

Mandatory: Enlisted Warfare Qualifications

By MCC Sonya Ansarov
Office of the Master Chief Petty Officer of the Navy

WASHINGTON (NNS) -- Initial enlisted warfare qualifications are now mandatory for all Sailors per the recent release of NAVADMIN 268-10.

The NAVADMIN announces the release of OPNAVINST 1414.9, Navy Enlisted Warfare Qualification Programs Instruction, which issues the basic overarching requirements for the qualification and designation of all enlisted warfare programs.

The arduous and often unforgiving environment we operate in as a Navy and Sailor dictates the need for all personnel to have a basic understanding and operating knowledge of the platform or command to which they are assigned.

Warfare programs are essential in ensuring our Sailors understand and are able to effectively engage a casualty, operate equipment or platforms safely and ensure backup as needed. Warfare qualifications are about ship, shipmate and self, and ensure the safety and safe operation of each

● Warfare, page 6

VT-7 'Eagles' welcome new CO



Photo by MC2 Flordeliz Valerio

Cmdr. William Doster stands with his children, William Jacob and Haley, after the Training Squadron Seven change of command ceremony in which he relieved Cmdr. Scott Anderson on Aug. 6.

By Penny Randall
Staff Writer

A new commanding officer took the controls of Training Squadron Seven on Aug. 6, following the official change of command ceremony on board Naval Air Station Meridian.

The squadron bid farewell to Cmdr. W. Scott Anderson, who served as the squadron's commanding officer since May 2009, and welcomed Cmdr. William Doster to the position. Doster was the squadron's executive officer.

"Thank you to the mighty men and women of VT-7. Thank you for your service to this nation, to the squadron, and to me," said Anderson whose next duty assignment will be as the air boss on board the USS Dwight D. Eisenhower (CVN 69).

"Besides the day I earned my wings, the day that I became CO of VT-7 was the greatest day of my career. You will not find a finer group of officers to work with than in this squadron."



Anderson

During Anderson's tour, the squadron safely flew 21,459 sorties with 24,656 flight hours and 1,427 carrier arrested landings. His oversight of aviator production led to the designation of 98 naval aviators and completion of training for 20 new instructor pilots.

His background and leadership enabled the squadron to enhance the quality of instruction while reducing time to train 10 days below Chief of Naval Air Training requirements, posting production 8 percent "above the

● VT-7, page 11

On Base...

✓ Back to School Bash:

Aug. 27 from 4-7 p.m. at School Age Care Center. For more information, call (601) 679-2473.



✓ Captain's Cup Organizational Meetings:

Bowling:
Aug. 24, 4 p.m., Rec Center
Basketball:
Aug. 30, 1 p.m., Fitness Center

✓ Sports Officials Needed:

Officials for volleyball and basketball seasons are needed. If interested, call Johnny Davis at (601) 679-2427. Training will be available.



✓ POW/MIA Recognition Ceremony:

Set for Sept. 10, at 10 a.m. in Hangar One of Training Air Wing One. Uniform of the day for those in attendance. The ceremony is open to the public.

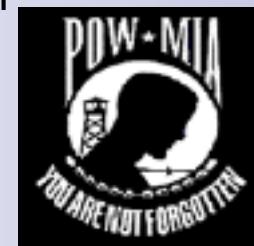


Photo of the Week



Photo by Lance Cpl. Bryan J. Nygaard

Gen. James T. Conway, commandant of the Marine Corps, greets Marine and Sailors outside Goettge Memorial Field House after a town hall-style meeting aboard Marine Corps Base Camp Lejeune, N.C., Aug. 5. Conway, accompanied by Sgt. Maj. Carlton W. Kent, sergeant major of the Marine Corps, toured Marine Corps bases and air stations along the East Coast Aug. 4-6, and took the opportunity to hold meetings with the Marines and Sailors stationed there.

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

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— Area Happenings —

AUGUST

21: Magnolia Cyclist Downtown Bicycle Criterium Race in Downtown Meridian Streets. Time: Noon-8 p.m. For information, call Maurice Malone (601) 527-5552.

24: Kindermusik fall classes at The Episcopal Church of the Mediator begin. Kindermusik is a music and movement program for children ages newborn to seven. The mission is to help your child learn and grow through music. We strive to provide a musical and learning-rich environment, help develop the bond between parent and child, and give parents the tools they need to continue the learning at home. The Young Child classes (ages 5-7) provide a pressure-free setting where children develop a strong musical foundation by learning the concepts, language, notation, and vocabulary of music. The approach will help children develop early literacy, math, social-emotional skills, as well as music appreciation. For more information, call Julie Mathews at (601) 678-7082. visit: www.musicwithjulie.com or e-mail: jcarolmathews@gmail.com.



28: Riley Center presents Brian McKnight in concert at 7:30 p.m. Pre-show party at 6 p.m. With 16 Grammy nominations to his credit, McKnight has a smooth sound that bears a remarkable likeness to the timbre and style of beloved vocalists such as Nat King Cole and Stevie Wonder. Tickets are \$55 and \$49. For more information, call (601) 696-2200.

27-28: 1st Annual Sporting Clays for Character to support the Boy Scouts of America, Choctaw Area Council. Often called "golf with a shotgun," Sporting Clays for Character is a shooting course through the trails of Camp Binachi Scout Reservation. Warm up shoot Friday, a reception and auction on Friday night and a shooting competition on Saturday. Proceeds from the event will help support the Boy Scouts of America, Choctaw Area Council further the mission of scouting.

SEPTEMBER

10-12: St. Joseph Catholic Church Centennial Celebration, 1914 18th Avenue and 2601 Davis Street, Meridian. Event features hospitality, book signing, banquet, mass and brunch. Admission: \$40 per person. For information, call Edgar Hernandez at (601) 693-1321, or email: edgar@catholicmeridian.org.

10: The Riley Center presents Dionne Warwick in concert at 7:30 p.m. The MSU Riley Center, 2200 5th St. Ticket prices \$63 and \$57. For information, call (601) 696-2200 or visit www.msurileycenter.com.

Pvt. Jessica Irvin

**MATSS-1 Student
Hometown: Anniston, Ala.**

Pvt. Jessica Irvin, a student at Marine Aviation Training Support Squadron One, is only three hours from her hometown of Anniston, Ala.

"I've tried to go home as much as possible while I have been here," said Irvin, the daughter of Lover Hannah and James Irvin.

Irvin said she joined the Marine Corps because of the sense of pride.

"I wanted to stand out among my peers and I wanted the structure and stability the 'Corps' offers," she said.

Irvin will graduate from MATSS-1 on Sept. 28 and would like to be stationed in Japan.

"I feel it will be a outstanding learning experience and I would like to experience a different culture," she said.

Her hobbies include reading, exercising, music and talking on the phone.

The person she most admires is her sister.

"She has overcome every obstacle put in her path, and she still has faith in her own dreams -- she still pushes forward."

OOORAH!

Pfc. Darius Thorne

**MATSS-1 Student
Hometown: Passaic, N.J.**

As a child, Darius Thorne remembers watching recruiting commercials on TV for the Marine Corps.

"The one where the Marines climb a mountain and slay the dragon is the one that I'll never forget," Thorne said. "I joined because I wanted to become that man and get a good start in life."

Thorne is set to graduate from Marine Aviation Training Support Squadron One on board NAS Meridian on Sept. 28. He would like to be stationed in Japan.

The son of Tinnika and Wayne Smith, Pfc. Thorne enjoys exercising, music and reading.

"I'm looking forward to becoming a leader of Marines so that I can influence others in the right way," Thorne said.

The person her most admires is his Boot Camp Senior Drill Instructor Staff Sgt. Jackson.

"I loved his style of leadership -- he cared for his Marines."



East Coast Marines train with new-generation mine roller

By Cpl. Meg Murray
II MEF

MARINE CORPS BASE CAMP LEJEUNE, N.C. -- When Marines convoy through combat zones in Afghanistan, the mine roller system serves as one of the first lines of defense against improvised explosive devices. Mine rollers are designed to hook up to the front of tactical vehicles and come into contact and detonate IEDs before the vehicle carrying Marines does.

The third-generation Panama City Mine Roller System is a new version of the previous mine roller, and the Marine Corps has recently implemented it in combat operations overseas.

Marines on the East Coast are now exploiting a vital opportunity to practice with this life-saving equipment aboard Camp Lejeune, N.C., before they are required to use it while deployed in support of Operation Enduring Freedom.

"Right now, we're learning how to put

the PC Gen III together and what its characteristics are," explained Cpl. Jose Cruz, a motor transport operator with Combat Logistics Battalion 8, who will soon set out on his fourth overseas deployment. "I've used the PC Gen III

before, but this training helps us get to know the gear before we get in country instead of learning it out there when you need to get the job done right away."

To Cruz, the mine roller is a piece of gear that simply helps him accomplish a mission. But, in the right

hands, this particular piece of gear is capable of much more.

"We're here to save Marines' lives in country," explained Miguel Camacho, the assistant training coordinator for Marine Corps mine roller home station training with Naval Surface Warfare Center, Panama City Division. "Based on the reports that we have seen, the mine roller has been effective in saving numerous lives, so we're here to teach Marines what the mine roller can and can't do, and how to maintain it at a forward oper-

"We're here to save Marines' lives in country."

Miguel Camacho
Assistant Training Coordinator for
Marine Corps Mine Roller



Photo by Lance Cpl. Bryan J. Nygaard

Marines from various stations on the East Coast work as a team to maintain a Panama City Generation III Mine Roller System attached to a Mine Resistant Ambush Protected tactical vehicle aboard Marine Corps Base Camp Lejeune, N.C., Aug. 2. The Marines took part in a three-day training evolution to learn how to maintain and operate the newly upgraded mine roller system that is currently being employed by the Marine Corps in Afghanistan.

ating base in order to effectively execute their mission from day one."

The need for a mine roller upgrade came with the Marine Corps' increased

focus on operations in Afghanistan.

"Marines discovered that what worked in the urban environment of Iraq

● **Mine Roller, page 7**

In the Spotlight

Birth Announcement...

AC1 David and Amy McCormick announce the birth of a son, **Declan Bryant**, on July 27, 2010, at 4:24 p.m. at Rush Foundation Hospital. Declan weighed 6 pounds, 1 ounce and was 19 inches long.



Farewell...

Farewell to **AZC Darnell McCoy** (NTTC) who leaves to serve a IA tour in Iraq for 13 months.

