



THE SKYLINE



Volume 49, Number 2

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

January 20, 2011

On Base...

Winging Ceremony:

Set for Jan. 21 at 1 p.m. in the chapel.

VITA Tax Center: Opens Jan. 24. VITA volunteers will help junior Sailors and other members of the military family prepare and file federal and state tax returns. For more information, call (601) 679-3021.

Staff Night: Rudders hosts Staff Night on Jan. 27 beginning at 3:30 p.m. For more information, call (601) 679-2636.

Navy Exchange Stores: The main NEX Store will close for inventory on Jan. 29 at 3 p.m. Both stores will be closed on Jan. 30.

Prayer Breakfast: Set for Feb. 3 at 6:30 a.m. in the Galley.



NAS Pensacola Command Chaplain, Cmdr. David Gibson will be the guest speaker. The program is open to all.

FFSC hosts Welcome Aboard: Set for Feb. 3 from 8 a.m.-noon, the seminar provides current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, Medical/Dental, Exceptional Family Member Program, TRICARE, vehicle registration, on- and off-base driving regulations and more!

A Day in Naval History

January 20...
1783: Hostilities cease between Great Britain and the United States
1903: Theodore Roosevelt issues Executive Order placing Midway Islands under jurisdiction of the Navy Department.
1914: School for naval air training opens in Pensacola, Fla.
1948: Establishment of U.S. Persian Gulf Area Command (later changed to Middle East Force in August 1948).

www.history.navy.mil

THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER

Subway coming to NAS Meridian

Mean Gene's Burgers will close Jan. 30

By Penny Randall
Staff Writer

There are 33,930 of these restaurants in 95 countries, and the next one is set to open in just a few weeks on board Naval Air Station Meridian.

What is the restaurant? Subway – the world's largest submarine sandwich chain.

Gus Lisi of Meridian along with his wife, Debbie, and their son, Nick, will own the fran-

chise that will be located inside the McCain Rec Center.

"We are very excited to get started at NAS Meridian," said Nick Lisi, whose father has owned Subway franchises for 36 years. "We will offer all the traditional Subway sandwiches with an emphasis on healthy eating for the military."

Subway will be housed in the location of Mean Gene's Burgers and Smash Hit Subs which will cease operation on Jan. 30. Mean



Gene's opened on April 27, 2004, on board NAS Meridian and served burgers, fries, pizza and subs.

Construction will begin the following week to accommodate the new Subway.

"We will be bringing in all new equipment needed for the full operation of the restaurant,"

● Subway, page 3

High retention prompts officer selective early retirement board

WASHINGTON (NNS) -- To help offset high retention and low attrition among active duty captains and commanders in the unrestricted line communities, the Navy will conduct a selective early retirement board (SER) in July 2011.

"In order to balance the force and ensure sufficient senior officers are available at the right time in their careers to serve in critical billets in the fleet, we will conduct a selective early retirement board for active duty captains and commanders in the unrestricted line (URL)," explained Vice Adm. Mark Ferguson, chief of naval personnel. "The board will look closely at leadership, integrity and proven and sustained superior performance in critical billets."

The SER board will consider the records of all active duty URL captains with at least four years time-in-grade as of July 1, 2011, and commanders who have twice failed for promotion to O-6. Captains and commanders whose name is on a list of officers recommended for promotion will not be

● Board, page 2

DOD announces \$150 Billion reinvestment from efficiencies savings

WASHINGTON (NNS) -- Secretary of Defense Robert M. Gates announced Jan. 6 a series of efficiencies decisions designed to save the Department of Defense more than \$150 billion during the next five years primarily by reducing overhead costs, improving business practices and culling excess or troubled programs.

Most of the resulting savings will be used by the Army, Navy, Marine Corps and Air Force to invest in high priority programs that strengthen warfighting capabilities.

In anticipation of an era of modest defense budget growth, Gates launched a comprehensive effort in May 2010 to reduce the Department's overhead expenditures. The goal was to sustain the military's size and strength over the long term by reinvesting those efficiency savings in force structure and other key combat capabilities. Specifically, the military services were directed to find at least \$100 billion in savings that they could keep and shift to higher priority programs.

● Savings, page 6



Photo by Penny Randall

Sesame Street characters, Bert and Ernie, join Balfour Beatty Communities Manager Donna Riley, Naval Air Station Meridian Commanding Officer Capt. Charles Gibson, NAS Meridian Family Housing Manager Neil Jacobs and NAS Meridian Command Chaplain Lt. Cmdr. Allen Ford, during the ribbon cutting ceremony to open the Sesame-themed room on Jan. 12. Meridian, one of three Navy bases selected, was awarded the "Room in a Box" which brings friendly, familiar characters and bright, cheerful décor intended to brighten up children's spaces in facilities that are committed to providing the best resources to military children, such as military hospitals, libraries, child care centers, and family support centers.

Sesame Room is hit with parents, kids

By Penny Randall
Staff Writer

Four-year-old Darryl Coleman Jr. ran straight to the drum set and began to play with the musical instrument just moments after the ribbon was cut on the Sesame-themed room in family housing on board Naval Air Station Meridian.

"This is fun," said Darryl Jr., the son of Staff Sgt. Darryl and Jessica Coleman.

Jessica was just one of several mothers who brought their children out for the opening of the fun, interactive room that is based on the popular children's television show Sesame Street.

"We have four children ages 15 to 3 so this fun

room will help entertain them," Coleman said. "It's very educational and will benefit housing residents greatly."

Along with parents and children, representatives from the base and Balfour Beatty Communities, the corporation that manages the properties in housing, came out to see this unique room during a ribbon cutting ceremony and Sesame Street themed party on Jan. 12.

"We are excited to announce the opening of the Sesame Room on board NAS Meridian. This space will be a success due to the unwavering commitment we at Balfour Beatty Communities have to our military families," said Donna Riley, community manager for NAS

● Sesame, page 3

MLK Celebration



Photos by MC2 Flordeliz Valerio

Above: The Singing Saints perform for the crowd at the Dr. Martin Luther King Jr. Commemorative Service in the NAS Meridian chapel on Jan. 14. The Singing Saints is a local community choir made up of 32 members from neighboring communities. The crowd applauded as the group sang "Oh My, My," "Leave It There," "Lead To The Rock" and "In God We Still Trust." At left: Dr. Al Lewis, guest speaker for the Dr. Martin Luther King Jr. Commemorative Service, is a pastor and teacher at Pine Grove Baptist Church, Bailey. Lewis said, "Dr. Martin Luther King Jr. truly cared about humanity... he did not care about the color of the skin but the content of the character... he led the people through marches and rallies in the 1960's that pushed America to fulfill the promise of equal rights. Dr. King's legacy lives on in us -- when we keep his dream alive."



Look Inside



~ Page 3 ~
Indy 500
greats fly
aboard USS
Lincoln



~ Page 9 ~
African American
firsts in military
history



~ Page 9 ~
Friends of
Mississippi
Veterans presents
check for \$110,000



~ Page 10 ~
Liberty Center
events for
Single Sailors
and Marines

Photo of the Week

Air Traffic Controlman 3rd Class Jason Green puts trash in the bag during an Adopt-a-Highway clean up along John C. Stennis Drive, Jan. 7. About a dozen NAS Meridian Sailors participated in the event and collected 40 bags of trash. The clean up was sponsored by NAS Meridian Petty Officers Association.



Photo by MC2 Flordeliz Valerio

Area Happenings

JANUARY

21: The MSU Riley Center presents Patty Griffin with special guest Buddy Miller in concert. The Center is at 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.msurileycenter.com.

24: Meridian Community College presents "Meet the Eagles" featuring Cliff Lee and Ron Polk with Cliff Lee autographing session in the Dulaney Room of Webb Hall on MCC Campus at 4 p.m. Banquet is at 7 p.m. in Kalhous Auditorium, MSU-Meridian. Call Coach Chris Curry at (601) 484-8670.

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 MSU 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.msurileycenter.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.

8: The East Central Mississippi Kennel Club will offer Puppy Kindergarten, Basic Obedience and Advanced Obedience classes to the public. Classes are held at the Frank Cochran Center in Highland Park. The first class owner only orientation/registration (NO DOGS) at 6:30 p.m. Bring copy of written proof of vaccination from a veterinarian. Class objectives, methods and training equipment required will be discussed. Classes with dogs begin on Feb. 15. Graduation is March 29. Cost: Puppy kindergarten: \$35 plus equipment; Basic and Advanced Obedience Classes is \$50 plus equipment. For information, call: (601) 693-7194 or (601) 679-9993.

12: Meridian Museum of Art presents its Valentine Themed arts and crafts workshop "You are my Heart" for children age 4 to 12. The museum is at 628 25th Ave., Meridian. Workshop time: 10-11:30 a.m. For information, call (601) 693-1501 or go to: www.meridianmuseum.org.

13: The MSU Riley Center presents "Blues at the Crossroads: The Robert Johnson Centennial Concerts" featuring artists Big Head Todd & The Monsters, David "Honeyboy" Edwards and more. The Center is at 2200 5th St. Preshow gathering at 4:30 p.m. Concert at 6 p.m. Tickets: \$49 and \$43. For information, call (601) 696-2200 or go to: www.msurileycenter.com.

19: Meridian Museum of Art Black History Month Program co-sponsored by Meridian Museum of Art and Delta Nu Zeta Chapter-Zeta Phi Beta Sorority. Program from 5-7 p.m. Meridian Museum of Art, 628 25th Ave., Meridian. For information, call (601) 693-1501 or to go: www.meridianmuseum.org.

24-March: Meridian Little Theatre presents "Hallelujah Girls" at the Highway 39 North playhouse. Show times are at 8 p.m. each night, except Sunday matinee only at 2 p.m. No performance on Monday. For information, call (601) 483-6371 for ticket prices and availability or go to: www.meridianlittletheatre.com.

26: Meridian Symphony Orchestra 50th Anniversary Celebration Concert featuring famed violinist Itzhak Perlman. The concert is at the MSU Riley Center, 2200 5th St., downtown Meridian. Concert time is 7:30 p.m. Special 50th Anniversary Pre Concert Gala at 5:30 p.m. (Gala tickets sold separate). For information, call (601) 696-2200 or go to: www.msurileycenter.com.

Navy Selection Board says 'Review your record'

MILLINGTON, Tenn. (NNS) -- Board season is underway and Sailors are reminded to check their records frequently to ensure all of their information is present and correct.

"Sailors can log on to BUPERS Online (BOL) any time to check their Official Military Personnel Record," said Kathy Wardlaw, Navy Personnel Command (NPC) Records Management and Benefits Division director. "It's a secure and efficient way for Sailors to access the records information."

To check records, Sailors need only go to <https://www.bol.navy.mil> and click on the "Official Military Personnel File (OMPF) - My Record" link. Navy performance evaluation continuity, awards, training and qualifications are the significant areas for Sailors to focus on when checking their OMPF for accuracy. BUPERSINST 1070.27B outlines all items that should be submitted to the OMPF on officer and enlisted personnel.

"The OMPF is used in selection board deliberations and as a historical, legal record of a Sailor's time in the Navy," Wardlaw said.

Recently submitted documents may not yet appear in a record. If a document was sent to NPC within the past 60 days, they may still be in processing, so do not resend. After 60 days, if the document still has not appeared in the OMPF, contact NPC (PERS-313)

by e-mail to the organizational mail box at mill_ompf-chg@navy.mil prior to resubmitting the documents.

A document will not be placed into the OMPF that was submitted directly by the Sailor. The servicing PSD or personnel office is the primary source for submitting documents (officer and enlisted) to the Navy Personnel Command for updating the OMPF.

"Board eligible personnel are encouraged to review their records six months prior to the date of any board they may be considered by," said Chris Zaller, Selection Board Support Division director. "This provides ample time to make permanent record corrections. If corresponding to a board, please ensure that you review and comply with the deadlines for submission listed in associated NAVADMIN S, Instructions, etc., or ensure the correspondence is delivered to NPC prior to the convening of the board, as applicable. Documents submitted in this manner are not added to the OMPF."

According to Wardlaw, boards only view a member's OMPF, not the Electronic Service Record (ESR). The ESR is only a record of Sailors' data. The OMPF contains the permanent documents, or images, such as fitness reports with remarks. The ESR contains the FITREP marks, but not the FITREP form itself.

Wardlaw encourages

"Our goal has been to empower Sailors by proving almost instantaneous viewing of their records..."

Kathy Wardlaw
NPC Records Management and Benefit Division Director

Sailors to become familiar with both their OMPF and ESR by reviewing the information on CNPs records management Web site at www.npc.navy.mil/CareerInfo/RecordsManagement.htm.

"Our goal has been to empower Sailors by providing almost instantaneous viewing of their records and providing the opportunity to notify NPC of official corrections online," Wardlaw said. "This improves records management for the entire Navy and ensures records are selection-board ready."

For corrections to any documents in the OMPF, review the Military Personnel Records frequently asked questions at www.npc.navy.mil/CareerInfo/RecordsManagement/AboutYourRecord/FAQ.htm.

For additional assistance, contact NPC Customer Service Center at 1-866-U-ASK-NPC.

From Navy Personnel Command Public Affairs

Do you need TRICARE For Life?

TRICARE For Life (TFL) is TRICARE's Medicare-wraparound coverage available to all Medicare-eligible TRICARE beneficiaries, regardless of age or place of residence, provided they have Medicare Parts A and B.

While Medicare is your primary insurance, TRICARE acts as your secondary payer minimizing your out-of-pocket expenses. TRICARE benefits include covering Medicare's coinsurance and deductible.

Plan Overview

Basically, if you use a Medicare participating or non-participating provider, he or she will file your claims with Medicare. Medicare pays its portion and electronically forwards the claim to the TFL claims processor. TFL pays the provider directly for TRICARE-covered services.

- For services covered by both Medicare and TRICARE, Medicare pays first and TFL pays your remaining coinsurance for TRICARE-covered services.

- For services covered by TRICARE but not by Medicare, TFL pays first and Medicare pays nothing. You must pay the TRICARE fiscal year deductible and

cost shares.

