

Meridian earns Community Service Awards

By Penny Randall
Staff Writer

Each year the Navy recognizes outstanding community service projects in three divisions: Sea, Shore and Overseas Commands.

Awards are presented in five flagship categories: Personal Excellence Partnership; Health, Safety and Fitness; Campaign Drug Free; Project Good Neighbor; and Environmental Stewardship.

Navy Region Southeast recently announced the winners from the regional competition for the 2009-2010 program year, and Naval Air Station Meridian has proven once again that it is dedicated to community service.

Competing in the Shore Category (200-499 members), NAS Meridian earned first place honors in three flagships including Health, Safety and Fitness; Environmental Stewardship; and Project Good Neighbor.

Contributions in the Health, Safety and Fitness came through NAS Meridian's participation in Area 5 Special Olympics fall games, Northeast

● **Service, page 13**



Photo by Penny Randall

Special Olympic athlete Courtney Dearing is helped around the softball field by LSSA Andrew Mendenall, a student at Naval Technical Training Center, during the Area 5 Special Olympics Fall Games on board NAS Meridian, Sept. 30. Events included bowling, golf, soccer skills, softball skills and equestrian.

Military spend day with Special Olympians

By MC2 Flordeliz Valerio and Penny Randall
Staff Writers

Buses filled with students, teachers, and their parents lined the road to the front gate of Naval Air Station Meridian on a perfect sunny day of Sept. 30. At the same time, volunteers were gathering at the installations youth center for the opening ceremony of this year's Area 5 Special Olympics Fall Games.

Nearly 250 athletes from 22 schools from Clarke, Kemper, Newton and Lauderdale counties participated in this year's games.

The ceremony began as NAS Meridian Executive Officer Cmdr. Ed Donohoe welcomed guests and athletes, followed by the presentation of colors by the Ceremonial Detail Team. Chief Aviation Structural Mechanic Tonjala Chavious had the honor of reading the Special Olympics Oath and was assisted by two Special Olympic athletes from the audience.

"Let me win...but if I cannot win... let me brave in the attempt," was shouted out by everyone.

Due to construction at the fitness center, events were held in several different locations. The youth center was home to events such as softball skills, soccer skills and basketball. Other events included

● **Special Olympics, page 11**

On Base...

✓ Halloween Crafts for Kids: FFSC

will host the event on Oct. 27 from 2:30-4 p.m.

Children, ages 3-12, are invited to create spooky Halloween crafts!

Registration is required for preparation of materials! Call (601) 679-2360.



✓ Navy-Marine Corps

Relief Society: Beginning

Oct. 1 the NMCRS office will change hours of operation.

The office will be open Tuesdays and Thursdays from 9 a.m.-1 p.m.

✓ 3rd Annual NEX-to-NEX Breast Cancer

Awareness Walk: Oct. 26 at noon. Walkers should gather in the front parking lot by the main Meridian NEX. Water will be provided and the NEX will host a cake cutting after the walk.



✓ Autumn Fest: Set

for Oct. 29 from 4:30-7:30 p.m. at Bernath Field. The event is for the entire family and will have activities and fun designed to welcome in the fall weather.

Photo of the Week

ARABIAN SEA -- Naval Air Crewman 3rd Class Joseph Montalvo performs a pre-flight inspection on the tail rotor of an SH-60F Sea Hawk helicopter assigned to the Dusty Dogs of Helicopter Anti-submarine Squadron (HS) 7 aboard the aircraft carrier USS Harry S. Truman (CVN 75). HS-7 is deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

Photo by MC2 Kilho Park



Legal assistance attorney on board Meridian Oct. 19-21

A legal assistance attorney from NAS Gulfport will be on board NAS Meridian Oct. 19-21 in the Legal Office (Administration Building 255, Suite 222), to assist with the following:

- A power of attorney or a will, medical directive
- Help with State tax exemptions
- Help with family issues, military issues, or consumer law issues

Appointments are required and can be made by calling the NAS Meridian Legal office at (601) 679-2340. This service is available to active duty military, retirees, and their dependents.

THE Skyline

~ Naval Air Station Meridian, Miss.

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— Area Happenings —

OCTOBER

14-17: Meridian Community College Arts and Letters Series presents "Cinderella." The play will be in MCC's McCain Theatre, 910 Hwy 19 North. Show times are at 7 p.m., except on Oct. 17 at 2 p.m. For information, call (601) 484-8696.

16: Sam Dale Volunteer Fire Department will sell Hickory Smoked Boston Butts as a fundraiser for the department. Pre-order the butts by calling Greg Davis at the Daleville Country Store at (601) 681-8282. The meat will be ready to pick up on Oct. 16 at the Sam Dale Memorial Park Pavilion. Cost is \$20.

23: Daleville Community Book Swap from 8-11 a.m. at the Sam Dale Memorial Park Pavilion on Highway 39 North. For more information, call the Rev. Vicki Gladding at (601) 616-8596.

24: The Riley Center features "Rhythm of Dance" presented by The National Dance Company of Ireland. Performance is at 4 p.m. Tickets are \$35 and \$29. The MSU Riley Center is at 2200 5th St. For more information, call (601) 696-2200 or visit www.msurileycenter.com

30: 2010 Blues Fest and Birthday Bash featuring: J. Blackfoot, Omar Cunningham and Mississippi's own Jody and Love Undercover Band featuring Patricia Allen. The festival will be held at the Frank Cochran Center, 1725 Carousel Drive. Doors open at 7 p.m., show starts at 8 p.m. Tickets are \$20 in advance, \$25 at the door. For information e-mail terry@tmortonproductions.com or call 800-725-6450.

NOVEMBER

5-6: Meridian Little Theatre Ladies Guild's Annual Fall Variety Sale at theatre on Highway 39 North. Hours are Nov. 5, from 9 a.m.-5 p.m. and Nov. 6, from 9 a.m.-3 p.m. The Guild is a non-profit organization and all funds raised are used for the benefit of the theatre. Items for sale include, men's, ladies, and children's clothing and accessories, toys, household items, linens, knick-knacks, electronics, furniture, and other items too numerous to mention. For information, call (601) 482-6371 or Nancy Myers at (601) 462-9312.

17: Dailey & Vincent perform in concert at the Riley Center at 4 p.m. Tickets are \$28 and \$22. In two short years, this duo racked up 10 International Bluegrass Music Association (IBMA) Awards, including Entertainer of the Year for two years running and Album of the Year in 2008. Call (601) 696-2200 or visit www.msurileycenter.com.

Pfc. Holly Lange

**MATSS-1 Student
Hometown: Charleston, S.C.**

Pfc. Holly Lange knew she wanted to be a Marine.

"I became a Marine to better my life, and to be part of the best," said Lange who is a student at Marine Aviation Training Support Squadron One. "I wanted an ultimate challenge and the Marine Corps does that for me."

The daughter of John and Angela Lange, Pfc. Lange also has one brother, John Jr.

Her hobbies include surfing, soccer and art.

"I'm looking forward to learning about my MOS and finishing school. I can't wait to see where I go next. I had a blast at Marine Combat Training firing the M240," Lange said.

The people she most admires are her parents.

"They are supportive of me no matter what," Lange said.

OOORAH!**Pfc. Krista Zielinski**

**MATSS-1 Student
Hometown: Wildwood Crest, N.J.**

The Marine Corps is a family tradition for the Zielinski's.

"I joined because my father was a Marine and I wanted to make him proud," said Pfc. Zielinski.

"I'm looking forward to finishing up school and hopefully getting to deploy."

The daughter of Paul and Rose Zielinski, Pfc. Zielinski has one brother, Andrew.

Her hobbies include fishing, boating, tennis and spending time at the beach.

Zielinski said she enjoyed Marine Combat Training very much.

"Firing the machine guns and all the different weapons made for a very memorable experience," she said.

The person she most admires is her mom. "She is a strong-willed person, and very supportive," Zielinski said.

**Amos confirmed as Marine Corps commandant**

By Donna Miles

American Forces Press Service, Headquarters Marine Corps

WASHINGTON -- The United States Senate recently confirmed Gen. James F. Amos as the 35th Marine Corps commandant, to replace retiring Gen. James T. Conway who has served in the post since November 2006.

The voice vote makes Amos the first career aviation officer to hold the top Marine post. He is slated to be sworn at an Oct. 22 ceremony at Marine Barracks Washington, officials reported.

The Senate's confirmation vote makes Amos, who has served as assistant commandant since July 2008, a member of the Joint Chiefs of Staff.

The Senate also confirmed Lt. Gen. Joseph Dunford, commander of I Marine Expeditionary Force, to serve as Amos' deputy.

During his Sept. 21 confirmation hearing, Amos vowed to make winning the war in Afghanistan his top priority. Amos added that he'll be forthright in assessing the Marine Corps' needs.

"I am keenly aware of the challenges our nation faces today, and likely will face in the future," he told the Senate Armed Services Committee. "And, I understand the critical role of our expeditionary forces."

In the biggest headline-making comments during the hearing, Amos told questioning lawmakers he personally opposes repeal of the "Don't Ask, Don't Tell" law that prohibits gays and lesbians from openly serving in the military. He vowed, however, to ensure that whatever is decided regarding the law, he would ensure that it is enforced.

Amos credited Conway with producing what he said are the best Marines in decades.

"Our Marines have never been better trained, or better led," he said. "They are simply magnificent."



Amos

Camp Lejeune to see firing range upgrades

By Tom Kreidel

NAVFAC Mid-Atlantic Public Affairs

NORFOLK, Va. (NNS) -- Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic awarded a \$12.3 million firm-fixed-price contract Sept. 28 to Virtexo Corporation of Norfolk, Va. for improvements to K-ranges at Marine Corps Base Camp Lejeune.

The project will result in the construction of five ranges that will support machine gun, shoulder launched weapons and mortar training. It calls for new modernized firing ranges with targets that will replace old stationary targets with pop-up and moving targets that will electronically record target hits.

"The old system relied on the plink sound of the round hitting the target," said David Black, the senior project manager for NAVFAC Mid-Atlantic. "These new targets

● **Camp Lejeune, page 16**

***MATSS-1 Marine Corps Ball ~ Nov. 13, 2010***

Cocktail hour 5 p.m.; Ceremony begins at 6 p.m.

