bath/bedroom on lower level. New central heat/air, water heater, refinished hardwood & ceramic tile floors. Quiet neighborhood, sorry no pets. Asking \$650/month, \$650 security deposit, minimum 1 year lease. Call Jack at (601) 917-7752.

For Sale: 8270 Lizella Road, 4 BR/2.5 BA, 2200 sq. ft., granite countertops in kitchen, breakfast nook, dining room, laundry room, large family room, two car garage, above ground pool, two acres of land, shop and two storage buildings, fenced yard. Roof is seven years old, single level, home is in Northeast School district. Contact Steve at (601) 917 2282 or (601) 527-5992.

For Sale: House on 5+ acres located at 8180 Hwy 493, 4 BR/2 BA, stainless steel appliances, new floors, new pier and seawall. Northeast School District. Call for appointment: (601) 917-4056.

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

For Rent: 2 BR/1 BA, full kitchen, great room with fireplace, all newly renovated and fully furnished. Full basement, new pier and seawall. Located on beautiful Dalewood Lake; gated community, 15 minutes to NAS. See by appointment only. Call (601) 482-0522, (601) 880-3309 or (601) 917-2825.

For Sale: 4 BR/2.5 BA Historic home in DeKalb, 20 minutes north of NAS Meridian, 2,500 square feet, hard wood floors, 5 fire places, living room, family room, dining room, multi-level deck, playground, workshop, carport, sitting on 0.5 acre lot. Asking \$120,000. Call (601) 604-3869 or (601) 743-4818

Wanted to Buy

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

Outdoor shed needed. Call (601) 553-0721.

Miscellaneous

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

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

● **USS Wasp**

work centers being very complex and well organized," said Marine Capt. Curtis Thomas. "Overall, it was a pretty good introduction to the sea-going Navy."

"For my first time on a Navy ship, it was good to be able to see things from the point of view of those who work here every day," added Staff Sgt. Galen Marshall.

Now that they have seen up close the inner workings of a Navy ship, the Marines will go back to their command with a better appreciation of what it takes to put the Navy-Marine Corps team into action, said Simon.

"For both those who have already deployed out to sea and those who haven't, it was a chance to see what their living environments will be like on future missions," said Simon. "I think they came away with a good idea of what they can look forward to."

Birthday reminder to all active duty members:

You are required per OPNAVINST 6120.3,

OPNAVINST 6110.1E and BUMED NOTE 6150 to

come in annually for PHA-IMR (Preventive Health

Assessment-Individual Medical Readiness). This

visit is a readiness/preventive health visit. Health

Promotions will be looking at labs, immunizations,

physical exams and health habits. You will be

required to update any of the above that are not

within Navy/Marine Corps standard. If you are in

flight status we will automatically do the PHA with

your flight physical. The PHA-IMR for all members

is done during your birthday month by appointment.

● **Wildlife**

Story Gate 8 and the Cape Henry Lighthouse each morning from June 1 to Aug. 31 annually.

If a nest is present, USFWS will relocate eggs to their identified nursery and provide adequate protection. Once hatched, USFWS will transfer four hatchlings of the first nest to the Virginia Aquarium for studies on growth and development. The remaining hatchlings will be released directly into the Gulf Stream. USFWS will move all of the other hatchlings to the beach, where they will be allowed to crawl into the ocean unaided.

In the event that a sea turtle or marine mammal is found stranded, USFWS will report the finding to the Virginia Aquarium Stranding Team, the Regional Stranding Coordinator and Base Natural Resources. If evidence of a crawl or nesting activity has been identified, Base Natural Resources will be contacted immediately.

Abuse in relationships touches all our lives

By Allyson Cagle

FFSC Meridian Counselor

Abuse in intimate relationships touches an unbelievable number of lives.