- For services covered by Medicare but not by TRICARE, Medicare pays first and TFL pays nothing. You must pay the Medicare deductible and coinsurance.

- For services not covered by Medicare or TRICARE, Medicare and TRICARE pay nothing and you must pay the entire bill.

Out-of-Pocket Costs

When using TFL, you do not pay any enrollment fees, but you must pay Medicare Part B monthly premiums. Your Part B premium is based on your income. For more information about Part B premiums visit www.medicare.gov or call Social Security at 1-800-772-1213 (TTY: 1-800-325-0778). As described above, you'll pay nothing out of pocket for services covered by both Medicare and TRICARE. View the TFL Cost Matrix for more information.

This information and more can be found on www.tricare.mil. Or, visit the local TRICARE service center located in NAS Meridian Branch Medical Clinic. Hours of operation are 7 a.m.-4 p.m. Monday-Friday, closed on federal holidays.

Seeking volunteers for VITA Tax Office

The tax filing season is coming soon, so that means the Volunteer Income Tax Assistance (VITA) program office will open soon. Motivated Sailors, retirees, and civilian employees (non-working hours only) are being sought to help with the VITA program.

VITA volunteers will help junior Sailors and other members of the military family prepare and file federal and state tax returns. This is a great opportunity to help the community save thousands of dollars in preparation fees, and to gain valuable skills in the process.

• Board

reviewed for early retirement. Furthermore, staff and restricted line officers will not be considered by the SER board.

Officers who wish to be exempted from consideration by the SER board may submit a voluntary retirement request no later than April 1, 2011, with a requested retirement date of Sept. 1, 2012, or earlier. Once the voluntary retirement request is approved, the officer will be removed for consideration by the board. For those officers selected for early retirement, they must, by law, retire no later than the first day of the seventh month following secretary of the Navy approval of the board recommenda-

Full time and part time volunteers are needed. The more volunteers, the more assistance the center can provide.

The VITA program will be fully operation by Jan. 24. Volunteers will have to complete several online training classes prior to that date. No experience is necessary, the courses are designed for new volunteers.

If interested please e-mail justin.dickson@navy.mil, and provide your name, command, work contact information, and availability. For more information call, (601) 679-3021.

The target date for this approval is Sept. 1, 2011.

Current projections indicate the SER board will select approximately 100 captains and 100 commanders for early retirement. These numbers may be adjusted based on the volume of voluntary retirement requests received prior to the board.

A separate NAVADMIN identifying the senior and junior in zone officers eligible will be released 30 days prior to the convening of the July 2011 SER board.

To learn more about this board, visit <http://www.npc.navy.mil/NR/rdonlyres/549098BE-C476-4C1B-90F5-C60AFB0205B3/NAV11006.txt>.

-- From Chief of Naval Personnel Public Affairs

In the Spotlight...

Thank you

A BIG "Thank You" goes out to all those who assisted me with Santa activities during the holiday season.

-- Sincerely Gene Derusha

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

Off Limits Establishments

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

The Underground
(Bonita Lakes Mall)
Meridian Underground Music Exchange

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

The Skyline ~ Naval Air Station Meridian, Miss.

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

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

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of *The Skyline* are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or NAS Meridian, Mississippi.

The Skyline is published every other Thursday by *The Meridian Star*, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the commanding officer of Naval Air Station, Meridian, Mississippi.

The editorial content of this publication

is the responsibility of the NAS Meridian Public Affairs Office. *The Skyline* solicits news contributions from military and civilian sources. It reserves the right to edit material selected for publication. **The deadline for material is 4:30 p.m. the Thursday before publication.** Send submissions to: *The Skyline*, 255 Rosenbaum Ave., Suite 201, Public Affairs Office, Naval Air Station, Meridian, MS 39309-5003 or e-mail: penny.randall@navy.mil or susan.junkins@navy.mil. For more information, call (601) 679-2318 or (601) 679-2809.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or *The Meridian Star* of products or services advertised.

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

Indy 500 greats fly aboard Abraham Lincoln for tour

By MCSN Lauren Howes
USS Abraham Lincoln (CVN 72)

USS ABRAHAM LINCOLN, At Sea (NNS) -- World famous members of the Indy 500 Centennial Tour visited Sailors aboard the deployed aircraft carrier USS Abraham Lincoln (CVN 72) Jan. 15-16.

Mario Andretti, Al Unser, Jr., Johnny Rutherford Arute, Sarah Fisher, Larry Foyt, Davey Hamilton, Cameron Haven, and Martin Plowman were among the visitors to the ship.

Lincoln Strike Group Sailors received autographs, t-shirts and photos; participated in a video game racing challenge; and ate meals with the drivers during their time aboard. In addition, the Indy drivers watched flight operations from the flight deck and were given a tour of Lincoln's jet shop for a demonstration of the power of an F/A-18 engine.

"My initial reaction when learning about the Indy tour was tremendous excitement," said

Electronics Technician 1st Class Jeffery Scott. "I grew up watching Johnny Rutherford, Al Unser, Jr. and Mario Andretti, and I think it is great that they came out to show their support."

Andretti said he was very flattered to be invited and rearranged his schedule so that he would be able to be part of the tour.

"I think the military is the most noble profession on the planet and all of you should be very proud," he said.

Operations Specialist 1st Class Charles Atchison said seeing the racing heroes in person reminded him of being a kid.

"You see them on TV and on the track, and then they're here," said Atchison. "Just to be able to shake hands with these guys, that I think are legends, is a morale booster."

Plowman, one of the active drivers who took part in the visit to Lincoln, had his hair cut by a ship's barber, Ship's Serviceman

2nd Class Keyshawn Coats. The trimming was designed to raise money for the Wounded Warrior Project.

So far approximately \$5,000 has been raised with an overall goal of \$10,000 by the end of the tour, said Plowman.

The visit was the second stop on a 10-day tour, which is scheduled to visit several U.S. military bases in southwest Asia and Europe. The first stop on the tour was at Ramstein Airbase, Germany.

The tour was choreographed by the Moral Entertainment Foundation, Armed Forces Entertainment and Department of Defense Agencies, and included support from the Indianapolis Motor Speedway and the IZOD IndyCar Series.

The Abraham Lincoln Carrier Strike Group is deployed in the U.S. 5th Fleet area of responsibility in support of maritime security operations and theater security cooperation efforts.



Photo by MC3 Stephen D. Doyle II

ARABIAN SEA -- Three-time Indianapolis 500 winner Johnny Rutherford, left, observes flight operations alongside auto racing legend Mario Andretti aboard the aircraft carrier USS Abraham Lincoln (CVN 72). Members of the Indy Centennial Tour visited the deployed ship as part of the centennial celebration of the famous race and to boost the crew's morale.

CNO presents 'Call to Service' award to retired CMC



Photo by MC2 Robert Stirrup

Chief of Naval Operations (CNO) Adm. Gary Roughead presents the Presidential Volunteer Service Award to retired Command Master Chief James Taylor as his wife, Nora, looks on during an awards ceremony at Sharkey Theatre at Joint Base Pearl Harbor-Hickam. Taylor, who serves as the Pearl Harbor survivor liaison for Navy Region Hawaii, was awarded the Call to Service pin for volunteering more than 4,000 hours during his lifetime. Taylor has been personally responsible for planning, overseeing and conducting approximately 250 burial honors for Pearl Harbor survivors, and has donated more than 3,000 hours over the last two years to the Navy.

By MC2 Robert Stirrup
Commander, Navy Region Hawaii
Public Affairs

PEARL HARBOR (NNS) -- The chief of naval operations (CNO) presented the Presidential Volunteer Service Award to a retired U.S. Navy command master chief during an awards ceremony at Sharkey Theatre on Joint Base Pearl Harbor-Hickam Jan. 7. James Taylor, volunteer Pearl Harbor survivor liaison for Navy Region Hawaii, was awarded with the Call to Service pin by Adm. Gary Roughead.

Taylor has been personally responsible for planning, overseeing and conducting approximately 250 burial honors for Pearl Harbor survivors, and has donated more than 3,000 hours of his time during the last two years to the Navy.

"For 54 years, you have served our nation in uniform, in civil service, and now as a volunteer for Commander, Navy Region Hawaii," said Roughead. "It is individuals like you who make our Navy and nation a better place, and I know your work is especially appreciated by all who have received your support. Your

actions bring great credit to our Navy, and I send you my personal thanks for extending yourself to veterans and their families."

Taylor stated that he was both surprised and honored when he got called on stage to receive the award.

"I was shocked when I first found out that I was receiving an award from the president of the United States," Taylor said. "It is an honor to be nominated for this, and it is an honor to have it presented by the CNO."

Taylor also said he could not have earned the award by himself.

"There are a lot of people in my life that helped me get to where I'm at, and I feel they are the true reason why I'm standing where I'm at today," Taylor stated.

The Presidential Volunteer Service Award Call to Service pin is reserved for those who have committed themselves to more than 4,000 volunteer hours during their lifetime.

The President's Council on Service and Civic Participation was established in 2003 to recognize the valuable contributions volunteers are making throughout the community.

• Sesame

Meridian's Balfour Betty Communities. "We want families to come as often as they like and enjoy the space. Thank you to our Navy partners, to the staff at Balfour Betty, the staff at Navy Family Housing, and the staff at the Fleet and Family Support Center who all supported and helped us to reach the goal of obtaining this special room," said Riley.

Shannon Foster, wife of ABH2 Bryan Foster, brought her 3-year-old son, Garret.

"I just love it," Shannon said. "It gives my son a chance to get out of the house and interact with other kids. It's a great place for families to come and hang out and get to know each other."

Meridian was awarded the "Room in a Box" which brings friendly, familiar characters and bright, cheerful décor intended to brighten up children's spaces in facilities that are committed to providing the best resources to military children, such as military hospitals, libraries, child care centers, and family support centers. Meridian was one of three Navy bases to be selected.

The Sesame Room, located at 719 Gill Street, is approximately 400 square feet decorated with Sesame themed wall murals and artwork, tables and chairs, educational DVDs and books, toys and games, and other fun Sesame items that are sure to educate and bring joy to children and parents who live on board NAS Meridian. Additionally, residents will have access to a full-service kitchen, large den, and two game rooms.

The Sesame Room is available to family housing residents of NAS Meridian from 9 a.m.-5 p.m., Monday through Friday, and on selected Saturdays. Residents may reserve space for their private events by contacting the Balfour Betty Management Office at (601) 679-7669.

The Sesame Rooms project is an extension of Sesame Workshop's "Talk, Listen, Connect" program, a joint effort between TLC and Sesame Street. The program is dedicated to helping military families through multiple challenges, such as deployments, homecomings, and changes that occur when a parent comes home.



Photo by Penny Randall

Sesame Street character Ernie helps Darryl Coleman Jr. play the drums in the new Sesame-themed room which opened on Jan. 12 in family housing on board NAS Meridian.

• Subway

Nick said. "Our plans are to be open by mid-February early March time frame employing about six to 12 employees."

The Lisi's also own the poplar Nick and Al's New York Style Pizzeria in Meridian. The most asked question on base is if the location will feature Nick & Al's items such as pizza, pasta and calzones.

"At this time we are solely focusing on Subway and getting it up and running at NAS Meridian," Nick said. "It may be an option down the road to bring some Nick & Al's items."

The NAS Meridian Subway location will feature the traditional sandwiches such as the Subway Club, but also popular sandwiches such as the Oven Roasted Chicken, Sweet Onion Chicken Teriyaki, Philly Cheesesteak, BLT, Italian BMT, Meatball Marinara, Spicy Italian and Tuna. Vegetables and toppings will include banana peppers, cucumbers, green peppers, jalapeno peppers, lettuce, onions, pickles, olives and tomatoes. Cheeses include American, Monterey Cheddar, Mozzarella, Pepper Jack, Provolone and Swiss. Various salads including the ham, oven roasted chicken, roast beef, turkey and veggie delite will be served. Specialty breads will include the traditional Italian white bread, 9-grain wheat bread, parmesan oregano, honey oat, Italian herbs and cheese, and the new flatbread.

Subway was founded in 1965, by Fred DeLuca. The first store opened in August of that year in Bridgeport, Conn. Subway prides itself on serving nutritional food. Subway features eight varieties of sandwiches that are less than 400 calories and are low in total fat, saturated fat, cholesterol and trans fat free.

'Blue Knights' turn skies over to 'Black Knights'

By Sgt. Deanne Hurla
3rd Marine Aircraft Wing (FWD)

CAMP BASTION, Afghanistan -- Beneath cloudy, gray skies, the "Blue Knights" of Marine Medium Tiltrotor Squadron 365, 3rd Marine Aircraft Wing (Forward), transferred the responsibilities of their area of operations to the "Black Knights" of VMM-264.

Lt. Col. Craig C. LeFlore, the VMM-365 commanding officer, relinquished the area of responsibility to Lt. Col. Jeffrey P. Hogan, the VMM-264 commanding officer, in a Transfer of Authority ceremony held at the flightline here Jan. 10.

Every month in Afghanistan since July 2010, the Blue Knights broke their previous month's flight time record. In addition to general support missions, which were vital in supporting the ground forces, the squadron supported over a dozen named operations. Those operations consisted of traditional medium-lift inserts under low light level conditions, aerial delivery opera-



Photo by Sgt. Deanne Hurla

Lt. Col. Craig LeFlore, the commanding officer of Marine Medium Tiltrotor Squadron 365, 3rd Marine Aircraft Wing (Forward), and Sgt. Maj. Leo Varos, the squadron sergeant major, case the squadrons during a Transfer of Authority ceremony held at the Camp Bastion flightline Jan. 10. During the ceremony, VMM-365 relinquished their responsibilities to VMM-264.

tions to resupply troops on the ground and longer-range missions to the borders of Afghanistan.

The Blue Knights also transported other coalition forces including U.K.,

Georgian, Afghan National Army, Afghan National Police and key Afghan leaders as part of an international coalition to support the fight against the Taliban.

• Knights, page 7

Meridian/Lauderdale County CRIMESTOPPERS Cash REWARDS up to \$1000!



For information about any serious crime, wanted person or stolen property 24 hours a day.