Silver Star Casino Ballroom in Philadelphia

For tickets contact: Staff Sgt. Cuellar at (601) 679-2775; or Sgt. Iannarelli or Sgt. Ferguson at (601) 679-3684

In the Spotlight

Happy Birthday...

Happy Birthday to Zack Parry who celebrates his 16th birthday on Oct. 24.



Love Mom, Dad, Sammy and Matt.

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

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 vaccinations

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.

Oct. 30 concert salutes Meridian Symphony Orchestra's 50th birthday

The Meridian Symphony Orchestra continues the celebration of its 50th birthday on Oct. 30 at 7:30 p.m. at the MSU Riley Center. The ever popular Concert Preview featuring Maestro Claire Fox Hillard and guest artist Robert Belini, will begin at 6:30 p.m.

With Maestro Hillard at the helm, the Orchestra's second concert of the season will showcase, arguably the most diverse music program in its history.

The initial MSO concert featured an introduction to the four sections of an orchestra -- strings, woodwinds, brass, and percussion. With that information in hand, the audience will have the opportunity to apply it as they are treated to an orchestral cornucopia. This is a program with a "strings only" opener, followed by a concerto with Guitar soloist, Robert Belinic, all topped off with a huge symphony that will literally leave you enthralled, enriched, and ecstatic at its joyous conclusion.

Everyone present will be familiar with Samuel Barber's "Adagio for Strings", by tune if not by title. Composed in 1936 as part of a quartet, it has become America's unofficial "national song of mourning", played at the deaths of President Roosevelt and John F. Kennedy. It has been heard in dramatic movies, namely, "Platoon", "The Elephant Man", and "Lorenzo's Oil". Until recently it was the highest selling classical piece on iTunes.

It may be helpful to the listener to be aware of the scheme this music takes, and realize what is happening. The piece takes an arch form, slowly, but steadily rising to a peak - with strings shimmering - only to gradually, with variations of the original melody, fade into the distance. It is all strings, all pensive and all passionate music. Though exquisitely beautiful, the "Adagio" has been referred to by some as the "saddest classical work" ever! However you describe it, this is one of the most rapidly recognizable classical pieces you'll ever hear. And it was composed, not by some European two hundred years ago, but by an American in 1936.

"Concierto de Aranjuez", written in 1939 by blind Spanish composer Joaquin Rodrigo, was inspired by the restored gardens at the spring resort palace of Ferdinand VI. Again we have music that will evoke, "Oh, I've heard this tune on TV, or in the Movies!" Sure you have, and you'll be delighted to hear it now from start to finish!

This concerto for Guitar and Orchestra will showcase the talented and internationally acclaimed Robert Belini. Trained in his native Croatia, and later receiving a Master's Degree in Classical Guitar in Augsburg, Germany, Belini has performed as soloist throughout Europe and in America.

The music itself is unmistakably Spanish, yet it captures the essence of magnolia fragrance, gushing foun-

Locals learn about educating the military child

By Penny Randall
Staff Writer

On Sept. 29-30, the Military Child Education Coalition facilitated a professional development workshop titled Transition Counselor Institute-Phase One for local educators, military parents, family service providers, and community leaders.

NAS Meridian's School Liaison Officer Cynthia McDonald assisted in the coordination of the two-day event held at the Hilton Garden Inn.

"The goal of the training is to help schools to recognize the challenges of the mobile military child and to develop or to enhance transition support programs for these children," McDonald said.

"On average, children of military personnel change schools at least nine times between kindergarten and 12th grade. Often these moves occur at critical stages in a child's academic career."

NAS Meridian Commanding Officer Capt. Charles Gibson opened the event by speaking to the group about the importance of high quality education in the



Photo by Matt Davis

Local area educators participate in the Transition Counselor Institute-Phase One training held at Hilton Garden Inn on Sept. 29-30, in Meridian.

community and to the ability to attract military personnel and their families to Meridian.

Other speakers included Billy Burnham, principal of Northeast Lauderdale Middle School and Kimberly Foster-Stubblefield of First Book-East Mississippi.

Local school districts were

invited to participate. Representatives from Northeast elementary, middle, and high schools were present.

"I found it to be very stimulating, enlightening, and meaningful," said Charlotte Kimbrough, Northeast

● **Workshop, page 19**



Belinic

tains, and singing birds- in the gardens of Aranjuez. In addition, it is interwoven with a rhythmic, vigorous spirit -- at times at a dazzling pace. This work will surely take the listener to another time and place!

Gustav Mahler's "Symphony No. 1 in D major", sometimes known as the "Titan", was revised to its present form in 1895 to 1896, after poor reviews at its 1889 Budapest premier. The music world simply was not prepared for the Neo -- Romantic, Bohemian innovations of this orchestral master musician. He enlarged

● **Symphony, page 12**

Safety is our Duty

MAKE HALLOWEEN A SAFE NIGHT FOR YOUR CHILDREN

Halloween is one of the most thrilling nights of the year for children, and also one of the most dangerous. Halloween can indeed be scary, with increases in pedestrian injuries, burns and falls among children.

Make this Halloween a time of safe frights by practicing these safety habits:

Pedestrians and Traffic

- Children should trick or treat in groups and be accompanied by an adult. They should never enter a home or an apartment unless accompanied by an adult.
- Visit only people you know in familiar areas.
- Carry a flashlight to see and be seen. Use reflective tape on costumes, bags and sacks.
- Do not cut across yards. Lawn ornaments and clothes

lines become "hidden hazards" in the dark. Tell your children to stay on the sidewalk at all times and to cross streets at crosswalks and intersections.

- Teach children to exit and enter cars on the curb side, away from traffic.

Costumes

- When purchasing a costume, check to be sure it's flame resistant.
- Make sure your costume lets you see and hear perfectly. You need to be able to watch and listen for cars.
- Make sure your costume fits. It's easy to trip on costumes that are too long or shoes that are too big.



- Wear light or brightly-colored clothing. Put "glow-in-the-dark" or reflective patches or strips on your costumes so drivers can see them better.

Decorations

- Use glow sticks or battery operated candles inside jack-o-lanterns instead of open flame candles.
- Keep candles, pumpkins with candles, matches and lighters out of children's reach.
- If you do use candles in your jack-o-lanterns, never leave them unattended.
- Remove obstacles from lawns, steps and porches when expecting trick-or-treaters.

- Indoors, keep candles and jack-o-lanterns away from curtains, decorations and other combustibles that could be ignited.

- Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory.

- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets. Don't overload extensions cords.

Treats

- Teach children to not eat treats until an adult checks them for tampering.
- Check any toys or novelty items for choking hazards to children less than three years of age.

Energy Saving Facts

Energy Recommendations for your home can save you money on energy and appliance and lighting repairs and replacement.

Keep hot water temperature on your hot water heater set for 120 degrees, and use a thermal blanket wrap to add additional insulation to prevent excessive heat loss.

Use a programmable thermostat, or get one if you do not currently have one. Set it to set back air temperature in unoccupied times at your home to 80 degrees during the day time. Then set it to return to your normal home temperature about one hour before you return home.

Use ceiling fans and raise your houses normal temperature by about two degrees. You won't notice the difference do to the constant air movement.

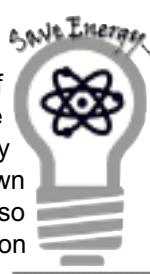
Use compact fluorescent lights everywhere you can instead of incandescents. They now have available high efficient lights for your ceiling fans light

kits use them as well. Install dust to dawn light fixtures on the outside of your house with the CFL's. You can even buy light kits with dust to dawn and motion detectors so the lights will only come on when motion is detected, as if someone comes to your front door.

Install solar screens or a good window film on your windows this will greatly reduce the amount of heat added to the inside of your home from the sun. Ensure your windows are all well caulked and the window seals themselves are in good shape.

Use higher efficiency filters on you indoor air unit to help keep you home pollutants down as well as keep your evaporator coil and fan clean. This is essential for proper heat transfer and good unit efficiency.

Have you're A/C serviced once a year to ensure the outdoor coil on your



condensing unit is clean and getting proper heat transfer. As well as checking the indoor coil and fan wheel for cleanliness. They should also check your other operating components and your refrigerant level if necessary to keep your unit running at the highest EER possible. This will well pay for the cost of this service during the course of the year. Make sure your use a reliable A/C dealer who is properly State licensed.

Use low flow water devices on your sinks, showers, and toilets to save water consumption. Also, consider watering your yards and plants during the cool part of the evenings to prevent losing water to evaporation. Watch for water runoff, don't over water!

Always purchase Energy Star rated products for you home! Check for the Energy Star Label.

Using these tips will save you 20 to 30 percent on you annual utility bills, money well saved.

Facts and figures

- Alternative fuels afford the Navy with an off-ramp to petroleum, providing increased insulation from a volatile petroleum market. Navy and Marine Corps shore installations reduced energy consumption per gross square foot by 14 percent relative to the 2003 baseline, exceeding the 12 percent interim goal for the year per the Energy Independence and Security Act of 2007.
- On Earth Day 2010, the Navy made history when an F/A-18 Super Hornet flew supersonic on a biofuel blend.
- Energy efficiency increases mission effectiveness. Efficiency improvements minimize operational risks, saving time, money and lives.

SECNAV announces energy goals

During October, the Department of the Navy (DON) is participating in National Energy Awareness month.

This year's DON theme is "Strength Through Energy Security." Enhancing energy security makes the Navy and Marine Corps operationally stronger and is attained through energy efficiency and increased use of alternative energy sources.

Every Sailor, Marine, and civilian is responsible for managing energy as a critical resource, which means considering energy in every action taken and decision made.

As the U.S. government is working to reduce energy consumption and lead the Nation toward energy independence, the Secretary of the Navy has outlined five energy goals. These goals seek to enhance and better enable our combat capabilities, sustain the environment for future generations, and promote a clean energy economy.

SECNAV Energy Goals include:

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

- **Sail the "Great Green Fleet":** DON will demonstrate a Green Strike Group in local operations by 2012 and sail it by 2016.

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

- **Increase Alternative Energy Ashore:** By 2020, DON will produce at least 50 percent of shore-based energy requirements from alternative sources; 50 percent of DON installations will be net-zero.

- **Increase Alternative Energy Use DON-Wide:** By 2020, 50 percent of total DON energy consumption will come from alternative sources.