You will be missed – from your family

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

Let's Quit Tobacco!

Classes begin Sept. 14

Freedom From Tobacco classes are offered, free of charge, at Naval Branch Health Clinic Meridian to anyone who smokes or uses tobacco in any form.

Orientation for the next class will be Sept. 14, at 3:30 p.m. at the clinic on board NAS Meridian. Classes will be held weekly at 4 p.m. for the following six weeks, with follow

up aftercare. Various smoking cessation tools and medications are provided at no charge.

Classes are conducted by Sharon Davis of Riley Hospital and limited to 20 individuals. Anyone interested can register by calling Davis at (601) 484-3374. Again, the only criteria for participation is that one be a tobacco user and want to quit.



It is wise to immunize

Proper immunization is an essential component of good, preventive health care because it can provide continuous protection against vaccine-preventable diseases.

These diseases include hepatitis, tetanus, diphtheria, pertussis (whooping cough), measles, mumps, rubella, chicken pox, typhoid, and influenza.

Vaccinations are particularly important for at-risk populations including servicemembers, new mothers, infants, school-aged children, diabetics and senior citizens. The priority vac-

cinations for each group are different and depend on age, lifestyle, and occupational factors, among other things. Regardless, everyone can benefit from keeping their vaccines current and their immunization records up-to-date.

Immunizations are given at NAS Meridian's Branch Health Clinic from 7-11 a.m. and 1-3 p.m. Monday through Friday. For information about immunizations, call (601) 679-2232 or visit the Military Vaccine Immunization Awareness page at www.health.mil/vaccines.



Julius Minor from the University of Mississippi Department of Independent and Online Learning, talks with a Sailor from Naval Technical Training Center Meridian, about what the school has to offer.

Photo by
QM1 Alfred Smith Jr.

College Fair offers educational opportunities to military, civilians

By QM1 Alfred Smith Jr.
NOSC Meridian

The Naval Operational Support Center Drill Hall became college central Aug. 5 as representatives from nearly 20 colleges and universities converged upon NAS Meridian for the installations College Fair. The purpose was to recruit military personnel and civilians seeking to further or begin their education.

More than 100 civilian and military personnel, including students from Naval Technical Training Center and Marine Aviation Training Support Squadron One walked around the drill hall interacting with admission representatives from a wide range of post secondary schools to discuss course offerings (online and classroom), admission requirements and other information pertinent to the student.

Participating schools included well-known institutions including the University of Mississippi, Mississippi State University-Meridian Branch, East Mississippi Community College, Meridian Community College, University of West Alabama and Troy University in Alabama. Representatives from other popular institutions which usually cater to military personnel such as Coastline Community College and the Navy College Program were also in attendance.

"This fair allows personnel on base the opportunity to meet face-to-face with representatives from different colleges," said Navy Counselor 1st Class Tim Bridges. "Students should take advantage of their tuition assistance because all classes are 100 percent paid for. Many of these schools

give credits to military personnel for what they do on a daily basis. A lot of people could be close to completing a degree without even knowing it."

Bridges said this is the first fair NAS Meridian has hosted in recent years. He said the reason for that is because the Navy College Office on base, which usually sponsors the free event, closed.

"It's an issue of funding," Bridges said. "The Navy is cutting back on all the Navy College Offices at other bases and having one central college office in Virginia."

However, the success of the fair this year was enough to bring smiles to Bridges and admission representatives like Julius Minor from the University of Mississippi Department of Independent and Online Learning.

Minor said the event was a worthwhile trip. "I'm excited that they are doing this for today's military," said Minor, who was stationed at NAS Meridian 30 years ago as a Marine. "We were told that the (education) benefits were there but there were no steps in how to use it. This fair gives students the chance to learn how to use their benefits and makes for a good flow of applicants for us."

NTTC students such as Logistics Specialist Seaman Kenneth Williams from The Bronx, N.Y., made sure he got his minutes worth at the fair as he talked with Minor about the opportunities at Ole Miss.

"I came today because I wanted to check out my options," said Williams, who took online courses through Central Texas College at his last command. "I wanted to continue my education because in order to be competitive in the real world, you need to have a college degree."

Safety is our Duty

Too many Sailors, Marines get in trouble in the water

By Derek Nelson
Head Media Division, Naval Safety Center

During the past six years, 34 Sailors and 18 Marines have drowned. With a few simple precautions, most would have survived.

By definition, shore-based and embarked personnel spend a lot of time on or near the waters of the world, both on duty and during recreation. Too many get into trouble in the water and can't make it to safety.

Twenty-nine of the FY04-09 mishaps occurred from May through August, and just 23 during the other eight months of the year. Locations vary widely. In 2009, personnel drowned in rivers (3), oceans (3), lakes (2), a bath tub, and a rock quarry.

These excerpts from mishap narratives describe typical off-duty tragedies:

- "run over by another jet ski"
- "drowned during cliff jump at waterfall"
- "drowned in apartment swimming pool after drinking"
- "swimming in ocean, swept out to sea by current"

Jet-ski mishaps tend to involve speeding, skylarking and not paying attention. At the cliff jump, the victim almost certainly overestimated his swimming skills. The swimming pool mishap shows that swimming and drinking are always a dangerous

mix. And the fourth mishap in the list dramatizes the importance of trained life guards.

What's the solution?

May 2010 was the 8th National Water Safety Month, an excellent time to focus on water safety.

According to national data, the four major cause factors of drowning are: (1) not wearing a PFD, (2) drinking alcohol, (3) not knowing how to swim,

and (4) hypothermia.

If you're boating, make sure the boat isn't overloaded. Wear a PFD and check the weather forecast. A Coast Guard study found that of

more than 700 drowning victims in one year, nine out of 10 weren't wearing life preservers.

Learn to swim: Most people drown within 10-30 feet of safety. And even if you are a strong swimmer, water and weather conditions make a huge difference. Don't overestimate your skills, and never swim alone.

Don't dive into lakes and river -- the depth of the water is unpredictable. One motto: "Feet first, first time."

More than half of all the people who drown had been drinking before their fatal mishaps.

In the water, don't hesitate to yell for help if you are tired or in trouble.

This article was first published in Deckplate Dialogue.



NAVFAC Southeast moves to electric, solar-powered vehicles

JACKSONVILLE, Fla. (NNS) -- The Naval Facilities Engineering Command (NAVFAC) Southeast commanding officer test drove a new solar powered truck in Jacksonville, July 29, as the command begins its shift to solar powered slow moving vehicles (SMVs) to offset utility demands as the Navy moves into the electric vehicle market.

Capt. John J. Heinzel drove the vehicle to determine its operational capabilities now that the SMVs are available through NAVFAC Southeast's Transportation Department.

"I am impressed with the power it has," said Heinzel. "I am glad to see that we continue to bring new products like this to our transportation fleet. We need to be in the forefront as technology changes and improves."

The Navy has begun implementing new environmentally friendly techniques in work spaces, something mandated by instructions.

"The Navy, through executive orders and instructions from the secretary of the Navy, is to reduce petroleum usage 50 percent by 2015 using a 2009 baseline," said Jesse Evans, NAVFAC Southeast transportation specialist.

"This is a tall order based on our customers mission requirements so we must venture away from fossil fuel vehicles and move into a greener state."

Electric vehicles provide that capability. With the focus to reduce energy consumption, however, NAVFAC is also looking seriously at future impacts on the electrical grid. NAVFAC is reaching out to new technologies and is hoping that solar technology will help offset utility demand to its customers.

"The new vehicles are electric powered with solar integration, which is designed to increase the range capability and provide charging which will increase the life of the battery and reduce the electrical demand," said Evans. "The secretary of the Navy calls for more than 2,500 SMVs to be in the Navy fleet. The Southeast has the third largest fleet in the Navy and our goal is a 750 SMV inventory fleet by 2015."

There are currently 314 SMVs in the Southeast inventory with 23 having solar integration. NAVFAC Southeast's SMV fleet inventory includes sedans, pickup trucks, passenger and cargo vans and maintenance utility configura-



Photo by Matt Simons

Naval Facilities Engineering Command Southeast offers a variety of "green" vehicles for rent to its supported commands throughout the Southeast. Pictured is one of the newest solar powered vehicles that is now available.

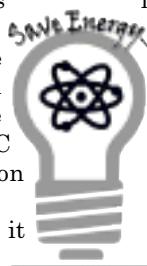
tions, all vehicles capable of accommodating the majority of all mission requirements that are out there.

"By fiscal year 2012, NAVFAC Southeast will have a total of 412 electric SMVs with 121 of those having solar integration across the Southeast," said Evans. "A majority of the solar integrat-

ed SMVs are going to Naval Submarine Base Kings Bay, Ga."

Evans said SMVs are not a "green substitute" for a fossil fuel vehicle, but rather are designed to meet mission minimum requirements at a reduced rental cost. The fact that they are

● **Vehicles, page 13**



Elimination of field service record nears

By MC1 (AW)LaTunya Howard
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Navy Personnel Command (NPC) is reminding Sailors that paper enlisted field service records (FSR) will closeout Sept. 30.

Service record information will be generated and maintained electronically through a secure Internet connection to the Navy Standard Integrated Personnel System (NSIPS) Electronic Service Record (ESR).

Chief of Naval Personnel announced in 2009 the requirement for all active-duty and Reserve personnel to establish and maintain a self-service ESR account. These accounts allow Sailors to review all personnel, training, and awards data. Sailors also have limited self-service update capability within their ESR.

"Sailors should maintain a hard copy of all documents used to update their ESR or any other record such as reenlistment contracts, award certificates, designation letters, etc.," said B. J. Price, Records Management Policy Branch, NPC. "The Sailor's ESR cannot be updated without appropriate source documentation."

As the Navy moves forward with plans to eliminate the enlisted FSR, nearly 60,000 Sailors still need to establish a self-service ESR account that will allow them anytime access to their records.

Self-service accounts can be created

at <https://nsips.nmci.navy.mil> or on the Navy Standard Integrated Personnel System (NSIPS)/ESR server on board ships.

Commanding officers, executive officers and command master chiefs can obtain command-level "view only" access by completing the NSIPS/ESR system access authorization request, or SAAR, and forward it to NPC's Record/Data Maintenance Quality Division. The yare available at www.bupers.navy.mil/AboutUs/NPC/Information+Management. This access provides the user "view only" capability for all ESR accounts within their unit identification codes.