Two to four million women are physically assaulted by their partners every year in the United States. This number does not include women who are verbally and mentally abused by their partners. The Surgeon General of the U.S. reports that assaults by male partners is the number one cause of injury to women between the ages of 15 and 44. The American Medical Association estimates that one woman out of three will be a victim of intimate violence at some point in her life. The emotional effects of abuse have been found to be a factor in one-fourth of all female suicide attempts and are a leading cause of substance abuse in women.

Fifteen hundred to 2,000 women are murdered by their partners (and ex-partners) per year. This is one-third of all female homicide victims, and these homicides almost always follow a history of violence, threats and stalking.

What abuse of women does to children witnessing this violence

is tragic. Experts estimate that five million children every year witness assaults on their mothers. These children have been shown to have higher rates of school problems, attention problems, aggression, substance abuse, depression and other measures of distress. Abuse is found to be a cause of roughly one-third of divorces among couples with children.

Physical assaults are just part of the picture of abuse in intimate relationships. There are many who have never been beaten but are subjected to repeated verbal abuse, coercion, humiliation, and other forms of mental cruelty. These scars are as deep and long-lasting as the scars from physical abuse. Half or more of women reporting physical assault by their partner say that the emotional abuse caused them the greatest and most-lasting harm.

One of the problems in addressing and treating violence in intimate relationships is that abusers don't seem like abusers. They are often top performers at work, are social, get along well with others, have no problems with alcohol or drugs and are often kind and warm individuals.

Just not someone you would think could be an abuser. So, when a woman makes such allegations, it is unlikely that others will believe her, and often go so far as to either blame her for the abuse or insist she is being untruthful.

Lundy Bancroft, an expert who has worked for many years in the field of domestic violence, "abuse is the product of a mentality that excuses and condones bullying and exploitation, that promotes superiority and disrespect, and that casts responsibility on to the oppressed."

And, how do we go about changing these attitudes? Each of us can stand up and say that abuse of a woman is wrong -- period, no matter what the circumstances or rationales you might hear. Anger and conflict are not the problems; those issues are normal parts of everyday life.

According to Bancroft, abuse comes not from the inability to resolve conflicts, but a person's decision to claim a higher status over another. Therefore, in addition to teaching conflict resolution skills, we must teach and role-model equality and a deep respect for all human beings. Everyone has a role to play in ending abuse.

First lady visits Camp Pendleton families

By Sgt. Michael T. Knight

Marine Corps Base Camp Pendleton



Photo by Sgt. Michael T. Knight

Michelle Obama, first lady of the United States, spends time with Marines, sailors and their families after a public address at Camp Pendleton, June 13. During her visit to the most populated Marine Corps base, Obama also met with wounded warriors and parents of the Exceptional Family Program as part of her advocacy campaign on behalf of the nation's military families.

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.

Financial Readiness for Deployment: June 29 from 2-3:30 p.m. Financial mismanagement can be the number one cause of conflict and anxiety during deployment. While deployment brings additional pay, not having a plan for what to do with it can lead to wasting valuable opportunities (such as the Savings Deposit Plan) to put those extra deployment dollars to work. Also, planning for handling everyday financial matters during deployment is crucial. Attend this workshop to make sure money doesn't create stress during your deployment.

Welcome Aboard & New Spouse Orientation: July 1 from 8-11:30 a.m. (New Spouse Orientation is from 11:30-12:30 p.m.) FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, medical, dental, Exceptional Family Member (EFM) Program, TRICARE, vehicle registration, on- and off-base driving regulations, legal services, community services, chapel & other religious services, MWR, things to do at NAS & in Meridian, and more! The New Spouse Orientation will include a Q&A session with command Ombudsmen and other briefs of interest to military spouses. Whether you're a spouse new to military life or just new to Meridian, you'll be able to pick up important information and meet other spouses.

Kids Summer Safety Day: July 2 from 11 a.m.-1 p.m. Fleet & Family Support Center and Balfour Beatty Communities are partnering to offer this informational and fun workshop for kids, teaching them a variety of summer safety skills. Topics will include: heat-related illnesses, fire safety, dangerous animals, bicycle safety, and more!