-- From RhumbLines

Electronic options help Sailors 'MOVE' vote

Voting for military members, their families and overseas citizens is easier now than ever before. More than half the states post absentee ballots online for military and overseas voters.

Additionally, voters from all 55 states and territories can use the FVAP online federal write-in absentee ballot automated assistant to vote for at least all federal candidates. For specifics of what each of these states has available including links to the state specific sites.

In 2009, President Obama signed the Military and Overseas Voters Empowerment Act (MOVE Act) into law. MOVE Act requires all states to provide blank absentee ballots in at least one electronic format -- email, an online ballot delivery system or fax -- at least 45 days before an election.

To jump-start the electronic voting support process for military and overseas voters, FVAP offered the federally funded Electronic Voting Support Wizard (EVSW). This system develops State-designed and operated absentee ballot delivery websites, accessible through FVAP.gov, that allow voters to mark their precinct-specific absentee ballots, and then print, sign and submit by the methods allowed (mail, email, fax or online delivery system).

In addition to EVSW, other States produced their own online ballot marking systems. As these systems vary by state, refer to the Electronic Voting Systems Fact Sheet for specifics.

Finally, FVAP produced the online Federal Write-in Absentee Ballot automated assistant which allows voters to access and mark an online ballot for federal elections. This is a back-up bal-

DID YOU KNOW?

NAS Meridian Installation Voting Officer: Senior Chief Ronald Banister
MATSS-1 Voting Officer: Staff Sgt. Jorge Cedeño-Tulloch
NTTC Voting Officer: LN1 Alfredo Luhers

lot if the voter does not get their regular state absentee ballot, where the voter can select their candidates online, print the ballot with the choices printed out on the ballot, sign the oath and return the ballot package by whatever means is allowed by the state (mail, email, fax or online system). The automated assistant provides voters a complete federal ballot specific by congressional district with all instructions necessary to return the ballot to the election office.

In the end, the voter gets more time to review, mark, and return their ballot by the State deadlines. Being stationed or living away from home means it takes longer for ballots to get to and from voters. Past research shows late delivery of ballots is a top reason why absentee ballots from military and overseas voters are not counted. The combination of these systems and early ballot availability means that voters can have their ballot in hand to vote and return 45 days or longer before an election.

For more information, visit FVAP at: www.fvap.gov.

October is Fire Safety Month

The month of October is Fire Safety Month. The Fire Department staff will conduct housing inspections in the Balfour Beatty Community on board NAS Meridian.

The area is also experiencing unusually dry conditions. As a result a burn ban is in effect for Lauderdale County.

Hydrant Testing

The fire department will conduct hydrant testing starting Nov. 1 at 8 a.m. The schedule for hydrant testing:

Nov. 1: Administration area starting at the water plant, NTTC, and Navy Gateway Inn and Suites.

Nov. 2: Administration area continued

Nov. 3-4: Navy Housing

Nov. 5: Centroid

Nov. 6: Centroid/areas congested during week (parking lots, etc.)



Nov. 7: Any area that was not tested on above days.

NAS occupants should take precautions/notice when washing white cloths during this time frame.

The water could have a rusted or clouded appearance for a short time after the testing. Please spread the word to all housing occupants and base occupants.

If you have any questions, contact the fire department at (601) 679-2589

If you have questions on this or any other fire related topic, contact the NAS Meridian Fire Prevention Office at (601) 679-3866/3867.

Legislation extends special stop-loss pay deadline

By Jim Garamone
 American Forces Press Service

WASHINGTON (NNS) -- President Barack Obama signed legislation Sept. 30 extending the Retroactive Stop-Loss Special Pay deadline through Dec. 3.

Officials estimate about 80,000 eligible service members, veterans and beneficiaries have yet to apply for the special stop-loss pay.

"It's important that all those eligible for this benefit take the opportunity to apply for what they've earned," said Lernes Hebert, Defense Department acting director of officer and enlisted personnel management. "We encourage those eligible to apply as soon as possible, to avoid the last-minute rush, which can increase processing time."

The program was due to run out Oct. 21. The extension is part of the continuing resolution that funds federal government opera-

tions. Congress has not yet passed authorization or appropriations bills for fiscal 2011.

The program affects military members whose service was involuntarily extended under stop-loss between Sept. 11, 2001, and Sept. 30, 2009. Eligible members or their beneficiaries are required to submit a claim to their respective military service in order to receive the benefit of \$500 for each full or partial month served in a stop-loss status. The original deadline for claims was Oct. 21.

Stop-loss allows the military to extend service members beyond their end-of-term of service dates. The program has been used extensively since 9/11 to maintain personnel strength in deploying units.

The program allows the military to extend service members whose end-of-term of service, retirement or end-of-service obligation date falls during a deploy-

ment. They may be involuntarily extended until the end of their unit's deployment. The Army and Marine Corps used the policy the most.

The special pay is meant to remunerate the service members for their sacrifices. When the program began last year, the services estimated 145,000 service members, veterans and beneficiaries were eligible. Most had already separated from the services.

The services have sent direct mail to those eligible under the program. The military has engaged with military and veteran service organizations. The services also reached out via social networks and media outlets.

Last month President Obama reached out to veterans in a video posted to the White House Web site encouraging those who are eligible to apply for the benefit.

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

What is the Veterans of Foreign Wars and what can it do for you?

Whether you are active duty reading this, family member, retired, or just a concerned citizen, the Veterans of Foreign Wars (VFW) is a great organization that supports our past, present and future veterans and community.

VFW was founded in 1899 by a small group of Spanish American war veterans "To Honor the Dead by Helping the Living." For 111 years, the VFW and its Auxiliary members have continued to carry out this mission and added many more programs as they become a necessity to our veterans, active duty and communities.

Have you heard of the VA hospital? VA Home Loans? GI Bill? These were started at the VFW level and pushed to congress to become law.

Some key VFW programs are:

OPERATION UPLINK: VFW launched in 1996 the Premiere calling program, for deployed service members, that provides free phone time to active duty military personnel. This program keeps the military family

in touch while deployed or when in the hospitals overseas. It initially provided calling cards to the troops but Mother's Day 2006, due to the growing popularity of the program and the generosity of corporate donors like Sports Clips and United Auto Workers-General Motors. The program began hosting "FREE CALL DAYS." There is at least one day each month that they can have the free calls through VFW Operation Uplink at more than 866 locations.

VFW FOUNDATION: Promotes citizenship education, volunteerism and positive youth programs. They facilitate medical, rehabilitative, educational and employment services and needs for veterans and their families. Youth programs include Patriot's Pen for sixth through eighth grade students to receive savings bonds for use to continue their education or whatever they desire. Voice of Democracy program for ninth-12th grade students allows them to get up to \$20,000 for their education. Patriot's Pen is for sixth through

eighth grade artists and has a substantial payment. All of these youth programs are geared toward patriotism and community service. We in the VFW and its Auxiliaries know that the children are the future of America. We must train them and allow them to learn to lead this country. VFW also supports Boy Scouts of America and Scout of the Year program.

The VFW NATIONAL HOME: We wish that we did not have a need for the VFW national home, but as it is required let me tell you a little bit about it. The VFW National Home for Children is a community development that is home to orphaned or single parent children of VFW or Ladies Auxiliary members. The home was established in 1925 in Eaton Rapids, Mich. It emphasizes the values of education, good work habits and sound moral character. With numerous casualties in the War on Terrorism, the VFW National Home has become crucial to assisting many children.

VFW MILITARY ASSIS-

TANCE PROGRAM (MAP) is the outstretched hand between VFW and active duty, Guard and reserve military units. MAP offers grants to VFW Posts who participate in military functions, such as sponsoring a "Farewell and Welcome Home Activity", "Family Readiness Group" events, or other sponsorship ideas. VFW assists with various

providers including www.vetjobs.com to assist transitioning service members with relocation and employment assistance.

UNMET NEEDS: Funds are awarded by this program in the form of grants -- not loans. Recipients don't need to repay them. They are typically less

● VFW, page 12

Deadlines nears for VFW youth essay contests

Patriot's Pen

2010-2011 Theme:

"Does Patriotism Still Matter?"

Entry Deadline: Nov. 1, 2010

Patriot's Pen, a youth-essay writing contest is a nationwide competition that gives students in grades sixth through eighth the opportunity to write essays expressing their views on democracy. Annually, more than 115,000 students participate in the contest.

The National Association of Secondary School Principals has placed this program on the NASSP National Advisory List of Contests and Activities for 2009-2010. The Patriot's Pen program is designed to foster patriotism by allowing students the opportunity to express their opinions based on an annual theme.

Contestants write a 300-400 word essay based on an annual patriotic theme. The first-place winner receives a \$10,000 savings bond and an all-expense-paid trip to Washington D.C. The top national winners each receive a savings bond anywhere from \$1,000 to \$10,000.

Voice of Democracy

2010-2011 Theme: "Does My Generation

Have a Role in America's Future?"

Entry Deadline: Nov. 1, 2010

Created in 1947, the Voice of Democracy (VOD) scholarship program is an audio-essay con-

test for high school students in grades nine-12 that annually provides more than \$3 million in scholarships. The first-place winner, who competes with all the first-place VFW Department winners, receives a \$30,000 scholarship that is paid directly to the recipient's American university, college or vocational/technical school.

Besides competing for the top scholarship prize, as well as other national scholarships ranging from \$1,000 to \$16,000, each department's first-place winner receives an all-expense-paid trip to Washington, D.C., March 5-9, 2011, sponsored by Target.

The National Association of Secondary School Principals has placed this program on the NASSP National Advisory List of Contests and Activities for 2009-2010. The Voice of Democracy program is designed to foster patriotism by allowing students the opportunity to voice their opinion in a three to five minute essay based on an annual theme.

How to enter: Students can enter by submitting the required entry form. Mail entry form and audio essay to the local VFW Post 79, Meridian MS, 39301. Further directions are listed on the entry form.

For more information or to obtain an entry form, contact Natalie Copeland by e-mail: nat_copeland@hotmail.com or by phone at (601) 282-5866.

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Navy Exchange asks customers to fill out annual satisfaction survey

Attention all authorized NEX patrons -- tell us how well we are doing. Please take a few minutes and fill out our Customer Satisfaction Index survey. Each customer that completes this survey will receive a \$5 coupon good towards a future NEX purchase.