All commands responsible for service record entries are required to initiate updates in NSIPS/ESR. Sailors are ultimately responsible for the accuracy of their ESR and must contact the servicing personnel office if any information is incorrect.

The Navy began eliminating enlisted FSRs in January 2010. Officer service records were eliminated in 2000. Personnel Support Detachment Memphis began closing out records for Sailors at Navy Personnel Command (NPC) last year as part of a successful field test.

For more information on the elimination of FSRs read NAVADMIN 040/10 or visit <https://nsips.nmci.navy.mil> or call NPC Customer Service Center at 1-866-U-ASK-NPC.

Special duty assignment pay deadlines

MILLINGTON, Tenn. (NNS) -- Approximately 8,000 Sailors were impacted by revisions to the Special Duty Assignment Pay (SDAP) and the deadline for certification is Aug. 31.

While the revisions adjust SDAP levels for active and Reserve component full-time support (FTS) Sailors, the majority of SDAP pay remains unchanged from 2009.

"This process is critical to ensure that the Navy is accurately compensating Sailors for serving in uniquely challenging assignments," said Operations Specialist 1st Class (SW) Ace Sutton, Navy Personnel Command (NPC) Career Progression SDAP program manager. "Out of 133 line items, one single-level line item was deleted, one single line item was reduced. Twelve single line items were increased and 199 remain unchanged."

According to NAVADMIN 234/10, commanding officers are required to annually review and certify each Sailor's SDAP entitlement and that review is due by Aug. 31.

"Commands and Personnel Support Detachments are responsible for verifying each member is still eligible to receive SDAP and that each member is receiving the correct level," Sutton said. "Once the command has verified that everything is correct, they must submit their verification, signed by the commanding officer or officer-in-charge only to NPC's Active Enlisted Advancement/Conversions/Incentive Section (PERS-811). Failure to submit the annual recertification on time will result in the command having their members' SDAP shut off."

More than 26,000 Sailors receive SDAP each month. Those whose entitlements will be eliminated will receive half of their previous SDAP entitlement for 12 months, or until the Sailor completes their current tour, whichever comes first.

For more information on SDAP, visit www.npc.navy.mil, click on "Messages" and read NAVADMINs 230/10 and 234/10.

From Navy Personnel Command Public Affairs

PRT bike equation changes mean more accurate results

MILLINGTON, Tenn. (NNS) -- The equation used to convert calories burned during the 12-minute physical readiness test (PRT) stationary bike test will change Jan. 1, 2011, the Navy announced in a message Aug. 5.

According to NAVADMIN 256/10, the revised equation will more accurately calculate outstanding performance.

It will also require the Sailor to burn more calories to achieve a probationary or satisfactory score on their PRT.

The only stationary bikes approved for

use on the PRT are the Life Fitness 95CI and Classic Series and both are now on the online Physical Readiness Information Management System (PRIMS) calculator drop down menu. To access the bike calculator, go to the PRIMs homepage at <https://prim2008.bol.navy.mil>.

For more information, visit the Navy Personnel Command Web site at www.npc.navy.mil and click on "Messages."

From Navy Personnel Command Public Affairs

● Warfare

command and platform on a daily basis.

"It's a standard every Sailor must achieve. The warfare device itself is a symbol that the Sailors who are wearing it have a basic level of knowledge to ensure they are capable of fighting the ship, saving a shipmate and ensuring the safety of themselves at all times," said Master Chief Petty Officer of the Navy (MCPON), Rick D. West. "Having every Sailor at or working toward that level will only strengthen the war-fighting ability of that command and the Navy."

According to the NAVAD-

MIN, qualification and/or re-qualification is mandatory for all enlisted Sailors assigned to designated warfare qualifying commands.

Warfare sponsors (Type Commanders) will establish specific qualification and re-qualifying timelines however, the maximum allowable time for initial qualification of all enlisted Sailors assigned to designated warfare qualifying commands will not exceed 30 months. Timelines for warfare qualifications are set by the Type Commander's instructions and each TYCOM will have oversight of their programs.

According to West, some of

the biggest questions he hears from Sailors are:

What happens if a Sailor doesn't qualify in time?

West stated that failure to qualify in the specific warfare program within the prescribed time requirements shall immediately result in a special performance evaluation that removes promotion recommendation, but the promotion recommendation may be restored with a special performance evaluation when qualification is achieved.

Will a Sailor be penalized if their command doesn't offer the opportunity for warfare qualification? According to West, Sailors

without the opportunity to qualify in a warfare specialty will not be penalized. However Sailors should look for follow-on opportunities to obtain a warfare device when able.

Will having mandatory qualifications water down the existing programs?

West stated, quite the contrary; by mandating warfare qualifications for all enlisted personnel, it will significantly "raise the bar" across the command regarding level of knowledge of the command and the systems our Sailors operate. It is incumbent on those that wear the warfare pin of the command to ensure the integrity and strength of the

existing programs.

How will Sailors stand-out amongst peers if everyone is required to have a warfare pin?

According to West, Sailors stand out every day. Performance and the Sailor's overall command support should be the biggest factors to "break out" individuals.

"I often highlight efficient manning and future platforms such as LCS as examples of the need to ensuring our Sailors have a good, basic understanding of the systems and fighting capabilities of the command to which they are assigned," said West.

For more information see NAVADMIN 268-10.

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● Mine Roller

did not work in the often mountainous terrain of Afghanistan," Camacho explained. "Our program manager and the project systems engineer went to Afghanistan to figure out exactly what a new mine roller needed to do to be successful in Afghanistan, and what followed was the Panama City Generation III."

Upgrades include bigger tires, bolstered hydraulics and a durable, reinforced frame that can easily handle a beating while being driven through

rough terrain.

For now, Marines are only allowed to drive the new mine rollers on base, because the system would be considered a wide-load on the highway. Marine officials are diligently working with the North Carolina Department of Transportation in hopes to allow the PC Gen III off-base, which would ultimately create the most comprehensive and beneficial training environment for the Marines preparing to use the system in Afghanistan.

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Deadline nears for BBC housing survey

The Annual CEL Housing Survey time is upon NAS Meridian once again.

Family housing residents should have received their CEL Resident Satisfaction Housing Survey.

By completing and handing surveys in, residents will qualify for weekly drawings. The survey is part of a performance assessment program. Balfour Beatty Communities ranks "extremely" satisfied and "very good" a passing grade on the survey and any score that is less than this is considered unacceptable.

"We truly strive to exceed our resident's expectations and hope that every resident enjoyed their home and the services that we provided," explained Penny

Haldeman, Community Manager for Balfour Beatty Communities.

Once residents complete their surveys and seal them in the postage paid envelopes provided, they can simply bring it to the Balfour Beatty Communities Management Office and drop it in the authorized locked mailbox. Only CEL employees will open the returned envelopes. Survey results are completely confidential and anonymous.

"The survey allows us to see where we are succeeding and where there is room for improvement," said Haldeman, "it's important for residents to fill them out honestly."

The survey deadline is Aug. 31.

Navy iTunes app released for iPhone

By MC2 (SCW) Michael B. Lavender

Commander, Navy Recruiting Command
Public Affairs

MILLINGTON, Tenn. (NNS) -- The Navy released the "America's Navy" app for the iPhone and iPod Touch the week of Aug. 12.

The app is available to download for free through the iTunes App Store or the Navy's recruiting website, Navy.com.

"With the new generation of youth and advancements in social media, we believe that the application will be of great use for our recruiting efforts," said Lt. Cmdr. Garth Gimmetstad, Navy Recruiting Command's (NRC) director of Marketing Plans Division.

"This application will allow us to transmit data to a customer who desires information immediately. With the new generation that wants instant gratification for information, we'll now be able to cater to them through this technology medium."

The application will bring a host of information about the Navy, including job descriptions, career information, videos, photos and the latest news from Navy.mil.

"This is meant to provide Navy's multiple and varied audiences the opportunity to learn more about, and engage with the U.S. Navy in an informative and entertaining, not to mention convenient, manner," said Gimmetstad. "Not only can someone look up information about the Navy, but they can even locate a recruiter in their area as well."

"NRC, along with our independent advertising agency, Campbell E-Wald, developed and launched the application through a variety of social media sites, including Facebook, Navy.com, the 'Navy for Moms' website and Twitter," explained Gimmetstad. "We'll be able to enhance our capabilities to effectively communicate with a technologically savvy population."

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USS McCain arrives in Vietnam to commemorate 15th anniversary of diplomatic relations

By MC1 Brock A. Taylor
Navy Public Affairs Support Element West Det. Japan

DA NANG, Vietnam (NNS) -- The guided-missile destroyer USS John S. McCain (DDG 56) arrived pier side in Da Nang, Vietnam Aug. 10.

John S. McCain, forward deployed to Yokosuka, Japan, made the port call to commemorate the 15th Anniversary of the Normalization of Diplomatic Relations between the United States and Vietnam.

This is the first time John S. McCain has visited Vietnam.

"This is a historic event for USS John S. McCain," said Cmdr. Jeffrey Kim, John S. McCain commanding officer. "For this ship and her crew, to be able to make our first visit to Vietnam, especially during this landmark event is truly an honor."

John S. McCain Sailors will interact with their Vietnamese counterparts during shipboard damage control and search and rescue demonstrations, as well as exchanges in culinary arts.

Off the ship, U.S. and Vietnamese Sailors will participate in friendly sporting events such as soccer and volleyball. Throughout the visit, Sailors will conduct community service projects at a local school and orphanage. The crew will also have an opportunity to learn about the country during liberty and hosted tours of Da Nang.

Master-at-Arms 1st Class (SW/EXW) Jonathon Baker, from Columbia, S.C., whose father served

in the Vietnam War, said that while the visit offers an opportunity to experience a unique culture, it's also a chance for Sailors to play an important role in enhancing U.S.-Vietnam relations.

"I really do encourage everyone to get out and see the country, and learn something about Vietnam," said Baker. "Many of these junior Sailors' parents and grandparents served in Vietnam. Now there are normalized relations between the U.S and Vietnam. We should take full advantage of being a part of this historic process."

