

THE SKYLINE IS A CHINFO AWARD WINNING NEWSPAPER



Photo by MC2 Flordeliz Valerio

Officials break ground on new CDC

Child Development Center staff members and Public Works personnel look on as Jim Sackett, Leetex/Hill & Wilkinson construction company project manager; Capt. Charles Gibson, NAS Meridian commanding officer; and Deridre Odom, Child and Youth Program director, break ground on the new Child Development Center on board NAS Meridian, Dec. 14. The center, which accommodates military and civilian employee's dependents, is programmed for 9,175 square feet which is nearly triple the size of the current 3,410 square foot building built in 1984. The new center will accommodate 66 children and 24 staff members. CDC daily functions will include child care for children ages 6 weeks to 5 years old. It will have one infant room, two pre-toddler rooms, one toddler room and one pre-school room. Each age group will also have its own outdoor playground. The project is funded by the American Recovery and Reinvestment Act. The building will utilize state-of-the-art technology, including photovoltaic panels and solar hot water heaters, to maximize energy and resource efficiency. When completed the center will achieve a Silver Certification in Leadership in Energy and Environment Design, in accordance with the Navy's sustainable building initiatives. The contract cost is \$5,520,100 and completion date is set for Fall 2011.

-- By Penny Randall

Meridian's Centennial T-45C 'Goshawk' unveiled with unique paint scheme



Photo by MC2 Flordeliz Valerio

Commander, Training Air Wing One Capt. Keith Taylor, left, and NAS Meridian Commanding Officer Capt. Charles Gibson stand beside the Centennial of Naval Aviation T-45C "Goshawk" after unveiling the specially painted jet during a ceremony for the media on Dec. 2. Taylor explained the reasons behind the T-45C's special paint scheme of silver, yellow, red and blue -- that has replaced the typical orange and white paint. The paint scheme is part of the Heritage Paint Project, according to the Centennial of Naval Aviation Director of History and Outreach, Capt. Richard Dan. Aircraft painted like this haven't been seen conducting operations on an aircraft carrier for nearly 70 years. The blue tail represents the USS Enterprise in 1938. The yellow wings are a safety feature that would help aircraft spot the jet if it went down in the water, and the red nose of the jet denotes the flight leader. During the press conference Capt. Gibson provided updates on Golden Wings Over Meridian Air Show featuring the Blue Angels scheduled for March 26-27, 2011.

-- By Penny Randall

On Base...

✓ **Holiday Food Drive:** The NAS Meridian Chapel annual "Holiday Food Drive" runs through Dec. 18. See page 7 for more information on how and where to donate items.

✓ **NAS Meridian ServMart Store:** Closed Dec. 23 and 24 for holiday.

✓ **Commissary Holiday Hours:** Dec. 20-23: Open 10 a.m.-6 p.m.; Dec. 24: Open Christmas Eve, 10 a.m.-3 p.m.; Dec. 25-27: Closed, Merry Christmas! Dec. 28-30: Open 10 a.m.-6 p.m.; Dec. 31: Open New Year's Eve, 10 a.m.-6 p.m. Jan. 1: Closed, Happy New Year!

✓ **MWR Mobile Canteen:** On Dec. 17, the MWR Mobile Canteen will cease operation during the lunch and dinner periods. The Mobile Canteen will still serve breakfast in the mornings at the NTTC schoolhouses.

Photo of the Week



Photo by Penny Randall

Rear Admiral Tim Alexander, Commander, Navy Region Southeast, joins Meridian Area Navy League President Crystal Dupre, NAS Meridian Commanding Officer Capt. Charles Gibson and Training Air Wing One Commander Capt. Keith Taylor at the annual Meridian Navy League meeting. Alexander was the guest speaker at the event at Northwood Country Club on Dec. 7. Alexander spoke to an audience of nearly 100 members about the importance of how the Japanese attacks at U.S. Naval Base Pearl Harbor, killing more than 2,300 Americans on Dec. 7, 1941, relate to the war on terrorism today.



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THE Skyline

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Area Happenings

DECEMBER

18: The Jingle Bell Run sponsored by Meridian Athletic Association through downtown Meridian. Start time: 8 a.m. For information and registration, call Lora Blackledge at (601) 938-0120 or e-mail lora1963@comcast.net or call Stacey Barr at (601) 938-8006 or go to: www.meridianathletic.com.

JANUARY

12-Feb. 26: Meridian Museum of Art Exhibit – “Art is a Love Affair” featuring Lowery Wilson and Crossley. Reception will be Jan. 22 from 6-8 p.m. at the museum, 628 25th Ave., Meridian. Museum hours: Wednesday-Saturday 11 a.m.-5 p.m. Admission is free. For information, call (601) 693-1501 or go to: www.meridianmuseum.org.

15-16: Meridian Little Theatre's Youth Division presents “Aladdin” at the Highway 39 Playhouse. Two performances on Saturday and one on Sunday are open to the public. For information and tickets, call MLT office at (601) 483-6371 or www.meridianlittletheatre.com.

16: Mississippi Bridal Show & Expo featuring bridal vendors and Special Guest Mrs. Mississippi 2010-2011. Location: Mississippi Trade Mart, 1200 Mississippi Street, Jackson. (Fairgrounds by the coliseum) Time: 11 a.m.-4 p.m. Admission: \$20. For information go to: www.msbridalshowandexpo.com or call (601) 988-1142 or (601) 672-5595.

17: 12th Annual Martin Luther King Jr. Day Parade and Celebration in downtown Meridian. Parade begins at noon. For information, call (601) 485 1944.

20: Meridian Community College's Arts and Letters presents “2nd Mile” in concert at 7 p.m. in McCain Theatre, 910 Hwy 19 North. For information and tickets, call (601) 484-8696.

21: The Riley Center presents Patty Griffin with special guest Buddy Miller in concert. The MSU Riley Center, 2200 5th Street. Preshow at 6 p.m., concert at 7:30 p.m. Ticket prices \$42 and \$36. For information, call (601) 696-2200 or visit www.msuritycenter.com.

24-Feb. 24: Meridian Community College Arts Faculty Exhibit in the Miller Gallery, 910 Hwy 19 North. Reception is Jan. 24 from 4:30-6:30 p.m. Gallery Hours: Monday-Thursday from 10 a.m.-4 p.m. For information, call (601) 484-8647.

27: The Riley Center presents “Drumline Live” at 7:30 p.m., at the center, 2200 5th Street. Ticket prices are \$42 and \$36. Call (601) 696-2200 or visit www.msuritycenter.com.

FEBRUARY

5: “Art for Meridian” Dinner and Art Auction sponsored by the Meridian Council for the Arts from 6:30-10 p.m. at Northwood County Club. Tickets are \$125 per person. Call Betty Lou Jones at (601) 482-0166.

8: Meridian Community College's Arts and Letters presents “Bluegrassarama with Mississippi Chris Sharp” in McCain Theatre, 910 Hwy 19 North. Show time: 7 p.m. For information:, call (601) 484-8696.

Pvt. Rashad Stubbs

MATSS-1 Student
Hometown: Warner Robins, Ga.

Rashad Stubbs joined the Marine Corps to change his life around.

"I wanted to make something of myself," said Pvt. Stubbs who is currently a student at Marine Aviation Training Support Squadron One on board NAS Meridian.

"I joined to show people that I can make it through the training, and also to help my family."

Stubbs, who enlisted on March 4, 2010, is the son of Juanita Russell and Aaron Russell. His hobbies include football, basketball, singing and working on cars.

"I'm looking forward to serving 20 years in the Corps and serving my country," Stubbs said.

The person he most admires is Dr. Martin Luther King Jr.

"He set goals and had a dream of freedom. He never gave up no matter what happened. He did things for other people and didn't just think of himself. He showed everyone that we can make a difference in the world by fighting for what we consider the right thing."

OOORAH!**Pvt. Mahmoud Ali**

MATSS-1 Student
Hometown: St. Petersburg, Fla.

Pvt. Mahmoud Ali moved to the U.S. in 1999 from Syria and started what he considers "a new life, in a new world."

"Everything was fine until 9/11 when extremist put a bad view on Islam," Ali said. "As a child I didn't understand what was really going on. I wanted to be an American and it seemed hope was all I had. I wanted to help enlighten people about the common misconception about Islam, so I joined the Marine Corps as a way of condemning extremist. Now that I'm a Marine, I didn't just take the next step, but rather a leap to reach my goal."

Ali is currently a student at MATSS-1. His hobbies include soccer, basketball and traveling.

"My goal is to get a college degree and become an officer. I plan to do linguistics. I know Arabic and I want to learn Farsi.

The person Ali most admires is his

father, Mohamad.

"He is the most patient person in any situation whether it's bad or good. I've learned many things from him and most of my life principles came from him. He taught me not to just be willing to do something, but to actually do it."

**Happy Thanksgiving**

Submitted Photo

Marine Aviation Training Support Squadron One Commanding Officer Maj. A.J. Brooks, left, and staff member Sgt. Kevin Tucei served the Thanksgiving meal to Marines and Sailors at the NAS Meridian Galley.

Marines return to amphibious roots

By Capt. Timothy Patrick
II MEF

CAMP LEJEUNE, N.C. -- After nearly a decade of fighting in Iraq and Afghanistan, the Marine Corps has been inappropriately branded as a second land army.

In response to this misconception, the Corps returns to its amphibious roots Dec. 11 with exercise Bold Alligator 2011, an operation with the Navy's Sound Fleet which reestablishes Marines in their traditional role as "fighters from the sea."

Initiated by Navy and Marine Corps leadership, Bold Alligator '11 is a two-part exercise leadership designed to reacquaint brigade and group-level commands with their amphibious doctrine, tactical skill sets and logistical requirements.

"Though we have focused (at this level) almost exclusively on land warfare in Iraq and Afghanistan for the last decade, amphibious operations continue to be the mainstay of our Corps' mission," explained Col. Scott D. Aiken, operations officer for II MEF. "We have been working toward this for more than two years now and it's one of the first of many steps in the direction to revitalize our core competency."

