

THE SKYLINE



Volume 49, Number 8

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

April 14, 2011

Celebrating the Centennial of Naval Aviation ~ 50th Anniversary of NAS Meridian

On Base...

✓ **Navy Federal Credit Union ATM** near the NEX Main store will be out of service for repairs April 19-20.

✓ **Easter Egg Hunt Extravaganza** will be April 22 at 10 a.m. at the Chapel. Children up to age 12 are invited to participate. This family event will include photos with the Easter bunny, a cupcake walk, Easter egg relay and more. There will be a bounce house for children to enjoy. For information, call (601) 679-3635.

✓ **Starbase Atlantis and NAS Meridian Child and Youth Programs present Planetarium, Art & Information Showcase** April 21, from 4-5 p.m. at Building 266. Cool Constellations: Starlab Planetarium & Constellation Art will be for children ages 5-8. Children ages 9-12 will have an activity sponsored by NAS Child and Youth Programs. Spaces are limited. Please call (601) 679-2448 to register. Parents will be required to remain with children. For information, call (601) 679-3809.

✓ **Take your Daughters and Sons to Work Day:** Set for April 29 on board NAS Meridian. Children, age 9-15 years old, are invited to the base to experience their parent's job. The program is open to all -- military, civilian and contractors who are employed on the base. For more information and to sign up your child, contact Barbara Watson at (601) 679-2181.

A Day in Naval History

April 15
1918: First Marine Aviation Force formed at Marine Flying Field, Miami, Fla.
1961: Launching of first nuclear-powered frigate, USS Bainbridge, at Quincy, Ma.
1962: USS Princeton brought first Marine helicopters to Vietnam. This was first Marine advisory unit to arrive in South Vietnam.
1986: Operation Eldorado Canyon, Navy aircraft from USS America (CV-66) and USS Coral Sea (CV-43) attack Libya in conjunction with USAF aircraft after Libya linked to terrorist bombing of West Berlin discotheque which killed one American and injured 78 people.

April 16
1863: Union gunboats pass Confederate batteries at Vicksburg.
1924: Navy commences relief operations in Mississippi Valley floods, lasting until June 16.
1947: Act of Congress gives Navy Nurse Corps members commissioned rank.

-- www.history.navy.mil

THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER

Navy accepting STA-21 applications

GREAT LAKES (NNS) -- The Seaman-to-Admiral (STA-21) commissioning program, which provides an opportunity for qualified Sailors to receive college educations and Navy commissions, is soliciting applications for fiscal year 2012, as announced in NAVADMIN 114/11 April 1.

The deadline for submitting application packages is July 1.

"STA-21 is a full-time, undergraduate education and commissioning program open to enlisted personnel of all pay grades and ratings to receive a top-notch college education and become commissioned officers," said Cathy Kempf, head of Naval Reserve Officers

Training Corps (NROTC) program selection and placement, and STA-21, at Naval Service Training Command's (NSTC) Officer Development directorate in Pensacola, Fla.

According to NROTC Program Director Dr. C. Jill Stein, the STA-21 program is one of the best officer commissioning programs the Navy has to offer.

"STA-21 pays up to \$10,000 per year for college costs such as tuition, books and fees," said Stein. "All the while, Sailors draw their full pay and allowances for their current pay grade. Under the STA-21 program, Sailors have 36 months, including summer semesters, to complete their Bachelor's degree require-

ments."

All STA-21 officer candidates attend the Naval Science Institute (NSI) course at Officer Training Command (OTC), Naval Station Newport, R.I., prior to beginning college studies at an NROTC affiliated college or university.

NSI is an eight-week course of intense officer preparation and indoctrination. Course enrollment is timed to allow college entrance during summer or fall semesters/quarters after selection.

The STA-21 program benefits Sailors as well as the Navy. The average candidate has

● **STA-21, page 6**

Special Olympians are motivated Marine style

By Penny Randall
Editor

It was a chilly, windy day at the Area 8 Special Olympic games on March 31, but that didn't dampen the spirits of nearly 200 children and 125 volunteers from Marine Aviation Training Support Squadron One who were there to assist the athletes.