The Navy conducted two port visits to Vietnam in 2008. In 2009, USS John C. Stennis (CVN 74) hosted the first-ever fly out of visitors from Vietnam to a U.S. aircraft carrier, and the U.S. 7th Fleet command ship USS Blue Ridge (LCC 19) and the guided missile destroyer USS Lassen (DDG 82), commanded by Cmdr. H.B. Le, a Vietnamese-American, visited in November 2009. The hospital ship USNS Mercy (T-AH-19) also visited Vietnam in May in part of a large-scale humanitarian assistance mission, Pacific Partnership 2010.

John S. McCain is assigned to Destroyer Squadron 15 and patrols the 7th Fleet area of responsibility. Operating in the Western Pacific and Indian Ocean, the U.S. 7th Fleet is the largest of the forward-deployed U.S. fleets, with approximately 50 ships, 120 aircraft and 20,000 Sailors and Marines assigned at any given time.



MC3 Adam K. Thomas

Aviation Electronics Technician Airman Luke Temares, from St. Louis, left, and Aviation Structural Mechanic Airman Apprentice Anna Elder, from Georgetown, Ky., apply a corrosion control solvent to the vertical stabilizers of an F/A-18 Super Hornet assigned to the Diamondbacks of Strike Fighter Squadron (VFA) 102 aboard the aircraft carrier USS George Washington (CVN 73). George Washington is the Navy's only permanently forward-deployed aircraft carrier and is underway helping to ensure security and stability in the western Pacific Ocean.

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80,218

Navy emphasizes zero tolerance on drug use

By MC3 Kari R. Rodriguez
Navy Region Southwest Public Affairs

SAN DIEGO (NNS) -- Due to increased use in designer drugs, the Navy has added new guidelines to its existing drug policy that emphasizes zero tolerance of drug use by its Sailors.

NAVADMIN 108/10 states that Navy personnel determined to be unlawfully using, possessing, promoting, manufacturing, or distributing drugs and/or drug abuse paraphernalia shall be disciplined,

as appropriate, and processed for administrative separation.

"We have the drug policy there to ensure the safety of Sailors and to make sure we can get our mission completed," said Chief Culinary Specialist (SW/AW) Jason Simmons, Navy Region Southwest regional drug and alcohol program advisor. "A person who is using drugs won't be able to perform a job 100 percent, and people can get hurt that way. That is kind of scary to think about when you're out at sea."

Designer drugs were created to get around existing drug laws and often can be deadlier. The new guidelines in the policy, which were released in March, now include products that contain cannabinoid synthetic compounds, such as spice, blaze and spark.

"We have had issues with designer drugs and what people don't understand is that they don't know what is being put into these drugs and the effects can be different on each person. Because of the different side effects the results can

sometimes turn deadly," Simmons said.

According to NAVADMIN 108/10, more than 1,300 Sailors were separated from the Navy during Fiscal Year (FY) 2009, and 303 more were separated during the first quarter of FY 2010.

"The number of people being separated due to drug use has gone down over the last five years due to the increased number of random drug tests," Simmons said. "We have also implemented lots of programs to help Sailors

make the right choices."

Simmons added that Sailors tend to make bad decisions due to not being able to handle their personnel issues.

"A lot of these Sailors who choose to use drugs are very young, and it's the first time away from their families. They're not quite sure how to handle the stress of their jobs," Simmons said. "I believe that commands should get involved with their Sailors so they know they have someone to talk to and they know where to turn for help."

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Military personnel invited to museums this summer -- free

The American Association of Museums, in conjunction with the National Endowment for the Arts is offering free admission to various museums across the United States this summer to active duty military personnel and their immediate families.

Blue Star Museums is a partnership among Blue Star Families, the National Endowment for the Arts (NEA), and more than 700 museums in all 50 states to offer free admission to active duty military personnel and their families from May 31 through Sept. 6, 2010.

The link to the Web site is: <http://www.nea.gov/national/bluestarmuseums/index.php>.

This is a great opportunity for families to enjoy exploring museums together during the summer. Take advantage of this wonderful gift and show participating museums that their generosity is appreciated. Mississippi's and Alabama's participating museums include:

African American Military History Museum, Hattiesburg
Mississippi Armed Forces Museum, Camp Shelby
Mississippi Museum of Art, Jackson

Oren Dunn City Museum, Tupelo

● Museums, page 16



Conformance testing begins for Navy's newest working uniforms

By MC1 James G. Pinsky

Naval Facilities Engineering Command Public Affairs

WASHINGTON (NNS) -- Conformance testing of the Navy's newest working uniforms, Navy Working Uniform Types II and III (NWU Type II/III), began July 26 and will last six weeks.

Norfolk will serve as the primary testing location for 150 Sailors, with smaller groups testing the uniform in Tampa Bay and San Diego.

The NWU family of uniforms is intended to replace multiple and less capable legacy uniforms, reduce the Navy's total ownership costs, modernize the warfighter, and complete the vision of Task Force Uniform. As such, these two new uniforms in the NWU series have been developed for use in the tactical expeditionary mission of today's Navy, tailored for desert and woodland environments.

"The NWU Type II/III approval is a culmination of a four-year effort comprising all of the expeditionary stakeholders, ensuring we capture the true operational requirements our Sailors' need to succeed on the battlefield," said Master Chief Explosive Ordnance Disposal Technician Robert McCue, NWU Type II/III Conformance Test Monitor. "They provide unmatched capabilities to the warfighter enabling tactical advantage and enhancing mission success thus saving lives."

The NWU Type II (desert) uniform will be worn by Navy Special Warfare (NSW) operators and Sailors assigned to NSW units or units which directly support NSW operations. The NWU Type III

(woodland) uniform will be the standard camouflage uniform for all personnel, to be worn in non-desert environments, including most stateside areas. The only difference between the two uniforms is the camouflage pattern.

The NWU Type III will replace the existing tri-colored woodland camouflage utility uniform, will be the standard camouflage uniform worn in CONUS, and can be worn while deployed as prescribed by combatant commanders. Occasion for wear of the NWU Type III will be the same as the current woodland camouflage utility uniform per NAVADMIN 188/09.

Commands and Sailors currently authorized to wear the woodland camouflage utility uniform (CUU) will continue to wear the CUU as their primary daily uniform until their transition to the new NWU Type III.

The Chief of Naval Operations' approval of the NWU Type II/III was announced in NAVADMIN 374/09, and Program Management was assigned to Naval Facilities Engineering Command's Expeditionary Programs Office (NEPO).

Norfolk was chosen as the primary testing location due to its heavy Navy population and concentration of expeditionary Sailors who will be primarily wearing the NWU Type II/III.

Norfolk participants will be issued Type III (woodland) uniforms at the Cheatham Annex, Naval Weapons Station Yorktown, and the other participants will receive their uniforms on an individual basis. Along with two sets of uniforms, the testers will be given a user handbook, which explains the care and manner of wear of the uniforms. They



Photo by MC1 Jennifer A. Villalovos

Master Chief Petty Officer of the Navy Rick West holds an all-hands call aboard the amphibious assault ship USS Kearsarge (LHD 3) during his visit to Naval Station Norfolk. West is wearing the Navy Working Uniform Type III during the conformance test phase.

will maintain a detailed log of their experience regarding the wear and care of their uniform and participate in interviews, focus groups and surveys both during and after the conformance test.

At the completion of the testing, the results will be presented to the chief of naval operations. Contract preparations for the initial production of the NWU Type II/III are underway, with the roll out scheduled to begin in the summer of 2011.

"The conformance testing phase of the

uniform is critical to our developmental process because we are focused on the details of refining the uniform for our end-users," said Force Master Chief (SCW) Michael Holdcraft. "How the uniform looks is only a small facet of our design process. We need to know how it wears, if the pockets work in their perspective locations, ease of care and wearing."

For more information about NWU Type II/III, visit www.navfac.navy.mil/nwu.

Sgt. Brandon A. Small, drill instructor, 1st Recruit Training Battalion, Recruit Training Regiment, sternly instructs Terry Coker, geography teacher, Montgomery High School, Montgomery, Texas, to stand still and get into the position commanded on the depot's yellow footprints, Aug. 10.



Photo by
Cpl. Rebecca A.
Lamont

Texas educators sample Marine recruit training

By Cpl. Rebecca A. Lamont
Marine Corps Recruit Depot San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO -- High school administrators, teachers and counselors from Recruiting Stations Houston and San Antonio experienced a week-long synopsis of Marine Corps recruit training during a recent Educators Workshop.

The educators' first step in their simulated transformation to becoming Marines began with their arrival on the depot.

As the buses came to a halt in

front of the famous yellow footprints, drill instructors overwhelmed the vehicles and barked at the passengers, making their intimidating presence known.

After sternly instructing the educators to exit the bus and line up on the yellow footprints with speed and intensity, the drill instructors paced up and down the rows yelling orders and ensuring the educators got into the proper position of attention.

Following several minutes of

● **Training, page 19**

●VT-7

line," and reducing hours per sortie below CNATRA goals. He established VT-7 as a model of training efficiency and excellence.

Additionally, the squadron exceeded all objective safety metrics, receiving grades of Outstanding on both the NATOPS Unit Evaluation and the CNATRA Safety Evaluation in 2009. His efforts culminated in VT-7 earning the Admiral John H. Towers Aviation Safety "S" Award and the CNO Aviation Safety Award in 2009.

The guest speaker for the ceremony was Capt. Keith Taylor, commander of Training Air Wing One.

"Cmdr. Anderson's positive professionalism was evident to me when I arrived here last summer," Taylor said. "VT-7 as a sterling production record and I know Cmdr. Anderson will take all his skills to the USS Eisenhower flight deck. For Cmdr. Doster, I urge you to relish this day and enjoy your job for the next 15 months. I look forward to working with you."

Doster, who wears dual warfare qualifications as both a submariner and Naval aviator, reported to Training Air Wing one in August 2008 for temporary duty before reporting to VT-7 as the executive officer in May 2009.

"I've been handed the reins of an excellent squadron," Doster said. "You should expect no sweeping changes and I look forward to my tour as the CO."

Commissioned through the Naval ROTC program, Doster completed nuclear power school and prototype training and reported to the USS Maryland (SSBN 738), gold crew, in August 1993, and completed five strategic deterrent patrols.

Following selection for a lateral transition, he reported for training as a student naval aviator in August 1996 and received his Wings of Gold in February 1998.

Doster completed training in the EA-6B Prowler and reported for duty with VAQ-136 in Atsugi, Japan, in September 1999. He completed numerous at-sea periods embarked in USS Kittyhawk (CV 63). He then reported for instructor duty with VAQ-129 in Whidbey Island, Wash.