During these two years, planners from

the Marine Air-Ground Task Force Staff Training Program located in Quantico, Va., have been busy engineering scenario-based environments to test the Navy/Marine Corps team on their amphibious competence and the dozens of different missions that fall under amphibious operations.

"Amphibious operations are much more than just assaults," said Lt. Col. Bowen Richwine, lead action officer for the MEF's part in the exercise.

In fact, since 1990, the Navy/Marine Corps team has conducted more than 110 amphibious operations throughout the world - many of which were non-combatant evacuations, disaster relief, or similar crisis-response operations conducted in austere and uncertain environments.

"While assault is one reason for maintaining amphibious capabilities, the utility in conducting raids, demonstrations and amphibious support to noncombatant operations is immense," Richwine explained. "Amphibious forces also have enormous deterrent value against potential adversaries."

Bold Alligator '11 is the first installment in what will be regularly scheduled large-scale amphibious exercises involving

● **Marines, page 12**

Combined Federal Campaign Begins

The Combined Federal Campaign on board NAS Meridian is underway and will run through Dec. 17. See departmental or command representatives to donate or contact Coordinator Chief Bobby Lee at (601) 679-3879 for more information.

Department Representatives:

Assistant Coordinators: ABH1 Mack/DC1 Sharp
 Security: DC1 Sharp
 Administration/Supply: NC1 Bridges
 Chapel: RP3 Harwell
 Air Operations: AC3 Andrews
 FFSC: Stacey Jemison
 NOSC: YN1 Blevins
 NTTC: LS1 Stillgess
 MATSS-1: Staff Sgt. Nickerson
 VT-9: Capt. Harris
 TW-1: Ensign Atrash
 Medical/Dental: HM2 Kippes

NEX offers special promotion for 'Baby Days'

The NEX, along with the MILITARY STAR Card program, has teamed up to provide a special offer on baby cribs, mattresses, dressers, travel systems, strollers, car seats, booster seats, high chairs and play yards.

From Dec. 29-Jan. 16, 2011, customers using the MILITARY STAR Card to make Baby Day purchases of \$149 or more can take advantage of no down payment, no interest and no payments for 180 days. The promo-

tion is also available for special order items.

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.



Submitted photo

Staff members from Naval Technical Training Center Meridian and Marine Aviation Training Support Squadron One are pictured with GAITS for Greatness participants who thanked them for their volunteer service with the organization this past year at a ceremony on Dec. 1.

NAS volunteers honored by GAITS for Greatness

GAITS for Greatness celebrated another successful year on Dec. 1 with an awards ceremony at the Riley Center in downtown Meridian.

GAITS, a non-profit organization, provides therapeutic guided horseback riding and horsemanship training for children, teens, adults and disabled veterans with disabilities and/or special needs.

Under the direction of Dr. Marion Swindell, associate professor at Mississippi State University Meridian, the program has been in operation since

October 2009, and has grown from nine students to 101.

"This ceremony will recognize not only the students but our volunteers as well," Swindell said.

"The children have worked really hard and we wanted to award them for the work they've put into this program. We also want to say thank you to our donors, the Navy SHIPMATES and Marines from NAS Meridian, and our volunteers -- because we couldn't have done this without them."

Shore WAAN system allows quick alerts of emergency situations

WASHINGTON -- Tragedies such as Hurricane Katrina and shootings at Virginia Tech and Fort Hood clearly demonstrate that being able to put out emergency information quickly is vital to the safety of personnel.

Government agencies, educational institutions and private industry have taken great strides to develop critical emergency notification methods to protect life, limb, property and operational capabilities.

The Navy has developed the Shore Wide Area Alert Network (WAAN) for Sailors, Navy civilians and their families to receive emergency information no matter where they happen to be at the time of the crisis. To receive these emergency notifications while away from the workplace, anyone assigned ashore with an NMCI or OneNet computer must register their emergency contact information on their computer.

"In times of natural disasters and cri-

sis events on our bases, it will be crucial for our Sailors and Navy civilians to receive information updates as well as guidance on where to go and what to do. Currently, only 20 percent of our population have signed up for Wide Area Alerts. We need to encourage 100 percent participation by everyone assigned ashore," said Vice Admiral Michael Vitale, Commander, Navy Installations Command.

The Shore Wide Area Alert Network (WAAN) has been developed to provide Navy Installations with an effective and reliable mass notification system that can be used during a crisis to warn affected personnel. The WAAN consists of four sub-systems: Computer Desktop Notification System (CDNS), Automated Telephone Notification System (ATNS), Giant Voice (GV), and Interior Voice (IV).

CDNS and ATNS have been rolled out to each NMCI and OneNet user in the form of the AtHoc Self Service client

Instructions for adding contact information to the WAAN using the AtHoc Self Service client are:

1. Right-click on the AtHoc Self Service client (Purple Globe) icon in the users system tray, at the bottom of the computer screen.
2. Select "Access Self Service" from the pop up menu.
3. The Athoc Self Service client will open. Select the "My Info" tab and update your Last Name, First Name, and Display Name and save. Do not enter PIN information.
4. Select the "Devices" tab and enter your contact information in the appropriate fields and save.
5. This completes the registration process.

For assistance with these instructions or with technical issues, contact the CNIC Help Desk at 1-888-264-4255, DSN: 942-6597, <https://supportcenter.cnic.navy.mil>

which starts automatically on computers at startup. Users are automatically registered for CDNS messages when they log into an NMCI computer via their Common Access Card (CAC). All NMCI

users must manually register their emergency contact information via the AtHoc Self Service client in order to receive WAAN ATNS or e-mail/text notifications.

--- From CNIC Public Affairs

Safety is our Duty

Astounding facts and figures about distracted driving

By Charles "Wes" Taliaferro
Navy/Marine Corps Safety Instructor

MCLB ALBANY, GA. -- You see it every day, on the way to work or on the way home -- a car driving erratically and failing to maintain the lane.

You immediately think of a driver under the influence of drugs or alcohol. As you get closer you see someone, with their cell phone sitting on the steering wheel, texting, or talking and paying no attention to their surroundings. Pay attention to the cars and trucks you pass on the highway. You never know where you will encounter a distracted driver, or what they are doing. You will be amazed at how many drivers are actually talking on the phone, texting, eating, putting on makeup, shaving, or even using a laptop computer.

Facts about distracted driving

✓ Distracted driving is the number one killer of American teens. Alcohol-

related accidents among teens have dropped; but, teenage traffic fatalities have remained unchanged because, Distracted Driving is on the rise. (Children's Hospital of Philadelphia, State Farm Insurance Study, and NHTSA Study)

✓ While over 90 percent of teen drivers say they don't drink and drive, nine out of 10 say they've seen passengers distracting the driver, or drivers using cell phones. (National Teen Driver Survey)

✓ Brain power used while driving decreases by 40 percent when a driver listens to conversation or music. (Center for Cognitive Brain Imaging at Carnegie Mellon blatantly hazardous behavior: changing clothes, steering with a foot, painting nails and shaving. (Nation-wide Mutual Insurance Survey)

✓ Drivers on mobile phones are more impaired than drivers at .08 BAC. (University of Utah Study)

✓ An estimated million people

each day chat on their mobile phone or send text messages while driving. (The Herald)

✓ Driver distractions are the leading factor in serious injury crashes, surpassing alcohol and speeding. In 2008, 28 percent of all crashes were attributable to cell phone usage; resulting in 1.6 million crashes and 645,000 injuries. Drivers using a cell phone are four times more likely to be involved in a crash. On any given day, at any time, 11 percent of the drivers you encounter are talking on a cell phone, or worse yet, texting.

✓ Cell phones distract visually. Looking at a cell phone takes your eyes off the road. They distract mechanically, as your hands are off the wheel. They distract cognitively, even using hands-free devices, because it takes your mind off the task of driving. The brain focuses on the conversation trying to hear and respond to the disembodied voice. Although you don't realize it, your

brain is engaged with visualizing the person with whom you are speaking.

Everyone thinks they can multi task. This is not possible. Human brains do not perform two tasks at the same time; however, the brain can juggle tasks very rapidly, which leads us to erroneously believe we are doing two tasks, at the same time. In reality, the brain is switching attention between tasks- performing only one task at a time.

Driving a car requires a lot of brain-power, which is not available if you are texting or talking on the phone.

The conclusion to this is that there is no safe way to text or talk on the cell phone while driving. Even hands-free devices offer no evidence to reduced crashes or injuries. Many states and DoD have banned texting and driving.

To avoid crashes and tickets, stop the car in a safe place to answer the phone and/or text.

SANTA'S HOLIDAY SAFETY CHECK LIST

NAUGHTY

- ✓ NO SEATBELT
- ✓ EXCESSIVE DRINKING
- ✓ DRINKING AND DRIVING
- ✓ UNDERAGE DRINKING
- ✓ NO MOTORCYCLE TRAINING
- ✓ DID NOT USE TRIPS
- ✓ SPEEDING
- ✓ UNDER 25 AND DID NOT COMPLETE DRIVER IMPROVEMENT COURSE
- ✓ USING A CELL PHONE WHEN DRIVING

NICE

- ✓ ALWAYS WEARS SEATBELT
- ✓ DRINKS RESPONSIBLY
- ✓ NEVER DRINKS AND DRIVES
- ✓ KNOWS THE LAW OF 21
- ✓ COMPLETED ALL REQUIRED MOTORCYCLE TRAINING WITH ESAMS ENTRY
- ✓ WOULD NEVER GO ON LEAVE WITHOUT USING TRIPS
- ✓ ALWAYS OBEYS THE SPEED LIMIT
- ✓ UP TO DATE ON ALL DRIVER IMPROVEMENT COURSES
- ✓ TURNS OFF THE CELL PHONE WHEN IN A CAR



Navy equals record fuel conservation results

WASHINGTON (NNS) -- Naval Sea Systems Command (NAVSEA) announced a fiscal year 2010 Navy fuel avoidance savings of 1.35 million barrels of oil Nov. 24, supporting the secretary of the Navy's efforts to reduce energy consumption.