Conflict Management: July 7 from 9-10:30 a.m. or July 22 from 5-6:30 p.m. Conflict is normal, even in the most high-functioning families and groups. We all have different styles, points of view, and ways of communicating. If you need to improve your coping-with-conflict skills, come to this workshop to learn the mediation method and other tips to manage the sticky situations in your life.

Gambling Awareness: July 13 from 10-11:30 a.m. or July 21 from 3-4:30 p.m. Gambling has become an acceptable form of entertainment in the United States and abroad. With more than 11,000 legal gambling casinos in the country and more than 2,000 online sites for gambling, it has become big business with big gains for the "house" but not for the gambler. And, although there are no specific military directives that restrict Sailors and Marines from gambling, readiness and retention are threatened and negatively affected when gambling becomes a problem for service members (or their families). For more information about gambling awareness and the "house edge", attend this informative workshop.

IA Readiness Fair: July 16 from 9-11 a.m. (IA Spouse Discussion Group will meet from 9:30-11 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.

Preparing for Return & Reunion: July 20 from 2-3 p.m. Reuniting your family after deployment can be both joyful and stressful. Emotions are especially intense, and everyone in the family is affected. Attend this workshop to plan strategies for making your family's reunion and reintegration as smooth as possible.

Transition Assistance Program (TAP) Seminar: July 26-29 from 8 a.m.-4 p.m. Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: résumés, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, PSD/ID cards, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, Naval Reserve programs, military obligations, and more!

• A'weights
 during his junior year of high school; however, a friend's return from Marine Corps recruit training got him thinking.
 "I was a pretty big guy," said Perkins, now hovering near the two-year mark in the Corps. "And it was his goal in life to get me to join while he was home on leave, to lose some weight, if nothing else."

Perkins flirted with the idea for several months wondering if he could even do it. During his senior year, he decided to put a plan in motion. Losing weight sounded good and doing it with the intent of becoming a Marine, which no one believed he could do, was an even bigger motivation.

"I knew the weight would be an issue right away to a recruiter, but I made the call anyways to see what would happen," said Perkins.

He called the local recruiting station in Bowling Green, Ky., and arranged to have a recruiter meet him at school a few days later. The meeting went just as Perkins figured it would.

"He poked his head in to class and said he was looking for Clifton Perkins and I raised my hand and said 'I'm Clifton Perkins,'" he explained. "The recruiter said, 'Yeah, right. Seriously, I'm looking for Clifton Perkins.'"

Once the Marine realized the chunky prospect was serious, they exchanged a few words in the hallway outside of the room full of bewildered classmates.

"He told me I was 100 pounds overweight and that was pretty much it, he was done with me," said Perkins. "At that point, I wanted to go through with it even more just to prove him wrong."

Perkins began to put his body through an intense fat-burning assault. Running and lifting weights became an everyday routine. At times, he'd spend five to six hours a day away knocking off the unwanted weight. His diet also changed. Though he was eating several meals a day, the key he noted, was timing and portion

control.
 It was all about proving people wrong, and within just a couple short weeks, people began to notice the "impossible" was happening. However, the initial reaction was one he was not expecting.

"People thought I was doing drugs," Perkins said with a laugh. "I've never touched the stuff in my life, but they began seeing results so fast they thought that had to be it. They didn't believe I was actually putting in the work to lose weight."

It was at that point Perkins let his family and friends in on his ultimate goal of making it as a Marine. They were quite surprised by the news, but supportive none-the-less. After he lost 50 pounds, he gave the Marine Corps recruiter another call.

"I told him I was losing the weight and if he wouldn't help me out, I was talking to a National Guard recruiter that would," said Perkins.

That got his attention and after a little more work Perkins raised his right hand and became a member of the Delayed Entry Program on May 1, 2008. In the end, it took him just six months to shed the weight. He hit the famous yellow footprints aboard Marine Corps Recruit Depot Parris Island, S.C., in July 2008 at a respectable 190 pounds -- a day after his 19th birthday.