The games opened with the traditional torch run featuring police and sheriff department personnel from the local area, which was followed by the Special Olympic oath recited by all the athletes.

Pfc. Julius Din assisted Newton County Middle School student Jeremy Key during the day's events.

"I think he's really cool," said Key referring to Pfc. Din.

Pfc. Beau Vrbas assisted Joe Romero who competed in the motorized wheelchair race.

"He told me he loves to race and play racing video games," said Vrbas, a student at MATSS-1. "This is the first time I've ever volunteered at Special Olympics. It's great -- I'm so glad we got to come out and do something good for the community. It helps the kids most of all, but I truly think we all learn something about ourselves at events like this."

Meridian High School Special Education Teacher Melissa Moody said she was thrilled with the olympic games.

● **Special Olympics, page 10**



Photo by Penny Randall

Jeremy Key, a student at Newton County Middle School, receives a high five from Pfc. Julius Din moments after Key participated in the softball throw at the Area 8 Special Olympic games March 31 at Meridian Community College. More than 125 students and staff members from Marine Aviation Training Support Squadron One (MATSS-1) assisted the athletes during the games.

Hoffman, Helms vie for Military Citizen of the Year

By Penny Randall
Editor

The tradition of celebrating and honoring those who volunteer in the local community continues on April 14 with the presentation of the Military Citizen of the Year award.

This year's nominees are Chief Master-at-Arms Clarence Hoffman from Naval Air Station Meridian and Logistics Specialist Petty Officer 1st Class Sven Helms from Naval Technical Training Center Meridian.

The award is sponsored by the Meridian Area Navy League.

Chief Hoffman is NAS Meridian's anti-terrorism officer and the installation's community service coordinator. He has served in the U.S. Navy for 20 years. He is the NAS Meridian representative at the annual planning and execution of the Area 5 Special Olympic games. He has most recently received the coveted Military Outstanding Volunteer Service Medal for his contributions in the local and regional communities.

"Chief Hoffman is an exceptional Sailor who is deeply involved in volunteer efforts both on and off duty," said Capt. Charles Gibson, commanding

● **Citizen, page 4**



Hoffman



Helms



Happy Birthday Chiefs!

Retired and active duty chiefs pose for a group photo to celebrate Navy Chief Petty Officers' 118th birthday on April 1. The chiefs' activities included a cake cutting ceremony and a car wash fundraiser.

Photo by MC2 (AW/SW) Flordeliz Valerio

Look Inside



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Commandant announces Marines next sergeant major



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Bench Press Champions named

Photo of the Week



Photo by MC2 Flordeliz Valerio

Cmdr. Ed Donohoe, NAS Meridian executive officer, cuts the cake with Debbie Elder, Navy Exchange Meridian's general manager during Navy Exchange Command's (NEX-COM) 65th birthday celebration on April 1.

Area Happenings

APRIL

15 and 29: VFW Riders and Fleet Reserve Association have partnered together to support veterans and active duty military. "Dinner and Karaoke" will be hosted at the Fleet Reserve Association on Highway 39 beginning at 5 p.m. Dinner will be small donation and karaoke is FREE! The evening will also include games, prizes and fun. This will be open to families of all ages. Come support the Fleet Reserve Programs and the VFW Programs while having a great time. For more information, contact Natalie at (601) 462-8189 or Michele at (601)479-8440.

16: Front Porch Dance Company in concert featuring an evening of original, contemporary choreography set to live music by The Strange Pilgrims. The event will be at The Temple Theater, 2320 8th Street, Meridian. Time: 7:30 p.m. Cost: \$10/adults & \$5/children. For information e-mail: frontporchdance@gmail.com

22: On Good Friday, Logos Community Church, in partnership with Lifeway and the Church at Brook Hills will simulcast David Platt's "Secret Church: Crucifixion, Salvation, and the Glory of God" at the Temple Theater from 6 p.m. until midnight. This will be a time of worship, Bible study, and prayer. For more information visit logoscommunitychurch.org/secretchurch. Tickets: \$5. For information, call (601) 917-8329.