Call (601) 485-1860
~~ No Name Required ~~

Cpl. Vondrell Patrick

MATSS-1 Admin Specialist Clerk
Hometown: Ackerman, Miss.

OOORAH!

Pvt. Jazmin Casanova

MATSS-1 Student
Hometown: Bronx, N.Y.

Cpl. Vondrell Patrick is a native of Mississippi and glad to be back home. "Mississippi has changed a lot in the 3 years I've been gone," said Patrick who is stationed at Marine Aviation Training Support Squadron One as an administrative specialist clerk.

"I became a Marine to become a better person, to respect other and to serve my country."

Patrick was stationed in Cherry Point, N.C. before transferring to NAS Meridian where he will be stationed for three years.

Patrick's hobbies include paying video games, spending time with his girlfriend, cooking and playing football.

Patrick has a goal for his Marine Corps career.

"To become a sergeant major," he said.

The person he most admires is Sgt. Maj. Sherwood. "He is an awesome guy -- always squared away and always willing to help fellow Marines in need."



Pvt. Jazmin Casanova joined the Marine Corps on Aug. 9, 2010. She is currently a student in the Aviation Maintenance Administration Course at Marine Aviation Training Support Squadron One on board NAS Meridian.

"I became a Marine for the benefits and opportunities that the Corps offers," Casanova said.

"I'm looking forward to all the new things I will learn and experience in my military career."

Casanova hopes to be stationed in California after her training at MATSS-1.

The person she most admires is her mother, Daiane Rodriguez.

"She is a strong, hard working woman, and she supports me and my decision to become a Marine."

Renewable energy vital to Marines success in Afghanistan

By Gunnery Sgt. William Price
1st Marine Division

FORWARD OPERATING BASE JACKSON, Afghanistan -- The Marines and sailors of 3rd Battalion, 5th Marine Regiment have tapped into a vital renewable energy source -- the sun -- to help take the fight to the enemy in Sangin District.

Since deploying to Afghanistan in support of Operation Enduring Freedom, India Company, 3/5, has been working with a new program called ExFOB, or "Experimental Forward Operating Base."

"ExFOB has provided immediate energy to my boys," said Gunnery Sgt. Willy Carrion, 'I' Company, company gunnery sergeant. "Logistics and resupply to my men is essential to our mission accomplishment. Marines can sustain themselves on little food and water, but the time we have saved on convoys for fuel and batteries, has been crucial."

The Marines and sailors of Dark Horse 3/5 have been using an array of solar equipment since their pre-

deployment workup, Enhanced Mohave Viper, at Marine Corps Air Ground Combat Center, in Twentynine Palms, Calif., in July. While there, the Marines were able to save up to eight gallons of fuel, per generator, a day.

At Patrol Base Sparks, an outpost of Forward Operating Base Jackson, Staff Sgt. David Doty has become the resident expert of the solar-powered gear and is very pleased with this new asset.

"Our generators typically use more than 20 gallons of fuel a day. We are down to 2.5 gallons a day," said Doty, 3rd Squad Leader, with 1st Platoon, 'I' Company, and Fulton, Mo., native. "The system works amazing. By saving fuel for generators, it has cut back on the number of convoys, meaning less opportunity for one of our vehicles to hit an IED."

His platoon commander, 1st Lt. Daric Kleppe, agrees, the less convoys, the better. "The enemy will exploit every soft target we have,"

● **Energy, page 12**



Photo by Gunnery Sgt. William Price

Marines and sailors of India Company, 3rd Battalion, 5th Marine Regiment, and their Afghan national army counterparts, pose in front of a modified ZeroBase Regenerator at Patrol Base Sparks, in Sangin District, Dec. 29. The ZeroBased Regenerator, nicknamed the Raptor, after the type of power cells in its six solar panels, can keep more than 17 computers and 15 lighting units running throughout the night. The Marines of 1st Platoon, added four more panels to their Raptor for further solar energy conservation.

Bestowing honor to those who gave to the Marine Corps

By Sgt. Jimmy D. Shea
Headquarters Marine Corps

ARLINGTON, Va. -- Since the Honorary Marine Program's inception in 1992, the Marine Corps has awarded the title, Honorary Marine, to individuals in the civilian community who have made extraordinary contributions to the Corps.

"The title of Honorary Marine is different from actual Marine," said Staff Sgt. Matthew Shelato, community relations chief for public affairs, Headquarters Marine Corps. "They're not receiving a paycheck or housing allowance but a title of respect for doing amazing things for Marines."

The Marine Corps has awarded the title to 71 individuals ranging from the flag raising on Iwo Jima photographer, Joe Rosenthal, to philanthropist and famous actor, Chuck Norris.

"Everyone knows how difficult it is to become a Marine, so to be called an Honorary Marine is even greater," said Shelato.

According to Marine Corps Order 5060.19B, only commanding generals, commanding officers, officers-in-charge and retired general officers are authorized to nominate individuals deemed deserving of the title Honorary Marine.

A decision is normally made within

● **Honor, page 9**

Marines train to be ready when called upon

By Cpl. Michael A. Bianco
31st MEU

KIN BLUE, OKINAWA, Japan -- The 31st Marine Expeditionary Unit is the only continually forward deployed MEU in the Marine Corps and is constantly training to be ready when called upon. Combat Logistics Battalion 31, the logistics arm of the 31st MEU, conducted its bi-annual exercise CLBEX, Jan. 5-12, to prepare for the upcoming deployment of the Asia-Pacific Region.

CLB-31 rotates half of its Marines and sailors every six months and conducts the exercise to build camaraderie between the new and returning service members. The field operation is also designed to give many new Marines and sailors an opportunity to become proficient at their

Military Occupational Specialty in a deployed environment.

"Our goal during CLBEX is to train on key missions of the 31st MEU," said Lt. Col. William Arick, CLB-31 commanding officer. "This allows the whole battalion to become more familiar with the scenarios and tempo of a Maritime Contingency Force."

The entire 300-man battalion was in full force for the exercise and conducted scenarios including; humanitarian assistance and disaster relief, non-combatant evacuation and mass casualty evacuation operations as well as detainee handling drills.

Marines and sailors, from the service and support element, learned even more during this particular CLBEX because,

● **Training, page 7**

Safety is Our Duty

Risk Management key to mitigating mishaps in 2011

By April Phillips
Naval Safety Center Public Affairs

NORFOLK (NNS) -- Following the holiday season, Sailors and Marines across the fleet are returning from leave and getting back to the regular routine at their duty stations in January 2011.

Whenever large numbers of people are returning from extended time away from the job, there's a potential for mishaps to occur due to complacency or skills that have become rusty.

January is also a time when many Sailors and Marines enjoy winter sporting activities such as skiing and snowboarding. There's a greater likelihood for inclement weather, deteriorated driving conditions and slips, trips and falls.

All these factors combine to make this a good time to remember the basics of risk management, said Derek Nelson, head of the Media Division at

the Naval Safety Center (NAVSAFECEN). Nelson writes the popular weekly "Summary of Mishaps," which is better known as the "Friday Funnies." In this capacity, he pores through the mishap reports received by NAVSAFECEN, and he has noticed some trends.

"Snowboarding mishaps have really been on the rise in the last few years," said Nelson. "People seem to have a hard time recognizing their limitations."

Nelson said a lack of training contributes to many snowboarding mishaps. Others attempt to outdo their experience level, including a second class petty officer who had been on five separate snowboarding trips before he hit the slopes with some shipmates who had far more training than he had.

"He wasn't completely inexperienced, but he went with people who knew a lot more, and he wanted to

keep up with them. He ended up with a concussion and a lot of days on limited duty," Nelson said.

Other mishap reports he has examined show a general complacency trend. He said one of the major problems is people who are in a hurry and cut corners.

"Whether you're driving or performing a task around the house or on the job, being in a hurry to get things done is a needless risk that too often ends in a trip to the emergency room," said Nelson. "Usually, the person doesn't take time to make a risk assessment beforehand, and therefore, there's no risk management that takes place."

Nelson cited one particularly memorable example; a Sailor was using a gas-powered snow blower to clear his driveway after a winter storm. The blower became clogged, and rather than turning it off to clear it, the Sailor just reached his hand inside the still spinning blades.

"It chopped off one of his fingers," Nelson said.

He also said he hoped Sailors and Marines would take time to reflect on risk management. It doesn't have to be a formal military training session to be effective.

"When people simply talk about their experiences, it can be very helpful. Everyone's got a story and sharing that story could help others. Talk about what could have been done to avoid the mishap or near miss," he said.

Those who need resources to start a risk management discussion can find them on the NAVSAFECEN Web site. Nelson recommends a product called "Deckplate Dialogue," which provides information and discussion ideas about numerous safety-related topics. This tool is available for download at http://www.public.navy.mil/navsafe/n/Pages/media/deckplate_dialogue.aspx.

Emergency Management

Winter weather has arrived in Southeast, Meridian

Winter has finally arrived here in Meridian. January and February are two of the coldest months of the year. Below are some tips to keep you safe and warm while enjoying the winter weather.

Dress warmly by wearing:

- A hat
- A scarf or knit mask to cover face and mouth
- Sleeves that are snug at the wrist
- Mittens (they are warmer than gloves)
- Water-resistant coat and boots
- Several layers of loose fitting clothing

Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold

more body heat than cotton.

Stay dry, wet clothing thins the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm. Also, avoid getting gasoline or alcohol on your skin while de-icing or fueling your car or using a snow blower. These materials in contact with the skin greatly increase heat loss from the body. Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

Be safe during recreation

Notify friends and family where you will be before you go hiking, camping, or skiing. Do not leave areas of the skin exposed to the cold. Avoid perspiring or becoming overtired. Be prepared to

take emergency shelter. Pack dry clothing, a two-wave radio, waterproof matches and paraffin fire starters with you. Do not use alcohol and other mood altering substances, and avoid caffeinated beverages. Avoid walking on ice or getting wet. Carefully watch for signs of cold-weather health problems.

Be cautious about travel

• Listen for radio or television reports of travel advisories issued by the National Weather Service.

- Do not travel in low visibility conditions.
- Avoid traveling on ice-covered roads, overpasses, and bridges if at all possible.
- If you must travel by car, use tire chains and

● **Weather, page 7**

Traffic Training Classes

Feb. 7: AAA Driving
Feb. 8-9: Basic Motorcycle Rider
NOTE: Sport Bike Rider course scheduled for Feb. 10 has been canceled

To register for these classes go to:
www.Navymotorcyclerider.com
or call (601) 679-3756.

● Savings

To achieve the savings targets, service leadership conducted a thorough and vigorous scrub of bureaucratic structures, facilities, programs, business practices, civilian and military personnel levels, and associated overhead costs.

The measures announced Jan. 6 are the latest in a series of DoD reform initiatives, to include the President's last two annual defense budgets, which have rebalanced the Department's spending habits while increasing investments in proven capabilities most relevant both to current wars and to the most likely future threats.

"Meeting real-world requirements. Doing right by our people. Reducing excess. Being more efficient. Squeezing costs. Setting priorities and sticking to them. Making tough choices. These are all things that we should do as a Department and as a military regardless of the time and circumstance. But they are more important than ever at a time of extreme fiscal duress, when budget pressures and scrutiny fall on all areas of government, including defense," said Gates.

"While America is at war and confronts a range of future security threats, it is important to not repeat the mistakes of the past by making drastic and ill-conceived cuts to the overall defense budget. At the same time, it is imperative for this Department to eliminate wasteful, excessive, and unneeded spending. Indeed, to do everything we can to make every defense dollar count."

The service departments achieved savings in several areas, including the number and size of headquarters staffs, base operations, energy consumption, and facilities sustainment. At the same time, the service leaders undertook the normal process of setting priorities and assessing risks in preparing the fiscal 2012 budget request – a process that led to the recommended termination or restructuring of a number of troubled or unneeded weapons programs.

The services will keep the savings they were motivated to find and reinvest in the needed capabilities each service needs to support the warfighter. The bulk of the savings will

be used by the service departments to make key investments in areas such as ship building, long-range strike, missile defense, intelligence, reconnaissance and surveillance (ISR), wounded warrior care and facilities, and much more.

Specifically, the Department of the Navy is proposing to use efficiencies savings to:

- ✓ Accelerate development of a new generation of electronic jammers to improve the Navy's ability to fight and survive in an anti-access environment;

- ✓ Increase the repair and refurbishment of Marine equipment used in Iraq and Afghanistan; Develop a new generation of sea-borne unmanned strike and surveillance aircraft;

- ✓ Buy more of the latest model F-18s and extend the service life of 150 of these aircraft as a hedge against more delays in the deployment of the Joint Strike Fighter (JSF); and
- ✓ Purchase additional ships – including a destroyer, a littoral combat ship, an ocean surveillance vessel and fleet oilers.

The Department of the Navy proposed efficiencies savings of more than \$35 billion over five years to include:

- ✓ Reducing manpower ashore and reassigning 6,000 personnel to operational missions at sea;

- ✓ Using multi-year procurement to save more than \$1.3 billion on the purchase of new airborne surveillance, jamming, and fighter aircraft;

- ✓ Disestablishing several staffs (but not the associated platforms) to include submarine-, patrol aircraft-, and destroyer-squadrons plus one carrier strike group staff; and

- ✓ Disestablishing the headquarters of Second Fleet at Norfolk, Va., and transferring responsibility for its mission to the Navy's Fleet Forces Command.

For the Department of the Air Force, this efficiencies process made it possible to:

- ✓ Buy more of the most advanced Reaper UAVs and move essential ISR programs from the temporary war budget to the permanent base budget. Going forward, advanced unmanned strike and reconnaissance capabilities must become an integrated part of the service's regular institutional

force structure;

- ✓ Increase procurement of the Evolved Expendable Launch Vehicle to assure access to space for both military and other government agencies while sustaining our industrial base;

- ✓ Modernize the radars of F-15s to keep this key fighter viable well into the future;

- ✓ Buy more simulators for JSF air crew training; and

- ✓ Develop a new long range, nuclear-capable penetrating bomber, which will be designed using proven technologies, an approach that should make it possible to deliver this capability on schedule and in quantity.