He still maintains this weight nearly two years later.

As the 20-year-old continued navigating his vehicle through the rolling hills of Helmand province, he couldn't help but laugh. There was almost a point in time where he began to re-think his decision to enlist. He was about to embark upon a journey far greater than just a means to lose weight and his family and friends where there to put this in perspective for him.

"My dad convinced me otherwise though; he said I had worked too hard to stop and that got me going again, said Perkins.

"The idea of being a Marine got me through everything and here I am."

Annual Drinking "Water Quality Report Naval Air Station Meridian, Ms. MSVH P1-VS IV # 0380026 June 01, 2010

We're pleased to present to you this year's Annual Water Quality Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Our water source is from the Wilcox Aquifer.
 Our source water assessment has been conducted and is available at this time, and copies of this assessment are available at our office. If you have any questions about this report or concerning your water utility, please contact Mr. Robert Whitlock at 601-679-2151 0700-1600 Monday thru Friday. We want our valued customers to be informed about their water utility. If you want to learn more, please call to schedule a meeting at the NAS Meridian Water Plant.

Mississippi State Department of Health and the Certified Operators of NAS Meridian routinely monitor for 86 constituents in your drinking water according to Federal and State laws. This table shows the results of our monitoring for the period of January 31st, 2009 to December 31st, 2009. As water travels over the land or underground, it can pick up substances or contaminants such as microbes, inorganic and organic chemicals, and radioactive substances. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some constituents. It's important to remember that the presence of these constituents does not necessarily pose a health risk.

In this table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Non-Detects (ND) - laboratory analysis indicates that the constituent is not present.
Parts per million (ppm) or Milligrams per liter (mg/l) - one part per million corresponds to one minute in two years or a single penny-in \$10,000.
Parts per billion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.
Picocuries per liter (pCi/L) - picocuries per liter is a measure of tile radioactivity in water.
Millirems per year (mrem/yr) - measure of radiation absorbed by the body.
Action Level - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
Treatment Technique (TT) - A treatment technique is a required process intended to reduce the level of a contaminant in drinking water.
Maximum Contaminant Level - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCL's are set as close to the feasible using the best available treatment technology.
Maximum Contaminant Level Goal - The "Goal" (MCW) is the level of a contaminant in drinking water below which there is no known expected risk to health. Mew's allow for a margin of safety.

| TEST RESULTS | | | | | | | | | |
|-------------------------------------|---------------|--------------------------|----------------|--|------------------|------|--------------|--|--|
| Contaminant | Violation Y/N | Date Collected | Level Detected | Range of Detects or # of Samples Exceeding MCL/AQL | Unit Measurement | MCLG | MCL | Likely Source of Contamination | |
| Disinfectant By-product | | | | | | | | | |
| | | AVERAGE | LOW | HIGH | | | | | |
| Chlorine | N | 1 Jan. 2009-31 Dec. 2009 | 1.4 | 0.6 | 2.1 | PPM | NONE | 4.0 | Water additive used to control microbes |
| Microbiological Contaminants | | | | | | | | | |
| 1. Total Coliform Bacteria | N | 7/2007 | N/A | 1 | PA | 0 | | presence of coliform bacteria in 5% of monthly samples | Naturally present in the environment |
| Radioactive Contaminants | | | | | | | | | |
| 5. Alpha emitters | N | 11/01 | 1.0 | 0 | PCi/l | 0 | 15 | | Erosion of natural deposits |
| Inorganic Contaminants | | | | | | | | | |
| 10. Barium | N | 2/03/09 | 0.041804 | 0 | Ppm | 2 | 2 | | Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits |
| 13. Chromium | N | 2/03/09 | .0005 | 0 | Ppm | 100 | 0.1 | | Discharge from steel and pulp mills; erosion of natural deposits |
| 14. Copper | N | 08/2007 | 0.1 | 0 | Mg/l | | AL=1.3 mg/l | | Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives |
| 17. Lead | N | 08/2007 | -0.002 | 0 | Mg/l | 0 | AL=.015 mg/l | | Corrosion of household plumbing systems, erosion of natural deposits |

Additional Information for Lead
 If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Naval Air Station Meridian Water Department is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>. The Mississippi State Department of Health Public Health Laboratory offers lead testing for \$10 per sample. Please contact 601-576-7582 if you wish to have your water tested.