Navy ships realize fuel savings through efficient underway operations and NAVSEA's Incentivized Energy Conservation Team (i-ENCON) works with ship operators to recommend fuel-efficient procedures.

"These results reflect increased fleet readiness because Sailors have more at-sea time to train while the Navy spends the same amount of money on fuel," said Hasan Pehlivan, NAVSEA i-ENCON initiative manager.

Fuel usage results are measured by underburn, the reported fuel usage rate below a ship class' average usage rate. In fiscal year 2010, 109 ships reported underburn.

The net underburn after accounting for ships that overburned, or used more than their class average, was 700,000 barrels of oil.

This represents 14.4 percent of Navy fuel consumption for fiscal 2010. i-ENCON's underburn goal is a 8 percent reduction in fuel usage each

year. The net savings provided enough average fuel use to support 23 Arleigh Burke-class destroyers for a year.

"Underburn equates to reduced fuel usage and reflects NAVSEA's commitment to reducing our ships' dependency on fossil fuels and their impact on the environment," said Pehlivan.

"These incentives are very important to i-ENCON success."

Hasan Pehlivan
NAVSEA i-ENCON
initiative manager

The performance may also be attributable to ships receiving i-ENCON team recommended cash awards of up to \$67,000 each from Commander, Naval Surface Forces. A total of \$1 million is awarded annually. During this fiscal year 160 ships received incentive cash awards. Award money is directed to each commanding officer's discretionary funds, and can be used to buy items like damage control

gear or to augment the ship's welfare and recreation programs, according to Pehlivan.

"These incentives are very important to i-ENCON's success," said Pehlivan. "It's a voluntary program that requires real commitment from ships' commanding officers, chief engineers and main propulsion assistants."

Let us know what you think about your recent HHG move

Did you PCS recently? If you did, you've likely unpacked most of the boxes, completed your PCS travel voucher, settled your kids in their new schools and tackled new duties on the job. Congratulations!

But, you're not done with your move yet if you haven't completed your personal property Customer Satisfaction Survey (CSS).

Well, "survey" is not the best way to think of the CSS... think of it as a "scorecard" or a "grade report" for both the government and industry organizations that were involved in moving your household to your new duty station.

"Whether this move was your best move ever, just average or your worst, we encourage you to complete the short 12-question

survey to ensure Navy leadership is aware of how your move went," said Deborah McGlennon, HHG program manager for Commander, Fleet and Industrial Supply Centers.

The results are used in two ways. First, the military services use the results to determine how well the origin and destination personal property offices did in assisting you. Additionally, your ratings on how well your commercial moving company performed determine how much business they will get from DoD in the future.

You can do your part in ensuring quality future moves for thousands of military and civilian movers by completing the survey when it arrives in your e-mail inbox between seven and 21 days following delivery of your property. If you didn't get the e-mail, select the Personal Property/POV link at www.SDDC.army.mil to access the survey. Or, contact your local Personal Property Office for assistance.

COMFISCS provides an array of integrated global logistics and contracting services to

Navy and Joint operational units across all warfare enterprises.

COMFISCS is responsible for facilitating best business practices and efficiencies across the seven FISCs headquartered in San Diego, Calif.; Norfolk, Va.; Jacksonville, Fla.; Yokosuka, Japan; Pearl Harbor, Hawaii; Bremerton (Puget Sound), Wash.; and Sigonella, Italy; and for optimizing the performance of base supply functions and standardizing levels of service across 11 regions and 70 Navy installations.

Comprised of more than 6,200 military and civilian logistics professionals, contractors and foreign nationals, COMFISCS operates as a single cohesive team providing global logistics services from 110 locations worldwide.

A component of the Naval Supply Systems Command, headquartered in Mechanicsburg, Pa., COMFISCS is part of a worldwide network of more than 22,500 military and civilian personnel providing combat capability through logistics.



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NAS Meridian Chapel

211 Fuller Road

Protestant
Sunday Services
9 a.m.

Wednesday
Prayer Lunch
11:15 a.m.

Those wishing to
attend Catholic
service in Meridian
should meet in
Chapel parking lot
no later than
10 a.m. for a ride
to and from
St. Patrick's
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The Petty Officers
Association meets
on the 2nd and 4th
Thursday of each
month at 2 p.m. in
the conference room
at Air Operations.

Holiday Food Drive

The NAS Meridian Chapel has started its annual "Holiday Food Drive." Suggested food items include:

Cranberry Sauce	Green Beans
Canned Corn	Gravy Mix
Potato Mix	Canned Nuts
Sugar	Canned Peas
Soda	Dressing Mix
Canned Pumpkin	Canned Yams
	Marshmallows



Drop Box Locations:

Commissary	Supply
Medical	Public Works
Chapel	TW-1
Air Operations	Fleet & Family Support Center
NAS Administration	

For more information, call the Chapel
at 601-679-3536.
The food drive runs Nov. 8-Dec. 18.

MAINTENANCE MANAGER CONTINENTAL CARBONIC PRODUCTS, INC \$50,000 TO \$60,000 BASED ON EXPERIENCE

Liquid carbon dioxide/dry ice plant in **Brookhaven, Mississippi** requires a maintenance manager to lead the day-to-day maintenance operations.

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IKE Sailor rides in rodeo finals

By MC3 Christopher Baker
USS Dwight D. Eisenhower Public Affairs

PORTSMOUTH, Va. (NNS) - A USS Dwight D. Eisenhower (CVN 69) (IKE) Sailor recently competed in the Professional Armed Forces Rodeo (PAFR) finals in Glenn Rose, Texas, where he represented the Nimitz-class aircraft carrier as a member of the Five Star Rodeo Team.

Aviation Structural
Mechanic Airman Robert Payne, a member of IKE's Aircraft Intermediate Maintenance Department, has participated in the bull riding portion of the rodeo for several years and began riding as an IKE representative in August, following IKE's second deployment in as many years. He carried a sixth place national ranking into the finals where he hoped to make a top place finish.

The other members of the IKE Five Star Rodeo Team include Aviation Boatswain's Mate (Handling) 3rd Class Tyler Cunningham, Aviation Boatswain's Mate (Handling) Airman Jake Morton and Aviation Boatswain's Mate (Handling) Airman Brice Ellis, all of whom created the team from their shared love of the sport.

The bull riding competition lasted two days out of the three day event, and Payne completed

three "go rounds" over the course of the three-day tournament.

The competition placing is determined by best average score over all three days.

"It was pretty rough," Payne said, "It seemed to be a pretty good competition. These were some of the best bulls I've ever ridden."

Payne did not place in the finals but managed to improve his overall standing to third place nationally for the season.

Payne said it is hard to get into bull riding in the civilian world, but the PAFR allowed him to pursue his dream.

"It was more for the command than myself," Payne said. "I had the chance to represent the Navy and show that if there is something you're good at, you can do it in the Navy."

Unlike most sports, rodeo has no real off-season. While the PAFR finals were held just a few weeks ago, the next season started the very next day. The Mid-Atlantic Professional Rodeo Association's (MAPRA) season began just two days after the finals in Glen Rose.

Payne's next event will be with MAPRA, a series in which he currently holds 5th place. The "IKE Cowboy" starts his next season in Goldston, N.C., in the Cowboy Christmas Rodeo event, where he will continue to take the IKE name and values to the rest of the country.

MCC Class on board NAS Meridian

Meridian Community College offers classes at NAS Meridian in two terms -- Jan. 10-March 3 and March 7-May 12.

The first term classes are:

English Composition I, 5-7:45 p.m., Mondays and Wednesdays
American (US) History I, 5-7:45 p.m., Mondays and Wednesdays
College Algebra, 5-7:45 p.m., Mondays and Wednesdays
Principles of Accounting, 5-7:45 p.m., Tuesdays and Thursdays

The second term classes are:

Principles of Accounting II, 5-7:45 p.m., Tuesdays and Thursdays
Art Appreciation, 5-7:45 p.m., Mondays and Wednesdays
English Composition II, 5-7:45 p.m., Mondays and Wednesdays
American (US) History, 5-7:45 p.m., Mondays and Wednesdays
Introduction to Sociology, 5-7:45 p.m., Tuesdays and Thursdays
Public Speaking I, 5-7:45 p.m., Mondays and Wednesdays.

For more information about MCC NAS classes, contact
Ardra Govan, MCC NAS program director, at 601-679-2450.

NMCRS honors volunteers during annual luncheon



The NAS Meridian Office of the Navy-Marine Corps Relief Society honored military and civilian volunteers during an awards luncheon at the Navy Gateway Inn and Suites on Dec. 14. They include AC1 Jeffrey Kever, AC1 Dwayne Hinson Jr., Kenya Wilbanks, Kristen Treider, Jennifer McGregor, Dawn Baker, Lisa Banister, LS1 Victor Stillgess, Jenny Enderlin and AC1 Ronell Lewis. Awards were presented to the volunteers by Alice Huffman, Director of the NMCRS Gulfport office, and Capt. Charles Gibson, NAS Meridian Commanding Officer.



Photos by MC2 Flordeliz Valerio

NAS Meridian Navy-Marine Corps Relief Society Chairman of Volunteers Kristen Treider is thanked by Capt. Charles Gibson for her service to the organization for the past year. The volunteers were treated to lunch and received gifts based on the amount of hours they volunteered with the organization.

Advancement



Photo by MC2 Flordeliz Valerio

A frocking ceremony was held Dec. 2 for all the newly promoted petty officers. Those promoted to the following rank include from left, AC3 Whitney Powell, AC3 Lejoya Partlow, AC2 Shawn Forsberg, AC1 Michael Kirkwood, AC3 Scott Torres, AC2 Amy Johnson and AC2 Patrick Kiger. Not pictured is AC2 Rochelle Andrews.