The Air Force proposed efficiencies measures that will total some \$34 billion over five years and include:

- ✓ Consolidating two air operations centers in the United States and two in Europe;

- ✓ Consolidating three numbered Air Force staffs; Saving \$500 million by reducing fuel and energy consumption within the Air Mobility Command;

- ✓ Improving depot and supply chain business processes to sustain weapons systems, thus improving readiness at lower cost; and

- ✓ Reducing the cost of communications infrastructure by 25 percent.

The Department of the Army would use its savings to:

- ✓ Provide improved suicide prevention and substance abuse counseling for soldiers;

- ✓ Modernize its battle fleet of Abrams tanks, Bradley fighting vehicles, and Stryker wheeled vehicles;

- ✓ Accelerate fielding to the soldier level of the Army's new tactical communications network.

- ✓ Accelerate procurement of the service's most advanced Grey Eagle UAVs; and

- ✓ Buy more MC-12 reconnaissance aircraft to support ground forces, and begin development of a new vertical unmanned air system to support the Army in the future.

The Army proposed \$29 billion in savings over five years to include:

- ✓ Terminating the SLAMRAAM surface to air missile, and the Non-Line of Sight Launch System, the next-generation missile launcher originally con-

ceived as part of the Future Combat System;

- ✓ Reducing manning by more than 1,000 positions by eliminating unneeded task forces and consolidating six installation management commands into four;

- ✓ Saving \$1.4 billion in military construction costs by sustaining existing facilities; and
- ✓ Consolidating the service's email infrastructure and data centers, which should save \$500 million over five years.

Of the \$100 billion identified by the service departments, approximately \$28 billion will also be used over the next five years by the Army, Air Force, Navy and Marine Corps to deal with higher than expected operating expenses such as fuel, maintenance, health care and training costs.

In addition to directing the four services to find savings, Gates announced last August a set of initiatives aimed at reducing overhead costs and improving efficiency across the DoD as a whole – with special attention to the headquarters and support bureaucracies in the Office of the Secretary of Defense, the combatant commands, and other defense agencies and field activities.

Gates announced Jan. 6 that this effort – combined with a government-wide freeze on civilian salaries – has yielded approximately \$54 billion in savings over the next five years. These savings include further reducing the contractor staff cadre, consolidating IT support, culling redundant intelligence organizations, eliminating unnecessary reports and studies, freezing civilian staff levels and pay, downgrading overseas commands, decreasing the number of generals, admirals and civilian executives, and modest increases in TRICARE premiums on military retirees.

In addition to terminating the Marine Corps' Expeditionary Fighting Vehicle, Gates also stated that he is placing the Marine Corps' short take-off and vertical landing (STOVL) variant of the JSF on the equivalent of a two-year probation because of significant testing problems. As a result, the development of the Marine variant will be moved to the back of the overall JSF production sequence. To fill the gap created from the

Statement by SECNAV, CNO on Efficiencies

WASHINGTON (NNS) -- The following are statements from the secretary of the Navy and the chief of naval operations Jan. 6 regarding efficiencies:

Secretary Ray Mabus: "Secretary Gates charged the Navy and Marine Corps to scrub everything, eliminate the unnecessary or underperforming, find savings, and apply those savings to warfighting. We have done that. Hard choices were made, but they were necessary to make certain we are the most efficient and effective fighting force we can be. Secretary Gates' leadership has resulted in reasonable and responsible reforms that will ensure the Navy and Marine Corps remain the most formidable expeditionary fighting force the world has ever known."

Adm. Gary Roughead: "The Navy enthusiastically participated in Department of Defense efficiency efforts. I am pleased with the rigor undertaken throughout this process, the results of which will contribute to the Navy's warfighting capabilities. The initiatives we have undertaken will allow the Navy to address readiness and warfighting capabilities, optimize organizations and operations and ensure that resources are optimized in operations and maintenance initiatives. These savings and changes will enable us to be the Navy the nation needs today and into the future."

-- From the Department of Defense

slip in the JSF production schedule, the Department of the Navy will buy more Navy F/A-18s.

The formal announcement of the President's fiscal 2012 budget submission next month is also expected to call for a \$78 billion reduction to the FYDP, to include no real growth in defense spending in fiscal 2015 and fiscal 2016. But because of the rigorous reform efforts undertaken over the past year, it is possible for the DoD to absorb this reduction in the projected top-line without significant impact to warfighting capability, although it will necessitate a reduction in the size of the Army and Marine Corps starting in fiscal 2015. The total savings generated by DoD-wide overhead efficiencies, the civilian staffing and pay freeze, and the future decrease in ground forces, when added together, are roughly equivalent to the sum of the top-line reductions projected in the FYDP.

With the efficiencies savings, Gates said he is confident the Department can effectively meet the threats it is likely to face over the next few years. But he also stressed the FYDP represents the minimum level of defense spending necessary given the complex and unpredictable array of security challenges the United States faces around the globe. Beyond this five year time frame, the savings from overhead efficiencies and force reductions will

have mostly run their course.

Gates concluded by talking about the importance of following through on all DoD reform measures while maintaining adequate levels of funding.

"This Department simply cannot risk continuing down the same path – where our investment priorities, bureaucratic habits, and lax attitudes towards costs are increasingly divorced from the real threats of today, the growing perils of tomorrow, and the nation's grim financial outlook," Gates declared at the conclusion of the announcement.

"These times demand that all of our nation's leaders rise above the politics and parochialism that have too often plagued considerations of our nation's defense – whether from inside the Pentagon, from industry and interest groups, and from one end of Pennsylvania Avenue to the other. I look forward to working through the next phase of the President's defense reform effort with the Congress in the weeks and months ahead – to do what's right for our Armed Forces and what's right for our country."

-- From the Department of Defense

USFF relieves USS Enterprise commanding officer

NORFOLK (NNS) -- Adm. John C. Harvey Jr., Commander, United States Fleet Forces Command (USFFC), has permanently relieved Capt. Owen Honors of his duties as commanding officer of USS Enterprise (CVN 65) for demonstrating poor judgment while serving as executive officer of that ship.

"The responsibility of the commanding officer for his or her command is absolute. While Capt. Honors' performance as commanding officer of USS Enterprise has been without incident, his profound lack of good judgment and professionalism while previously serving as executive officer on Enterprise calls into question his character and completely undermines his credibility to continue to serve effectively in command," said Harvey.

"The foundation of our success in the Navy lies in our ability to gain and hold the trust of our Sailors, including through personal example. This responsibility is so important that it is written into Navy Regulations. When confidence and trust are lost in those who lead, we fail. After personally reviewing the videos created while serving as executive officer, I have lost confidence in Capt. Honors' ability to lead effectively, and he is being held accountable for poor judgment and the inappropriate actions demonstrated in the videos that were created while he served as executive officer on Enterprise," said Harvey.

"It is fact that as naval officers we are held to a higher standard. Those in command must exemplify the Navy's core values of honor, courage and commitment,

which we expect our Sailors to follow. Our leaders must be above reproach and our Sailors deserve nothing less," said Harvey.

Capt. Dee Mewbourne will be permanently assigned as the commanding officer of Enterprise. Mewbourne most recently commanded USS Dwight D. Eisenhower (CVN 69) and while in command he completed two successful combat deployments supporting Operation Enduring Freedom. Mewbourne is currently serving as the chief of staff for Navy Cyber Forces and will assume command of Enterprise this afternoon.

"We will support and work with Capt. Mewbourne and the crew of Enterprise to keep them forward focused on their upcoming combat deployment. This is a difficult situation but the men and women of Enterprise are outstanding Sailors who have completed a very challenging and comprehensive predeployment work-up period in a thoroughly professional manner. They are well-trained, and I have full confidence in their readiness to execute all missions during their deployment," said Harvey.

The relief of Honors occurs as the investigation continues into the inappropriate videos that Honors made while serving as Enterprise's executive officer from 2006-2007. The investigation will continue to look at all aspects of the production of the videos, to include the actions of other senior officers who knew of the videos and the actions they took in response. Honors has been reassigned to administrative duties at Commander, Naval Air Force Atlantic.

-- From U.S. Fleet Forces Command Public Affairs

Involuntary separation pay not authorized for PFT failures

WASHINGTON (NNS) -- To comply with DOD-wide policy, members separated from the Navy after Jan. 1 solely for failing the physical fitness test (PFT) portion of the physical fitness assessment (PFA) will not be authorized involuntary separation pay, according to a NAVADMIN released Dec. 29.

Policy for involuntary separations before Jan. 1 did not distinguish between separations for failing the PFT and separations relating to weight control.

Members separated for failing the body composition assessment (BCA) in any

of three PFA failures may receive one-half involuntary separation pay as long as they are eligible for such pay in all other respects, including the requirement, if qualified, to serve in either the selected reserve or individual ready reserve.

Members who have been involved in misconduct or who are not performing satisfactorily must be separated for those reasons, not for weight control.

To read NAVADMIN 420/10, visit <http://www.npc.navy.mil/ReferenceLibrary/Messages/>.

-- From Chief of Naval Personnel Public Affairs

Did You Know?

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

FRAMING TO PLEASE!



Furniture
Lamps
Home Decor

Custom Frame & Gift

Broadmoor Shopping Center • 401-481-8805 • Hours: Mon.-Sat. 10am-6pm

RENEW SALON AND SPA

20% OFF

First initial visit for MILITARY PERSONNEL & FAMILY

CALL FOR AN APPOINTMENT WITH
JENNIFER MARCETT OR KAYLA DAVIS

NOW THROUGH THE MONTH OF FEBRUARY
10% OFF subsequent visit



WALK-INS ALWAYS WELCOME • WE DO FADES

601.286.3021

47th Court (off North Hills Street behind KFC)

SALE • SALE • SALE • SALE • SALE

Rick Justice USED SPECIALS

04 HONDA CIVIC
LOCAL OWNER, SUPER CLEAN \$7,998

08 HONDA CRV EXL
LEATHER, LOW, LOW MILES \$24,998

10 DODGE CHALLENGER
SUPER SPORTY \$23,998

10 FORD TAURUS SEL
1ST CLASS LUXURY \$23,998

08 HONDA ACCORD EXL-V6
LEATHER, MOONROOF, LOADED \$22,998

07 TOYOTA TACOMA
4 DOOR, SUPER CLEAN \$21,998

07 NISSAN PATHFINDER
LEATHER & LOADED \$20,998

06 CHEVY IMPALA
SUPER CLEAN, MUST SEE \$12,998

09 MAZDA 6I
SUPER SPORTY \$14,998

07 GMC ENVY
SUNROOF & LOADED \$16,998

*ALL PRICES PLUS TAX & TITLE WITH APPROVED CREDIT.

Rick Justice HONDA

503 FRONT ST. EXT. • MERIDIAN, MS
601.693.4651 • 601.483.8163
WWW.RICKJUSTICE.COM

**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 Catholic Church.

**Come
Worship
With Us!
Call (601)
679-3635**



**See
what's
new in
'Sale...Or'
Page 8**

Babies of 2011

Bethesda welcomes first baby of the new year

By MC3 Alexandra Snow

National Naval Medical Center Public Affairs

BETHESDA, Md. (NNS) -- The National Naval Medical Center (NNMC) welcomed its first baby of 2011 at 1:24 a.m. Jan. 1 in Bethesda, Md.

Army Pvt. Devone Collins of Fort Meade and his wife Diamond Collins celebrated the beginning of 2011 with the birth of their second child, a baby girl, Taylor Karma Collins, on New Year's Day.

"My labor began when my 21-month-old son, Riley, began to rub and kiss my stomach at around 8:30 p.m.," said Diamond. "My contractions [were] about 40 minutes apart and gradually getting closer together as the countdown to the New Year approached. The closer 12 a.m. came, the closer my contractions [were]."

"I [got in touch] with my husband's grandmother [and] she rushed from bringing in the New Year at her church to take me to the hospital shortly after 12:15 a.m.," said Diamond.

Diamond said her contractions were so intense that she was fearful the baby would be born on the side of the road en route to NNMC.

"We finally made it to the hospital, where I was wheeled upstairs to labor and delivery. I was checked by the doctor and told I was already 10 centimeters dilated and ready to push," Diamond continued. "I was then wheeled into the delivery room where my water was broke. I only had to push four times before Taylor was born weighing eight pounds [and was] 21.5 inches long."

Taylor is healthy, said Diamond. The Army private met baby Taylor within hours of her arrival and said he wouldn't have his New Year begin any other way.

Medical Center San Diego welcomes 2011's first baby

By MC2 Chelsea A. Radford

Naval Medical Center San Diego Public Affairs

SAN DIEGO (NNS) -- Naval Medical Center San Diego commemorated the first day of the new year by welcoming the first baby born in 2011.

Aviation Machinist Mate Airman Kenneth Craig and his wife Elizabeth welcomed Alexa Marie Craig, born at 1:28 a.m., weighing 5 pounds, 14 ounces and 19 inches in length. Kenneth, a southern California native, is stationed at Helicopter Anti-Submarine Squadron Light 43 (HSL 43) at Naval Air Station North Island. Elizabeth is from Springfield, Ore.

Baby and mother are doing very well. Baby Alexa is the couple's first child.

Blue to Green is option for Sailors facing separation

MILLINGTON, Tenn. (NNS) -- In a climate where Sailors may face separation due to high year tenure or Perform-to-Serve/Fleet Rating Identification Engine, Navy leadership is reminding Sailors in 2011 that Operation Blue to Green could keep them serving.

"Sailors should be aware of all avenues to stay in the military," said Capt. Hank Roux, head enlisted community management.

According to the Army's Operation Blue to Green website, the program allows highly qualified Sailors the opportunity to continue in military service, maintain benefits and gain

new training.

Benefits of transitioning to the Army via Blue to Green include:

✓ E-1 through E-5 retain their grade and date of rank.

✓ Rates that convert into an Army military occupational specialty (MOS) will only need to attend Basic Combat Training.

✓ Retraining into another MOS may be possible.

"Of course we want all of our Sailors to stay Navy, whether that is active, full time support or Reserve component, but if a Sailor's facing separation Blue to Green is a great option for them," Roux said.