Last year, we surpassed all previous years, scoring an 88... this was three points higher than the previous year, six points higher than the company average and four points higher than the MidSouth District average.

"We are so appreciative for your support and feedback," said NEX Manager Courtney Jackson.

The surveys can be obtained at the Electronics Mini Mart, Building 212.

NEX online store expands selection of merchandise

The NEX launched its online web store, myNavyExchange.com, earlier this year with select merchandise such as tactical gear, Navy Uniforms, Navy Pride items, fitness apparel and shoes, motorcycle safety gear, watches and sunglasses. Since its launch, new items have been continually added to the store.

"Each week, we are adding new items and new categories to the store to ensure our customers have the products they want and need at the click of the mouse," said Cindy Trager, Navy Exchange Service Command (NEXCOM) Divisional Merchandise Manager for e-Commerce. "I encourage all our authorized patrons to visit the web store often to see what new products have been added."

A new category of merchandise that has been added are home store products, including floor care, microwaves, rice cookers, irons, water filtration, toaster ovens, oral care, candles, giftware, sheets, towels, pillows, bake ware, cookware, cutlery, gadgets and food storage from popular name brands such as Emeril, Paula Dean, Rachael Ray, Chicago Cutlery and Calphalon. Also new to the web store are brand name fragrances including Dolce & Gabbana and Ed Hardy.

In electronics, customers can purchase Ipods, MP3 players and accessories, notebook and desktop computers, GPS, TVs up to 32-inch, video games, EReaders, clock radios, DVD players, headphones, earbuds, and cameras and accessories. In Navy Pride, backpacks, lap top attaches, pad folios and other accessories are now available in the Navy Working Uniform digital camouflage pattern.

Customers can also find an expanded selection of baby gear, men's and women's athletic and toning shoes as well as outdoor apparel from The North Face and Columbia. There is also a new assortment of sunglasses from Oakley and Maui Jim and watches from Seiko and Citizen.

-- From NEXCOM PAO

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SERVING ARMY MARINE CORPS NAVY AIR FORCE DoD

Fire Department promotes fire safety during October



Photos by Penny Randall

Personnel from the NAS Meridian Fire Department visited the Child Development Center on Oct. 5 to educate children about fire safety. Sparky the Fire Dog made a special appearance and the children enjoyed giving him hugs and "high 5's." October is National Fire Awareness Month and fire department officials strive to educate everyone on the importance of fire safety. On Oct. 4, fire fighters set up a display in the courtyard in front of the Navy Exchange. Information on fire safety and awareness was handed out along with coloring books and goodies for children. Also during October, fire inspectors will conduct visits to homes in Navy housing to inspect fire detectors.

Navy recruiting closes out successful year, charges into new fiscal year

By MC2 Michael B. Lavender
Commander, Navy Recruiting Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Navy Recruiting Command (NRC) has broken several records for recruiting for fiscal year (FY) 2010 and plans to continue its success into FY 2011.

This year's recruiting efforts saw the breaking of several records achieved in fiscal year 2009, while still adhering to NRC's high quality standard for recruits. Navy recruiters accessed 97.4 percent of recruits with high school diplomas and 82.5 percent with an Armed Services Vocational Aptitude Battery (ASVAB) score of 50 or higher.

"We delivered a 'clean sweep' by attaining FY-2010 goal in all active and Reserve enlisted programs and all enlisted sub-goals," said Rear Adm. Craig Faller, commander Navy Recruiting Command. "I look forward to FY 2011 with confidence in our continued success, knowing that the Navy Recruiting Command team will continue to achieve our mission with honor, courage, and commitment."

Recruiters achieved all enlisted sub-goals, including total female enlistments for the first time ever and

recruiting women in non-traditional ratings for the first time ever in NRC history. Other significant achievements for recruiting enlisted personnel for FY 2010 include making goals in the nuclear field, naval special warfare/naval special operator (for three years in a row) and all overseas contingency operations ratings.

"We owe our success to our recruiters, processors and staff," said Capt. Eric Johnson, NRC operations officer. "The team effort and hard work of our field staff, recruiters-in-charge and zone supervisors has contributed to our best year of recruiting."

"We attained 101 percent of FY 2010 active general officer goal and met or exceeded all 25 general officer direct accession and student program goals for the first time in recent NRC history," said Faller. "We exceeded all FY 2010 NROTC application goals and delivered the highest cohort of diverse officers yet attained in a single year by Navy Recruiting Command."

This year's Reserve medical officer recruiting production was 17 percent higher than in FY 2009. NRC recruited more Reserve officers in FY 2010 than in any year since the consolidation of the active and reserve recruiting commands in 2004.

"This fiscal year, the Reserve medical officer field

had a 39 percent increase above last year's goals for attainments," said Johnson. "We are still going to be challenged this year. One of our new tools to assist us is a recently approved incentive package which will go a long way in helping us make those goals. We're also looking to continue making our female enlisted goals as well. Our entire force is committed to attaining these critical missions, from every recruiter in the field all the way up to the commander of NRC."

"I'm proud of the operations department staff and grateful for the support of this command. It's been a challenging, yet rewarding year. The performance of the entire Navy Recruiting Command team is best reflected in the end of year results for FY10. I'm especially pleased for the recruiters in the field, their hard work and dedication to mission accomplishment truly paid off this year. All credit goes to them for our success," said Johnson.

NRC consists of a command headquarters, two Navy recruiting regions and 26 Navy recruiting districts which serve hundreds of recruiting stations across the country. NRC's mission is to recruit the best men and women for America's Navy to accomplish today's missions and meet tomorrow's challenges.

● Special Olympics

golf at Ponta Creek Golf Course and bowling at McCain Rec Center. A team of military and civilian personnel from the 186th Air Refueling Wing treated athletes to equestrian and wagon rides near the pool.

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

"I always liked helping out with Special Olympics," said Logistics Specialist Seaman Apprentice Andrew Mendenall. "When I was in high school I did it. It is a good opportunity to get out and help the community."

Other volunteers taught soccer basics including controlling the ball and kicking the ball to the goalie, and how to playing defense-offense at the basketball court.

Yeoman Seaman Kyle Burt said he jumped at the change to help at the Special Olympic games.

"When our instructors mentioned the event and were asking for volunteers I knew I wanted to help," Burt said. "I love seeing the kids enjoy themselves. They don't care if there are first or last – they just want to participate and have fun."

Kendra Goodman, the mother of Special Olympic athlete Matthew Goodman, said it was her 15-year-old sons third year to participate.

"He gets to take part and just have fun," Goodman said. "He always looks forward to riding the horses."

Special Education teacher Todd Brown from Newton County School brought 22 athletes that range in age from 13 to 17 to the fall games.

"The kids love getting out of the classroom and interacting with other children," Brown said. "It teaches them social skills and that it's okay to just have fun."

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

Special Olympics serves approximately 2 million intellectually and physically challenged individuals in a wide variety of programs in more than 150 countries. The Special Olympics pro-

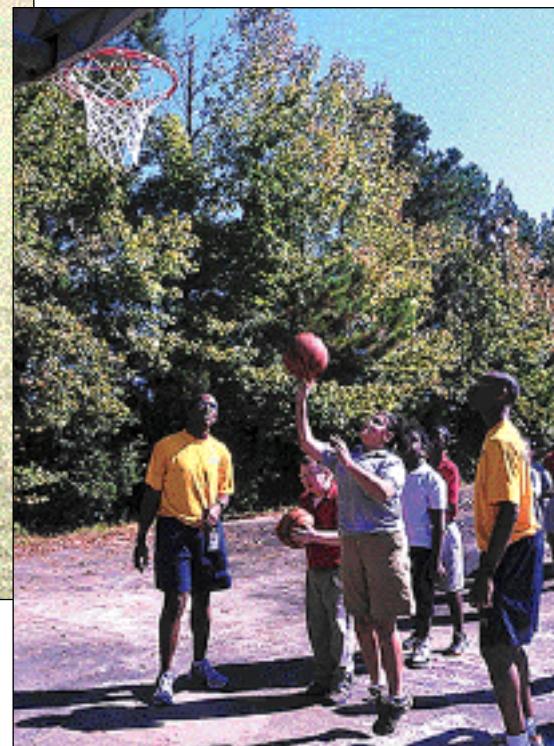


gram is divided into five levels: local area, state, region, national and international.

Helena Poe, a teacher from West Kemper Elementary School in DeKalb, said the event is a great opportunity for her students.

"It is a chance for the children to participate in sports, where they normally do not get a chance to," Poe said. "They get to experience outdoor activities with other children who are the same age as them and also showoff their skills."

Scenes from Special Olympics



Photos by MC2 Flordeliz Valerio, Penny Randall and Matt Davis

Great weather, great flying, great community

The "Tigers" of Training Squadron Nine (VT-9) are making the best of unseasonably dry weather in beautiful central Mississippi.

Students and instructors were treated to sunny skies, clear of clouds from dawn to dusk.

"In my four years here this has been the best two weeks of flying I have ever seen," said VT-9 Instructor Pilot Lt. Cmdr. xx MacCallum.

VT-9 Operations Duty Officer Lt. xxx Shively said, "Throw away the red markers this weather schedule is perfect."

As the months wear on, the weather will certainly change, but the fall of 2010 will be one for the record books. Sortie completion



rate is at an all time high thanks to the pride and professionalism of the VT-9 "Tigers" instructors, students and maintenance team.

Speaking of teams, Training Squadron Nine and Training Air Wing One are understandably excited to give back to the community. Recently, several instructors and students volunteered their time to Habitat for Humanity's "Blitz Build." This ongoing effort will result in a three bedroom home for a low income family in Meridian.

Habitat for Humanity's efforts continue almost every weekend. For information please contact Lauderdale County Habitat for Humanity at (601) 485-4992.

NSPS transition seeing success; DON prepares for 2011 transitions

By Linda Dent Mitchell
Office of Civilian Human Resources

WASHINGTON (NNS) -- The Department of the Navy (DON) continues to achieve success in transitioning its employees from the National Security Personnel System (NSPS) to the General Schedule (GS) after completing phase three of the transition Sept. 26.