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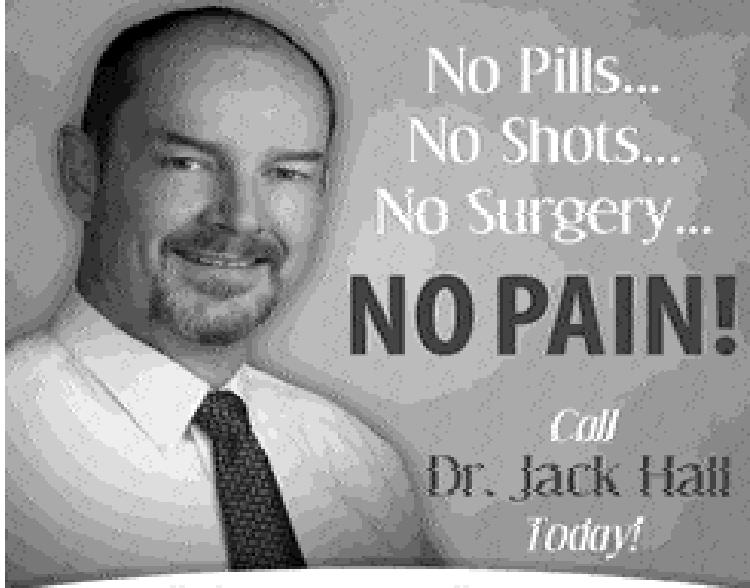
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USS George Washington returns to Japan for holidays

By MC3 Marcos Vazquez
USS George Washington (CVN 73)
Public Affairs

YOKOSUKA, Japan (NNS) - After a short but eventful three-week period out at sea, the aircraft carrier USS George Washington (CVN 73) returned to its forward deployed operating port of Yokosuka, Japan, Dec. 14.

While underway, George Washington participated in an exercise in the waters west of the Korean peninsula with the Republic of Korea (ROK) Navy and in the Pacific Ocean with the Japan Maritime Self Defense Force (JMSDF) as part of the exercise Keen Sword 2011.

"Our crew has done an outstanding job during this patrol

which began almost seven months ago in May (2010)," said Capt. David Lausman, commanding officer of George Washington. "During that time, we've traveled more than 50,000 nautical miles across the western Pacific, and I know this region is safer and more secure today because of their service."

George Washington participated in other naval exercises during the 2010 annual patrol including exercise Invincible Spirit with the ROK Navy, undersea warfare exercise with the JMSDF, which focused on the coordination of anti-submarine warfare, and the joint military exercise Valiant Shield, which was conducted to train the participants on various areas including maritime interdiction, intelligence surveil-

lance, reconnaissance and personnel recovery.

The flight deck of the carrier was an extremely busy place during the 2010 patrol with 8,351 launches and recoveries. To keep those planes flying, the air wing used 16,125, 000 gallons of fuel. The Supply Department made 1.8 million meals with food they brought aboard during 34 separate replenishment-at-sea. The Supply Department also cleaned 365,000 pounds of laundry and kept the crew looking sharp with 22,000 haircuts.

The ship's Medical Department was responsible for assisting 9,485 patients, administering 10,354 immunizations and collecting 424 units of blood during a command blood drive.

The size of George Washington's crew increased by 22 U.S. citizens during the annual patrol as the Legal Department naturalized more than three dozen Sailors as new U.S. citizens.

"In some countries people are not allowed to speak about certain things, but now I am an American, and I can defend my country and use my freedom of speech whenever I want," said Culinary Specialist Seaman Jian Xu, one of the proud new Americans.

In 2010, George Washington visited Korea, Singapore, the Philippines and Thailand. In these ports, more than 7,000 people had the chance to get a firsthand look at the Navy's only permanently forward deployed aircraft carrier.

"It was a great opportunity for both the citizens to see what we do and for our own Sailors to showcase their pride we all share in this warship," said Chief Master-at-Arms Raymond Wendt, one of the ship's tour guides in the Philippines. "It helps you appreciate the ship even more by seeing the excitement in the tourist's faces."

Despite being in port, George Washington's role is to remain vigilant as the Navy's only permanently forward-deployed aircraft carrier, always ready to execute its next set of orders.

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

30-264

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Holiday Happenings: Military Style



Photos by MC2 Flordeliz Valerio

Above, students from Northeast Lauderdale Elementary School special needs classes sing Christmas carols to military personnel stationed at Naval Technical Training Center Meridian on board NAS Meridian on Dec. 14. The students also performed holiday skits to entertain the Sailors. At left, Northeast students present Sailors with homemade Christmas cards. Many of the Sailors, who are students at the school, will not make it home for the holiday season.

The NAS Meridian float prepares for the start of the 2010 City of Meridian Holiday Parade on Dec. 4. The Toys for Tots themed float featured all the traditional signs of the holiday season. Five lucky Marine volunteers road in the float as it paraded through downtown Meridian before thousands of onlookers. The float took home second place in the non-commercial category.



Photo by MC2 Flordeliz Valerio

10 aviators earn 'Wings of Gold' in December ceremonies

There were two naval aviator designation ceremonies in December on board NAS Meridian.

The naval aviator designation ceremony is not prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition.

It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous demands of aerial combat and carrier operations -- earning each the title of "Naval Aviator" and the right to wear the coveted "Wings of Gold."

Two French Naval aviators earned their "Wings of Gold" on Dec. 3 in the War Room of Training Air Wing One. They were:

Ensign Fabien Jacques Roussel earned three Navy "E's" for bombing accuracy during Advanced Jet Flight. He carrier qualified in the T-45C on board the USS Nimitz (CVN-68) on Nov. 5. Ensign Roussel completed Advanced Jet Flight Training with Training Squadron Seven.

Ensign Aurelien Philippe Sturni who carrier qualified in the T-45C on board the USS NIMITZ (CVN-68) on Nov. 7, and was named "Best at the Boat" for that carrier qualification evolution. Ensign Sturni completed Advanced Jet Flight Training with Training Squadron Seven.

Eight U.S. Navy and Marine Corps aviators received their "Wings of Gold" on Dec. 16 during a ceremony in the NAS Meridian Chapel. They were:

First Lt. Joel Adolphson, USMC, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He earned the "Top Gun" award for his class and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Dec. 12. Adolphson completed Advanced Jet Flight Training with Training Squadron Nine;

Lt. j.g. Erik Dill, USN, who earned three Navy "E's"



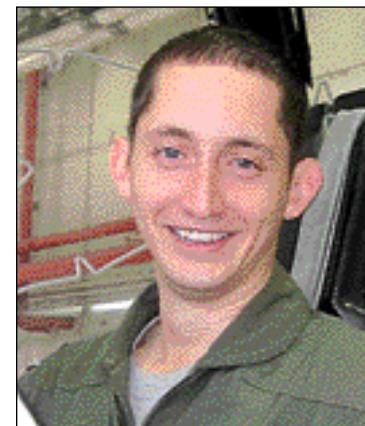
Adolphson



Dill



Graas



Graham

for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Nimitz (CVN-68) on Nov. 6. Dill completed Advanced Jet Flight Training with Training Squadron Seven;

First Lt. John Graas, USMC, who was named to the Commodore's List during Primary Flight Training. During Advanced Jet Flight Training, he earned four Navy "E's" for bombing accuracy and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Dec. 11. Graas completed Advanced Jet Flight Training with Training Squadron Nine;

Lt. j.g. Joseph Graham, USN, who was named to the Commodore's List during Primary Flight Training. He earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Nimitz (CVN-68) on Nov. 6. Graham completed Advanced Jet Flight Training with Training Squadron Seven;

Lt. j.g. Christian Nielsen, USN, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Nimitz (CVN-68) on Nov. 6. Nielsen completed Advanced Jet Flight Training with Training Squadron Nine;

Lt. j.g. Daniel Owens, USN, who was named to the Commodore's List during Primary Flight Training. He



Nielsen



Owens



Propheter



Roussel



Sturni



Zimniewicz

earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Nimitz (CVN-68) on Nov. 5. Owens completed Advanced Jet Flight Training with Training Squadron Seven;

First Lt. Michael Propheter, USMC, who earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier

qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Dec. 11. Propheter completed Advanced Jet Flight Training with Training Squadron Nine;

Lt. j.g. John Reeves, USN, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Nimitz (CVN-68) on Nov. 6. Reeves completed Advanced Jet Flight

Training with Training Squadron Seven; and

First Lt. Matthew Zimniewicz, USMC, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and the "Best Bomber" award for his class. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on Dec. 11. Zimniewicz completed Advanced Jet Flight Training with Training Squadron Nine.

Navy takes to air to beat Army for record ninth-straight year

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON (NNS) -- The U.S. Naval Academy Midshipmen beat the Black Knights, 31-17, at the Army-Navy football game at Lincoln Financial Field in Philadelphia Dec. 11.

Navy quarterback Ricky Dobbs threw for 186 yards against an anemic Army pass defense.

The Navy football team's win provided its ninth-straight victory against the Army squad in the annual contest.

The game began somewhat clumsily when both teams experienced running-game fumbles - one by Dobbs - in the first quarter.

Navy, however, quickly scored a field goal, making the score 3-0. Then, an energized Dobbs began to find his receivers about midway into the first quarter. He first hit Navy slot back John Howell for a 77-yard touchdown. The extra point made the score Navy 10, Army 0.

About a minute into the second quarter, Dobbs struck again, tossing a 32-yard touchdown pass to wide receiver Brandon Turner. The extra point put Navy ahead of Army 17-0.

Army got on the scoreboard in the second quarter after recovering a Navy fumble. After

gaining 23 yards, Trent Steelman tossed a five-yard touchdown pass to slot back Malcolm Brown in the end zone. The extra point made the score Navy 17, Army 7.