In fiscal year 2010, only 43 Sailors took advantage of the program.

To qualify, Sailors must be physically fit, meet the Army's height and weight standards, have a minimum of three years time in service and have an approved Request for Conditional Release (DD Form 368).

For more information, speak with your career counselor, review SECNAVINST 1000.7F, MILPERSMAN 1300-081 and the Army's Operation Blue to Green website at <http://www.goarmy.com/benefits/additional-incentives/blue-to-green.html>.

-- From Navy Personnel Command Public Affairs

New Navy reserve force master chief selected

By Capt. Robert Durand

Commander, Navy Reserve Force Public Affairs

WASHINGTON (NNS) -- The next Navy Reserve Force master chief was announced by the chief of the Navy Reserve Jan. 6.

Chief of Navy Reserve Vice Adm. Dirk Debbink announced that Command Master Chief Christopher T. Wheeler was selected as the next Navy Reserve Force master chief.

Wheeler will relieve Navy Reserve Master Chief (FMF) Ronney Wright as Navy Reserve Force master chief in June 2011.

"Command Master Chief Wheeler was chosen for this important job from a group of highly motivated, professional and qualified candidates," said Debbink. "I will rely on his insight and counsel to ensure that our Sailors, their families and their civilian employers have what they need to carry out our mission and to live up to our Navy Reserve Force motto - 'Ready Now. Anytime, Anywhere.'"

Wheeler's focus as force master chief will be taking care of the Navy Reserve Sailors he works for.

"Taking care of Sailors is what this job is all about, and Master Chief Wheeler is a deckplate leader who knows and cares deeply for our Sailors," said Wright. "Serving in this job is a

tremendous honor and an awesome responsibility. Command Master Chief Wheeler is eager to take on this challenge."

Stewardship to the citizen-Sailors who man the Reserve Force is high on Wheelers priorities.

"I believe this job is about being an honest steward for the Navy Reserve Force, and I pledge my stewardship to Vice Adm. Debbink and all of our Navy Reserve Sailors," said Wheeler.

Wheeler currently serves as the command master chief of Naval Air Force Reserve and as staff command master chief for Naval Air Force.

The Navy Reserve Force master chief is responsible for advising the chief of Navy Reserve on matters affecting the morale, retention, Sailor development and general well-being of the 53,000 enlisted personnel of the Navy Reserve. The force master chief is also charged with ensuring active communications throughout the force and instilling a sense of heritage and active support of Navy core values to all Sailors.

Wheeler will be the 14th Navy Reserve Force master chief. The mission of the Navy Reserve is to provide strategic depth and deliver operational capabilities to our Navy and Marine Corps team, and Joint forces, from peace to war.

• Knights

By the end of the year, the squadron logged more than 2000 combat flight hours, safely transporting 22,395 passengers and 1,073,469 pounds of cargo.

During the squadron's time in theater, they worked 46,782.3 man-hours and increased the squadron's mission-capable rate to a high of 72.7 percent.

The Marines faced many challenges, but took each one and completed the mission, explained LeFlore.

"I'm extremely proud of every one of you and your accomplishments," said LeFlore.

As the Blue Knights look forward to seeing their flightline at Marine Corps Air Station New River, N.C., the Black Knights prepare to begin combat operations.

"It is a privilege to serve in Afghanistan, we're proud to be here, eager to get to work and to do it right and do it safe," said Hogan.

The Marines of VMM-264 have six months of challenges ahead of them, but are ready and able to face the challenge.

• Training

unlike in past exercises, a HA/DR and NEO subject matter expert from the II Marine Expeditionary Force partook in the training evolution. James Klotz has worked with the military for more than 30 years and CLB-31 learned from his knowledge and insight during two key CLBEX missions.

"We were able to gain so much more information with his help," Arick said. "The exercise is already a necessity and to add his expertise makes it that much more of an asset."

The training offered service members, who are new to the high tempo atmosphere of the MEU, necessary field experience for follow-on operations with host nations like the Kingdom of Thailand and the Republic of the Philippines.

"There was no time to waste, the Marines had a few days to open presents and bring in the New Year, and now it's time to get back into the swing of things and ensure we have a successful patrol," said Arick.

• Weather

and take a mobile phone with you.

• If you must travel, let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late.

• Check and restock the winter emergency supplies in your car before you leave.

• Never pour water on your windshield to remove ice or snow; shattering may occur.

• Don't rely on a car to provide sufficient heat; the car may break down.

• Always carry additional warm clothing appropriate for the winter conditions.

For more information go to Extreme Cold Prevention Guide at <http://www.bt.cdc.gov/disasters/winter/guide.asp>



**Better Protection For The Vehicle You Drive
When You're Not At Work.**

On duty, it's Humvees, Abrams and APCs. Off duty, it's SUVs, minivans and sports cars. That's where GEICO comes in. We offer 24-hour service, money-saving discounts, easy payment plans, vehicle storage options and storage protection plans, whether you store it yourself or on base. For seventy years, GEICO has been serving the special needs of the special people who serve our country. We're ready to do it for you.



1-800-MILITARY (1-800-645-4627)
AUTO • HOME • RENTERS • MOTORCYCLE • BOAT

Some discounts, coverages, payment plans and features subject to certain restrictions. All GEICO insurance, services, products and coverages are provided by one or more affiliated insurance companies and are sold through the GEICO Insurance Agency, Inc. Minimum coverage standards set by GEICO Indemnity Company, Government Employees Insurance Co. • GEICO General Insurance Co. • GEICO Indemnity Co. • GEICO Casualty Co. These companies are licensed as of Baltimore, Maryland. GEICO, Washington, DC 20007. © 2010 GEICO

Enterprise Strike Group deploys from Norfolk

USS ENTERPRISE, At Sea (NNS) -- The Enterprise Carrier Strike Group (CSG) departed its homeport of Norfolk Jan. 13 to embark upon its first deployment since 2007.

Slated to deploy for operations in the U.S. Navy's 5th and 6th Fleets, this deployment is part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the globe.

Working with allied and partner maritime forces, the Enterprise CSG units will focus heavily on maritime security operations and theater security cooperation efforts, which help establish conditions for regional stability.

The Enterprise CSG consists of approximately 6,000 Sailors who, during the last four months, have successfully completed refresher training and certifications to ensure they operate effectively and safely together.

"We have trained long and hard to get to this day," said Rear Adm. Terry B. Kraft, commander of the Enterprise CSG. "Since beginning workups in April of last year, this team of Sailors and Marines in our strike

group have honed their skills at sea in order to be ready to execute our missions of forward naval presence, maritime security operations, theater security cooperation and crisis response, if required."

This is the third deployment leading an aircraft carrier into combat operations during the last three years for Capt. Dee L. Mewbourne, who assumed duties as commanding officer of USS Enterprise (CVN 65) Jan. 4. Mewbourne most recently commanded USS Dwight D. Eisenhower (CVN 69), where led her crew through two successful combat deployments.

"Enterprise has a proud history of more than 49 years. Our nation, our Navy and our families, too, should be proud of our crew who has gone above and beyond to make the ship ready to deploy," said Mewbourne. "Make no mistake, Enterprise and her crew are ready to answer our nation's call."

Before saying their goodbyes and pulling away from the pier, Enterprise Sailors were busy working around the clock to make final deployment preparations to ensure thousands of mission-essential supplies were properly on-loaded, off-loaded and stowed for sea.

"We've been running the crane every day for the past few weeks now, bringing on all kinds of materials for ship's company and the air wing," said Logistics Specialist 3rd Class Matthew R. Cascella, who works for the S-8 Division of Enterprise's Supply Department. "Our duty sections were working up to taps each day to make sure we have all the supplies we need and that they are organized and distributed."

This deployment, the 21st for the carrier since its commissioning in 1961, also marks the first deployment of the centennial year of naval aviation.

"For 100 years, we have operated aircraft from the decks of warships. It's appropriate that our most accomplished active aircraft carrier is the first to deploy this year," said Kraft.

The Enterprise CSG consists of Enterprise, the guided-missile cruiser USS Leyte Gulf (CG 55), the guided-missile destroyers USS Bulkeley (DDG 84), USS Barry (DDG 52) and USS Mason (DDG 87), USNS Arctic (T-AOE 8), Carrier Air Wing 1 and Destroyer Squadron 2.

-- From USS Enterprise (CVN 65) Public Affairs

Carl Vinson Carrier Strike Group to visit Republic of Korea

USS CARL VINSON, At Sea (NNS) - The USS Carl Vinson Carrier Strike Group (CSG) will visit the Republic of Korea (ROK) Jan. 11.

USS Carl Vinson (CVN 70) and USS Bunker Hill (CG 52) will visit Busan; USS Gridley (DDG 101) and USS Stockdale (DDG 106) will visit Chinhae.

The Carl Vinson CSG is conducting a regularly scheduled deployment to the Western Pacific. While in port, the crews will participate in community service projects, as well as sporting events, with the ROK Navy.

"Regular visits to ports in this region are an important part of our presence and engagement here. We are not only allies but we've been fortunate to forge real friendships with the Korean people," said Rear Adm. Samuel Perez, Carl Vinson CSG commander. "Through the events we have planned in Busan and Chinhae, our Sailors are looking forward to learning more about this wonderful culture and strengthening an already healthy relationship."

In addition to the surface ships attached to the strike group, Carl Vinson is home to Destroyer Squadron 1 and Carrier Air Wing 17, which includes: the "Red Lions" of Helicopter Anti-submarine Squadron 15; the "Fighting Redcocks" of Strike Fighter Squadron (VFA) 22; the "Fists of the Fleet" of VFA 25; the "Sunliners" of VFA 81; the "Stingers" of VFA 113; the "Rawhides" of Fleet Logistics Support Squadron 40; the "Garudas" of Electronic Attack Squadron 134; and the "Tigertails" of Carrier Airborne Early Warning Squadron 125.

"For many of our Sailors, this will be their first visit to a foreign land," said Perez. "We feel very fortunate that they'll be able to experience that here and build relationships they'll remember for years to come."

The U.S. Navy maintains a robust forward presence in the Asia-Pacific region, utilizing both forward deployed naval forces in Japan and Guam, as well as rotationally deployed forces from the continental United States and Hawaii.

Carrier Strike Group 1 was formally established October 1, 2009, and led Carl Vinson and Bunker Hill when the ships supported disaster response and humanitarian operations in Haiti in 2010.

This is Bunker Hill's first deployment since it underwent cruiser modernization, the first Ticonderoga-class guided-missile cruiser to complete its mid-life modernization.

This is Stockdale's maiden deployment, and Carl Vinson's first deployment to 7th Fleet since 2005.

-- From USS Carl Vinson Carrier Strike Group Public Affairs

Medical Home' Concept improves care, controls cost

By Donna Miles
American Forces Press Service

WASHINGTON -- Wouldn't it be fantastic to get the old-fashioned kind of health care, in which the doctor knew you and your family and kept track of your medical condition, but with the additional convenience and access to health care information that modern technology provides?

That's exactly what the TRICARE health insurance program is striving to provide as it rolls out the new patient-centered "medical home" concept to an increasing number of its beneficiaries, Navy Rear Adm. (Dr.) Christine S. Hunter, the top TRICARE officer, told American Forces Press Service.

Civilian medicine has embraced the medical home concept, which introduces a team approach to health care and establishes a consistent, long-term relationship between patients and a provider team, Hunter explained.

The TRICARE Management Activity began introducing the concept last year. Already, 655,000 of its 9.5 million beneficiaries are enrolled in the medical home concept. Hunter's goal is to increase that number to 2 million by the end of 2011. Within the next several years, she said, she hopes to see as many as 3 million beneficiaries in enrolled in the concept.

The Air Force was the first service to begin introducing the concept through its Family Health Initiative. The Navy followed with its Medical Home Port. The Army followed with its Army Home for Health program, which focused initially on wounded warriors but now has expanded.

In addition, 750 TRICARE network providers are now certified as medical homes.

In some cases, participation is voluntary, with facilities offering beneficiaries the option to join as medical home teams are stood up. In other cases, entire sites have transformed into medical homes, with all of their beneficiaries assigned to medical care teams.

Regardless of how the concept is introduced, Hunter called it a win-win situation for everyone involved.

Patients are assigned to a medical home



team that typically consists of a doctor, a physician's assistant, a nurse and medical technicians. Together, they partner with the patient to support a comprehensive health care plan, Hunter said.

This improves the patient experience, she added, by fixing what many beneficiaries call a shortcoming of TRICARE as well as many other health care programs: never seeing the same health care provider twice.

That too often put patients in the position of having to explain and re-explain the same issue or concerns to every new doctor, Hunter said. As a result, she explained, they were likely to focus only on immediate concerns -- what brought them into the doctor's office -- instead of long-term health maintenance and wellness goals.

Under the medical home concept, every member of the provider team has access to the beneficiary's medical records, and works collaboratively with the rest of the team to provide the best care possible, she said.

When patients visit a hospital or clinic or call in with a question or concern, they see or talk to a member of that team -- not another health care provider who steps in because the patient's provider is unavailable. And if the patient needs to be referred to a specialist, the team makes the referral and tracks the results.

Ultimately, the patient receives better, comprehensive care and a better overall health care experience, Hunter said.

And because the medical home concept puts heavy emphasis on preventive medicine, it helps to address problems before they escalate, Hunter added. Not only does this make

beneficiaries healthier, she said, it also reduces the need for catastrophic and expensive medical intervention.

Meanwhile, the patient-centered medical home concept takes advantage of new electronic tools to further improve communication between patients and their health care teams. Patients can use these technologies to schedule appointments, get prescription refills or have health care questions answered.

And if they need to contact a health care provider after normal duty hours, they can do so virtually. That reduces the likelihood that they'll report to the emergency room because they don't know where else to go, Hunter said.

The health care team, in turn, can use these technologies to remind patients when it's time for a checkup, test or inoculation or to deliver lab results and explain what they mean. They also can use them to provide information and coaching to beneficiaries working to lose weight, quit smoking or achieve other longer-term health maintenance or wellness goals.

Ultimately, Hunter said, the medical home concept supports what she calls TRICARE's "quadruple aim."