More than 44,000 employees have transitioned this year; and the majority of DON employees affected by the transition are transitioning to the GS.

"The collaboration across the Department and across Commands resulted in a smooth and orderly transition," said Tony TorresRamos, director of the DON Transition Management Office. "Additionally, DON and Command leadership commitment to communication and education enabled us to achieve a 99.8 percent success rate in processing the personnel actions to transition our employees."

September's transition of more than 17,000 employees represents the final transition phase of the 2010 calendar year. The next wave of employee transitions will occur in early 2011. Commands transitioning in

2011 include Naval Sea Systems Command (NAVSEA), Naval Air Systems Command (NAVAIR), Space and Naval Warfare Systems Command (SPAWAR) and Navy Bureau of Medicine and Surgery.

"It is critical, as we move forward, to build on our lessons learned to ensure continued success," said TorresRamos. "In 2011, we will be transitioning the remaining employee positions into a variety of personnel systems."

In passing the 2010 National Defense Authorization Act (NDAA), Congress repealed NSPS and mandated the transition of NSPS employees by Jan. 1, 2012. The 2010 NDAA also outlined measures to transition designated positions to personnel systems other than GS. About 73,000 DON employees were affected by the Congressional decision.

While most of the DON NSPS employees are transitioning to GS, more than 15,000 employees from NAVAIR and SPAWAR are set to transition from NSPS to science and technology reinvention laboratory demonstration projects. The Federal Register notices outlining the new systems have already been published. An

additional 800 SPAWAR employees will return to an alternative personnel system.

Another 2,100 employee positions are set to transition to acquisition demonstration projects located within Marine Corps Tactical Systems Support Activity; Marine Corps Systems Command; Direct Reporting Program Manager, Advanced Assault Amphibians; NAVSEA Program Executive Office Carriers; and Department of the Navy/Assistant for Administration.

DoD is currently developing a personnel system using Title 38 authorities to cover specific healthcare occupations. Almost 2,000 positions may be placed in the new system. The new system does not include the 260 physicians and dentists who will transition to a designated pay plan for those occupations.

Consistent with the DON's commitment to communication and education, transition information is available at <http://www.public.navy.mil/don> hr including online resources, information and guidance.

For more news from Department of the Navy (Civilian Human Resources), visit www.navy.mil/local/donchr/.



Photo by MC2 (AW/SW) Flordeliz Valerio

Naval Air Station Meridian Commanding Officer Capt. Charles Gibson presents Senior Chief Air Traffic Controlman Kenneth Gentry the Navy and Marine Corps Commendation medal and certificate for serving as Air Operations leading chief petty officer from June 2008 to October 2010. He also received his seventh Good Conduct award during the ceremony on Oct. 8. Gentry is transferring to USS Abraham Lincoln (CVN 72) in Everett, Wash.

● VFW

than \$2,500 so it does not affect the recipient's taxes. Unmet needs will assist with bills that may become an issue when transferring from active to inactive reserves. Or assist active duty families that may have household, car issues that arise as soon as the service member deploys. VFW will send members out to assist with minor repairs and if not capable of completing, VFW may pay a professional to assist. It is VFW and auxiliary members jobs to take care of service personnel families while they are deployed.

With all this in mind why would you not want to support the VFW and become involved if

you are eligible to join? You have served and have relieved the watch. Soon you will be relieved and can stand back and support those that have assumed the duties of protecting our country. Ladies that are eligible for the VFW are also eligible for the Ladies Auxiliary as dual members. Beside the VFW programs above, the Ladies Auxiliary also supports cancer aid and research locally, and nationally. Grants are available to assist Ladies Auxiliary members that are struck by cancer.

For more information contact your local VFW Post or the national organization at www.vfw.org or www.ladiesauxvfw.org.

● Symphony

Spanish flavored concerto; orchestras, added instruments, old and new, and the music he produced was "his world", direct, economical and at times explosive. He expressed himself and his life experiences in his music, and his personal journey was one of a few hills but deeper valleys. Never had anyone written with such a plethora of emotions within a single work.

What an evening to anticipate -- three "all world" favorites in a concert of celebration: Robert Belini, a fantastic classical guitarist soloing in a popular

Spanish flavored concerto; Barber's beloved and heart rending "Adagio For Strings"; and the majestic and powerful "Titan" Symphony No. 1 of Gustav Mahler. Every piece on this program is a "winner," and it is a concert you will long remember.

For more information about Meridian Symphony Orchestra visit www.meridiansymphonyorchestra.com.

Tickets available at the MSU Riley Center Box Office. Call (601) 696-2200. Adults are \$35 and \$30; child or student tickets



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● Service

Lauderdale High School NJROTC drill team events, Pearl High School Annual NJROTC Regional Competition, Susan G. Komen Rally for the Cure Golf Tournament and Kemper High School Family Fitness Day. A total of 137 volunteers gave 796 hours of their time to assist with these activities.

For the Environmental Stewardship Flagship category, NAS Meridian worked with agencies such as Adopt-A-Highway and Keep America Beautiful. Volunteers also contributed 328 hours assisting with clean-up efforts at the historic Magnolia Cemetery and 10th Avenue Cemetery sites.

NAS Meridian beat out the Center for Naval Aviation Technical Training Unit at NAS Jacksonville to place first in the Project Good Neighbor Flagship. NAS Meridian provided community service to the following agen-

cies: Habitat for Humanity, Angel Food Ministries, LOVE's Kitchen, Wesley House Community Center, Silverleaf Manor and the United Blood Service. From July 2009 to June 2010, 30 volunteers provided 113 man-hours to the agencies.

The command earned second place honors in the Personal Excellence Partnership Flagship. NAS Meridian volunteers worked with 17 area schools in addition to churches and civic organizations to earn this recognition.

Commander, Navy Region Southeast Rear Adm. Tim G. Alexander, congratulated his winning commands in a message. It read: "Bravo Zulu to the winners and honorable mentions. My sincerest personal thanks to all commands and individuals who selflessly volunteered their time to improve the quality of life in their local community and for participation in this year's completion. Over 385,000 hours of

volunteer service were contributed by commands in the Southeast Region. You are an inspiration to us all."

The packages from the following Navy Region Southeast commands will be forward to Commander, Navy Installation Command (CNIC) for Navy wide competition in the Special Recognition Award categories including the USS Bainbridge Award for Overall Excellence in Community Service: NAS Meridian; NAS Jacksonville; NSB Kings Bay; Center for Naval Aviation Technical Training Unit, Keesler Air Force Base; Trident Training Facility, NSB Kings Bay; Naval Aviation Schools Command, NAS Pensacola; FBM Operations Test Support Unit Two, Cape Canaveral; and USS Maryland, NSB Kings Bay.

Naval Technical Training Center Meridian earned the USS Bainbridge Award in 2009.

Emergency Management

What everyone needs to know about wildfires

Wildfires can start unexpectedly and spread quickly. You may not be aware of a wildfire until you are in danger, so it is important to be prepared for a wildfire, especially if you live in a dry, wooded area. Wildfires can be incredibly destructive and dangerous. They pose a threat not only to your home and community, but also to your family if you are not prepared.

How to prepare for a wildfire

- ✓ Be aware of your area's risk for wildfires.
- ✓ Practice fire safety by...

Installing smoke detectors on every level of your home.

Never leaving a fire (including a cigarette) burning unattended.

Avoiding open burning.

- ✓ Create a 30-50 foot safety zone around your home by...

Clearing the area of all flammable vegetation, including dry leaves and branches.

Removing vines from the side of your home.

Regularly disposing of trash at approved sites.

Storing gasoline and oily rags in proper safety cans.

- ✓ Regularly clean roof and gutters of debris.

✓ Make sure you have a fire extinguisher as well as a hose that can reach all areas of the home.

- ✓ Create an evacuation plan as a family.
- ✓ Create an emergency kit.

What to do when there is a wildfire

- ✓ Listen to radio and TV for information and instructions.

✓ If you spot a wildfire, call 911 immediately. Don't assume that someone has already reported it.

- ✓ If directed to evacuate, do so immediately:

Turn on porch lights and all the lights inside to make your home easier to spot in heavy

smoke.

Leave doors and windows unlocked for fire fighters.

Turn off gas.

Fill any large containers with water, including pools, garbage cans, and tubs.

Close all the doors in your house to prevent a draft.

If time permits, clear the house and the area around it of any flammable items, including firewood and cloth curtains.

Take your emergency kit.

- ✓ Wear protective clothing.

✓ Once you are in a safe place, muster with your command if you are military or civilian personnel or a member of the selective reserves.

What to do after a wildfire

- ✓ Check the roof and attic for smoldering embers or fires.

✓ Put out any fires with the water stored in containers.

✓ Maintain a fire watch for several hours, periodically checking for fires or smoke throughout and around the house.

✓ After a declared emergency, register your needs with the Navy through the Navy Family Accountability and Assessment System (NFAAS) at <https://navyfamily.navy.mil> or call 1 877-414-5358 or 1-866-297-1971 (TDD).

Where to find additional information

Centers for Disease Control and Prevention (CDC) -- www.bt.cdc.gov/firesafety

Department of Homeland Security (Ready.gov) -- www.ready.gov/america/beinformed/wildfires.html

FEMA -- www.fema.gov/hazard/wildfire/index.shtm

It's your duty to stay informed, develop disaster plans with your family, and have ready an emergency supply kit good for at least three days.

Military chefs put skills to test in DC cook-off

By Sgt. Jimmy D. Shea
Headquarters Marine Corps

WASHINGTON -- With the sweet aroma of mushroom soup and grilled shrimp in the air, chefs from all branches of the military competed at the 7th annual Military Culinary Competition on the streets of the nation's capital Sept. 25.

Each team receives a mystery box full of ingredients and a time limit to create the most delicious and visually appealing creations possible. From the 14 teams competing in the preliminary round, the top six advance and repeat this challenge with a new mystery box.

The winning team received \$1,000 and a certificate to attend a Department of Defense culinary course.

"Having a competition to allow military chefs to compete shows the public that we don't just slop food on a tray," said Master Sgt. Michael Meyers, staff noncommissioned officer in charge of the Marine aide program. "It shows them that we really have skills."

With a wide variety of talent and team experience, the Marines must work together and think quickly on their feet.