The Navy struck back late in the second quarter when Steelman fumbled the ball during a quarterback sneak play on the Midshipmen's goal line. Navy safety Wyatt Middleton recovered the fumble and ran it back for a 98-yard touchdown. The Navy squad made the extra point.

At halftime, Navy led Army 24-7.

Both teams tried and failed to gain any momentum in the third quarter. However, the Black Knights kicked a field goal in the third quarter to make the score Navy, 24, Army 10.

In the fourth quarter, Midshipmen running back Gee Gee Greene rushed 25 yards into the end zone for another Navy touchdown. The extra point made the score Navy 31, Army 10.

Yet, the Black Knights refused to surrender. With four minutes left in the game, Steelman completed a pass to Brown, who ran into the end zone for a touchdown. The extra point made the score Navy 31, Army 17.

The Navy victory ups their season's record to 9-3. The Army's record drops to 6-6. Both teams are now bowl game-bound.



Photo by MC1 Chad Runge
U.S. Naval Academy quarterback Ricky Dobbs (4) runs the ball during the third quarter of the 111th annual Army-Navy football game at Lincoln Financial Field. The Midshipmen defeated the Black Knights 31-17.

Armed Forces bowling championships conclude

By MC2 Josh Cassatt
Navy Public Affairs Support Element West

SAN DIEGO (NNS) -- The 2010 Armed Forces Bowling Championship, hosted by Naval Base San Diego (NBSD), concluded its week-long competition Dec. 10.

Four eight-person teams, made up of four men and four women, from the Army, Navy, Air Force and Marines bowled for four days, seeking coveted titles in the team challenge, doubles, mixed doubles and singles events.

The Navy took top honors in men's doubles and mixed doubles contests. The Army won in the overall men's competition and the Air Force claimed the women's title.

For the Sailors competing in the tournament, the chance to square off against the other services was a point of pride.

"Being on the All-Navy Bowling Team has always been a dream of mine since I enlist-

ed," said Navy Counselor 1st Class Rhonda Gordon, a third-year veteran of the All-Navy Bowling Team. "Every time I've been able to be part of this team is just as exciting as the first time."

"Personally, I think it is an honor to be selected to this team and come out here for this tournament," said Cryptologic Technician (Collection) 2nd Class Daniel Theisen, who came from Navy Information Operations Command Hawaii to compete. "This is my first year on the team, and it has been exciting and challenging to compete against the other branches."

The Armed Forces Bowling Championship consisted of 24 games played in seven categories during the course of four days.

"The Sailors on our team put the time in to practice and hone their skills, and it has shown on the lanes," said Ron Hodgen,

● **Bowling, page 17**

● Marines

the 2nd Marine Expeditionary Brigade and the Navy's Expeditionary Strike Group 2. This December, Marines and sailors will conduct the exercise from two Navy landing helicopter assault amphibious ships, the USS Iwo Jima and USS Bataan, and multiple simulation centers which will provide in-depth analysis of landing timetables, weather conditions and fires effects. The next scheduled event for the training cycle is a live exercise scheduled for February 2012.

The scenario for the exercise includes the conduct of a forcible entry operation to enable a non-combatant evacuation in the midst of a violent sectarian conflict. This complex but realistic mission requires the ability to respond rapidly, project a credible security force ashore, and organize the evacuation of thousands of noncombatants.

In many cases, these capabilities can only be provided by amphibious forces. Bold Alligator '11 is not only designed to retain proficiency in amphibious operations for the Navy/Marine team, but also to update concepts, procedures and techniques, and to incorporate the new enablers developed since the units last focused on amphibious operations at the MEB/ESG level in 2001.

"We need to continuously refine our thinking and our training with amphibious capability," explained Richwine. "We have the opportunity to develop new skill sets across the entire range of military operations -- from humanitarian assistance to contested beach assaults, and everything in between."

What are amphibious operations?

In a doctrinal sense, the term "amphibious operations" is a broad concept that covers a great range of military actions involving land operations, sea operations and the confluence between the two. Generally, amphibious operations are launched from the sea by naval shipping onto foreign or domestic shores in order to conduct a host of missions ranging from humanitarian assistance and disaster relief to full-scale assaults in combat environments. There are some misconceptions that amphibious operations are synonymous with beach landings or that the U.S. has not conducted an amphibious operation since Inchon during the Korean War.

In the past two decades, our nation has conducted more than one hundred amphibious operations in response to international security threats and crises with the vast majority of these falling into noncombatant evacuations, disaster relief or similar crisis response operations -- a response rate more than double that during the Cold War era. Amphibious operations are more than just assaults. The utility in conducting raids, demonstrations and support to other noncombatant operations is immense.

Some amphibious operations/missions include: raids, counter-piracy, security cooperation, show of force/deterrence, humanitarian assistance, demonstrations, assault, withdrawal, crisis response, non-combatant evacuation and disaster relief.

Wreaths placed at national cemeteries

By MC3 Shannon Burns
Defense Media Activity - Anacostia

ARLINGTON, Va. (NNS) -- Several thousand volunteers from across the nation came together at Arlington National Cemetery in Arlington, Va., to place 24,000 holiday wreaths in the cemetery as part of the "Wreaths Across America" project Dec. 11.

The ceremony honored members of the armed forces who made the ultimate sacrifice.

The Holiday wreaths were placed in four sections of the ceremony, to include Section 60, which is the section where those who have fallen in the current war are laid to rest, and the location of the Tomb of the Unknown Soldier.

The project was started in 2007 as an extension of the Arlington Wreath Project, which was started more than a decade ago by Morrill Worcester with just 5,000 wreaths.

"When I came here 19 years ago there were probably a dozen people, and I look out now and I see I am here with several thousand of my closest friends," said Worcester, founder of the Arlington Wreath Program and Wreaths Across America.

"Here we are visiting 300,000 fallen heroes and their families; it's just a great day."

Worcester's wife, Karen, agreed with her husband and expressed gratitude towards the volunteers for their support.

"We actually left a week ago from Maine, and this is our 26th stop," said Karen Worcester. "This is overwhelming, and we all know we're here for the same thing - because we love our country, and we love these men and women buried here."

Wayne Hanson, Maine State Society coordinator for the Arlington Wreath Project, said the most important part of the project for him was to go to Arlington National Cemetery to see the headstones.

"We want to thank these men and women for their service and sacrifices because we live in the land of the free, and its because of the service and sacrifices these people made that allow us to be so," said Hanson.

John O'Leary, a member of the Patriot Guard Riders and leader of the escort of the wreaths to Arlington, said he has been doing the escort for five years, and it is the

patriotism he sees from volunteers that keeps him coming back every year.

"Its incredible, I think they were expecting about 10,000 people here, which shows me that patriotism for this country is alive and well," said O'Leary. "People realize that we have to thank our veterans for what they've done, these men and women gave their lives for our freedom and it's not just them, their families have sacrificed too."

Senior Chief Gunners' Mate Elbert Woodall said he came out to pay tribute to fallen members of the armed forces.

"I came out this morning to give back to the fallen Soldiers that have gone before me and also to bring my family out here and let

them contribute and to see what this event is about," said Woodall. "I've done it before when I was stationed with the ceremonial guard, and this is a great opportunity to come back out and do it again."

The wreath laying at Arlington was relatively obscure until a picture headstones with wreaths laid at them was circulated on the internet. After receiving national attention, thousands of requests began pouring in from people across the nation wanting to do

the same at their national and state cemeteries, which resulted in the creation of the Wreaths Across America project.

Worcester began donating seven wreaths, one for each branch of the military, as well as Prisoners of War/Missing in Action, for the ceremonies. In 2006 Civil Air Patrol, along with other civil organizations, assisted with 150 locations holding their own simultaneous ceremonies.

By 2008 more than 300 locations held wreath laying ceremonies in every state, Puerto Rico and 24 overseas cemeteries. More than 100,000 wreaths were placed on veterans' graves and more than 60,000 volunteers participated.

Worcester's generosity is the result of a trip to Washington, D.C., which he won as a 12-year-old in a newspaper carriers' contest and included a trip to Arlington Cemetery, which he never forgot. As a tribute to those who sacrificed for their country, which he says made it possible for him to be successful in life and business, he decided to demonstrate his gratefulness by decorating the Arlington graves each holiday season.



Photo by Steve Vanderwerff

Wreaths are placed at Barrancas National Cemetery to honor fallen veterans as part of a Wreaths Across America ceremony. Wreaths Across America began at Arlington National Cemetery almost 20 years ago and has spread across the country as a means to honor America's fallen heroes. The effort's motto is Remember, Honor and Teach.



Photo by MC2 Scott A. McCall

The aircraft carrier USS Nimitz (CVN 68) approaches the pier of its new homeport at Naval Base Kitsap. Nimitz completes an administrative homeport change from Naval Base Coronado to Naval Base Kitsap to conduct a docking planned incremental availability.

Nimitz arrives in Bremerton, Navy says Everett will be ship's new homeport

BREMERTON, Wash. (NNS) -- USS Nimitz (CVN 68) and 2,800 Sailors arrived at Naval Base Kitsap in Bremerton, Wash., Dec. 9 after completing a four-day transit from San Diego.

Nimitz is in Bremerton to conduct a year-long dry-docked maintenance period at the Puget Sound Naval Shipyard (PSNS) and

Intermediate Maintenance Facility where the ship will receive major upgrades to its combat, self defense, navigation and potable water systems and numerous other components.

The Navy also announced Dec. 9 that Nimitz will be homeported at Naval Station Everett, Wash., upon completion of the ship's maintenance period at Bremerton. Nimitz is expected to complete the maintenance period in December 2011.

"Great job to everyone for making this all happen," said Capt. Paul O. Monger, Nimitz's commanding officer. "Maintenance of the ship, moving families and other factors went into the decision."