He requested early release



Photos by MC2 Flordeliz Valerio

Above: Capt. Keith Taylor, left, commander of Training Air Wing One, shakes the hand of Cmdr. Scott Anderson, outgoing commanding officer of Training Squadron 7 during a change of command ceremony on Aug. 6, on board Naval Air Station Meridian. Anderson was relieved by Cmdr. William C. Doster who will serve as VT-7's commanding officer for the next 15 months. Below: The official party at the change of command ceremony stand as Navy Band New Orleans plays.

from that assignment to serve with VAQ-139 and fly combat sorties in support of Operation Iraqi Freedom embarked in USS Abraham Lincoln (CVN 72). He also completed a subsequent Western Pacific deployment embarked in USS John C. Stennis (CVN 74).

In January 2005, Doster reported for joint duty with U.S. Central Command, Tampa, Fla., where he served as an action officer in operations (J3) before being selected to serve as the executive assistant to the director of operations (J3). In June 2007, he was selected to attend the National War College in Washington, D.C., and received his master's degree in National Security Strategy in June 2008.

Doster, a qualified Naval Nuclear Engineer, has accrued more than 2000 flight hours and 400 arrested landings on eight different carriers.



Civilian of the Quarter



David Kerwood
Ground Electronics

2011 Page Program seeks students to serve in lieutenant governors office

The office of Lt. Gov. Phil Bryant is seeking applications for the 2011 Page Program. Students, age 14-17, who are interested should fill out an application with all supporting information (application, one-page essay, letter of reference and transcript) to the lieutenant governor's office by Nov. 30, 2010.

There are only 75 slots available for this year's program. Students selected to serve as a page in the Mississippi Senate will be notified by Dec. 31, 2010. In order for students to be considered, all application packets must be complete. Students who are selected will serve one week in the lieutenant governor's office during the time frame of Jan. 4, 2011-April 2, 2011.

The week for the students to serve will be assigned by the lieutenant governor's staff based on space avail-

Checklist for completed application:

1. Page Program Application
2. One Page Essay: Why do I want to page in the Lieutenant Governor's Office?
3. One Letter of Reference
4. Copy of Academic Transcript

ability. Completed application can be submitted to: Nycole Campbell Lewis, Page Program Coordinator, Honorable Lt. Gov. Phil Bryant, P.O. Box 1018, Jackson, MS 39215.

For more information and to obtain an application go to: <http://www.ltgovbryant.com/page/>

MACG-28 promotes twins to gunnery sergeant

By Lance Cpl. Cory D. Polom
Marine Corps Air Station Cherry Point

MARINE CORPS AIR STATION CHERRY POINT, N.C. -- Twins are often known to dress alike. For Terrence and Terrell Bennett, that includes the same uniform and even the same rank on their collars.

The brothers were promoted to the rank of gunnery sergeant together at Cherry Point's Marine Air Control Group 28 Aug. 2.

When Headquarters Marine Corps announced promotions for staff noncommissioned officers, each Marine was given a number which determines when they will get promoted.

"My brother was chosen as number 347 and I was number 504," said Gunnery Sgt. Terence D. Bennett, an ammunition technician for Weapons Training Battalion, Quantico, Va.. "In July they promoted 304 Marines to the rank of gunnery sergeant, and I found out they were promoting 200 more this month. After figuring out that my brother and I would be getting

promoted together I called him up and we had a good laugh."

Twin brother, Terrell, the intelligence chief for MACG-28, said he talked to his sergeant major and requested he and his brother be promoted at MACG-28 and have their father, who is a retired master gunnery sergeant, promote them. The sergeant major agreed to the request.

"My father thought my brother was getting promoted in September and he'd have to go to Quantico for it," said Terrell. "Due to deployments I've been on, this is the first promotion my father has seen of mine since I've started rising higher in rank. Having him here is an honor and truly motivating. My father was a career Marine who retired as a master gunnery sergeant after 30 years of service."

Jerry C. Bennett, father of the twins said being able to promote his two sons has been an amazing.

"I am very proud of my sons," said Jerry. "I am on cloud nine right now. I never thought I would be promoting these two, let alone at the same time and rank."

Operation Purple Summer Camp serves the military child

By MC2 Scott Dagendesh
Navy Public Affairs Support Element
Detachment Northwest

SILVERDALE, Wash. (NNS) -- More than 150 children of military families around the Pacific Northwest attended "Operation Purple Camp," a free summer camp at Island Lake, in Silverdale, Wash. Aug. 9-13.

According to Lt. Jg. Paul Morris of Naval Base Kitsap's Legal Service Office, Operation Purple Camp helps provide military children of deployed service members with tools to deal with their parent's deployment in a unique setting.

"Operation Purple, a one-week program, is funded by the National Military Family Association (NMFA) whose goal is to help military children experience a carefree environment and forge friendships with other military children while learning how to cope with the stress related to having a deployed parent," said Morris.

According to Angela Melton,

For more information about Operation Purple Camp, visit the National Military Family Association at www.nmfa.org

Operation Purple Camp co-director, the goals of Operation Purple is to give the youth an opportunity to interact with others who are going through the same situation.

"We have youth from all different branches of the military come together so they can see they are not the only one with deployed parent...it's to reach out to the military youth to let them know they are not alone, and so a lot of them come back year after year."

"I think it's really fun and a great program for kids," said Kristen Colon, a camp attendee. "It really helps out a lot to keep us preoccupied from the stress of deployed parents by doing all these fun activities and talking about

how each one is feeling. I've met a lot of new friends out here, and we support one another."

The program provides day-to-day team building exercises ranging from paint ball to going on a row boat, swimming and riding small motor bikes.

"I really like the camp," said Erin Nissen, camp attendee. "My most memorable experience here has been meeting other people and having fun with them. I heard about this last year from an ad telling me about this camp, and my mom signed me up. And my friend signed up with me."

"This is my second year," said camp attendee, Jason Lovett. "A couple friends told me about it - that I should check it out, and it has been a lot of fun."

"I think it is important for children to have something like this because it helps get their mind off having a deployed military parent. The younger ones don't understand it as much, but the older ones are able to build that camaraderie," said Lovett.



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The rental rate in fiscal year 2011 is the same for all SMVs (\$228 monthly/\$50 daily) with the exception of the 4x4 electric SMV (\$472 monthly/\$86 daily). Rental of an SMV runs at 44 percent of the cost of a sedan or pickup.

For every 35 vehicles converted to SMV, customers would realize a savings of \$100,000 annually," said Evans. "Based on a typical half-ton pickup driving 15,000 miles annually, there would be a savings of over \$1,200 in fuel costs each year."

Maintenance costs are estimated to drop roughly 15-20 percent during the life of an SMV as the major cost is the batteries. The solar integration increases the life of the battery and in turn increases the life of the vehicle. These drivers will ensure rate changes will be minimal in the future.

The SMVs are designed (and speed-governed) for 20 to 25 mph operations and are confined to the installation. The solar powered SMVs come with standard equipment such as windshields, exterior mirrors mounted on driver and passenger side of the vehicles, head lamps, tail lamps, brake lamps, emergency flashers and turn signals, reflectors, parking brake, safety belts, vehicle ID numbers and horn or other warning device. They meet federal, state and local safety requirements.

An 80 percent charge can occur in two hours with a complete charge in eight hours. A rapid charging systems is available that provides a complete charge within one hour.

Commands interested in renting any of the SMV models should contact their local Public Works Department Transportation Office.

From Naval Facilities Engineering Command
Southeast Public Affairs

TRAWING 5 receives Centennial of Naval Aviation designed helicopter

By Lt. j.g. Tyler Watters

Naval Air Station Whiting Field Public Affairs

WHITING FIELD, Fla. (NNS) -- Naval Air Station (NAS) Whiting Field, Training Air Wing (TRAWING) 5 received a new helicopter with a drastically different color scheme Aug. 4 to help celebrate the centennial of naval aviation.

TRAWING 5, the largest tenant command at NAS Whiting Field, took custody of the blue and grey TH-57 Sea Ranger, the first of the new modified aircraft to be delivered to any chief of naval air training command.

"It's great to see this aircraft to help remind us of our history," said Capt. James Vandiver, commander, TRAWING 5. "Looking back at all the great things that naval aviation has accomplished, you know that as we move forward, we can accomplish anything."

Two L-3 Vertex pilots flew the aircraft from the maintenance facility in Andalusia, Ala., where it was kept for a regularly scheduled maintenance peri-

od. The new color scheme was applied as a part of the planned refurbishment at no additional cost to the Navy.

The Sea Ranger was taxied to an area in front of NAS Whiting Field's south field hangar where a small crowd of TRAWING 5 squadron and base personnel had assembled to witness the arrival. The crowd applauded when the skids touched ground.

Throughout the next five years, this gull grey Sea Ranger will be kept in a regular flight rotation, where student naval aviators being trained to become U.S. naval helicopter pilots will have a chance to fly training flights in it.

As part of the centennial of naval aviation celebration, one aircraft of each type, model and series from the U.S. Navy aircraft inventory will be painted light gull grey, with all markings and insignia painted insignia blue.

The earliest Navy aircraft did not have standard markings or coatings. In 1916, the first attempt at rendering a national insignia for Navy aircraft was adopted for approximately two years

prior to the star insignia that was used beginning in 1918. This insignia was a stylized anchor, typically painted in dark blue.

Capt. Washington Irving Chambers, officer in charge of aviation, prepared the requisition for the Navy's first aircraft to be purchased from aviation pioneer and inventor Glenn H. Curtiss May 8, 1911, marking the birth date of naval aviation.

Beginning January 2011, the Navy will hold a year-long celebration of the men and women whose tremendous achievements have contributed to a century of aviation progress. Celebrations will be held across the country to recognize and commemorate these achievements, and these aircraft are designed to provide a visible reminder of our naval aviation heritage and will serve as just one of the many centennial observances.

As one of each type of naval aircraft is modified, NAS Whiting Field is scheduled to receive a centennial T-34C Turbomenter or T-6B Texan II.

Learning, development roadmap available for all enlisted Sailors

By Ed Barker

Naval Education and Training Command Public Affairs

PENSACOLA, Fla. (NNS) -- Culminating three years of intense work by the staffs at Naval Education and Training Command (NETC) learning centers, learning and development roadmaps (LaDRs) are available for every rating as of Aug. 6.