"It's a challenge as soon as you get that mystery basket and have to put together the menu," said Staff Sgt. Charles Hughes, a Marine aide with Headquarters Marine Corps. "Being able to visualize a finishing product when it comes down to the last few seconds puts your culinary skills to the test."

Four aides stationed at various locations through-

The final results:
1st: (Navy) Naval Support Activity, Washington, DC
2nd: (Coast Guard) Secretary of Homeland Security
3rd: (Air Force) Secretary of the Air Force Dining Room



Photo by Sgt. Jimmy D. Shea

Staff Sgt. Charles Hughes, Sgt. Kevin Grant and Gunnery Sgt. Andrew Atkinson check to see if the food is ready at the 7th Military Culinary Competition. Each hand picked Marine aide brings their own experience and knowledge to the competition, working together to create the most visually appealing and delicious dishes.

out the Corps made up the Marine team.

"These Marines work for general officers in their quarters as their personal chef and household manager," Meyers said.

The annual event not only allows Marine chefs to compete, but also brings public awareness to the possibilities of advancement and special billets as a culinary specialist in the military.

"We can now tell a young kid there's a path to come in the Marine Corps and work in the White House as a chef," Meyers said. "You can't get any better than that."

MWR

Mission First... Sailors Always



October Specials

Mondays - NTTC/MATSS-1
Student Special 5 p.m.-close
\$2 a game, including shoes

TUESDAYS, 6 P.M.
Captain's Cup Bowling

Wednesdays - NAS Staff Special
5 p.m.-close
\$2 a game, including shoes

Saturdays - Family Bowling
Special from 6 p.m.-close
\$2 a game, not include shoes

Friday Oct. 29 - Cosmic
Bowling 7 p.m.-close,
regular rates apply

Oct. 15 -- 8 Ball Pool
Tournament
Sign up by
4 p.m., play from
5-7 p.m.
\$5 per person.



Oct 30th: Halloween FUN!
Wear a costume
(not military uniform)
and bowl one game FREE
from 5 p.m.-close

Captain's Cup Bowling Standings

1st: Eagles
2nd: Air Ops
3rd: PW Keglars
4th: NBHC Spin Docs
5th: Gutter Dusters
6th: Devil Dawgs
High Game (Week 5)
Men: Lance Coe ~Women: Michelle Spangler
High Game (Week 6)
Men: Justin PaDron
Women: Michelle Spangler

Volleyball Champs



The Devil Docs captured the End of Season Volleyball Championship when they defeated the VT-7 Eagles on Oct. 7. Team members are Cmdr. Yancy York, HM2 John Kippes, HM3 Angelo Marshall and HM3 Nicholas Baham. NTTC placed first in the regular season and third in the End of Season tournament. The Eagles placed third in the regular season and second in the End of Season tournament. Placing second in the regular season was the team from Air Ops.

Photo by Matt Davis

Get Your Game On!



Rudders
is open
for
Monday
Night
Football
at 7 p.m.

Ponta Creek Club Championship

October 15-17, 2010
Open to all active duty and individuals
with a monthly/annual membership.
Cost to play will be \$30 and
that will cover Green Fee/Cart
and dinner on Saturday afternoon.

Call (601) 679-2526 to register today!



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

October

- 16:** Arena and trail riding, on site cook-out and horseshoes! Bus will leave Liberty parking lot at 7:30 a.m. Cost is \$40 per person. Pay and register at Liberty Center. Minimum of 20 people needed for the event to run - NO REFUNDS (unless the trip is cancelled).
- 17:** Dog Day Sunday
FREE hot dogs, chips & soda served to Liberty participants beginning at 1 p.m.
- 19:** Video Game Tournament at 7 p.m. Prize awarded to the winner. Register the day of the event at Liberty Center.
- 20:** Head over to the football field across from medical for an end of the day flag football game. Game time is 6 p.m.; be at field by 5:45 p.m. No registration necessary!
- 25:** Ping-Pong Tournament at 7 p.m. in Liberty Center. No entry fee - prize awarded to the winner. Register the day of the event at the Liberty Center.
- 26:** Come over to the Liberty Center at 7 p.m. for a fun evening of Twister with lots of laughs.
- 28:** A celebration of October birthdays! FREE cookies and soda will be provided at 7 p.m. in the Liberty Center.
- 30:** "Fright Fest" Trip to Atlanta Six Flags! Bus leaves Liberty parking lot at 4:30 a.m. Cost is \$40 per person. Pay and register by Oct. 27. Minimum of 20 people is needed for the trip to run - NO REFUNDS (unless the trip is cancelled).
- 31:** The Liberty Center will host a "Spooktacular Costume Party" filled with music, food, scary movies and prizes for a variety of costume categories. The Center will extend its hours for this fun event. Party will take place from 7-9:30 p.m.

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!

- Oct. 16: "Shrek: Forever After" (PG)
- Oct. 19: "The Rock" (R)
- Oct. 20: "Sex and the City 2" (R)
- Oct. 23: "The Karate Kid" (PG)
- Oct. 26: "Knight & Day" (PG-13)
- Oct. 27: "MacGruber" (R)

Fitness Center

NEW ... Group Exercise Schedule:
Mondays ~ 6 p.m.: Self Defense with Dawg Kerwood

Tuesdays ~ 11:15 a.m.: Step Aerobics with Shannon

Wednesdays ~ 6 p.m.: Self Defense with Dawg Kerwood

Thursdays ~ 11:15 a.m.: Step Aerobics with Shannon

***Yoga times COMING SOON ***

P90X and Insanity available any time!

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.
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7 p.m.	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.	Drop off if any.....	
SATURDAY					
9:30 a.m.	10 a.m.	10:05 a.m.	10:10 a.m.	10:50 a.m.	11 a.m.
11:10 a.m.	12 p.m.	12:05 p.m.	12:10 p.m.	12:50 p.m.	1 p.m.
1:10 a.m.	2 p.m.	2:05 p.m.	2:10 p.m.	2:50 p.m.	3 p.m.
3:10 p.m.	4 p.m.	4:05 p.m.	4:10 p.m.	4:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7:40 p.m.	7 p.m.	7:05 p.m.	7:10 p.m.	7:30 p.m.	
	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.	Pass. Drop off if any.....	
SUNDAY					
12:30 p.m.	1 p.m.	1:05 p.m.	1:10 p.m.	1:30 p.m.	
	2 p.m.	2:05 p.m.	2:10 p.m.	2:30 p.m.	
3:40 p.m.	3 p.m.	3:05 p.m.	3:10 p.m.	3:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	6 p.m.	6:05 p.m.
6:10 p.m.	6:40 p.m.	6:45 p.m.	6:50 p.m.	Pass. Drop if any	7:20 p.m.

Applebee's Restaurant (upon request only)

New Self Defense Class at Fitness Center

Class is on Monday and Wednesday from 6-8 p.m. and. Class features 6-7 unarmed combatives and 7-8 weapons defense.

Instructed by Dave "DAWG"

Kerwood.

Free to all!

Call 601 679-2379 for more information.

~ MWR News ~

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

Child and Youth Programs are looking for individuals interested in providing evening care in their homes.

For more information, call (601) 679-2652.

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.

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.

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

Rudders hosts Hip Hop Night is every Tuesday and Saturday beginning at 7 p.m. Wednesday is Ladies Night!

New Special at Rudders
Buy wings priced at \$3 or pizza priced at \$1.50 and get a free order of spicy french fires or soft drink.

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 a.m.-5 p.m. Stop by the Pro Shop today and stock up on new golf gear! GolfLogix Garmin GPS Now in all golf carts. Use this new tool to see how far you are from the pin. For more info call (601) 679-2526.

Football Officials Needed

Flag football season is here and football officials are needed. Contact Johnny Davis at (601) 679-2427 or e-mail NASMRNAFOA@gmail.com



FROM THE DESK OF BETH

FITNESS COORDINATOR

Try these suggestions for zero calorie Halloween handout options:

- *Plastic insects, ghosts, skeletons
- *Halloween-themed pencils/pens
- *Temporary tattoos or animal stickers
- *Halloween bracelets or rings
- *Bouncy balls, bubbles or whistles
- *Plastic vampire teeth/fangs
- *Sugar-free gum

Still set on shelling out something sweet? Here's some shocking caloric information:

- *Fun/snack size Snickers - 72 calories
 - *Fun/snack size Baby Ruth - 85 calories
 - *Fun/snack size M&Ms - 90 calories
 - *Fun/snack size Butterfinger - 100 calories
- Eat one of each (approx. 350 calories total) and you'll need to walk briskly for over an hour and a half to burn the treat off!

Kids Stuff

Welcome Home Playhouse from Step2. One year old and in EXCELLENT condition. It is VERY large and has only been used maybe 10 times. Paid \$500; willing to sell for \$350 OBO. Call (601) 513-3035.

Graco Stroller & Carrier Combo - Fairytale Design. Asking \$75 for both. Call (601) 679-2447 or (601) 938-1683.

Electronics/Musical/Computers

E-Machines Media Center T6520 Desktop with 17" CRT Monitor. 2.4 GHz 200GB HD. Asking \$200. Contact Kevin at (601) 604-3870.

Spiderman CPU & Case, see through and lights up - web design. Asking \$150. Call (601) 679-2447 or (601) 938-1683.

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

NEW ITEM! Golds Gym Elliptical in excellent condition. Asking \$150 OBO. Call (601) 462-1376.

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

2007 Chaparral 180 SSI Ski Boat, 66 Hours on engine, 190 HP Engine. Includes skis, wakeboard, pulling tube and all ropes. Asking \$17,000 OBO. Call Jessie Whittington at (601) 604-0876.

Household Items

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

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

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

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

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

2005 Pontiac Montana SV6, 3.5L, Minivan, 65k. Excellent interior and exterior condition. Dark grey, new tires, new front brakes, CD, DVD Video, power sliding door, power driver seat. Asking \$8,700. Call (210) 250-0187 or email: acrcalais@gmail.com.

Tonneau cover, black snap down roll up type -- brand new in box. Fits Ford F-250 1980-98 long bed. Made by Sure Fit. Bought at 4 wheel online. Asking \$100. Call John at (601) 484-7244.

2004 Honda Accord V6, blue with 83K miles, fully loaded: power leather seats, sun roof, 6 disc CD changer, and much more. Asking \$9500 OBO. Call (601) 938-0182.