The general reaction of Sailors was

mixed. Sailors were relieved to hear the decision was made but some were hoping to return to San Diego after the ship's dry-dock period. Others, however, were excited about the ship being homeported in Everett.

"I'm excited to finally know," said Aviation Ordnanceman Airman Melody Rogers. "We've been up in the air wondering where we were going to go after Bremerton. I'm just happy I'll be closer to home."

Prior to pulling into port, Kitsap county officials, Bremerton city officials and the mayors of both Bremerton and Port Orchard, Wash., flew aboard to welcome the ship and crew to the Kitsap area.

"It is exciting to see the dedication of the men and women who defend us every day," said Lary Coppola, the Port Orchard mayor.

Hundreds of family members, friends and shipmates welcomed Nimitz at the pier in Bremerton as the ship arrived.

"I'm happy to see my husband again, and I'm excited to be here in Washington. It's a beautiful area," said

● **Nimitz, page 19**

"Great job to everyone for making this all happen. Maintenance of the ship, moving families and other factors went into the decision."

Capt. Paul O. Monger
Nimitz Commanding Officer

MWR

Mission First... Sailors Always



December Specials

SUNDAYS: FAMILY BOWLING
11 a.m.-2 p.m. \$2 a game
(not including shoes)

**MONDAYS: MATSS-1/NTTC
STUDENT SPECIAL 5-9 p.m.**
\$2.50 a game, shoes included

**WEDNESDAY: 9 PIN NO TAP
TOURNEYS at 6 p.m.**
(if enough interest) \$10 entry fee!

**THURSDAYS: RCTA/VISITING
OFFICER NIGHT 4:30-9 p.m.**
\$2.50 a game, \$1 for shoe

COSMIC BOWLING
Dec. 17 from 7 p.m. to close
Regular rates apply.

DECEMBER ONLY
Monday-Friday from
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One Person Scramble



Ragan Mabry watches his putt as it approaches the green on the 18th hole during the Ponta Creek One Person Scramble on Dec. 4. Dave Kerr won the event by shooting at 67 in the field of 86 players. Wayne Boren placed second with a 68 and Joey Alexander placed third. Below see some of the 1,400 cans of food were donated as entry for the event that benefited the NAS Meridian Chapel Holiday Food Drive.

Photo by Matt Davis



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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.

December

Throughout December

Wrap It Up! -- The Liberty Center supplies wrapping paper, tissue paper, bows, ribbons, name tags, scissors, tape and pens for you to wrap your gifts. Everything is FREE to use.

17, 24 & 31: Jingle Bell Bags -- Enter your name into the weekly drawing for the chance to win a special holiday bag.

19: Dog Day Sunday

FREE hot dog's, chips & soda served to Liberty participants beginning at 1 p.m. in the Liberty Center.

23: Video Game Tournament at 2 p.m. Prize awarded to winner. Register day of the event at Liberty Center.

25: Hot Cocoa & Cookies Day FREE hot chocolate and cookies will be served in the Liberty Center beginning at 1 p.m.

27: A celebration of December birthdays! FREE cookies and soda will be provided at 7 p.m. in the Liberty Center.

29: Ping-Pong Tournament begins at 7 p.m. in the Liberty Center. No entry fee -- prize awarded to winner. Register day of event at Liberty Center.

LET THE OUTPOST HANDLE YOUR STORAGE NEEDS.
POV AND PERSONAL STORAGE UNITS FOR RENT STARTING
AT \$20 MONTH FOR MILITARY & \$25 MONTH FOR DOD.
CALL (601) 679-2609 FOR MORE DETAILS.

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!

- Dec. 18: "Disney's Christmas Carol" (PG)
- Dec. 19: The Truman Show" (PG)
- Dec. 21: "Face Off" (R)
- Dec. 22: "Vampires Sucks" (PG-13)
- Dec. 28: "The Addams Family" (PG-13)
- Dec. 29: "Eat, Love, Pray" (PG-13)
- Jan. 4: "Charlie St. Cloud" (PG-13)
- Jan. 5: "the Other Guys" (PG-13)

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)

Get Your Game On! Rudders is open for Sunday & Monday Night Football at 7 p.m.



Christmas and New Year's Hours of Operation

	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
ITT/Library	0800-1630	Closed	Closed	Closed	Closed	1000-1700	1000-1700	1000-1700	Closed	Closed	Closed	0800-1630
Business Office	0800-1700	Closed	Closed	Closed	Closed	0800-1700	0800-1700	0800-1700	Closed	Closed	Closed	0800-1700
Moon's Diner	Closed	Closed	Closed	Closed	0600-1400	0600-1400	0600-1400	0600-1400	Closed	Closed	Closed	Normal Ops
Liberty Center	11-13/15-21	1100-2000	1200-2000	1400-2200	11-13/15-21	11-13/15-21	11-13/15-21	11-13/15-21	11-13/15-21	1100-2000	1100-2000	11-13/15-21
Rec Center	1100-2100	1100-1700	Closed	1100-2100	1100-2100	1100-2100	1100-2100	1100-2100	1100-0100	Closed	1100-2100	1100-2100
Mean Game's	1100-2100	Closed	Closed	1100-2100	1100-2100	1100-2100	1100-2100	1100-2100	Closed	Closed	1100-2100	1100-2100
The Outpost	0930-1800	Closed	Closed	Closed	0930-1800	0930-1800	0930-1800	0930-1800	Closed	Closed	Closed	0930-1800
CDC/SAC	0600-1800	Closed	Closed	Closed	0600-1800	0600-1800	0600-1800	0600-1800	Closed	Closed	Closed	0600-1800
Rudders	1630-2200	Closed	Closed	Closed	1630-2200	1630-2200	1630-2200	1630-2200	1630-0100	Closed	1630-2200	1630-2200
Fitness Center	0530-2000	1100-1800	Closed	1100-1800	0600-1800	0600-1800	0600-1800	0600-1800	1100-1800	Closed	1100-1800	0530-2000
Golf	0830-1630	Closed	Closed	0830-1630	0830-1630	0830-1630	0830-1630	0830-1630	0830-1330	1100-1600	0830-1630	0830-1630
Sandtrap	1000-1500	Closed	Closed	Closed	1000-1500	1000-1500	1000-1500	1000-1500	Closed	Closed	Closed	1000-1500

~~ MWR News ~~

Ponta Creek Golf Course

Winter Special: Monday-Sunday, ride 18 holes for \$20. Monday-Thursday, ride 9 holes for \$12. Friday, Saturday, Sunday's and holidays after 3 p.m., ride 9 holes for \$12. Pro Shop Hours are Monday-Sunday from 7:30 a.m.-4 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 information, call (601) 679-2526.

mation, call (601) 679-2526.

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'. POV and Personal Storage units for rent. Starting at \$20 month for military & \$25 month for DoD. Call (601) 679-2609 or come by for more details!

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.

CAR POOL NEEDED

Shirley Portis, an employee of NAS Meridian ServMart is seeing a car pool from the Toomsba area to NAS Meridian. Call (601) 513-7268 or (601) 632-1647.

KIDS STUFF

NEW ITEM! Graco color blocked play yard in good condition \$25. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

NEW ITEM! Rainforest Jump-a-roo in excellent condition. Asking \$50. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

Graco Playpen w/changing table and napper. Asking \$60. Call (601) 679-2447 or (601) 938-1683.

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.

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

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

NEW ITEM! 1994 Fleetwood Wilderness 28ft 5th wheel camper in good condition, everything works with numerous upgrades. Only selling because we upgraded to a larger unit. Asking \$5,000. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

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

NEW ITEM! Brand new in box, International Silver 70 Piece Service for 12 (San Marcos pattern) 24K Goldplated Flatware Set with Bonus Flatware Chest. \$25. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

NEW ITEMS! Seashell shaped coffee table, white/pink approx. 35" x 19" with 36" dia. glass top 1/2" thick. Asking \$100; **2 pair Pinch Pleat drapes**, lined 75 x 84, burgundy. Asking \$30; **2 pair Pinch Pleat drapes**, lined 50 x 84, sage green. Asking \$25. Call (601) 553-8298.

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

NEW ITEM! 2002 Chevrolet Tahoe LT, 5.3L, black, 3rd row seating, A/C and heat, CD, running boards, tow package, and power everything. Excellent condition in and out. NEW brakes (Nov) and NEW tires (Dec). Asking \$9K. Call (757) 814-9739 / (601) 479-3446.

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

NEW PRICE! 1998 GMC Sonoma SLS 3rd door 4.3L Vortec V6, 5 speed, PW, PDL, PM, tilt, cruise, CD, new AC as of last year, has 205,000 miles, legal tinted windows, vent visors, new spray in bed liner, custom grill, integrated fog lamps, K&N air filter. Asking \$4500. Call between 10 a.m. & 10 p.m. only please, (601) 917-6935.

Sale ... or

Mercedes C230 Coupe, 2004, loaded -- mint condition, silver, leather, Bose, 6 CD Changer, A/C, 65K miles. Asking \$14,200. Call (361) 442-4489.

2005 Ford Freestar Limited van, 57k tan leather seating, 2 power sliding doors, power rear door. Two tone maroon and gold. Great shape. Asking \$11,500. Call (601) 604-9180.

1 Goodyear Wrangler Tire P235 75 R16. Never touched the road! Asking \$50. Call JJ at (601) 553-8298.

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.

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 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.

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

MOTORCYCLES/GEAR

NEW PRICE! 2006 Yamaha Raptor 80cc. Asking \$650 and **2007 Eton Viper 70cc.** Asking \$650. Call (601) 938-1683.

1999 Suzuki GS 500, black and yellow, 4,500 miles Like new. Asking \$2250. Call John at (601) 484-7244.

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.

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.