22: The Disabled American Veterans Chapter #56 of Meridian will be hosting a 3-man scramble at Ponta Creek Golf Course on board NAS Meridian. The tournament is open to the public. Shotgun start at 9 a.m. Entry fee will be \$50 if paid prior to April 15 and \$60 after that date. Proceeds will be used to purchase a new van to transport veterans to the VA Hospital in Jackson and is free to those that use the service. Included in the entry fee is greens fees, cart fee, shrimp boil lunch and many prizes that have been donated by the community. Show your support to this great organization. DAV also supports all veterans in submitting their claims to VA and assisting in ensuring proper paperwork is filed. For more information, contact Norm Copeland at (601) 462-8193 or Ricky Nelson at (601) 917-1007.

23: Meridian Symphony Orchestra's annual Crawfish Boil from 6-11 p.m. at the Frank Cochran Center. Tickets are \$20 in advance or \$25 at the door. Live music by Second Chance. T-shirts and huggies for sale at the event. Tickets available at Belle G, The Daily Grind, The Deli on 5th, Cater's Market, Cater's Café & Meridian Symphony office.

28: The Riley Center presents Bruce Homsby & The Noisemakers in concert at 7:30 p.m. Tickets are \$50 and \$44. The Riley Center is located at 2200 5th Street, Meridian. For information, call (601) 696-2200 or go to www.musrileycenter.com.

28: The Main Event 23rd Annual Business and Industry Expo sponsored by the East Mississippi Business Development Corporation. This year's event will be held at Bonita Lakes Mall in the former location of Goody's. Time: 9 a.m.-5 p.m. For booth reservations and general information, call (601) 693-1306.

MAY

3: Meridian Community College Chorus Spring Semester Concert presented by the Art's and Letter Series. The concert will at 7 p.m. in the college's McCain Theatre, 910 Highway 19 North. For information and tickets, call (601) 484-8696.



In the Spotlight...

Happy Birthday...

Navy Gateway Inns & Suites celebrates April Birthday's for Jackie Allen (April 8) and La Sandra Harris (April 12).



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)

Troops to receive full mid-month pay April 15

By Jim Garamone
American Forces Press Service

WASHINGTON (NNS) -- All service members will receive their full mid-month pay they have earned in their April 15th paychecks, Pentagon officials said April 11.

"Basically, all active duty and reserve service members will receive full mid-month pay on the 15th of April," Pentagon spokesman Marine Col. Dave Lapan said. "It may be in two separate payments, but on the 15th everyone will receive their full allotted pay."

Confusion arose about the April 15 payday due to the threatened closure of the U.S. government last week. Administration and congressional leaders came to an agreement that ended that action late on April 8.

The Defense Finance and Accounting Service had posted "net pay advice" to some service members, telling them what to expect in their

accounts.

"Those net pay advice statements were made ... before we knew there was an agreement to fund the government," Lapan said. "When those were posted they only showed partial payments, but again, everyone will receive their full pay on the 15th for the duty served and it may be in more than one deposit."

Officials urge service members to check their end-of-month leave and earnings statements carefully. The normal end-of-month statements will be posted to accounts on April 22.

The finance and accounting service has restored access to all leave and earnings statements, net pay advice or advice of pay for service members on the Mypay website.

"The most-current advice of pay will still only show the partial payments for April 1-8," the finance service posted on its website. "This will allow us to make sure we can still process pay for April 9-15 and take steps to ensure it is in bank accounts on the 15th."

Citadel Gale prepares Navy for hurricanes

April 25, 2011 will kick off Citadel Gale/HURREX exercise.

Commander Navy Installations Command (CNIC) will conduct the exercise, April 25-May 3, to prepare the Navy to respond to weather threats to United States coastal regions and maintain the ability to deploy forces even under the most adverse weather conditions.

During HURREX 11, the Navy will respond to simulated weather systems which will develop and intensify to hurricane strength, threatening the East Coast and Gulf Coast regions.

"HURREX is an annual exercise that provides Navy installations with an oppor-

tunity to focus on conducting necessary training in preparation for the upcoming Hurricane Season," said NAS Meridian Emergency Management Officer Bryon Garrison. "We will train in important areas such as personnel accountability and disaster preparedness, both at work and at home. The lessons learned during HURREX are key to conducting safe, effective operations while minimizing potential weather impacts during hurricane season."