Announced in NAVADMIN 258/10, the completed LaDRs are fleet-focused products that provide guidance to Sailors along a learning and development continuum that is specific to each rating.

"Completion of all learning and development roadmaps is a significant milestone for helping Sailors to be successful in their ratings," said Master Chief Petty Officer of the Navy (SS/SW) Rick D. West. "Having a written guide that explains in detail what each Sailor needs at specific points in their career is an invaluable tool for service members and their mentors."

All rating-specific LaDRs were developed by subject matter experts at the NETC learning centers and include input from the enlisted community managers at the Bureau of Naval Personnel and have been validated by the fleet.

"The LaDR for each rating is organized around significant career phases and enables targeted learning opportunities," said Tom Smith, NETC enlisted learning and development coordinator. "Each LaDR is also sequenced to meet growing and changing roles throughout a career. Sailors new to the Navy and early in their careers will find that LaDRs provide a solid technical and analytical foundation that will support tactical and operational competencies."

As a Sailor becomes more senior, learning and development

provides an increased strategic perspective and more effective management and business practices. Sailors using LaDRs can properly chart out Navy-valued professional career goals.

"For a supervisor, LaDRs provide a navigable, rate-specific guide to assist in the effective mentorship of Sailors," said Smith. "Command indoctrination is the perfect opportunity for leadership to introduce the LaDRs to their new Sailors. Introducing the LaDRs early-on will result in every service member gaining baseline knowledge of his or her career progression and assist them in setting realistic goals toward upward career mobility."

"LaDRs can also serve as an important guidance tool to use during a Sailor's career development board," said Master Chief Navy Career Counselor (SW/SCW/AW) Tod Shuls, NETC force retention program manager. "Review of LaDRs by leaders helps them recognize and reinforce a Sailor's forward progress and positive job and character traits."

Commanders are required to ensure distribution of LaDRs to every enlisted paygrade at all commands. This is can be accomplished through Navy Knowledge Online (NKO) at <https://www.nko.navy.mil/portal/home/>. After accessing the NKO home page, a Sailor selects the "Career Management" tab and navigates along the blue side banner and selects the LaDR hyperlink.

According to a chief of naval operations' instruction, OPNAV Instruction 1500.77, the LaDRs are required to be used during career development boards.

Additional information about LaDRs is detailed in NAVADMIN 258/10, available through the Naval Personnel Command Web site at <http://www.npc.navy.mil/ReferenceLibrary/Messages/>.

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



Mission First... Sailors Always



Bowling News!

CAPTAIN'S CUP STAFF
LEAGUE MEETING
AUG. 24 AT 4 P.M.

A representative for each team
MUST be present to vote on
officers/rules. Team rosters due
by Sept. 2 at 4 p.m.

August Specials

SUNDAYS 4-9 p.m.:

Family Special ~

Mom or Dad bowls for free
when children bowl. Regular
rates apply for the other parent
and children.

TUESDAYS 4-9 p.m.:

RCTA Visiting Officers Special ~
\$2.50 a game including shoes

WEDNESDAYS 4-9 p.m.:

NTTC/MATSS-1 Student Special
~ 3 games and shoes for
\$5 per person. Must be
bowed in 3 game blocks

FRIDAYS 7 p.m.-close:

Cosmic Bowling ...
Regular Rates

SATURDAYS IN AUGUST

BACK TO SCHOOL SPECIAL
KIDS UNDER 17 BOWL FROM 11
A.M.-5 P.M. \$2 A GAME

INCLUDING SHOES

**CELEBRATE YOUR
BIRTHDAY AT MCCAIN
REC... CALL
601- 679-2651 FOR
PARTY DETAILS**

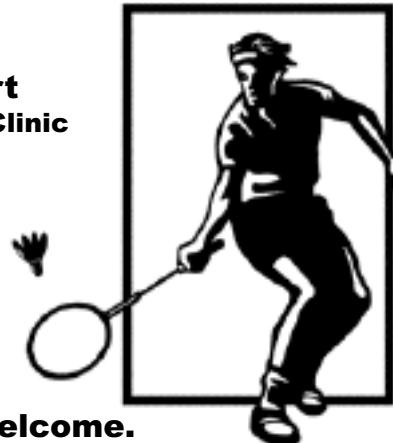
Meridian's only Video D.J.

djSOUNDWAVE

LIVE AT Rudders • 8.27.10

What: Sand Badminton
When: Aug. 28, 10 a.m.
Where: Outdoor Volleyball Court
(located across from Branch Health Clinic)

**For early sign-up, please
contact Angelia at the Fitness
Center. Double elimination or
single elimination will depend
on number of teams signed up.
Single and double teams are welcome.**



Back To School Bash

August 27, 4-7 p.m.
School Age Care Center

Call (601) 679-2473 for more information!!!



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.

August

19: The Skate Odyssey, roller
skating rink, has been reserved for
all Liberty patrons from 7-9 p.m. Bus
will leave from the Library parking lot
at 5:30 p.m., stop at Sonic for dinner
before skating. Cost is \$5 per person.
Please pay and register at the Liberty
Center. Minimum of 20 people needed
for event to run – NO REFUNDS
(unless trip is cancelled).

22: Dog Day Sunday
Free hot dogs, chips and soda
served to Liberty participants
beginning at 1 p.m.

24: Double Elimination Pool
Tournament begins at 7 p.m. in the
Liberty Center. No entry fee --
prize awarded to the winner.
Register the day of the event at
the Liberty Center.

26: Free bowling to all Liberty
patronage at McCain Rec Center
from 6:30-8:30 p.m.

29: Birthday Bash
A celebration of August birthdays!
Free cookies and soda will be
provided at 7 p.m. in Liberty Center.

31: National Trail Mix Day
While supplies last, you can make
your own bag of trail mix at the
Liberty Center for free beginning
at 6 p.m.

The Hunt for the Golden Ticket is On! Text MeridianMWR
to 30364 to get the clue sent straight to your cell
phone. *standard text messaging rates apply.



MWR

Mission First... Sailors Always

AT THE MOVIES

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

Admission: Free!

- Aug. 21: "Fury Vengeance" (PG)
- Aug. 24: "Field of Dreams" (PG)
- Aug. 25: "Kick Ass" (R)
- Aug. 28: "Just Wright" (PG)
- Aug. 31: Happy Gilmore" (PG-13)
- Sept. 1: "Death at a Funeral" (R)
- Sept. 4: "Ironman 2" (PG-13)
- Sept. 7: "The Back Up Plan" (PG-13)
- Sept. 8: "Why Did I Get Married" (PG-13)
- Sept. 11: "Bend It Like Beckham" (PG-13)
- Sept. 14: "Nightmare on Elm Street" (2010) (R)
- Sept. 15: "The Ghost Writer" (PG-13)
- Sept. 18: "A League of Their Own" (PG-13)
- Sept. 21: "The Losers" (PG-13)

Fitness Center

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
Fridays ~ Noon: Water Aerobics

Fitness Center Policy: The Sonny Montgomery Fitness Center will conduct a 100 percent ID check of all fitness center patrons.
 1.) ID check will be administered to ALL unless wearing issued 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 in its temporary location in Building 266 (Behind Starbase Atlantis). Call (601) 679-2367.

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.
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)



Don't forget your card!

MWR recently introduced frequent diner program at its restaurants. The cards reward customers for eating regularly at the MWR dining facilities by giving them a free meal for every 10 meals they purchase.

~~ MWR News ~~

Don't forget that the **CDC/SAC** has spaces available for drop-in care. For more information, call (601) 679-2652.

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

Do-It-Yourself at the Outpost
 The Outpost has auto lifts that rent for \$4 an hour and stall rentals that start at \$3 per hour. Call (601) 679-2609.

Rudders hosts Hip Hop Night is every Tuesday and Saturday beginning at 7 p.m. Staff Night will be Aug. 26 beginning at 3:30 pm. Wednesday is Ladies Night!

MWR POV Lot now has two covered parking slots available. Sizes are approximately 15'x30'. Fees for covered slots are \$30 month or \$300 annually. Call (601) 679-2609 for more details & size information.

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 7:45 a.m.-5:45 p.m. Stop by the Pro Shop today and stock up on new golf gear!

Ponta Creek Golf Course

Weekday Special:

18 holes, green fee and cart for only \$20 -- Monday through Thursday



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.

Electronics/Musical

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

RIGID 10-inch contractor table saw, heavy duty cast iron table top. Asking \$600. **RIGID 10-inch compound miter saw and RIGID mobile miter saw stand combination.** Asking \$300. **Cub Cadet 54-inch, 26 HP Kohler Hydrostatic Super Lawn tractor,** Asking \$2,000. **Champion 5500 watt mobile generator.** Asking \$375. Call Jerry at (904) 505-3797.

Household Items

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

Twin metal bed frame, asking \$10, **Simple drafting table,** asking \$8. Call (757) 472-1189 before 8 p.m.

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

Twin Basset mattress, hardly used, \$35; **trampoline,** \$75 OBO. Call Call (904) 315-1556 or (904) 505-3797.

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

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

Automobiles/Accessories

NEW Item! 2007 Chrysler Pacifica, dark blue, aprox 55,000 miles, new tires, 6 disc CD changer with additional CD player in radio. Asking \$14,500. Call (601) 934-6284 or (601) 986-5403.

2004 Honda Civic EX, excellent condition, new tires lights etc. Asking \$7,000. Call (601) 323-1003.

1999 Nissan Altima, brown with tan cloth interior, power windows and locks. 135k miles. Asking \$3,700 OBO. Call (904) 803-8776.

1994 Lincoln Town Car, AM/FM radio with cassette player, 162k miles, white with blue leather interior. Asking \$2,400. Call Betty at (601) 679-7649 or (601) 479-1278.

2000 Mitsubishi Mirage Coupe. 2-door, PW, DR LOCKS, cold AC, CD player. Asking \$3,000. Call (601) 917-6935 for more info.

1991 Toyota Celica GT Convertible, 120K miles, red with black power top, gray cloth interior, 2.2L 4 cyl, Automatic, A/C, CD, fog lights, PW, PL,

Sale ... or

newer alloy wheels. No rust, interior clean with no cracks or rips, 25-30 mpg, a reliable and fun daily driver but one top latch needs repair. Top is serviceable but worn. Asking \$1850. Call (703) 586-7564

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

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 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

NEW Item! 2006 Honda 600 VTX, 3,500 miles with new windshield. Great bike in very good condition. Asking \$3,500. Call (601) 632-1167.