"We want to have readiness for the military members and their families, and we want to do that through the best possible health [for beneficiaries] and enhance the patient experience," she said. "And then we want to do so at a responsible cost."

Cost considerations make the concept particularly attractive as Defense Secretary Robert M. Gates seeks ways to control health care costs that are eating away an ever-increasing percentage of the Defense Department budget.

But Hunter said the best part of the patient-centered medical home concept is that it puts beneficiaries' interests first.

"You are getting quality, you are getting a good patient experience, and then the cost [of delivering health care] will naturally follow," she said. "If patients are healthy, the cost is low. ... So if you do the right thing for the patient and then we get to health, cost will follow."

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

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

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

Gold's 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! 2007 Fleetwood Revolution LE 40ft. Very low miles and very low hours. 400 Cat engine w/ Allison push button transmission w/ fuel economy mode. One piece fiberglass roof, 95 gal. Fresh water system, 40 gal. waste tank, 60 gal. grey water tank, Spartan chassis, automat-

ic leveling, trailer hitch. Plenty of space for storage under coach, storage slide outs. There are 3 wall slide outs, 2 in the living room and one in the bedroom. Has 1 and 1/2 baths and a shower, washer dryer combo, bedroom includes a sleep numbers bed and wall mount 23" TV. With 26" LCD TV Digital Satellite System Home Theater System in the main coach, round table w/4 cushioned chairs (opens to seat 6 w/2 folding chairs to match). Galley has 4-door refrigerator/freezer w/ ice maker and water on the door. GE microwave/convection oven over regular 3 burner gas range w/oven. Cori an counter tops in kitchen and baths. Beige colored carpet throughout, with ceramic tile in kitchen and baths. NON SMOKER RV is in really good condition. Must see to appreciate. Asking \$149,000. Call Gail Brennhofner at 601-679-2408 or 601-678-9504.

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! Sears Kenmore Elite heavy duty dryer with dryer rack. Asking \$150. Call (601) 677-3918.

NEW ITEM! MAYTAG Front loader washer. Asking \$200. Call (601) 626-7703.

NEW ITEM! Couch & Loveseat, brown tweed with large pillows with reversible patterns. Only sat on for 6 months. Still like new. Smoke free home. Call Tamra at (601) 479-7902 or email: 1proudmom2@live.com for pictures. Asking \$300 for set.

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.

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.

NEW! WANTED TO BUY: A inexpensive, reliable car for college student. Call (601) 701-3332.

NEW! 2004 Jeep Wrangler Sport, new tires and soft top, 6 cylinder, 4WD, 120k miles. Asking \$11,000 OBO. Call (601) 479-1311.

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.

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

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.

Mercedes C230 Coupe, 2004, loaded -- mint condition, silver, leather, Bose, 6 CD Changer, A/C, 65K miles. Asking \$14,200. Call (361) 604-4489.

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.

NEW ITEM! 2004 Honda MOTORCYCLES/GEAR

VTX1300C, burnt orange, very clean, runs great, many accessories. Can email pics and more details. Call Frank at (601) 513-1738.

NEW ITEM! 2007 Suzuki Burgman Motorscooter, automatic transmission, 50 MPG, easily carries 2 people at interstate speeds. Asking \$4,600. Call (601) 486-3482.

NEW PRICE! 2004 Arctic Cat 90 ATV, 2-stroke automatic, runs great, just serviced. Asking \$700 OBO. Call (601) 513-0071.

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.

NEW PRICE! For Sale: Home

HOMES/APARTMENTS

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 \$161,500. Call (601) 701-3332.

NEW! For Rent: 1 bedroom cottage, private setting at 11117 Hill Thompson Rd, 2 years old, appliances, just off hwy. 19 north between Meridian & Collinsville. West Lauderdale just 10 minutes from Meridian and Reservoir. Asking \$400 month, \$200 deposit, 1 year lease. Call Jack at (601) 917-7752.

For Rent: 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.ahrn.com or call (504)450-9833 or (504)244-0975. Direct deposit is required for monthly rental.

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 County Park on Brianhome Road. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

For Sale: 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 Rent: Very quiet 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: 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.

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.

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 Edward at (601) 604-7653.

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

NEW ITEM! Mississippi State MISCELLANEOUS

home basketball tickets for sale (Various Dates). Two reserved seats (3 and 4) section 235 row 7. Call (601) 479-4162.

NEW PRICE! ATV Push Blade with tapered design. Has manual lift and is easy to hook up. Great for driveway and field use. Stored in warehouse out of the weather. Call Tamra at (601) 479-7902 or email 1proudmom2@live.com for pictures. Asking \$250, paid over \$500.

NEW ITEM! 10hp generator for sale used very little. Asking \$450. Call (601) 323-1003.

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.

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: 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.

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.

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

'Friends of Mississippi Veterans' presents check for \$110,000 to the Mississippi Veterans Affairs Board

Recently the "Friends of Mississippi Veterans" non-profit organization presented a check for \$110,000 to the Mississippi Veterans Affairs Board to pay for a Carillon (Bell Tower), a part of the Mississippi Veterans Memorial Cemetery being constructed in Newton County.

The 40-foot high Carillon will be a central feature of the veterans cemetery and will play patriotic music and "taps" at military funerals and special occasions. It will stand as a monument to honor the sacrifices made by Mississippi's sons and daughters in service to our nation.

The Friends of Mississippi Veterans raised the \$110,000 in less than a year and continues to work to support the missions of the Veterans Affairs Board. Friends of Mississippi Veterans is a 501 (c) (3) non-profit



Submitted Photo

Accepting the check is M. Jo Leslie (left), chairperson, Mississippi Veterans Affairs Board. With her are Friends of Mississippi Veterans board members Jack Winstead, president, of Lawrence; Ann Alexander of Meridian; Billy Mounger of Jackson; Amy Tuck of Starkville; and R.V. Martin of Jackson.

whose primary mission is to support the Veterans programs of the Mississippi Veterans Affairs Board. The Friends of Mississippi Veterans already has additional fund raising initiatives underway to

support the Cemetery and Mississippi's Veterans.

Friends of Mississippi Veterans Board Members are: President Jack Winstead, Ann Alexander, General Leon Collins, Jim Lipscomb, Amy Tuck, Bobby Chain, Dave

Dennis, R.V. Martin and Billy Mounger.

More information about "Friends of Mississippi Veterans" projects and programs and contact information can be found at: www.friendsofmsveterans

CNO discusses shipbuilding, future force at 23rd SNA National Symposium

By MC1 Stephen A. Watterworth
Chief of Naval Operations Public Affairs

ARLINGTON, Va. (NNS) -- The chief of naval operations (CNO) was the keynote speaker during an annual banquet at the Surface Navy Association's 23rd National Symposium in Arlington, Va., where he spoke on the importance of future force and current operations of the Navy, Jan. 13.

Adm. Gary Roughead spoke on the important role of naval leadership in strengthening the future force of the Navy.

"Our job, as the nation's leaders, is to ensure Sailors have the ships, the aircraft and the submarines that will enable them to accomplish the mission," said Roughead. "We are maintaining our unrelenting emphasis on leader diversity, so that the best ideas to keep our Navy great are able to be heard."

Roughead discussed the need to increase the number of ships in the Navy. Although 313 is commonly referred to as the "floor" of what the Navy needs, he emphasized that more ships are needed, and that we require a combination of balance and quantity to build the Navy for the future.

"Three hundred thirteen is the numerical floor because it gives us global capabilities," he said. "At some point, quantity becomes a capability. Although it appears to be years away, [that] looming prospect of 'block end' of service life across

several classes of ships that were built in the 1980's when we get into the 2020's requires action in the very near term to chart a course through that very challenging period. As the commander in the Pacific and the commander in the Atlantic, I can tell you that I never had enough ships, even before we developed the maritime strategy," said Roughead.

Recognizing the need for new ships, CNO stressed the importance of the Navy working with the shipbuilding industry to control costs. He stressed the need for restraint and appetite suppression, explaining that it will take the combined effort from both the Navy and the industry to realize efficiencies in shipbuilding.

"I expect Navy leaders to take a disciplined approach in determining our needs," he said. "An approach based in the maritime strategy that strives to balance among the six core capabilities, linking each purchase to a capability or capabilities will be the test I will apply. Our program submission for Fiscal Year 2012 funds our most pressing requirements and continues our investment in force structure even in the context of increasing fiscal pressure. To do this, hard decisions must be made in the short term to ensure a long term shipbuilding plan is viable."

Roughead also reiterated the Navy's position on the repeal of the "Don't Ask, Don't Tell" policy.

"Combat effectiveness is what



Photo by MCC Tiffini Jones Vanderwyst
Chief of Naval Operations (CNO) Adm. Gary Roughead delivers remarks at the 23rd annual Surface Navy Association symposium.

we provide as a Navy," said Roughead. "And repeal will neither change who we are or what we do. The time is right, the time is now, and we will lead a prompt and thoughtful implementation."

The Surface Navy Association was founded in 1985 to "promote great coordination and communication among those in the military, business and academic communities who share a common interest in naval surface warfare."

Navy, Air Force aircraft cooperate in OEF support

By MC3 Jerine Lee
USS Abraham Lincoln (CVN 72)
Public Affairs

USS ABRAHAM LINCOLN, At Sea (NNS) -- Aircraft from the USS Abraham Lincoln Strike Group began their fourth month of Operation Enduring Freedom (OEF) support Jan. 12, teaming up with U.S. Air Force KC-135 Stratotanker and the KC-10 Extender tankers to extend their mission endurance to more than 1,000 miles.

Embarked Carrier Air Wing (CVW) 2 has been supporting OEF since October 2010 and has been conducting aerial refueling with the Air Force's KC-135s the KC-10s since the beginning.

CVW 2 planes can remain in the air for more than five hours during each sortie, traveling distances

of approximately 1,200 miles round-trip on each mission.

The ability to refuel in flight eliminates the need to find a place to refuel on land and extends the time the pilots and the aircraft can remain on station and support the troops on the ground.

Lt. Charles Schellhorn, assigned to Strike Fighter Squadron (VFA) 2, has been flying F/A-18F Super Hornets for nearly two years and has been refueling with the KC-135s and KC-10s for about six months.

"We are normally airborne for six hours on OEF missions, requiring us to refuel every 90 minutes," said Schellhorn. "Air Force tankers help us stay on station as long as possible so we can support the troops on the ground for a longer and more continuous peri-

od of time. The ability to refuel while airborne makes us a more effective fighting force."

The KC-135 has excelled in aerial refueling for more than 50 years, providing aerial refueling support to Air Force, Navy, Marine Corps and allied nation aircraft. The KC-135 is also capable of transporting litter and ambulatory patients using patient support pallets during aeromedical evacuations.

KC-135s can hold approximately 200,000 pounds of fuel and the KC-10s hold 356,000 pounds of fuel, both can transfer fuel at a rate of approximately 1000 gallons per minute.

The KC-135 fleet has a single boom, but there are modified KC-135s with refueling pods located on the wings. These pods house a long hose with a basket on the end that

when unwound allows for the unique capability to refuel one aircraft per wing simultaneously. The KC-10s also have a single boom but have the additional capability to use a 40-foot hose with a basket on every jet.

"Aerial refueling is critical, and efficient to our small part in the Navy's mission," said Schellhorn. "Not only is the support from the KC-135s and KC-10s important for us to stay overhead for long periods of time, but it also provides the troops on land the maximum amount of coverage, in the form of security and protection."

The Abraham Lincoln Carrier Strike Group is deployed in the U.S. 5th Fleet Area of Responsibility in support of maritime security operations and theater security cooperation efforts.

● **Honor**
45 days after submission of a nomination package.

"The only approving authority for the program is the commandant of the Marine Corps," said Shelato. "He has eyes on every single package and makes sure that it's a good thing for the Marine Corps and the community."

The order also states the qualifying criteria for nomination.

A terminally ill child who has a unique link to the military or the Corps, an individual who has given extraordinary support to the Corps or deceased individuals whose actions on behalf of the Corps would have merited consideration.

The most recent Honorary Marine, Ike Skelton, former United States Representative for Missouri's

4th congressional district and former chairman of the Armed Services Committee, was awarded the title Dec. 1, 2010.

Skelton is the first U.S. congressman to be awarded the Honorary Marine title.

"It was a thrill of a lifetime receiving this award," said Skelton. "Knowing Marines and the type of people they are, it's as special as it comes."

Skelton's appreciation for the military was made apparent throughout his time in congress.

"He has made a life-time commitment to the armed services, the people who serve and their families," according to a recommendation letter from the commandant of the Marine Corps. "Skelton is, in many ways, the father of the modern Professional Military Education system."

The Professional Military Education system prepares military officers for leadership. It includes various basic level courses for junior officers, command and staff colleges for mid-level officers, and war colleges for senior officers. Skelton helped improve and evolve the system, including emphasizing education in modern day strategy and joint matters.

For individuals who have supported the Marine Corps through extraordinary service as Skelton has, the Honorary Marine Program is the Corps' way of thanking them.

"It makes the recipient extremely proud to be associated with America's Marines," said Skelton. "It's difficult to describe it adequately because it is such an honor and it comes to very few people."

Did you know? African American firsts in military history

Jesse LeRoy Brown was born in Hattiesburg, Miss., on Oct. 13, 1926. He enlisted in the Naval Reserve in 1946 and was appointed a Midshipman, USN, the following year. Brown became the first African-American to be trained by the Navy as an aviator. After attending pre-flight school and flight training, he was designated a Naval Aviator in October 1948. Midshipman Brown was then assigned to Fighter Squadron 32. He received his commission as Ensign in April 1949. During the Korean War, Brown also became the first African-American Naval Aviator to see combat when his squadron operated from USS Leyte (CV-32), flying F4U-4 Corsair fighters in support of United Nations forces. On 4 December 1950, while on a close air support mission near the Chosin Reservoir, Ensign Brown's plane was hit by enemy fire and crashed. Despite heroic efforts by other aviators, he could not be rescued and died in his aircraft. Ensign Jesse L. Brown was awarded the Distinguished Flying Cross for his Korean War combat service. USS Jesse L. Brown (DE-1089) was named in honor of Ensign Jesse LeRoy Brown.