The hurricane season for the United States begins June 1 and runs until Nov. 30. Ensuring the accountability and safety of personnel is a top priority for the Navy.

Filing TRICARE claims that involved third-party

In most cases, your provider will file your medical claims for you, and you'll receive an explanation of benefits detailing what was paid.

There may be times, however, when you'll need to pay for care and then file the claim to receive payment. You will be reimbursed for TRICARE-covered services at the TRICARE allowable amount, less any co-payments, cost shares or deductibles. There are special rules for filing claims if you're involved in an accident with possible third-party liability. The following sections tell you more about the claims process and what to do in these situations.

Claims Filing Addresses

This claims filing information is different depending on who you are, where you live and which health plan you are using. Many times claims are delayed or denied because the claim form wasn't filled out correctly or all the information wasn't provided.

Here are some tips to help you file your claims correctly:

Make sure your DEERS information is correct. Outdated or incorrect information in DEERS could cause your TRICARE claim to be denied. Update DEERS now!

Use the correct claim form. Submit medical claims on a patient's request for medical payment form (DD Form 2642).

Fill in all 12 blocks of the claim form. Include the sponsor's Social Security number, your home address and phone number, as well as any other pertinent information needed.

Provide correct diagnosis codes.

Diagnosis codes are required on all claim forms submitted to TRICARE. Your provider should give you a diagnosis code for all services rendered.

Sign your claim form. Claims submitted without a signature will be denied payment.

Alert TRICARE of possible third-party involvement. If you were hurt in an accident and someone else may bear responsibility, you have to let TRICARE know by submitting a statement of personal injury-possible third party liability form (DD Form 2527) along with your medical claim form.

File claims with your other health insurance (OHI) first. TRICARE pays second to most OHI programs. When you receive payment from your OHI, you can then file a claim with TRICARE. Include a copy of your explanation of benefits from your OHI with your TRICARE claim. Make copies. Keep copies of everything you submit to claims processors.

Use the correct claims address. Send your claim forms to the correct address to avoid delays.

Submit your claim as soon as possible. Claims must be filed within one year of the date of service or within one year of the date of an inpatient discharge, but you are encouraged to send your claim form to TRICARE as soon as possible after you receive care.

Submit each claim separately. Filing multiple claims together could cause confusion.

Get your questions answered. Call or visit a local TRICARE Service Center for help with filing medical claims.

-- From www.tricare.mil

NAS Meridian seeks command ombudsman

The command ombudsman is a volunteer spouse of an active duty command member, who is appointed by the commanding officer, to serve as an information link between command leadership and Navy families.

Ombudsman are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality of life (QOL) improvement opportunities, and "good deals" around the community. They also provide resource referrals when needed, and are instrumen-

tal in resolving family issues before they require extensive command attention. The commanding officer tailors the ombudsman program to fit the needs of his command. The command ombudsman works under the guidance of the commanding officer.

If you are compassionate, professional, knowledgeable, committed, supportive, loyal, friendly and interested in being NAS Meridian's next ombudsman, please contact NAS Meridian Command Master Chief Sharon Laguna at (601) 679-2629 or e-mail sharon.laguna@navy.mil for information concerning the selection process.

NEX customers receive credit for using eco-friendly bags

NEX customers who are looking to save a few more cents when they shop can bring in reusable bags for their purchases. NEXs give a 5 cent credit for each eco-friendly reusable bag used to bag a customer's purchase. Customers may either bring their reusable bag into the store or purchase a reusable bag from the NEX.

"This program is a great way to help reduce the amount of disposable plastic bags used at the NEX," said Richard Dow, Navy Exchange Service Command (NEXCOM) Senior Vice President, Store Operations. "I encour-

age our customers to use reusable bags for their purchases. "Not only will using reusable bags save money it also benefits the environment by keeping disposable plastic bags from entering the waste stream."

The five cent credit program applies to all NEX retail and direct run service facilities where bags are normally provided. It does not apply to our contract operations such as food vendors and mall kiosks that are operated within NEXs. The program also does not apply to disposable plastic bags that are being reused.