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

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

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

Homes/Apartments

NEW Item! For Sale/Lease: Dalewood property with awesome view of main lake from the large covered front porch. Open floor plan, surround sound hook up, vaulted ceilings in the great room with large brick fireplace. Large deck on the side of the house with beautiful lake view and hot tub that stays with house, perfect area for entertaining. Only 15 miles from NAS. Approximately 2,000 sq ft. Asking \$143,000 or lease for \$1,300 per month. Call (601) 938-1116 or (769) 798-1399.

NEW Item! For Sale: 1625 sq ft. 3 BR, 1.5 BA, den, living room, dining area & sunroom on 0.8 acres. Huge back yard, patio, landscaped, very private. Quiet neighborhood, North Hills area Poplar Springs school district. Asking \$110,000. call Jared at (60) 513-7161 or Stacy at (601) 604-4659.

NEW Item! For Rent: One bedroom furnished apartment includes washer & dryer. Quiet area. Water paid. Two persons max. References

required. \$400/month \$250 deposit. (601) 693-1708

For Sale/Lease: 3BR/2BA home, 5 years old. Located in Plum Point, close to North Hills St. and Poplar Springs Elementary School. Brick home, 1639 sq ft, 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 \$164,900. Call (808) 554-0523. e-mail: ctfitz@yahoo.com

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: House on 5+ acres located at 8180 Hwy 493, 4 BR/2 BA, stainless steel appliances, new floors, new roof, new AC unit. 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 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

Acreeage

NEW Item! Beautiful one acre lot in Magnolia Lake Estates subdivision. Lot is cleared, leveled and ready to build your dream home. Located in the West Lauderdale School District, close to Meridian and NAS. Call (601) 986-2732 or (601) 616-8889.

Wanted to Buy

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

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

Miscellaneous

English Bridles, asking \$10-30, **English velvet show helmet** size medium, asking \$20. Call (757) 472-1189 before 8 p.m.

ATV Blade with tapered design and aggressively curved profile steer dirt or gravel away from the surface you're clearing. Made from heavy-duty 11-gauge steel backed up by extra-heavy ribbing. 54" Blade angles from 20.8" height down to 15" height. It has a manual lift and is very easy to use. Very easy to hook up. Asking \$350, call (601) 479-7902. Can e-mail photos.

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.

● Museums

University of Mississippi Museum and Historic Houses,

Walter Anderson Museum of Art, Ocean Springs

Birmingham Museum of Art, Birmingham

Huntsville Museum of Art, Huntsville

Mobile Museum of Art, Mobile

Museum of Mobile, Mobile

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.



Help DoD be more efficient...

Defense Secretary Robert M. Gates is asking all DoD military and civilian employees to submit their ideas to save money, avoid cost, reduce cycle time and increase the agility of the department. This contest, called the INVEST Awards, will reward with cash prizes those who submit the best ideas for improving efficiency. Ideas will be accepted via the Web site: http://www.defense.gov/home/features/2010/0710_invest/ through Sept. 24. Twenty-five final winners will be announced in October. If you have any questions, please refer to the FAQs or e-mail INVEST@osd.mil.

Customers get more in August when applying for MILITARY STAR Card at NEX

For the month of August, customers who apply for and get approved for a MILITARY STAR Card will receive a \$5 NEX holidayclub Saving Card and two free eco-friendly NEX shopping bags.

Among the MILITARY STAR Card's many benefits include 10 percent off the first day's purchases (up to the customer's credit limit), low interest rate, 24-hour Customer Service, including online access, zero percent interest promotions and no annual fee. MILITARY STAR Card applications are available at all NEXs worldwide.

The NEX holidayclub Saving Card is a pilot program that allows customers to save money for the holidays and earn a three percent bonus to the card balance as of Oct. 2, 2010. The 3 percent bonus will be added to their Savings Card on Nov. 1. The NEX holidayclub Saving Card just like the NEX Gift Card has no fees and no expiration dates.

Customers receive a five cent credit toward their purchase for every eco-friendly bag used for the purchase.

De-stress for successful life, career

Stress is an everyday fact of life. We all experience it. Too much stress, however, can be harmful to your health. When stress has reached an unhealthy level, you may begin to notice certain signs and symptoms. Thoughts and feelings become entangled with physical responses. Often the results are expressed in our behavior.

Below is a list of common stress-related signs and symptoms. Everyone experiences a few of these from time to time, but if you routinely experience them – or if the number of them is increasing – you could use some new skills for responding to stress more effectively.

Physical symptoms of too much stress:

Chest pain
Clenched jaw
Cold, sweaty palms
Insomnia
Dry mouth
Nausea
Fatigue
Frequent illness
Frequent urination
Grinding of teeth
Headache
Tight throat
Dry or itchy skin (or skin rash)
Constipation or diarrhea
Increased perspiration
Indigestion or heartburn
Racing or pounding heart
Rapid, shallow breathing
Rise in blood pressure
Stomach changes or pain
Trembling or shakiness
Weight change

Impaired sexual function

Stressful thoughts and feelings:

Anger
Anxiety
Apathy
Sadness
Defensiveness
Suspiciousness
Helplessness
Hopelessness
Irritability
Feeling of insecurity
Lack of direction
Worthlessness
Nightmares
Racing thoughts
Feeling of impending danger or doom
Panic
Cynicism
Restlessness
Depression
Mood swings

Stress-related behavioral changes:

Angry outbursts
Avoiding social activities
Being late
Overeating
Loss of appetite
Change in sleep patterns
Difficulty concentrating
Excessive worrying
Forgetfulness
Impatience
Procrastination
Increased arguing, complaining, crying
Increased smoking, use of alcohol or drugs
Increased use of sick time
Change in religious practices

Neglecting responsibility
Nervous twitch or habit
Poor job performance
Neglect of personal hygiene
Decreased interest in sex
Increase in accidents or injuries
Inability to enjoy the activities you used to enjoy

Getting a handle on out-of-control stress is a must. The following is a list of strategies for handling stress:

- ✓ Daily exercise
- ✓ Massage
- ✓ Deep breathing
- ✓ Getting more sleep
- ✓ Skipping that second cup of coffee
- ✓ Eating a good breakfast and lunch

Relaxation techniques

- ✓ A new attitude. Try think of problems as puzzles to solve
- ✓ Building a “stress barrier,” don’t take work problems home or home problems to work
- ✓ Taking 30-second breaks to stretch or look out the window
- ✓ Finding the humor in daily situations

Awareness is the first important step to taking charge of unhealthy stress. Make some positive changes such as those suggested above to de-stress. If you feel really stressed out for more than 10 days, look into what help is available. The FFSC has counselors who can instruct you in various techniques for reducing stress. Call 601-679-2360 to make an appointment.

From Fleet & Family Support Center
Counseling Staff

Yellow Ribbon Program strong for 2010-2011

WASHINGTON (NNS) -- Paving the way for recipients of the Post-9/11 GI Bill to attend higher-cost schools, the Department of Veterans Affairs (VA) has entered into more than 3,200 agreements with more than 1,100 schools for the upcoming academic year under the "Yellow Ribbon" program.

Schools can enter into multiple agreements with VA to accommodate different programs of study offered.

"We are pleased that so many institutions are joining us to support the educational goals of the men and women who served this Nation so honorably," said Secretary of Veterans Affairs Eric K. Shinseki.

The Yellow Ribbon program, a key provision of

the new Post-9/11 GI Bill, allows VA and participating educational institutions to share in supporting students attending high-cost schools.

Normally, the VA-administered Post-9/11 GI Bill reimburses students for tuitions that don't exceed the highest in-state undergraduate tuition rate for a public institution. Under the Yellow Ribbon program, when schools contribute to the difference between the in-state maximum and their usual cost, VA will match them dollar for dollar up to 50 percent of the difference.

The Yellow Ribbon program is reserved for Veterans eligible for the Post-9/11 GI Bill who served at least 36 months on active duty or served at least 30 continuous days before being

● **Yellow Ribbon, page 19**

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.

Command Financial Specialist (CFS) Training: Aug. 23-27 from 8 a.m.-4:30 p.m. Each command with at least 25 active duty service members is asked – in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 – to select individuals to attend CFS Training. Commands are required to maintain a ratio of one CFS to every 75 active duty personnel. Current CFSes must attend CFS Training every three years to remain active. Only E6 & above service members are eligible to attend this training and serve as CFSes. For more information about eligibility, or to register for the class, please contact the FFSC.

Controlling Anger: Aug. 30 from 2-3 p.m. Everyone gets angry every now and then from normal frustrating life events, but some people handle angry feelings better than others. If you frequently “blow up” or if the way you currently handle anger is threatening your relationships and/or work, come to this workshop to learn better anger management techniques.

Car Buying Strategies: Aug. 31 from 9-10:30 a.m. Are you in the market for a new or used car this holiday season? Attend this workshop for useful strategies to help you avoid getting swindled or stuck with a “lemon.” We'll cover topics such as: the car purchase, financing, trade-ins, fair price and negotiations, your legal rights, and insurance.

Navy Exchange promotes healthy environment through reusable bags

In continuing our efforts to be responsible stewards of the Sailors' dollars and our environment, the NEX will be promoting the use of reusable bags.

Bring a reusable bag into the NEX and use it for your purchased goods instead of a plastic NEX bag, and you will receive a five cent credit per reusable bag used. The five cent credit will apply to the following eco-friendly reusable bags:

- ✓ All bags, shopping bags, and totes that are classified as reusable. This includes all reusable bags purchased from any store not just the NEX reusable bag program.

- ✓ It does not apply to a disposable plastic bag, NEX logo or other store that a patron may bring into the store for reuse.

- ✓ No credit is given when a bag is not needed or desired by the patron for the purchase.

The NEX goal is to reduce our plastic bag usage by 10 percent in 2010. The ways forward on this goal include:

- ✓ Increase the average number of items in each bag.

- ✓ Using the right size bag for

Did you know?

Society's consumption rate is now estimated at well over 500 billion plastic bags annually, or almost 1 million per minute.

According to The Wall Street Journal, the U.S. goes through 100 billion plastic shopping bags annually. An estimated 12 million barrels of oil is required to make that many plastic bags.

Plastic bags cause more than 100,000 sea turtle and other marine animal deaths every year when animals mistake them for food.