Brown

Capt. Thomas David Parham, the Navy's first black Sailor to be promoted to the rank of captain. He was commissioned in 1944 and promoted in February 1966.



Parham

In February 1944, the Navy commissioned its first African-American officers. This long-hoped-for action represented a major step forward in the status of African-Americans in the Navy and in American society. The twelve commissioned officers, and a warrant officer who received his rank at the same time, came to be known as the "Golden Thirteen."



Golden Thirteen

Navy Nurse Joan C. Bynum, first black female promoted to the rank of captain in 1978.



Bynum

J. Paul Reason was the first black man to be promoted to a four-star admiral in 1996. His credentials include serving as commander of a destroyer, a nuclear-powered guided missile cruiser, and an aircraft carrier battle group. A former naval base commander, surface warfare commander and military aide to two presidents. Reason is a U.S. Naval Academy graduate.



Reason

Capt. Vernice Armour, USMC, earned her wings in 2001; the Department of Defense acknowledged her as the first female African American combat pilot in the military during Operation Iraqi Freedom; she completed two tours in the Persian Gulf; after leaving the Marine Corps, she became an international motivation speaker.



Armour

Donation to NMCRS



Photo by MC2 Flordeliz Valerio

NAS Meridian Executive Officer Cmdr. Ed Donohoe accepts a \$500 donation from Military Officers Association of America, Meridian President Albert St. Clair, Jan. 6. The donation will benefit the Navy-Marine Corps Relief Society and demonstrates MOAA's appreciation to the military.

- **Weather**
 - Do not travel in low visibility conditions.
 - Avoid traveling on ice-covered roads, overpasses, and bridges if at all possible.
 - If you must travel by car, use tire chains and take a mobile phone with you.
 - If you must travel, let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late.
 - Check and restock the

- winter emergency supplies in your car before you leave.
- Never pour water on your windshield to remove ice or snow; shattering may occur.
- Don't rely on a car to provide sufficient heat; the car may break down.
- Always carry additional warm clothing appropriate for the winter conditions.

For more information go to Extreme Cold Prevention Guide at <http://www.bt.cdc.gov/disasters/winter/guide.asp>

MWR

Mission First... Sailors Always



January Specials

SUNDAYS: MATSS-1/NTTC STUDENT SPECIAL 4-9 p.m.
~ \$2.50 a game, shoes included

WEDNESDAYS: RCTA/VISITING OFFICER NIGHT 4-9 p.m. ~ \$2 a game, \$1 for shoe

FRIDAYS: TEEN NIGHT ~ Dependent children ages 13-17 bowl for \$1,50 a game if parents bowls at regular rate. Does not include shoes.

SATURDAYS: FAMILY COSMIC/DISCO BOWLING ~ 1-4 p.m. \$2 a game, \$1 for shoes

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!

- Jan. 22: "Flipped" (PG)
- Jan. 25: "Rules of Engagement" (R)
- Jan. 26: "Resident Evil: Afterlife" (R)
- Jan. 27: "Step Up 3" (PG-13)
- Jan. 29: "Ace Ventura: Nature Calls" (PG-13)
- Feb. 1: "Wall Street: Money Never Sleeps" (R)
- Feb. 2: "The Generals Daughter" (R)
- Feb. 3: "Devil" (PG-13)
- Feb. 5: "You Again" (PG)



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.

January

- 19:** Indoor Hoops Contest begins at 7 p.m. at Liberty Center. No entry fee- prize awarded to winner. Register day of event.
- 22:** Atlanta Thrasher Hockey Game Atlanta Thrashers vs. Rangers for this 7 p.m. game. Leave the Library parking lot at noon. Cost is \$40 per person. Must register and pay for trip in advance. Minimum of 20 people needed for trip to run -- No Refunds (unless trip is cancelled).
- 23:** Dog Day Sunday Free hot dogs, chips and soda served to Liberty participants beginning at 1 p.m. in the Liberty Center
- 26:** Video Game Tournament at 7 p.m. Prize awarded to the winner. Register day of event at the Liberty Center.
- 27:** Birthday Bash! Celebration of January birthdays. Free cookies and soda will be provided at 7 p.m. in the Liberty Center.
- 31:** Snowflake Toss We can't toss real snowflakes so we will improvise and toss marshmallows. Come have fun.

MWR food facilities limit call in orders

Due to space and personnel constraints MWR Food Facilities will be unable to accept call-in orders between the following hours. Mom's Diner: 6:30 a.m.-8:15 a.m. and 10:45 a.m.-12:30 p.m.; The Sandtrap: 10:45 a.m.-12:30 p.m. At all restaurants as a courtesy to all customers, large orders (4 or more), placed by a single customer, must be paid for as a single order.

New Year's Resolution Run

The New Year's Resolution Run will take place Jan. 29, at 11 a.m. Race start is at the parking lot adjacent to the Marines barracks at the intersection of Fuller Road and Rosenbaum Avenue. Prizes will be awarded for the number of miles completed (1, 3, 5 & 7 miles) in hours time frame. There will be no trophies awarded for fastest completion time. Join the Sonny Montgomery Fitness Center at this event for the whole family. For more info call (601) 679-2367.



New Group Class -- Belly Dancing

Starting in February on Monday, Wednesday & Friday from 11:30 a.m.-12:15 p.m. at the Gym. Not just for ladies either, men welcome...that means come join us~! (harder exercise than most may think) Stacey Jemison is the instructor. For information, call (601) 679-2379.

Navy program puts 'FOCUS' on military families

By Elaine Wilson
Defense Media Activity

WASHINGTON (NNS) -- A Navy program is equipping service members and their families with the skills they need to weather the psychological and physical challenges bred by a decade of war.

Project FOCUS, or Families OverComing Under Stress, bolsters communication and coping skills among families impacted by multiple deployments and the visible and invisible wounds of war.

"Families make such sacrifices to support service members and their country," said Kirsten Woodward, family programs division director for the Navy Bureau of Medicine and Surgery. "It's important for us to support families in the same manner in which they are sacrificing."

Navy officials created the program in March 2008 after observing the growing effects of wartime stress on family members' psychological health. Little research had been conducted on the impact of war on families up to that point, but what they could find indicated a growing need, said Woodward.

"Back in 2007, we started noticing the effects, and knew it was important to take a look at preventing families from going into health crisis," she said. "We wanted to develop something that would be meaningful and build resilience and health."

Officials designed the program to address the family as a whole, taking into account the community they live in and the

military support systems at their fingertips. As a result, the program comprises three parts: an outer and inner tier and a bull's-eye.

The outer tier focuses on providing information and awareness to the communities in which military families live and work, said Woodward. The program educates community members -- including social services, family service providers, medical services and schools - on the stressors military families confront and how the community can best support them.

The inner tier is centered on educating and building coping skills among service members and their families, Woodward said. The program provides information on potential stress factors and the skills that can mitigate the impact of multiple deployments.

The program's center, or bull's-eye, is the intervention piece, she said. In this segment, families needing extra care undergo eight to 10 individual training sessions aimed at helping them work through issues. The process starts when a family comes in seeking help.

"It can be a kid acting out or a mom or dad acting disengaged," Woodward said. "We get everyone on a shared language and shared understanding."

Experts take the family through the deployment timeline to identify when issues arose, and to "get everyone on the same page," she explained. They look at family history, the source of family distress and areas of potential change.

Families are taught emotional regulation so they can better understand their emotions and how to communicate them, active listening, problem-solving, goal-setting and how to manage deployment and combat stress reminders.

The color-coded stress continuum is a popular program tool used to aid communication, Woodward said. Family members learn to describe how they're feeling in terms such as green, orange and red.

"A child may not be sure how to say, 'I'm scared,' or 'I'm missing dad or mom,' but may be more comfortable saying, 'I'm in the red,'" Woodward explained. "It's a language they can plug into."

Or, a mom who is having a bad day at work can say she's feeling orange when she comes home, Woodward said. By doing so, the children will know that mom isn't mad at them, but simply needs some decompression time. "It's a great skill-set to quickly and readily use," she said.

The program takes all facets of health into account, Woodward said. Experts may ask chaplains to step in to help a family in spiritual distress. Or, they can refer family members to services that address physical or psychological fitness.

The goal is to provide families with the tools needed to address issues long after they leave the program, Woodward said.

To reach the broadest base of families possible, officials offer onsite and online program

options.

The program was instituted two years ago with seven sites and has grown exponentially since, Woodward said. It expanded to 14 sites within the first year and has now reached 23 sites militarywide. Each site includes about three to five experts - including psychologists, social workers and therapists - as well as a site director, and are collocated on bases and in family friendly environments, such as family service centers or chaplains' offices.

For the online option, military families can visit the project's Web site at <http://www.focusproject.org>, Woodward said. In a Web-based training application called "Focus World," people can create an avatar family and go through the program's components virtually. This virtual application is particularly useful for reserve or geographically separated military families, she added.

The program is open to Navy and Marine Corps families, as well as families of the Army and Air Force, both active and reserve.

The feedback from participants so far has been positive, Woodward said, with parents reporting a greater understanding of their children's needs, increased resilience and a greater sense of support.

"Families are what we come home to at the end of the day," she said. "It's important for us to look at our families, our children, and make sure they're being supported in every way we can."

The Outpost is open the second Saturday of every month from 8 a.m.-4 p.m. For information, call (601) 679-2609.

~~ MWR News ~~

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 fries or soft drink.



NEW ... Group Exercise Schedule:

- Mondays ~ 6 p.m.:** Self Defense with Dawg Kerwood
 - Tuesdays ~ 11:15 a.m.:** Cardio Mix with Shannon
 - Wednesdays ~ 6 p.m.:** Self Defense with Dawg Kerwood
 - Thursdays ~ 11:15 a.m.:** Cardio Mix 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 off if any | 7:20 p.m. |
| Applebee's Restaurant (upon request only) | | | | | |

It's Your Turn...

In honor of Dr. Martin Luther King Jr., we asked: "Who is an African-American leader you admire the most and why?"

Photos by MC2 Flordeliz Valerio



YNSR Daysha Phillips
NTTC Student

"I admire President Barack Obama because he is a truthful and honest man throughout the election. I feel he cares about the people and his job."



LSSA Shakayla Tucker
NTTC Student

"I admire Coretta Scott King because of her courage to stand by her husband as he fight for our rights. It takes a really strong woman to do what she did."



AZAA Clyde Hinson
Emergency Management

"I admire Miami Heat pro basketball player Dwayne Wade. He has a lot of motivation and he inspires his whole team to work harder."



LSSR Markella Wilson
NTTC Student

"Sojourner Truth. It takes a real strong woman to have the courage to escape slavery. Not only did she escape she came back for others."



Chitka Burrage
NAS Admin Clerk

"Dr. Martin Luther King Jr. inspires me the most because he is the reason why I am able to work today. He paved the way to give us the right to be free as well as equal."

Fleet & Family Support Center

Top 7 things service members do to ruin their credit... what they can do to prevent it

1. Hiding from their report:

I deliver close to 30 presentations for the military every year. After speaking to service members about the importance of credit, a common response is, "mine is so bad, there would be no point in checking".

What many service members fail to realize is that often mistakes on a credit report are not the fault of service members themselves. People can have outright errors, be victims of irregular billing, or even third party responsibility (such as an insurance claim that should have been paid but wasn't).

Indeed many service members who have bad credit are 100 percent responsible. But even fixing one inaccuracy can drastically boost a score. And while it may not ski rocket to the land of A+ credit, it gives an immediate sense of accomplishment and fuels a desire to keep going.

Action: Check ALL three of your credit reports at least once a year (for free) at www.annualcreditreport.com.

2. Hiding from creditors and collection agents: Many people believe that collection agents give up if you simply don't answer the phone. Truth be told, some do. But plenty of collection agents are working to get their money from you even if your phone has long stopped ringing.

A collection agent has only two bullets he or she can pull against you. One, they can ruin your credit. If your phone has been ringing for more than 90 days they certainly have done that. The other bullet is that they can take you to court. With a court order, they may be able to garnish your wages or money you have in the bank. A silent phone doesn't mean they are not still trying to get their day in court.

If they are successful, judges get pretty mad at anyone who simply "ignores" a collection agent. The courts are supposed to be used as a tool of last resort for both the borrower and creditor. On your court day, it will help you greatly if you can prove (in writing) that you have made every attempt to negotiate with the collection agent. Courts are much more sympathetic to a person who has tried to work it out rather than someone who simply unplugged the phone and hoped the problem would go away.

Action: If you are being hounded by a creditor, make every attempt to work it out. Only promise what you can deliver and only communicate in writing. Your on base financial counselor can help.

3. Believing that certain debts – such as medical – do not show up on your credit report.

The simple fact is this: any debt can show up on your credit report if the creditor is willing to fill out the necessary paperwork (or use a third party to do it for them). Yep, that's right. If your mom loans you 100 bucks and you don't pay her, she can ruin your credit if she wants!

The most common myth has to do with medical debts. People believed hospitals couldn't report medical debt because it would be an invasion of privacy. To some extent that is true. A hospital is not allowed to report that fact that you owe \$50,000 for a heart operation. But they are allowed to report that you owe \$50,000 for medical services to XYZ hospital. As long as they are not specific, they can report it.

Action: If you owe a debt, take active steps to find out how to get it paid down. Being silent won't help.

4. Trusting a credit repair firm. Service members often ask me, "If credit repair firms are so bad, how come my friend Bill used one and got his credit cleaned up?" Indeed it is a puzzling question. Financial authors and experts slam credit repair firms, yet everyone seems to know someone who had a positive experience from them.

Seriously, do they work? And if they don't, how did it work for my friend?

Credit repair came onto the scene several years ago. While credit reports have been around since the late 1800s and credit scores since the 1950s, individuals did not have access to their own reports until the year 2000, when the mortgage company E Loan started giving reports to their customers (a common practice now but a groundbreaking move at the time). As people began to see their own credit reports for the first time, they began to see the mistakes littered about them. And poof, credit repair firms appeared to assist with the corrections.