A General Court-Martial was held the week of April 4 for an E-3 from Naval Station Guantanamo Bay, Cuba, who had been charged with possession of child pornography. The Sailor pleaded guilty. He was sentenced to three years confinement, was reduced in rank to E-1 and received a dishonorable discharge. Due to a pre-trial agreement, his confinement was reduced to two years.

The Skyline ~ Naval Air Station Meridian, Miss.

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

Mississippi Veterans Cemetery coin laying ceremony



Photos by MC2 (AW/SW) Flordeliz Valerio

Deputy Director of the Mississippi Veterans Affairs Board Randy Reeves speaks to guests representing the Army, Navy, Air Force and Marine Corps during a coin laying ceremony on the grounds of the Mississippi Veterans Memorial Cemetery on April 5. The cemetery will be constructed in Newton County, 20 miles west of Meridian on 75 rolling acres between Newton and Hickory. Guests pictured are Col. James Conway, 172nd Airlift Wing commander; Maj. Gen. William Freeman Jr., Adjutant General for Mississippi who also serves as the commanding general of both the Mississippi Army and Air National Guard; Jo Leslie, Mississippi Veterans Board chairperson; Lt. Robert Moffatt, NAS Meridian administration officer; and Sgt. Jael Richeson, Marine Aviation Training Support Squadron One representative. Each of the five coins, which were placed in concrete around the flagpole, were recently flown into the combat zone in Afghanistan. Right: Lt. Moffatt places the NAS Meridian coin in the concrete.

Achievement Medal



Capt. Charles Gibson presents Senior Chief Culinary Specialist David Boyer the Navy and Marine Corps Achievement Medal Gold Star in lieu of seventh award during the celebration of the Navy Chief Petty Officers' 118th birthday on April 1. Boyer's award is for services set forth while serving as acting assistant supply officer, acting command master chief and bachelor housing manager at NAS Meridian from March 2010 to January 2011.

Photo by MC2 (AW/SW) Flordeliz Valerio



First flight

NAS Meridian Commanding Officer Capt. Charles Gibson gives last-minute instructions to NAS Meridian JAG Lt. Allen Linken as he rides in the back seat of a T-45C Goshawk on April 7. Linken is a non-aviator who was given a chance to fly, giving him a better understanding of how a pilot thinks and works.

Photo by MC2 (AW/SW) Flordeliz Valerio

Promotion



James Titus pins lieutenant collar devices on his wife Lt. Stephanie Titus' uniform during a promotion ceremony on April 1. Titus is NAS Meridian's Supply Officer.

Photo by MC2 (AW/SW) Flordeliz Valerio

Reenlistment



Chief Hospital Corpsman Sharon Francis presents Hospital Corpsman 2nd Class Stella Myers her reenlistment certificate during a ceremony at the Naval Branch Medical Clinic Meridian on April 11. Myers reenlisted for five years.

Photo by MC2 (AW/SW) Flordeliz Valerio

Marine O-Course



Photo by Penny Randall

Once completed, the obstacle course will be used by "A" school students and staff of Marine Aviation Training Support Squadron One on board NAS Meridian. The course will be incorporated into their daily physical fitness activities and will have timed events to promote competition and team work. It is located on Rosenbaum Avenue. NAVFAC Southeast Public Works employees are hard at work constructing the new obstacle course. Below, Larry Joyner secures the large poles together on one of the obstacles. This project is being completed solely by shops forces and is scheduled to be completed late April.



Front gate new look



Photo by Penny Randall

NAS Meridian's front gate has a new look. The project included the installation of a steel truss canopy and an AFTP-compliant fence and gate system. The canopy system is 100 feet long and spans all four incoming and outgoing lanes on Rosenbaum Avenue. Contract cost to complete was \$410,000. The work was done by Naval Facilities Engineering Command Southeast and Can't Be Beat Fence & Construction.

Rubber removal



Submitted photo

NAVFAC Southeast Meridian employee Roderick Cantrell tests out a new rubber removal process on the south runway of NAS Meridian's McCain Field. The process could save more than \$100,000 per year in maintenance costs for work previously contracted out.