All sources of drinking water are subject to potential contamination by substances that are naturally occurring or man made. These substances can be microbes, inorganic or organic chemicals and drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

Please call our office if you have questions. Public Works Officer (601) 679-2940 or Robert Whitlock, Maintenance Supervisor (601) 679-2151. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future.
 In accordance with the Radionuclides Rule, all community public water supplies were required to sample quarterly for radionuclides beginning January 2007-December 2007. Your public water supply completed sampling by the scheduled deadline; however, during an audit of Mississippi State Department of Health Radiological Health Laboratory, the Environmental Protection Agency (EPA) suspended analyses and reporting of radiological compliance samples and results until further notice. Although this was not the result of inaction by the public water supply, MSDH was required to issue a violation. The Bureau of Public Water Supply is taking action to resolve this issue as quickly as possible. If you have any questions, please contact Melissa Parker, Deputy Director, Bureau of Public Water Supply, at 601-576-7518.

Beginning January 1, 2004, the Mississippi State Department of Health (MSDH) required public water systems to use chlorine as a primary disinfectant to monitor/test for chlorine residuals as required by Stage 1 Disinfection By-Products Rule. The Naval Air Station Meridian Water System has maintained a 1.3 running annual average chlorine residual for a time period of 1 January 2009 - 31 December 2009.
 Sincerely,
 LCMR Lance Coe
 Public Works Officer

It's Your Turn...

NAS Meridian hosted Area 8 NJROTC Basic Leadership Academy this week so we asked these who were participating, "What does Independence Day mean to you and why?"



Keith Page, Retired Chief Naval Science Instructor
 Neshoba Central High School
 "The 4th of July is a day to express our patriotism and love for our country."



Krista MacMurray
 NJROTC Graduate
 Assistant -- Pensacola, Fla.
 "It means pride. I am proud of my country and the fact that our founding fathers had the courage to fight for what they believe was right. Because of that courage, I am proud to say I am an American citizen."



Terry Necaize, Retired Chief Naval Science Instructor
 Brother Martin High School
 "Freedom! Because our founding fathers wanted to break the tie that England had imposed upon the new world. We have the freedom today that our forefathers fought for."



Sabrina White
 NJROTC Cadet -- Alma, Arkansas High School
 "It means freedom because of the simple fact someone fought for our rights."



Kaitlyn Gautier
 NJROTC Cadet -- Picayune Memorial High School
 "The 4th of July is a day to celebrate all people that fought and died for our freedom."

Photos by MC2 (AW/SW) Flordeliz Valerio

• Camp Pendleton
 and wounded warriors and has demonstrated great interest and compassion in all of the Marines and their families, and all the issues that interest them.

Obama came to the Corps' most populated base as part of her advocacy campaign on behalf of the nation's military families.

"My mission is to help the rest of our country better understand and appreciate the incredible service of you and your families," said Obama, during her speech. "I want to make sure that your voices are heard back in Washington, and that your needs are met."

Before Obama's public address, she visited with wounded warriors and parents of the Exceptional Family Member Program.

The mission of Wounded Warrior Battalion West is to provide and facilitate assistance to wounded, injured and/or ill Marines, sailors

attached to or in support of Marine units, and their family members, throughout the phases of recovery.

"The wounded warriors are an inspiration, not just to me, but the whole country," said Obama.