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.

2000 Mitsubishi Mirage Coupe. 2-door, PW, DR LOCKS, cold

Sale ... or

AC, CD player. Asking \$3,000. Call (601) 917-6935 for more info.

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.

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

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

2006 Yamaha Raptor 80cc. Asking \$775 and **2007 Eton Viper 70cc.** Asking \$775. Call (601) 938-1683.

2008 Kawasaki Ninja 250R, blue with jacket and helmet included, 3800 miles, Asking \$2500. Call (601) 562-6508.

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

1986 Honda Goldwing Aspencade. 1200cc. Two tone tan. 63K miles, new tires, recently serviced. Asking \$2,500 OBO.. Call John at (601) 484-7244.

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 Sell: Home located in The Meadows, 3 bedroom/2 bath home with a 2 car garage. Open floor plan. Huge back yard with a deck and small sun room. 10 minutes to NAS Meridian and 10 minutes to town in the opposite direction. Asking \$163,000. Call (601) 701-3332.

For Rent: Very quite home in North Meridian neighborhood. Very close to shopping and all fast food restaurants, supermarket, video store, and bowling alley. Call (601) 485-5546 for details and to view.

For Sale: Doublewide in really good condition with well kept property. Has central heat and air, all appliances. W/L School District 3BR/2 BA on 2 acres. Asking \$85,000. On Mayatt Rd. in Collinsville. Call (601) 479-9229.

For Rent: Large 4 BR, 2 BA house in Poplar Springs School Dist., new central air and heat unit, new roof, new water heater, 2 living rooms, new window blinds, double garage, large deck. Asking \$1200 per month, plus deposit, minimum one year lease. Call (601) 917-9876.

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 dis-

trict. Asking \$110,000. call Jared at (601) 513-7161 or Stacy at (601) 604-4659.

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: cfitz@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.

NEW PRICE! 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 \$110,000. Call (601) 604-3869 or (601) 743-4818

Acreage

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

NEW ITEM! New Upholstery/Sewing braid and trim in gold, off white and light green in different stitch designs, minimum 1 yd, up to 4+yards. \$8.00 takes all. 757-472-1189

Fussball table, Asking \$100 OBO. Call Eduard at (601) 604-7653.

ESPN 7.5 ft Pool Table. Asking \$150. Call (601) 938-1683.

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.

NEX offers special exercise equipment payment plan

Get fit in time for the holidays, the NEX and MILITARY STAR Card program have teamed up to provide customers with a special offer on fitness equipment priced at \$399 or more. From Oct. 27-Nov. 1, customers purchasing exercise benches, systems, treadmills, elliptical machines and exercise bikes with their MILITARY STAR Card will receive zero percent interest, no down payment and no payments for 180 days.

The MILITARY STAR Card offers many benefits including 10 percent off the first day's purchases (up to the customer's credit limit), no annual fee, low interest rate and 24-hour customer service including online access. MILITARY STAR Card applications are available at any NEX. The application can be processed the same day at the NEX customer service desk.

● Camp Lejeune

will provide much more realistic and effective training."

According to Cmdr. Marc Delao, Officer in Charge of Construction at Marine Corps Installations-East, the project will also include control and observation towers, an ammunition holding and issue area, buildings for classrooms and storage, target emplacements, field heads that will eliminate the need to

bring in water and portable toilets, and service roads.

"This project will enable Marines to train as they fight while increasing safety and training throughput," said Delao. "The project will also realign the ranges to preclude the need to shut down adjacent ranges and will improve safety on nearby waterways."

The work is expected to be completed by April 2012.

October is National Domestic Violence Awareness Month

The Department of Defense and the military Services are committed to providing strong family advocacy programs that work with other military programs, commanders, and civilian programs to prevent, identify, report, treat, and follow-up cases of domestic abuse.

Across the four services, there has been a general decline in the number of reports made to the Family Advocacy Program and the substantiated reports of these since 2000. The rates per 1,000 couples for total reports and substantiated reports have also had significant declines.

Reporting Measures

✓ The Department of Defense encourages victims of domestic abuse report incidents promptly to activate accountability actions.

✓ The Department of Defense provides victims of domestic abuse with two reporting options for allegations that have not been previously reported to law enforcement or command.

✓ Restricted reporting does not require law enforcement or command involvement. A victim of domestic abuse who reports

domestic abuse to a victim advocate, supervisor of a victim advocate, or healthcare provider may receive victim advocacy services without law enforcement notification or command involvement.

✓ Unrestricted reporting provides victims of domestic abuse with an official investigation of an incident.

A victim of domestic abuse who makes an unrestricted report of domestic abuse may receive the victim advocacy services and:

- Assistance making a report to law enforcement, the Family Advocacy Program and the commander.

- Information about legal rights provided in coordination with the Victim Witness Assistance Program.

- Assistance obtaining benefits in the military and civilian communities

- Advocacy through the office of the staff judge advocate

- Assessment of safety and assistance developing a safety plan to prevent further abuse

- Assessment of medical needs and referral to medical care.

Prevention Program and Training

The Department of Defense has also deployed contracted licensed clinical providers to installations worldwide to increase the supportive resources available to active duty and reserve component members and their families impacted by deployment.

The clinical providers provide training and non-medical counseling before, during, and after deployment, including information on and support with the challenges and stressors of deployment and reintegration of families.

DoD also provides 24/7 support to service members through Military OneSource. Service members or their families can contact Military OneSource either via the web or by phone (www.militaryonesource.com; 800.342.9647).

A variety of problem-solving and counseling services are available, including face-to-face counseling for short-term concerns that do not rise to the level of domestic abuse.

Navy appoints new Ombudsman-at-Large

By Bruce Moody

Navy Family Readiness Program, Commander, Navy Installations Command

Brandy Clingan is serving as Ombudsman-at-Large after being appointed by Chief of Naval Operations Adm. Gary Roughead. Clingan accepted the appointment as Debby Greene stepped down from the position after 15 months of service.

Clingan and Bobbi West, spouse of the Master Chief Petty Officer of the Navy, are now the Navy's two Ombudsmen-at-Large.

As Ombudsman-at-Large, Clingan and West are responsible for advising the Chief of Naval Operations and Master Chief Petty Officer of the Navy on matters affecting Sailors and their families. They report directly to Chief of Naval Operations.

They act as a focal point for the important flow of information from Navy Ombudsmen, Sailors, and their families to the CNO. They serve as an advocate for the Navy Family

Ombudsman Program.

Ombudsmen-at-Large may travel to Navy sites with the Navy Inspector General and Master Chief Petty Officer of the Navy. They may also visit commands, meet with command Ombudsmen and family members, and attend meetings and conferences. From these visits, information important to the successful operation and improvement of the Ombudsman Program may be shared with the Commander, Navy Installations Command's Ombudsman Program Manager.

Clingan is also chairman of Naval Services FamilyLine, an organization of Navy Family volunteers which equips our Sea Service family members to succeed through various educational platforms.

"I am deeply honored and humbled by this appointment," Clingan said. "Ombudsmen play an important role in the success of a command's mission, because family readiness is key to mission readiness."

● **Ombudsman, page 18**

FFSC Briefs

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

IA Readiness Fair: Oct. 15 from 9-11 a.m. FFSC hosts this deployment readiness event to help Individual Augmentee (IA) deployment candidates and their families prepare. We'll have representatives from various departments and agencies on-hand to answer your questions and provide valuable information.

IA Spouse Discussion Group: Oct. 15 from 9:30-11 a.m. FFSC hosts an IA Spouse Discussion Group over coffee (or tea). Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back & chat!

1st-Term CONSEP: Oct. 18-21 from 8 a.m.-3:30 p.m. This version of the Career Options and Navy Skills Evaluation Program (CONSEP) targets Sailors with 1-5 years of active duty service. The four-day class will present you with information and involves a series of practical applications that will help you identify your knowledge, skills, and abilities, pinpoint areas of career interest, organize your financial goals, and develop a specific plan to move you in the direction of the success you desire. Registration is required.

Home Buying Basics: Oct. 22 from 9-10:30 a.m. This workshop, instructed by Sonny Toms of the Meridian Board of Realtors, will cover home-buying basics for first-time buyers and seasoned homeowners alike. Topics will include: where to start when buying a home, choosing a lender, getting pre-approved for a mortgage loan, working with a realtor to find the right home, various home inspections, and what to do once you've found your dream home. Space may be limited in this popular workshop, so make sure you call the FFSC to register today!

Why Sexual Assault in the Navy is a Big Deal: Oct. 25 from 9:30-10:30 a.m. Sexual assault is a terrible crime with serious consequences. This workshop will focus on how sexual assault in the Navy affects everyone, not just victims and offenders, and the negative impacts on readiness caused by sexual assault amongst shipmates.

Understanding Domestic Violence Victims: Oct. 26 from 4-5 p.m. Domestic violence is a serious issue that affects millions of people in one way or another. In fact, even if you are not the victim of domestic violence, you likely know someone who is. Therefore, whether you are the victim or the friend of someone being abused, it is important for you to know how to find help and break the cycle of abuse. Come learn about domestic violence, why some victims stay in spite of the abuse, and how you can help break the cycle of abuse.

Bystander Intervention 101: Oct. 26 from 9-10 a.m. You are at a party. During the past hour you notice one of your male friends has been talking to a young woman. They seem to be having a good time, but it is clear that the woman has had too much to drink. At one point your friend walks by you and you hear him say he is just going to get her "one more and that should be enough." A few minutes later you see him put his arm around the young woman and start to lead her upstairs. What do you do? Have you ever found yourself in a similar situation and not known what to do, even though you knew you needed to do something? This seminar will discuss various reasons why individuals who witness a range of inappropriate behaviors may or may not take action, and present ways to encourage and develop greater bystander involvement.

Effects of Domestic Violence on Children: Oct. 27 from 4-5 p.m. Family violence is not a topic people generally like to discuss; however, since October is Domestic Violence Awareness Month, FFSC is offering this workshop to explore the impact of family violence on children. Topics will include: tips on understanding the damage caused by family violence, how to recognize the warning signs of domestic violence, and how to offer support efforts to help end family violence.