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! A large modern, 3 BR/2.5 BA with den, dining, kitchen combination. The den has a wood burning heater. Laundry room with a washer/dryer already installed. Kitchen has refrigerator and gas stove. Huge yard with space for a garden if desired. House located 20 minutes north of NAS Meridian off Hwy 45. A must see if you desire country living. Asking \$600/month plus deposit. Can see full details at www.ahm.com or call (504)450-9833 or (504)244-0975. Direct Deposit is required for monthly rental.

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 \$80,000. Call (601) 604-3870.

For Rent: 3 BD/2 BA mobile home in Hill Country Park on Briarwood Road. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

FOR RENT: Unique tri-level home in Northeast Lauderdale School District. Spacious, over 3300 sq ft., 4 large BR, study, den, huge room that can be used as game room etc., 3 full BA, new roof, new cook top/hood, double oven, sink, all new floors, new front door, freshly painted throughout. Ideal for big family, or several bachelors to share. Minutes from NAS Meridian (about 6 miles). Call (601) 616-2263.

For Sell: Home located in The Meadows, 3 BR/2 BA 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.

Wanted to Rent: Home in Meridian with easy commute to NAS, 3/4 bedrooms, 2 bath, and two-car garage. My wife and I are moving from California, want to rent starting December or January. Contact: william.whitmire1@navy.mil or Anna at (601) 527-3217.

For Rent: Home in Plantation Villa Subdivision. 3 BR/2BA full baths, appliances included, open floor plan, central heat and air, fenced in back yard, covered patio, nice quiet neighborhood. 10 minutes from NAS. Asking \$1300 month. Contact Bryan McCarran at (601) 917-2113.

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, dinning area & sunroom on 0.8 acres. Huge back yard, patio, landscaped, very private. Quiet neighborhood, North Hills area Poplar Springs school district. Asking \$110,000. call Jared at (60) 513-7161 or Stacy at (601) 604-4659.

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.

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.

MISCELLANEOUS

SKS Chinese Type 56 Carbine. 740rds of 7.62x39 with two bandoliers. New! Asking \$375. Call John at (601) 484-7244.

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.

Calm the stress of the holidays

Holidays can be an opportunity to celebrate the values you cherish and the people you love. But they can also add to your stress.

At a traditionally joyous time of year, you may have many extra tasks and events that need to be squeezed into an already tight schedule. You may find yourself trying to do the impossible in a short amount of time, on a limited budget, with conflicting demands pulling you in different directions. Some stress may be unavoidable at holiday times, but it doesn't have to feel overwhelming.

Here are some ways to ease the pressures on yourself and others in your household.

Reducing time stress

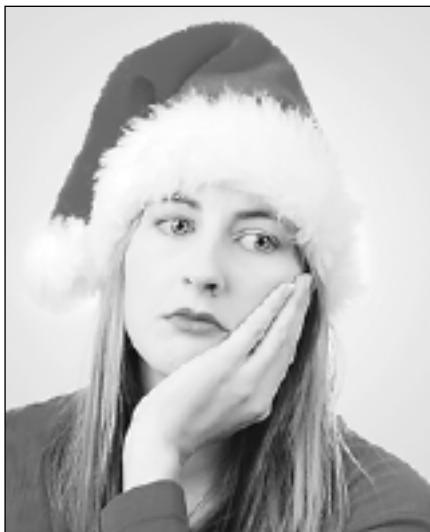
Extra holiday tasks and events can lead to overload. Taking these steps can ease the time crunch:

- Set realistic expectations. Ask yourself what you want the holiday to be or to mean.

What part of it matters most to you? If sharing time with family is most important, why not spend a day playing board games with your children, and less time shopping for gifts or food? If you're planning to serve a meal to family members, why not say "yes" when others ask if they can bring something? Or you can take responsibility for the main course and ask your guests to contribute the rest. Including your guests in the preparation will make them feel part of the celebration.

- Prioritize. Make a list of all the things you need to do, and decide which ones are the most important. Do the most important things first and the rest if you have time. You may not be able to get to everything on the list, but if you get the important things taken care of, the rest probably won't matter. Consider delegating some of the tasks to others. For example, you can ask your 10-year-old to wrap the presents. The packages may not look perfect, but your child will enjoy the participation, and you'll have less to do.

- Say "no." If you have a tendency to take on too much, learn to say "no" when people ask you to do just one more thing. Or maybe just find a few shortcuts if you can't resist saying "yes." For example, you don't have to make all the cookies for a family support group party from scratch -- buy the cookie dough that comes ready-made and bake it. Chances are, nobody will even notice.



- Rethink your traditions. Some traditions may take up a lot of time long after they have lost their meaning for you or your family. Think about whether this is a good time to replace them with new traditions that would fit all of your needs better. If you ask each family member to name the three holiday traditions they enjoy the most, you may be surprised by the answers. Your children may feel that they've made enough gingerbread houses but that they never want to give up icing sugar cookies.

Reducing financial stress

Spending too much money can cause financial stress that may last long after the holidays have ended. Be sure to:

- Set a realistic budget and stick to it. Plan for an increase in spending if meals, gifts, and entertainment are part of the holiday. Know how much you can spend before you go shopping or before you decide how many people to invite for a holiday meal. This will keep you from spending more than you should.

- Talk with children about financial limits. If you have a child who wants an expensive toy, it's OK to tell him that everyone has financial limitations. Save your money and use it to get a head start on planning for the following year.

- Pare down your gift list. Ask yourself if you could give fewer or less expensive gifts without hurting anyone's feelings. Could you and your relatives agree to draw names and give gifts to only one or two people instead of to everybody? Or could you set limits or rough guidelines for the cost of gifts so that family members don't feel pressured to overspend? Some families

enjoy making homemade gifts, such as simple beaded jewelry, or giving "I owe you" for helping with chores.

Reducing family stress

Family tensions can flare up quickly when you get together with relatives who have different personalities and ideas about how to celebrate the holidays.

- Set differences aside. Holidays may throw together family members who at other times of the year are happier apart. So it's often best to save potentially heated discussion topics for another time. And remember that you can decide who you want to spend the holiday with and how much time you want to spend together. A holiday gathering is about getting along with people to the best of your ability, not about putting yourself in anxious or loaded situations.

- Get emotional support. If you miss people who have passed away or relatives who can't be there to celebrate in person, reach out to friends or family who can give you the emotional support you need. If the people close to you can't give that support, consider talking with a Military OneSource consultant (call 1-800-342-9647 or e-mail a consultant at www.MilitaryOneSource.com) or another counselor who can help, such as a chaplain or other leader in your faith community. If your spouse is deployed, get together with others who are in your situation.

- Remember that families come in all shapes and sizes. If you live far from family and can't be with them for the holidays, get together with people who might be alone. Or if you have lots of family nearby and find big gatherings overwhelming, invite a few close relatives for a more manageable get-together. Talk with your spouse and family about what you would like to try differently this year. They may feel as you do or may understand your needs and want to help you meet them.

Other ways to manage holiday stress

Here are some other good ways to manage holiday stress:

- Get plenty of rest and exercise. It's easy to forget to do the things that keep you healthy when there are so many demands on your time. Keeping to your regular sleeping and exercise routines will give you the energy you need to get things done.

● **Holiday Stress, page 19**

FFSC Briefs

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

Battling Holiday Blues and Stress: Dec. 20 from 2-3:30 p.m.

The holidays are full of exciting events -- family get-togethers, cooking and eating special meals, travel, shopping -- that are fun and create great memories. However, all the increased activity around the holiday season also means increased stress and, for some people, a feeling of depression or "the holiday blues." Demands on you and your time from so many directions, never-ending to-do lists, and too many people in one house can all add up to a much less than peaceful holiday! Come to this workshop to learn 10 ways to deal with holiday stress and the holiday blues, and put the joy back in the season!

IA Spouse Discussion Group: Dec. 17 from 9:30-11 a.m.

FFSC hosts this IA Spouse Discussion Group over coffee! 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 and chat! This event is intended for service members who are, or will be, deployed as IAs and their families. However, anyone interested is welcome to attend. Childcare is usually provided for IA families to attend these events -- call FFSC for details.

● **Bowling**

the program manager for Commander, Navy Installations Command and the Navy team coach. "Being in the military is their life and career, but this is wonderful recreation that gives them fun, excitement and camaraderie when they are off the job."

The 2010 tournament was the first time since 1981 that NBSD has hosted the competition.

"We are unbelievably proud to be able to host this tournament," said Dominic Deluca, NBSD's bowling manager and community service director. "It is always an honor to serve those who serve us."

NAS
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MWR are all on
Facebook.
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Scion offers care packages to U.S. servicemembers this holiday season

In the spirit of the holiday season, Scion, a division of Toyota Motor Sales, has launched the Scion Holiday Mail Drop. This program offers active duty U.S. military personnel the opportunity to receive a Scion cinch sack filled with complimentary clothing and accessories.

"There is no way to truly give back the amount that the servicemen and servicewomen of our country have given to us," says Jack Hollis, vice president of Scion. "It's a small way for Scion to offer our appreciation for their outstanding service and dedication."

While supplies last, men and

women of active military status can log on to www.Scion.com/MailDrop to receive their holiday pack.

The Scion Holiday Mail Drop program is part of a larger military initiative for the brand which has, thus far, included an earlier military care package program, 2009's holiday gifting

program, and the Battle of the Builds military design challenge completed earlier this year. To support U.S. troops, Scion is working closely with Morale, Welfare and Recreation (MWR) of the Army, Navy, Air Force, and Marine Corps commercial sponsorship units as well as base Auto Skills Centers.

Lean Six Sigma Black Belt training offered for military, civilians in January

By Larry Coffey
NMSC PAO

JACKSONVILLE, Fla. — Limited seats are available for Lean Six Sigma (LSS) Black Belt training for military and civilian employees for classes being held at Naval Air Station (NAS) Jacksonville beginning Jan. 10.

Navy Medicine military and civilian personnel will be given priority, and remaining seats will be offered to Navy personnel outside of Navy Medicine on a case-by-case basis, said Capt. Kathy Summers, NMSC director, Lean Six Sigma Program Management Office (LSS PMO).