After her tour of the wounded warrior barracks, Obama visited the base Counseling Center to talk with exceptional family parents.

The Exceptional Family Member Program helps families of service member manage dual demands of a military career and the special needs of a family member with a chronic illness or learning disability.

California Sen. Barbara Boxer and Congresswoman Susan Davis, 53rd District representative for California, spoke to the Camp Pendleton families that came out to see the first lady speak.

As the opening speaker for Obama's address, Davis expressed her enthusiasm to have the first lady as a champion for families of the

U.S. Armed Services.

"I hope the families here and all those watching all over the world will know that congress, this administration, the American people and I value what (military families) do and we have the outmost respect for the sacrifices that you make," said Davis. "Military members are quiet heroes, but today is not the day to be quiet. Today is the day to tell (Obama) exactly what you need."

During the address, Obama also acknowledged, by name, the five Marines that were killed in action last week.

"One percent of Americans may be fighting our wars but one hundred percent should be supporting our military," said Obama. "As first lady I've met the Pope, the queen of England and even Paul McCartney, but some of the most inspiring people I've met are men and women in uniform. United States Marines are just amazing people," she said.

SALE!

COMMISSARY IS HAVING A 4TH of JULY SALE - July 2-3

Commissary will be open Regular Hours July 4th Weekend One Time Buys! Specials! Coupons!

- Tide Liquid
- Hilly Plates
- Tide Powder
- Kraft Cheese
- Hilly Party Caps
- Bounty Towels
- Sun Detergent
- Hubba Burgers
- Wetn' Burgers
- Bar 5 Franks
- Cheddar Cheese
- Hilly Trunk Bags
- Hilly Ketchup
- Kraft Mayo/Cond
- Kraft Dressing
- French's Mustard
- Kraft BBQ Sauce
- Post-it Notes
- Maxwell House
- Morral Napkins

- Kool-Aid
- Capri Sun
- Chex Mix
- Granola Bars
- Country Time
- Nabisco Cookies
- Vanilla Wafers
- Chips Ahoy
- Kraft Crackers
- 2 Suet Cakes
- Royal Oak Bag
- Plastic Utensils
- Door Caps
- Door Mats
- Reynolds Foil
- Gladware

A more complete sales list will be posted at Commissaries.com - Meridian Commissary - under Local Store Information

The Petty Officers Association meets on the 2nd and 4th Thursday of each month at 2 p.m. in the conference room at Air Operations.

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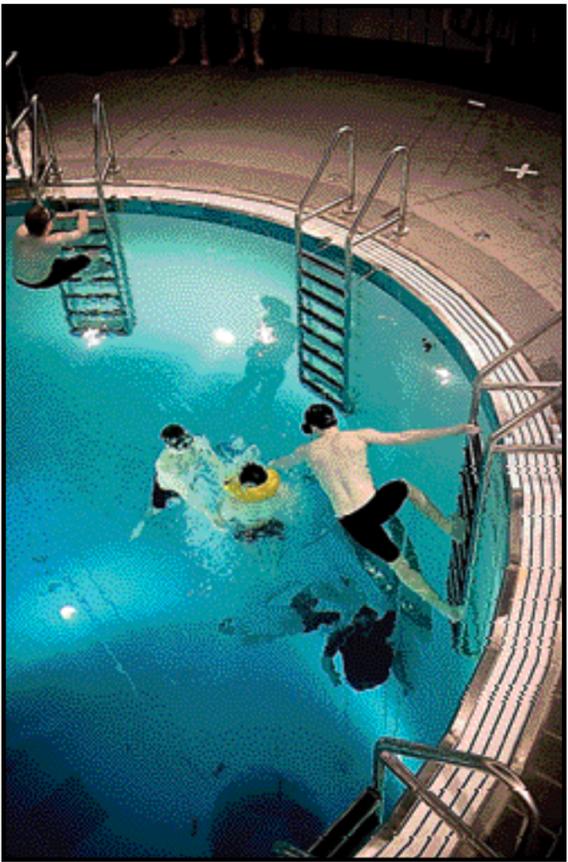


Photo by MC2 Jhi L. Scott

GROTON, Conn. -- A student learns to properly ascend from 15 feet to the surface in a submarine escape trainer evolution at the Basic Enlisted Submarine School at Naval Submarine Base New London, Conn.