Ombudsman Basic Training: Oct. 28-30 from 8 a.m.-2:30 p.m. An Ombudsman (the spouse of an active duty Sailor) volunteers to support the command by providing communication, outreach, referrals, information, and advocacy to and for command family members. Every command, afloat and ashore, is required to appoint an Ombudsman. This class is the required training for all command-appointed Ombudsman candidates. For more information, please call FFSC. Registration is required.

Active-duty officer promotions supplemental message released

MILLINGTON, Tenn. (NNS) -- A supplemental promotion message was released Oct. 7 to include the active duty O-4s and O-3s who were certified for promotion Oct. 1.

According to NAVADMIN 330/10, the officers scheduled for promotion Oct. 1, but not included on the monthly promotion message (NAVADMIN 325/10), have been certified and are listed on the supplemental.

These officers will have their promotion history corrected to reflect the appropriate date for date-of-rank and pay purposes.

The active duty O-4 promotion list was not included in the previous monthly promotion message while awaiting Senate confirmation and the O-3 list was held pending release of the results. The active O-4 list was confirmed by the Senate Sept. 29 and the active O-3 results were approved Sept. 30.

NAVADMIN 331/10 announcing Reserve promotions to lieutenant in the line and staff corps, as well as Reserve chief warrant officer has also been released.

For more information and to read the message, visit Navy Personnel Command's website at www.npc.navy.mil.

From Navy Personnel Command Public Affairs

EMCC begins fall college term

Term II: Oct. 13-Dec. 13

Monday & Wednesday (4-6:55 p.m.)

College Algebra
Introduction to Sociology
Career Exploration

Monday & Wednesday (7-9:55 p.m.)

Western Civilization II
Microbiology

Tuesday & Thursday (4-6:55 p.m.)

English Comp. II
State & Local Government
General Biology II

Tuesday & Thursday (7-9:55 p.m.)

First Aid & CPR

Spouses of active duty military receive first class free!

For more information, call NAS Meridian Director James McMullan at (601) 679-3570.

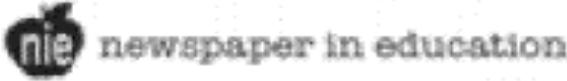
● Ombudsman

This month marks the 40th anniversary of the Navy Family Ombudsman Program. Ombudsmen serve as a vital two-way communication link between the command and the Navy Family.

"As a Navy spouse, I have watched the Navy's Ombudsman program grow," Clingan said. "The program is stronger than ever, thanks to the program managers and an amazing, global network of volunteers. They are doing extraordinary work in extraordinary times."

Clingan said she is impressed with the support ombudsmen provide family members of active duty, reserve and individual augmentee Sailors. They provide support to families serving in locations which are remote, isolated or outside the close proximity of a Navy installation.

Visit NAS Meridian on facebook




Adopt a CLASSROOM

Your company or organization can provide students with the tools they need to succeed.

The Meridian Star, local businesses, organizations and individuals support the NIE program to benefit local school children. Join us in this effort and show your community spirit. Adopt one or more classrooms today.

The NIE program provides local schools with:

- Classroom newspapers
- Discussion-oriented teaching guides
- Academic achievement opportunities and more!

As our way of thanking you, your organization will be recognized periodically in The Meridian Star.

Yes, we want to adopt a classroom!

_____ Enclosed is \$250 to provide one classroom with 30 newspapers and educational supplements for a full semester; \$500 for a full year.

_____ Enclosed is a donation of _____ to help with the effort to provide NIE benefits to schools. I understand that each \$250 received will provide a classroom with 30 newspapers on the day of their choice.

_____ Enclosed is a donation to help any local school receive NIE benefits.

Total amount enclosed _____ Visa MasterCard Discover

Credit Card # _____ Expiration Date _____

Signature _____

Company or Club _____

Contact / Individual Donor _____

Address _____

City _____ Zip _____ Telephone (____) _____

Make checks payable to NIE

For more information contact
Barbara Williams at 601-527-1294
or NIE@themeridianstar.com




THE MERIDIAN STAR
814 22nd Ave. - Meridian, MS 39301

It's Your Turn...

In celebration of the U.S. Navy's 235th birthday we asked these Sailors, "What does the Navy Birthday mean to you?"

Photos by MC2 Flordeliz Valerio



SHSA Ky Stumbo
NTTC Student

"It's a long tradition of personnel development of fine Sailors worldwide."



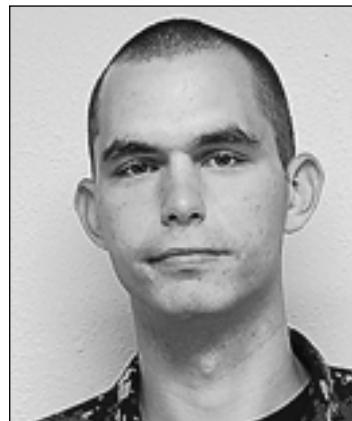
SHSR Blake Turner
NTTC Student

"It's celebrating the world's greatest Navy and a start of careers for many great Americans."



YNSN Devyn Smith
NTTC Student

"It's the start of something big. We have the best Navy in the world and we have to celebrate it! Be proud that you are a part of something bigger than yourself."



LSSA Zachary Green
NTTC Student

"The Navy Birthday reminds me of the Navy core values of honor, courage and commitment."



PSSR Byron Watson
NTTC Student

"It means a future job for me and the birth of my family and new friends."

• Workshop

Elementary School counselor. "I was aware of the transitional needs of the students that attend my school, but found that this conference reopened my eyes. Sometimes, one can become so busy that important issues of this sort can be set back from view. Children experiencing transitions should be monitored to ensure their success. My school will be more aware, alert, and involved from this day forward."

Other schools include West Lauderdale Elementary School and St. Patrick's Catholic School.

Organizations include the Mississippi State University Extension Service (Kemper County Health Agent), NAS Meridian's Child and Youth Programs Director and Training and Curriculum Specialist, a representative from the base chapel and several military parents.

"I thought the training was very useful," said Josephine Tate, Mississippi State University Extension Service Health Agent for Kemper County.

"I probably knew less than anyone there about the military child's special educational needs. I want so much to be able to contribute to the process of helping these children meet their needs."

All participants received a tote-bag filled with books, a DVD, and a variety of professional resources. Attendees who completed at least 95 percent of the training were awarded a certificate of completion for the training. Meals and training materials were funded by the Navy.

"This workshop was very educational," said McDonald. "I must say thank you to MCEC and to all the participants who made this training a success."

NAVSUP announces 2010 holiday season mailing dates

MECHANICSBURG, Pa. (NNS) -- The Naval Supply Systems Command's (NAVSUP) Postal Policy Division mailing dates for pre-Dec. 25 delivery of holiday cards, letters and packages were announced today.

EMMS is available from selected military post offices. If mailing to an APO/FPO address, check with your local post office to determine if this service is available.

PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

SAM refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to the continental United States by air on a space available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

For military mail addressed to APO/FPO addresses APO/FPO AE zip codes 090-098 (except 093), AA zip code 340 and AP zip codes 962-966:

Express Mail Military Service (EMMS): Dec. 18

First-Class Mail, Letters, Cards; Priority Mail: Dec. 10
Parcel Airlift Mail (PAL): Dec. 3
Space Available Mail (SAM): Nov. 26
Parcel Post: Nov. 12

For APO/FPO AE zip code 093:

EMMS: Not applicable.
First-Class Mail, Letters, Cards; Priority Mail: Dec. 4

PAL: Dec. 1
SAM: Nov. 20
Parcel Post: Nov. 12

For military mail from APO and FPO addresses

EMMS: Dec. 18
First-Class Mail, Letters, Cards; Priority Mail: Dec. 10
PAL: Dec. 3
SAM: Nov. 26

It is also recommended that customers check with their local civilian or military post offices for information on size restrictions and possible need for customs declaration forms. Additionally, customers are advised that certain mail restrictions apply and some items are non-mailable, such as switchblade knives, pornography, controlled substances and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact your local post office or military post office.

As a final note, customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol or cleaning fluids. Parcels

found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed. Instead, they will be handled as "non-mailable matter," regardless of the contents or what is listed on the U.S. Customs form.

NAVSUP's primary mission is to provide U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation and security assistance.

--From Naval Supply Systems Command Public Affairs



Photo by MC3 Marie Brindovas

ARABIAN SEA -- Aviation Structural Mechanic 3rd Class Joseph Morton, from Kansas City, Kan., assigned to the Ragin' Bulls of Strike Fighter Squadron (VFA) 37, conducts maintenance the variable diameter exhaust nozzle fairing on an F/A-18C Hornet. VFA-37 is deployed as part of the Harry S. Truman Carrier Strike Group in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

ARABIAN SEA-- Information Systems Technician Seaman Todd Sines, from Corpus Christi, Texas, speaks with singer/actress Jessica Simpson on the mess decks during a USO and Navy Entertainment sponsored visit aboard the aircraft carrier USS Harry S. Truman (CVN 75). Simpson visited Harry S. Truman for a two-day embark to meet and greet Sailors and Marines during the ship's 2010 deployment. The Harry S. Truman Carrier Strike Group is deployed supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

Photo by MCSN Ryan McLearnon



STRAIT OF MALACCA -- Lighting flashes as the aircraft carrier USS Abraham Lincoln (CVN 72) transits the Strait of Malacca. Abraham Lincoln is underway on a scheduled deployment to the U.S. 7th and U.S. 5th Fleet areas of responsibility.

Photo by MC3 Colby K. Neal

PHOTOS

LA CORUNA, Spain -- Secretary of the Navy the Honorable Ray Mabus visits with the crew of the guided-missile frigate USS Taylor (FFG 50). Mabus concluded a six-day trip to Europe, visiting with heads-of-state, their representatives, and military leaders to discuss strategic objectives for the U.S. Navy and Marine Corps. Mabus is also discussing maritime security cooperation with European nations.

Photo by MC2 Kevin S. O'Brien



from the Fleet



U.S. Navy photo

SOLVANG, Calif. -- Cmdr. Bill Crump, left, Maj. Sannon Morelli, John Stevens, and Nate Hunt help each other up a hill during the 450-mile Ride 2 Recovery Golden State Challenge. The event is a seven-day, 450-mile bicycle ride from San Francisco to Los Angeles along the California coast to raise money for programs that aid the rehabilitation and recovery efforts of injured veterans.