Navy physician assistant training ranked as one of the nation's best

By Larry Coffey
NMSC PAO

FORT SAM HOUSTON, Texas – The Interservice Physician Assistant Program (IPAP) training program in San Antonio where Navy PAs train will be listed April 5 by U.S. News and World Reports as the 13th best PA program among more than 140 PA graduate schools in the nation.

A story in the 2012 special edition of U.S. News and World Reports Best Graduate Schools will appear on newsstands, announcing that IPAP based at Fort Sam Houston was chosen in a three-way tie with Northeastern University in Boston and Stony Brook University – SUNY in Stony Brook. The selection was based on peer assessment surveys within the PA discipline and can be viewed now at <http://grad-schools.usnews.rankingsandreviews.com/best-graduate-schools/top-health-schools/physician-assistant-rankings>.

"I am very proud of our PA training program," said Rear Adm. Eleanor Valentin, Navy Medicine Support Command commander and the Navy's Medical Service Corps director, which includes PAs. "Our physician assistants are charged with the care of our most important resources in the Navy and Marine Corps – our people. So, it is essential that we provide the best training possible. Our joint training program at Fort Sam Houston accomplishes this in part by combining the best of the military services."

The quad-service IPAP is taught by Navy, Army, Air Force and Coast Guard instructors, and is comprised of students from those services and the Marine Corps. Phase I of IPAP is a grueling 67-week course of academic training at Fort Sam Houston. Officer candidates are provided 2,640 contact hours of medical education and must successfully complete 95 written examinations and six lab practical exams.

Navy and Marine Corps students complete Phase

II together, which consists of 13 clinical rotations at Naval Medical Center, San Diego, and at private facilities in the San Diego area.

During 55 weeks of training, students have 2,810 hours of clinical rotations, direct patient care, research work and classroom study, said Lt. Cmdr. Ron Perry of the Health Care Interservice Training Office and an IPAP instructor from 2006 to early 2011. Students also submit a master's thesis to the University of Nebraska. The students graduate with master's degrees in PA studies from the University of Nebraska, which was ranked number 16 by U.S. News and World Reports. The students are commissioned as a lieutenant junior grade in the Navy's Medical Service Corps, Perry said. "Our mission is to provide the uniformed services highly competent, compassionate PAs," Perry said. "We are committed to training PAs who model integrity, strive for leadership excellence, and are committed to lifelong learning."

The IPAP is the world's largest PA program, graduating approximately 225 PAs annually, while maintaining the high-quality reputation for which it has become known, Perry said.

"All program graduates are well-prepared to provide high-quality patient care in a wide variety of settings like inpatient, outpatient, primary and surgical care," Perry said. "They provide this care both in the U.S. and abroad."

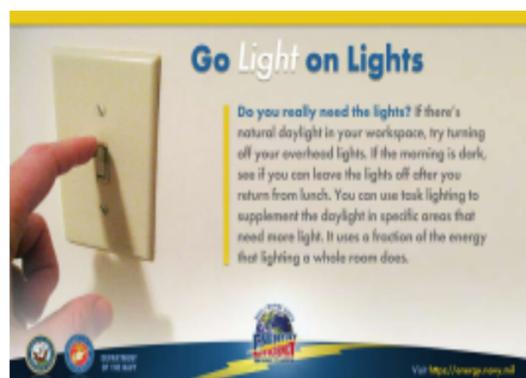
Lt. j.g. Tonya Lozier is a 2010 IPAP graduate and former student of Perry's who is now serving at the Marine Special Operations Command (MARSOC) at Camp Lejeune, NC.

"It is wonderful to hear that the Interservice Physician Assistant Program has been ranked among the leading physician assistant programs," said Lozier, a PA at MARSOC's HM2 Charles Luke Milam Medical Clinic. "What an extraordinary testament to the quality of leadership and instruction provided to

prepare hundreds of IPAP students service wide."

Lozier, a former Senior Chief Hospital Corpsman and Independent Duty Corpsman (IDC), said, "I have had the pleasure of working with many outstanding IPAP-graduated Physician Assistants throughout my Navy career. As a new graduate of the Interservice Physician Assistant Program, I am honored to be a part of the team of health care professionals providing care for our service members and their families worldwide."