Photo by MC1 Eli J. Medellin

PACIFIC OCEAN -- Sailors conduct night flight operations with an SH-60 Sea Hawk helicopter aboard the amphibious transport dock ship USS Cleveland (LPD 7). Cleveland is en route to the Hawaiian operating area to support Rim of the Pacific (RIMPAC) exercises, a biennial, multi-national exercise designed to strengthen regional partnerships and improve multi-national interoperability.

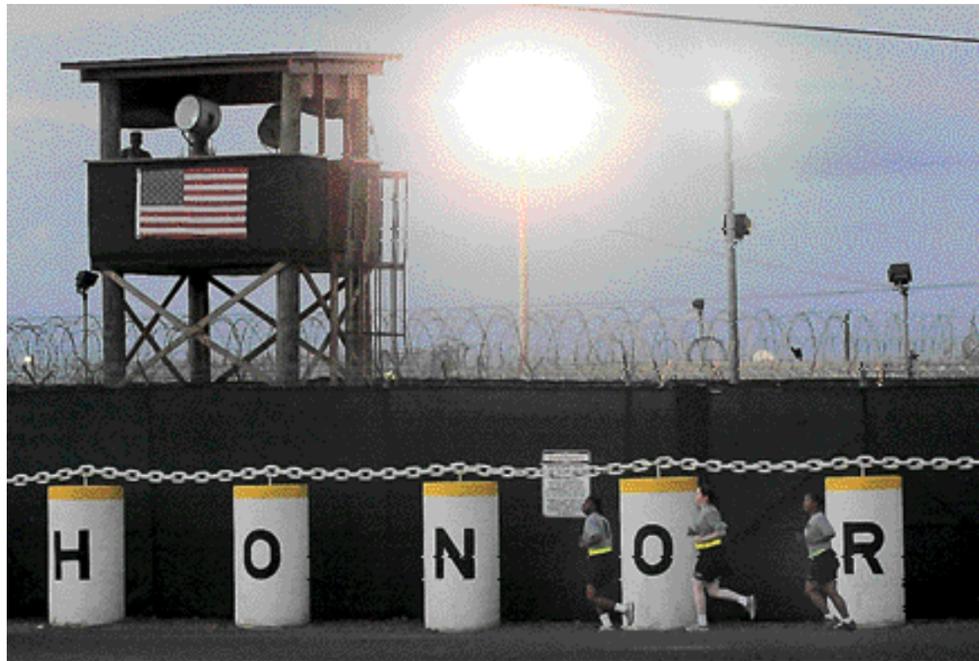


Photo by MC3 Joshua Nistas

GUANTANAMO BAY, Cuba -- 1st Sgt. Tina Brown, Maj. Jennifer Reed, and Sgt. Rosalyn Anderson, Soldiers assigned to the 525th Military Police Battalion at Joint Task Force Guantanamo, run in front of the "Honor Bound" sign at the entrance to Camp Delta at Joint Task Force Guantanamo.

Photos from the Fleet

SIHANOUKVILLE, Cambodia -- Aerographer's Mate 3rd Class Brooke Belvins, embarked aboard the Military Sealift Command hospital ship USNS Mercy (T-AH 19), blows bubbles with Cambodian children during a Pacific Partnership 2010 community service event at the Enfants du Cambodge orphanage in Sihanoukville, Cambodia. Mercy is in Cambodia supporting Pacific Partnership, the fifth in a series of annual U.S. Pacific Fleet humanitarian and civic assistance endeavors to strengthen regional partnerships.

Photo by MC2 Jon Husman