The funny thing is they used to work a lot better than they do now. When people began to get a glimpse of their own reports, credit bureaus were flooded with complaints. Often those complaints were submitted by credit repair firms. This inundation caused the credit bureaus to throw up their hands and simply remove bad marks (even the accurate ones) because they simply could not keep up with the paperwork. So back in the day many people had a fair amount of success with credit repair firms.

But the credit bureaus got pretty efficient, pretty quickly. What's more, legislation has now been passed to make it illegal to dispute something you know to be accurate.

The sneakiest trick of all is still in practice. Often a credit repair firm will charge say \$1,000, but they guarantee to raise your score 100 points or your money back. How can you lose? You pay them and sure enough within 30 days they clean everything off your credit report and your score skyrockets. Their work is now done and you're happy. Right?

Wrong!

What they don't tell you is that credit bureaus often remove stuff immediately for investigation purposes only. By removing stuff from your report they buy time to do a thorough investigation.

But it often appears as if the items have been removed forever. A few months later, the items are back on your report but by then you have already given your money to the credit repair firm.

Action: Anyone can repair their own credit. It just takes time and organization. Don't pay someone else to do a lousy (and possibly illegal) job when you can do a good one yourself for free!

5. Not getting the free help on base.

A credit counselor typically costs between \$150-\$350 per hour. They are often well worth it for civilians, but service members have unlimited access to a free credit counselor. Still many members of the armed services choose to use outside help (and pay for it) because

they fear being labeled as financially unsecure. By going off base, service members not only pay more but they risk doing business with an unscrupulous firm.

It is crucial for those serving in the military to realize that the financial savvy folks are the ones who are visiting their base financial counselor. It's a free valuable service that costs a small fortune in the civilian world.

6. Not taking simple steps to protect themselves from identity theft.

The fastest growing crime in the world is identity theft, which is the illegal act of impersonating someone else for financial gain. Contrary to popular belief, people are most vulnerable to identity theft in the physical world, not online. Unlocked mailboxes are one of the most common ways ID criminals attack you.

Protecting yourself from identity theft needn't involve costly monthly monitoring services. Here are a few simple things you can do right away to keep your information safe.

Action: Write the words "Check ID" on the back AND front of all your credit and debit cards. Even if the merchant doesn't check your ID an identity criminal will get scared away if he sees this simple step has already been taken.

Set up automatic emails with your bank and credit card. We're often told not to give out our personal information. But when you are at a restaurant, you give your credit card to the waiter and he walks away with it for five minutes. How do you protect yourself? Simply arrange to have your bank email you when a charge is made. That way you can be sure it is your charge. Most banks offer this for free. If they don't, switch banks.

Get a locked mailbox. Go to www.optoutprescreen.com to stop those preapproved credit cards offers from coming to your doorstep. This Web site is like the "Do Not Call List" for credit card companies.

Read over all your bank and credit card statements every month.

7. Not knowing your significant other's credit history.

The number one cause for divorce in America is due to money management disagreements. While couples often know what their significant other earns, credit history usually comes as a big surprise when it comes time to buy that first car, first home, or even upgrade to a nicer apartment. Often one person in the relationship has great credit, while the other one doesn't, causing a lot of tension.

Financial goals are impeded because of this person's credit history which leads to arguments and accusations.

This is not to say you should only seek relationships with people who have great credit. It simply means that you have to know a lot of stuff about your significant other and credit history is one of them. If you are smitten with someone who has a disastrous report, that's okay. Talk about how you are going to work together to improve their score.

Article written by Peter Bielagus, who is a former financial advisor who now travels the world giving speeches to service members. He can be reached at peterbielagus@gmail.com.

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.

Transition Assistance Program (TAP) Seminar: Jan. 24-27 from 8 a.m.-4 p.m. Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: Resumes, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, PSD/ID cards, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, Naval Reserve programs, military obligations, and more!

10 Steps to a Federal Job: Jan. 25 from 4-6 p.m. The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding and analyzing federal job announcements; crafting a federal-style resume and an electronic resume; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; writing "KSAs"; and much more.

Developing Your Spending Plan: Jan. 31 from 2-3:30 p.m. Is one of your New Year's Resolutions to take better care of your finances in 2011? Come to this workshop to learn about the importance of developing financial goals and having a written plan to help you make your goals a reality. Using the Financial Planning Worksheet, a comprehensive financial planning tool, you will learn how to measure your wealth by calculating net worth, account for all of your income, document living expenses, and detail your indebtedness. You will also learn easy ways to improve your cash flow, reduce unnecessary living expenses and pay off debt, and know where to go for help!

Enhancing Relationships: Feb. 2 from 1-2 p.m. or Feb. 14 from 9-10 a.m. Would you like to learn techniques to help you and your significant other communicate more effectively, solve problems, and maintain the fun, friendship, and intimacy? If so, join other couples in this FFSC seminar to explore specific skills to help you reduce the risk of relationship failure and preserve a lasting commitment and love.

Welcome Aboard: Feb. 3 from 8 a.m.-noon FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, Medical/Dental, Exceptional Family Member (EFM) Program, TRICARE, vehicle registration, on- and off-base driving regulations, legal services, community service, Chapel and other area religious services, MWR, things to do at NAS and in Meridian, School Liaison Program, and more!

Mid-Term CONSEP Training: Feb. 7-10 from 8 a.m.-3:30 p.m. FFSC is presenting the Career Options and Navy Skills Evaluation Program (CONSEP), a mid-career training for Sailors with six to 12 years of active duty who are within 18-24 months of EAOS. The class will assist Sailors in making educated career decisions in order to be competitive, thereby maximizing their potential in the Navy. Participants will learn to market themselves, evaluate their individual skills, set goals, compare civilian and military careers, explore Navy upward mobility options, and enhance financial stability. Spouses are invited.

IA Spouse Discussion Group: Feb. 11 from 9:30-11 a.m. FFSC hosts this Individual Augmentee (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!

Stress Management: Feb. 15 from 1-2 p.m. Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental and physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress better.



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





Photo by MC2 James R. Evans

PACIFIC OCEAN -- The Arleigh Burke-class guided-missile destroyer USS Stockdale (DDG 106) conducts a refueling at sea with the Military Sealift Command fleet replenishment oiler USNS Henry J. Kaiser (T-AO 187) during heavy seas. Stockdale is underway with the Carl Vinson Carrier Strike Group on a deployment to the U.S. 7th Fleet area of responsibility.

CAMP SHELBY, Miss. -- Builder Constructionmen David Goebel, left, and Christopher Ocasio, both assigned to Naval Mobile Construction Battalion (NMCB 133), use a whirly bird to smooth a concrete foundation slab during the construction of a berthing at Camp Shelby.

Photo by Ensign Ryan K. Evans



Service members at Camp Leatherneck, Afghanistan, begin their 5 kilometer fun run at the stroke of midnight to bring in the New Year, Jan. 1. Approximately 750 participants started the run at midnight to help celebrate the New Year.

Photo by Cpl. Shannon McMillan

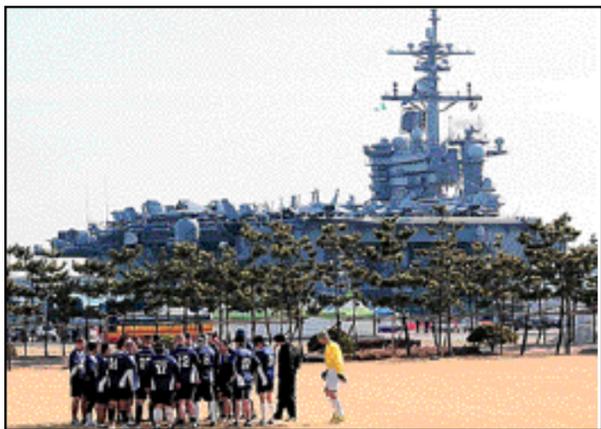


Photo by MCSN Rosa A. Arzola

BUSAN, South Korea -- Sailors assigned to the aircraft carrier USS Carl Vinson (CVN 70) discuss strategies before a friendly soccer match against Republic of Korea Sailors. Carl Vinson and Carrier Air Wing (CVW) 17 are on deployment to the U.S. 7th Fleet area of responsibility.

Photos from the Fleet



Photo by Cpl. Elyssa Quesada

Above: Staff Sgt. Paul D. Daly, the 11th Marine Expeditionary Unit antiterrorism force protection chief, emerges from a Modular Amphibious Egress Trainer exercise here Jan. 7. As the helo dunker is submerged underwater, a group of six Marines inside made their way out of the helicopter trainer through one of the emergency exits located in the simulated aircraft. The two-day course provides military personnel with the skills necessary to coordinate an egress from a ditched helicopter and survive at sea until rescue.



Left: AGANA HEIGHTS, Guam -- Military personnel and contractors participate in a groundbreaking ceremony to celebrate the start of construction for a new naval hospital at U. S. Naval Hospital Guam. Naval Facilities Engineering Command (NAVFAC) Marianas, USNH Guam and Navy Medicine West (NMW) hosted the event. Leadership present included Rear Adm. Paul Bushong, commander, Joint Region Marianas; Rear Adm. Forrest Faison III, commander, NMW; and Capt. Peter Lynch, commanding officer of NAVFAC Marianas.

Photo by Reynaldo Rabara

NPC search engine gives Sailors resources

By MC1 LaTunya Howard

Navy Personnel Command Public Affairs

MILLINGTON Tenn. (NNS) -- In 2011, Navy Personnel Command (NPC) recommends that Sailors take advantage of the search engine available at www.npc.navy.mil.

This search engine, called "Knowledge Base," is available to answer Sailors' personnel questions.

"The Knowledge Base is really easy to use and it was created to supplement our customer service efforts," said Vincent Vuketich, of the NPC Customer Service Center (CSC). "A Sailor can call the CSC or email us for information, but they don't have to. The Sailor can go to www.npc.navy.mil research and answer his or her own ques-

tions online 24/7."

NPC has a Knowledge Base team that works daily to keep the database current with continuous updates of Navy regulations and instructions.

"KB (Knowledge Base) is an online tool, public facing, and can be accessed from anywhere in the world," said Vuketich. "Sailors, retirees and their families can ask essentially any question they want about the Navy. The system uses keywords to generate a solution to their question."

Sailors can access the Knowledge Base by visiting the NPC website and by clicking on the 'Ask NPC a Question' icon in the upper right corner of the page. In fiscal year 2010 the self-help page received more than 14,000 visits.

"This system has been up and

running for approximately eight years now," said Vuketich. "We currently have nearly 1,000 solutions, but we are always interested in hearing from the fleet about additional solutions that are needed."

Solution categories range from advancement and promotions to education or career information. Sailors can also search for Navy programs, pay and benefits or NAVADMINS.

"Our goal is to meet Sailors' needs by providing them instant access to relevant Navy information any time they need it from anywhere in the world," Vuketich said.

For more information, contact the CSC at 1-866-U-ASK-NPC, via email at CSCMailbox@navy.mil or online at the NPC Web site.



Photo by MC2 Adrian White

Sailors use computers in the Learning Media Resource Center to check personal email aboard the aircraft carrier USS Carl Vinson (CVN 70). Carl Vinson is taking part in Southern Seas 2010 as part of a scheduled homeport shift.

•Energy
The Marines, sailors and the Afghan national army soldiers with 'I' Company are also using solar energy to recharge their batteries.

"As a platoon commander, if I don't have 'comm' with my troops and my higher-ups, I am lost," said 1st Lt. Josef Patterson, 2nd Platoon commander, and Owasso, Okla., native. "On the longer patrols we pack the solar blankets and can continuously charge our radio batteries. This also allows more room to pack things like ammunition."

The Marines are also able to conserve their energy during the day, to light up their command operation centers and their tents at night. According

to Staff Sgt. Greg Wenzel, 1st Plt., platoon sergeant, this has helped PB Sparks' security when the sun goes down. "It's way more tactical not running the generators at night," said the Altoona, Pa., native. "At night the noise of a generator can carry a long way, become a calling card for insurgents."

Throughout India Company's area of responsibility, they are using four components of the ExFOB.

The Solar Portable Alternative Communication Energy System, or "SPACES," is a flexible solar panel, able to be carried by a Marine. SPACES is mostly used for smaller items, like radio batteries. The PowerShade, or "Shades," is a larger solar tarp that fits over a standard Marine Corps tent. It can provide enough energy to power the tent's lighting sys-

tem. The Ground Renewable Expeditionary Energy System, or "GREENS," is a solar panel array capable of providing enough energy to run a platoon-sized COC, or four computers at a time. The largest power source is the ZeroBase Regenerator. With its six outsized solar panels funneling energy into one battery, it can power more than 20 lighting systems and 15 computers at one time.

Recently, a forward operational assessment team with the Marine Corps Operational Test & Evaluation Activity came to run tests on the systems and collect data concerning the future of ExFOB.

"The Marines all saw the value in the ExFOB and all its capabilities," said Chris Huiett, MCOTEA operations analyst. "They brought us everywhere we needed to be and took great

care of us. The Marines and sailors of India Company 3/5 are all American heroes!"

Maj. Sean Sadlier, the Expeditionary Energy Liaison Officer, with Regional Command Southwest, escorted the three-man team from MCOTEA to FOB Jackson and its patrol bases.

"The Marines were very innovative and came up with ways to use the equipment that was not even thought of before their deployment. The Marines were frank about what worked well and what needed improvement," said Sadlier. "Many of the recommendations would have been impossible to make during the pre-deployment training program. Only through use during actual combat operations would the Marines be able to realize the capabilities of the equipment

and the capabilities they would like to see."

Sadlier, and the MCOTEA team, will process their results to see where what the future holds for ExFOB throughout the Fleet Marine Force. For now, the Marines and sailors of 'I' Company, 3/5, are no longer doubting the capabilities of the ExFOB, but wondering where they would be without the renewable energy program.

"When we first got the gear, I was a skeptic. As Marines, we do not always like change. I expected ExFOB to be a burden," added Carrion, a native of Philadelphia. "Now that we are in theater, and we have so many PBs set up, we all see the how crucial and important renewable energy is. Every infantry battalion should have the ExFOB, it has proven to be an extremely valuable asset!"