"Navy Medicine's Lean Six Sigma training program is an investment in our people, with the goal of long-term sustainability in the areas of quality, patient safety and efficient business processes," Summers said.

This Black Belt training is funded by the Bureau of Medicine and Surgery (BUMED) and will require one week per month January through April. TAD costs are the only expense

to the command.

Black Belt students must attend each of the four one-week training sessions being held Jan. 10-14, Feb. 14-18, March 21-25 and April 25-29. Prerequisites for Black Belt training are completion of the LSS Training Nomination Form and the Navy E-Learning White Belt course, ETC-LSSWB-1.0.

Summers said commanding officers and Navy leaders, like corporate leaders, are continuously seeking ways to save money and streamline processes while improving customer satisfaction.

"That is what Lean Six Sigma is about," Summer said. "One of the primary drivers of Lean Six Sigma is that unnecessary complexity adds cost, time and waste. Lean Six Sigma facilitates asking questions such as, 'What is the cost of quality?' 'Are we performing processes that add value to the delivery of quality health care?' 'Is there variation in our processes,' and 'What is the cost of rework?'"

A properly executed LSS program with appropriate certifica-

tion benefits the command, the customer and the individual qualified service member or civilian employee, said Summers. She recommended leaders use care in the selection process.

"Several key aspects of a successfully implementing LSS throughout the Navy Medicine enterprise include careful selection of candidates for the appropriate level of training — Champion, Black Belt, Green Belt," she said. "Commands should nominate both current and future leaders of Navy Medicine. It's a great opportunity for front runners to perform."

For civilian employees, Black Belts are typically hired by Department of Defense at the GS-13 to 15 levels. In the private sector, the average annual salary for a Black Belt is

about \$97,000. Summers added that Black Belt training is worth 160 Continuing Medical Education (CME) credits or Continuing Education Units (CEU).

"The health care delivery system is transactional and complex, Summers said. "The Lean Six Sigma toolbox allows leaders to target vulnerable areas where there are defects and variation with the goal of improving 'critical to quality processes' for our health enterprise and beneficiaries."

To sign up or learn more about Lean Six Sigma or NMSC's no cost Lean Six Sigma Black Belt training, contact CAPT Kathy Summers at 904-542-7200 ext. 8255, kathryn.summers@med.navy.mil or Ms. Melinda Canady at 904-542-7200, ext. 8285, Melinda.Canady@med.navy.mil

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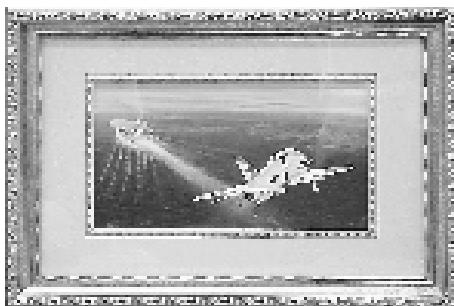
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It's Your Turn...

We asked these youngsters in NAS Meridian Housing: "What do you wish Santa would bring you this Christmas?"

Photos by MC2 Flordeliz Valerio



Alyssa Gregory
Age 9

"I've played with the regular DS, but I want the latest DSi."



Ann Rice
Age 10

"I'm wishing for another hamster or bunny."



Cassandra Stillgess
Age 9

"I'm wishing for a cell phone this Christmas."



Czria Walker
Age 10

"I'm wishing for a DSi."



Alexis Stillgess
Age 11

"I want a puppy."

● Nimitz

Jessica Rubio, the wife of a Nimitz Sailor.

For the Nimitz' crew, the next week will be busy as the crew moves from the ship into their new homes in the Kitsap area and into barracks rooms at Naval Base Kitsap in Bremerton.

"I'm excited to be in the barracks," said Culinary Specialist Seaman Brandy McHayle. "It's going to be more comfortable than living on the ship, and it's better to be sleeping in a bed than a rack."

Additionally, the ship will be offloading nearly 400 privately-owned vehicles that were onloaded in San Diego as part of an opportune lift program to help Sailors and families move their vehicles from California to Washington.

While in dry-dock, the Navy expects to accomplish approximately 450,000 man days of work during the docking-planned incremental availability. Much of the work will be conducted by government workers at PSNS, but a substantial amount, around 72,000 man days, is expected to be accomplished in the private sector, with a significant effort being accomplished by the Nimitz crew.

-- From USS Nimitz (CVN 68) Public Affairs

● Holiday Stress

• Remember that other people are also dealing with the stress and pressures of holidays. If you're in a traffic jam, you're one of many people trying to get everything done to make their celebrations run as smoothly as possible. Try breathing in to a slow count of five, then breathing out to a slow count of five.

Military OneSource is a free 24-hour service is available to all active duty, Guard, and Reserve members (regardless of activation status) and their families. Consultants provide information and make referrals on a wide range of issues, including managing holiday stress. Free face-to-face counseling sessions (and their equivalent by phone or online) are also available. Call 1-800-342-9647 or go to www.MilitaryOneSource.com to learn more. Written with the help of Alexandra Mezey, LCSW, who holds a master's degree in social welfare and has completed postgraduate training in family therapy and advisement for Employee Assistance Professional certification. She has worked as a family therapist and as an employee assistance program counselor, helping people with issues across the lifespan. She is president of Life Clarity Coaching, based in Massachusetts.

American, Lithuanian Boy Scouts stay overnight aboard USS Enterprise

By MCSN Jared M. King
USS Enterprise Public Affairs

NORFOLK, Va. (NNS) -- USS Enterprise (CVN 65) hosted two youth scouting groups in its homeport of Norfolk, Va. Nov. 20.

Members of Boy Scouts of America (BSA) Troop 46, from Radford, Va., and the Lithuanian Scouting Association, from Washington, D.C., came aboard "Big E" for tours and an overnight visit where they caught a glimpse of Navy life and learned about the different career options the Navy offers.

During the visit, the youths learned about the daily operations of the oldest and largest aircraft carrier. The troops were given a behind-the-scenes look at shipboard life which culminated with an overnight stay in the enlisted quarters.

Activities included a damage control demonstration, a chance to make "dog tags" in the ship's machine shop and an opportunity to write holiday cards to service members.

"Scouting provides so many opportunities to see things that we normally wouldn't get to see," said Assistant Scout Master Joseph T. LaCasse, a 30-year Eagle Scout. "I think it's great to be here, giving Troop 46 scouts the chance to meet Sailors that risk their lives defending our freedom."

BSA is one of the nation's largest and most prominent values-based youth development organizations. BSA provides a program for young people that is designed to build character, train them in the responsibilities of participating citizenship

and develop personal fitness. For nearly a century, BSA has helped build future leaders by combining educational activities and lifelong values with fun.

"I really enjoyed the program as a kid, and when I found out that the boy scouts would be visiting, I jumped on the opportunity to help out and contribute back to the community that has done so much for me," said Electronics Technician 3rd Class Douglas J. Williams, an escort for Troop 46's tour. "Going through the process of becoming an Eagle Scout taught me many things about myself as well as giving me extraordinary skills which I have used throughout my life."

The Lithuanian scouts had the added benefit of their own personal subject matter expert, Capt. Mark V. Metzger, USS Enterprise chief engineer.

"This was a great opportunity for our group," Metzger said. "Everything was great; the accommodations were comfortable, the food was over the top, and the professionalism of the Sailors superb. The groups were awed and all took home dog tags, thanks to the Sailors in the machine shop, as well as memories that will last a lifetime."

In 1940, the Soviet occupation of Lithuania resulted in scouting being banned. Many of the scouts moved to the United States and Australia. The organization was able to continue its work abroad, and grew into a large organization with scouts across the globe.

On April 2, 1989, on the eve of Lithuanian independence, the scout movement in Lithuania was reestablished and scouting activity restarted.



Photo by MCC Tiffini Jones Vanderwyst

WASHINGTON -- Secretary of the Navy the Honorable Ray Mabus, right, awards the Distinguished Public Service Award to U.S. Congressman Gene Taylor during an awards ceremony at the Pentagon, Dec. 14.

MIYAKOJIMA, Japan -- Members of the U.S. 7th Fleet Band, Far East Edition, separate trash they collected from Painagama Beach on the island of Miyakojima during a beach cleanup community service project, Dec. 12. The visit to Miyakojima was a first for the U.S. 7th Fleet Band and recognized the 50th anniversary of the signing of the U.S. and Japan Treaty of Mutual Cooperation and Security.

Photo by MC2 Kenneth R. Hendrix



HELMAND PROVINCE, Afghanistan -- Lt. Sean Stuart, battalion surgeon assigned to 3rd Battalion, 3rd Marine Regiment, Regimental Combat Team-1, gives toothbrushes to Afghan children during a proper hygiene class near Forward Operating Base Geronimo, Nov. 23. Third Marine Regiment is deployed in Helmand province supporting the International Security Assistance Force.

Photo by Cpl. Orlando Perez

Photos from the Fleet

PACIFIC OCEAN -- Squadron maintenance personnel and aviation ordnancemen work on the flight deck of the aircraft carrier USS Carl Vinson (CVN 70) as the Arleigh Burke-class guided-missile destroyer USS Gridley (DDG 101) transits nearby during a simulated straits transit, Dec. 12. Carl Vinson and Carrier Air Wing (CVW) 17 are on a three-week composite training unit exercise to be followed by a deployment to the western Pacific Ocean.



Photo by MC2 James R. Evans



Photo by MCSN Leonard Adams

ATLANTIC OCEAN -- Safety Officer Patrick C. Honeck, center, gives former National Football League cornerback Shawn Springs, right, a tour of a T-45 Goshawk assigned to Training Air Wing One in Meridian, Miss., aboard the aircraft carrier USS George H.W. Bush (CVN 77). Springs is visiting George H.W. Bush to watch the Army/Navy football game with the crew on Dec. 11.