The NEX distributed just under 53 million bags in 2009 at a cost of \$860,095.

An average family of four will use more than 2000 plastic bags per year.

the purchase.

- ✓ Using a sold sticker instead of a bag when it is agreeable to the customer.

- ✓ Determine if the customer requires a plastic bag for small or single item purchases.

- ✓ Promote the benefits on using a reusable bag.

Military Discounts

The following businesses in Meridian offer various military discounts.

You must show military ID.

15 percent

Foot Locker, Bonita Lakes Mall, (601) 483-4064

New York & Company, Bonita Lakes Mall, (601) 485-9262

10 percent

SAGE Coffee & Books, 2304 Front St. (601) 429-5180 (www.sagecoffeeandbooks.comcastbiz.net)

Lowe's, 100 15th Place, (601) 696-4311 (Must have military ID and request discount at check out)

Sake Sushi, Meridian Crossroads Shopping Center, (601) 482-8288

The Hot Spot, 2500 North Hills St. (601) 693-4344.

Wash, Dry & Fold, Broadmoor Shopping Center, (601) 693-8004

Nick & Al's Pizzeria, 1910 Highway 19 North, (601) 693-0100.

China Buffet II, 2210 N Frontage Rd, (601) 693-2188

Popeye's Chicken & Biscuits, 2 Meridian locations
Burger King,

2 Meridian locations

MidSouth Tires, Meridian (10 percent on service work and 5 percent on tire purchase)

Cater's Market, Meridian, (601) 482-5515

Plant the Earth, 7802 Poplar Springs Drive, (601) 485-7030

Squealer's BBQ, 2442 North Hills St., (601) 693-0910; and
886 Highway 19 S, (601) 483-2727

La Familia Mexican Restaurant, 725 Front Street Extension, (601) 482-4232

5 percent

Quizno's Classic Subs, 4811 29th Ave., (601) 485-8111

Coupon required

Bonita Lakes Cinema

offers a military discount, but requires a discount coupon.

Coupons are available at the ITT Office at the NAS Meridian

Triplett Library. Coupons good after 6 p.m. only

Sprint offers a military discount.

Military Discount

Town & Country Properties, 2208-2334 Front St., Meridian. 75 percent off security deposit on any downtown apartment rental with 12 month lease. Prices from \$500 to \$850 per month,

50 percent off pet deposit, normally a one time fee of \$300.

(601) 480-8985



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It's Your Turn...

In celebration of the 2010 chief selectee announcement, we asked these Sailors, "What's your best advice for the selectees."

Photos by MC2 Flordeliz Valerio



AOC Bobby Lee
Weapons Officer

"Look at the bigger picture. Your actions now more than ever effect you, your Sailors, your mess and your Navy. Anchor up!"



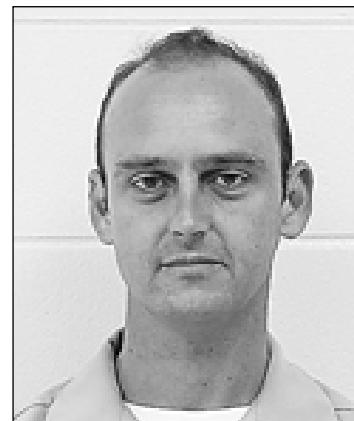
ACC John D'Arcy
Air Traffic Control LCPO

"Realize that your success is only possible by helping junior Sailors succeed. Remain selfless and continue to draw strength through positive mentoring up and down the chain of command."



MAC Clarence Hoffman
Deputy Security Officer

"Take the time to teach your junior Sailors. Be the expert at your job. Support the chain of command and communicate."



LSC Steven Williamson
LS "A" School LCPO

"Don't forget where you came from. (Remember) it was everyone that worked with you that allowed you to do the things you needed to get here."



AZC Mike Nelson
CNATT Learning Site, CPOIC

"Absorb as much knowledge as you can in the next few weeks, and never stop learning."

● Yellow Ribbon

discharged due to a service-related injury.

VA launched a special outreach effort in January 2010 to encourage more schools to participate in the program during the coming academic year. VA extended the original deadline for schools' participation decisions, originally set for May 21, to July 23 because of overwhelming interest in the program.

Letters were also mailed to school officials and reminder e-mails sent to promote maximum participation. In 2010, the application process was streamlined to allow schools to fax and e-mail agreements to VA, rather than send through regular mail.

The Post-9/11 GI Bill, passed by Congress in 2008, is the most extensive educational assistance program authorized since the original GI Bill was signed into law in 1944.

The maximum benefit allows every eligible Veteran, service member, reservist and National Guard member an opportunity to receive an in-state, undergraduate education at a public institution at no cost.

The program includes payments for tuition and fees (paid directly to the schools), a housing allowance and a books and supplies stipend.

For information on specific schools participating in the Yellow Ribbon Program, go to www.gibill.va.gov/GI_Bill_Info/CH33/YRP/YRP_List_2010.htm. Additional information about the Post-9/11 GI Bill, as well as VA's other educational benefits, can be obtained by visiting VA's Web site www.gibill.va.gov or by calling 1-888-GIBILL-1 (or 1-888-442-4551).

From the Department of Veterans Affairs

● Training

controlled chaos, the drill instructors stopped their yelling and took a moment to congratulate the educators because they survived the first two minutes of Marine Corps recruit training. The educators then took a tour of the rest of the receiving process by their drill instructor guides.

"On the yellow footprints, I felt confused because there were so many commands, I didn't know what to listen to and I could hardly understand the drill instructors," said Nicole Clark, history teacher, Karen Wagner High School, San Antonio.

"It's like they speak a different language."

The educators attended classroom briefs describing the entire enlistment process, including recruiting, joining the Marine Corps, boot camp graduation, the Fleet Marine Force, and Marines' lifestyles.

"If my students were interested in the Marines, I would talk to them about it and find out why they were interested," said Dave Stritz, assistant principal, Belleville High School, Belleville, Texas. "From what I've seen, they would have to be very committed because for 13 weeks, a recruit must go through a lot of mental and physical challenges."

The educators continued touring many training sites around the depot. They watched demonstrations of water survival training at the depot Swim Tank; Marines tackle the Confidence Course; and received a class and some brief hands-on training with the Marine Corps Martial Arts Program.

"What surprised me most about this workshop was learning about the structured days and the non-stop activity of the recruits," said Stritz. "I heard they were busy, but to actually witness it first-hand, they are really doing something every minute of the day."

Educators also watched a demonstration of the modified Bayonet Assault Course, and were offered a chance to run through the obstacles themselves. They maneuvered through the course; crawled through tunnels; and navigated a rope bridge, suited in flak jackets and Kevlar helmets while carrying rubber M-16A2 service rifles with training bayonets attached before engaging training targets at the end of the course.

"I have a deep appreciation of how physically strong these recruits are because of the stamina required to go through the course and hold their rifle correctly while low-crawling," said Ashley Philipps, world geography teacher, Summer Creek, Houston,

Texas. "I go to the gym and use a treadmill, but this is a whole new level of being physically fit."

The educators traveled to Marine Corps Air Station, Miramar, and Weapons and Field Training Battalion, Edson Range, Marine Corps Base Camp Pendleton, Calif., as well. There, they got a closer look at some of the aircraft the Marine Corps uses, fire computer-generated weapons in the Indoor Simulated Marksmanship Trainer and participated in the 12-Stall obstacle at Edson Range. During 12-Stall, recruits overcame 12 problem-solving obstacles using teamwork and the limited resources they were given.

Educators leaving the depot said that they now have a better understanding of the Marine Corps and its young men and women.

In addition, educators may also take some tips from the depot.

"I think it would be beneficial for all teachers to see how drill instructors teach recruits, said Stritz. "Teachers can learn from drill instructors in the way they repeat things. I definitely see a correlation between what drill instructors do and what teachers do. The drill instructors are very thorough and make sure the recruits understand what they are being taught."

Defense Secretary Gates meets, encourages future Navy SEALs

By MC2 Kyle Gahlau
Naval Special Warfare Public Affairs

SAN DIEGO (NNS) -- Secretary of Defense Robert M. Gates visited SEAL candidates in training today at Naval Special Warfare Center.

The visit was part of an itinerary that included stops at several military installations in San Diego Aug. 12-13.

Gates met candidates of Basic Underwater Demolition/Sea, Air and Land (BUD/S) class 284 as they were training on the beach during what is known as 'Hell Week.'

"First of all you volunteered for the Navy and then you volunteered for this," said Gates to the class.

After praising the class, Gates officially secured them from their 107-hour ordeal. During Hell Week, candidates endure constant stressful training with little sleep, which is why it is considered one of the most arduous evolutions of the 50-week SEAL candidate training at the Center. Long distance swims, small boat handling and navigation, strength conditioning drills and other team-work-building exercises are conducted night and day until the candidates are given permission to secure from training, usually by a major official.

"You are the best and we are in a tough fight, and I wish you the very best." said

Gates. "Class 284 you're secured from Hell Week!"

"The Navy has made recruiting high-quality SEAL candidates a top priority," said Naval Special Warfare Center Commanding Officer Capt. Bill Wilson. "The students now arriving are the best prepared physically and mentally we've seen."

"Chief of Naval Personnel, Vice Adm. Mark Ferguson has personally become involved in assuring we are well-resourced and we appreciate his leadership immensely," Wilson said.

Gates was sworn in Dec. 18, 2006, as the 22nd SECDEF. He is the only SECDEF in U.S. history to be asked to remain in office by a newly elected president.

Naval special warfare is the maritime component of U.S. Special Operations Command and is the Navy's special operations force. The community is composed of more than 7,500 personnel, including 2,300 SEALs and 600 special warfare combatant-craft crewmen (SWCC), along with military support personnel, Reserve components and civilian staff. SEALs and SWCC focus on missions involving irregular warfare, direct action, anti-terrorism, special reconnaissance, foreign internal defense, information warfare, security assistance, counter-drug operations, personnel recovery and hydrographic reconnaissance.



Photo by MC2 Kyle D. Gahlau
Secretary of Defense Robert M. Gates congratulates a candidate from Basic Underwater Demolition/Sea, Air and Land (BUD/S) class 284 after securing him and his peers from Hell Week. During the 107-hour Hell Week, dozens of candidates endure constant stressful training with little sleep, making it one of the most arduous evolutions of the 50-week SEAL candidate training at the Naval Special Warfare Center in San Diego.

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