The top five PA programs were Duke University at number one, University of Iowa and University of Utah tied at number two, and Emory University in Atlanta and George Washington University in Washington, DC, tied at number four. All rankings were based solely on peer-assessment surveys sent to deans, other administrators, and/or faculty at accredited degree programs or schools in each discipline, Robert Morse reported. Respondents rated the academic quality of programs on a 5-point scale: outstanding (5), strong (4), good (3), adequate (2), or marginal (1). IPAP was rated 3.7.



EMCC Classes on board NAS Meridian

From now to May 23, East Mississippi Community College NAS Meridian Campus will be open from 11:30 a.m.-7:30 p.m. Monday-Thursday for summer and fall 2011 registration.

Summer 1st Semester Classes: May 23-June 24

Monday-Thursday from 4-6:15 p.m.
American National Government
College Study Skills
Intermediate Algebra

Monday-Thursday from 6:30-8:45 p.m.

American History I
Principle of Biology I

Summer 2nd Semester Classes: June 27-July 29

Monday-Thursday from 4-6:15 p.m.
State & Local Government
Career Exploration
College Algebra

Monday-Thursday from 6:30-8:45 p.m.

American History II
Principle of Biology II

For more information, call James McMullan at (601) 679-3570. NOTE: Spouses of active duty military receive first course at no cost!

MCC hosts honors orientation

Is a new semester of college right around the corner for you?

If so, then you'll want to sign up for Meridian Community College's Honors Orientation. This session, set for April 20 from 1:30-5:30 p.m. in the Dulaney Room, Webb Hall, is geared for the college-bound student who has scored a 20 or above on his or her ACT (American College Testing).

MCC Honors Orientation will give students a chance to visit the MCC campus, meet with advising and financial aid staff, learn of regulations and policies and find out what academic and support services are available.

There will also be a chance for parents to learn more about MCC as well. Orientation can be somewhat overwhelming for incoming students. New faces, new places, new requirements and a bewildering language of Scantrons and syllabi...a parent's support and encouragement are crucial at this time. Orientation is a great way to become more familiar with MCC and to prepare.

For more information about MCC Honors Orientation, call (601) 483-8241.

• Citizen

officer of NAS Meridian. "His devotion to helping the community and providing information to others on volunteer services and community involvement is superb." Hoffman led a team of volunteers from NAS Meridian in 2010 who were recognized by Navy Region Southeast's Community Service Program in the following categories: first place awards in Health, Safety and Fitness Flagship, Project Good Neighbor Flagship, and the Environmental Stewardship Flagship. NAS Meridian also received a second place award in the Personal Excellence Partnership Flagship.

Hoffman also works on his off duty time with LOVES Kitchen, Angel Food Ministries and Habitat for Humanity.

Helms is NTTC's Military Standards Division Leading Petty Officer and the coordinator for Students Helping Interesting People in the Meridian Area Through Enthusiastic Service (SHIPMATES). He has served in the U.S. Navy for 18 years and has received the Military Outstanding Volunteer Service Medal.

In 2010, Helms help manage 135 events for NTTC's SHIPMATES program including projects at Habitat for Humanity, Gaits to Greatness, State Games of Mississippi, Merrehope Restoration Foundation, the Wesley House and the local Veterans Day parade.

"LS1 Helms possesses a rare and genuine concern for this command, its mission and the community," said Cmdr. Shane Harris, commanding officer of NTTC. "His constant willingness to put his community and shipmates first is what sets him apart from other Sailors. Petty Officer Helms' value to the Navy reaches far beyond the borders of NTTC Meridian."

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Pfc. Randall Webster

MATSS-1 Student
Hometown: Arlington, Va.

OOORAH!



Pfc. Randall Webster joined the Marine Corps on Oct. 13, 2010. He is currently a student in the Aviation Operation Specialist Course at Marine Aviation Training Support Squadron One on board NAS Meridian.

"I joined because I was looking for some direction and discipline in my life," said Webster who heads to Miramar, Calif. for his next duty station.

"Before the Marine Corps I had no motivation to do anything productive. I'm looking forward to traveling to new place around the world."

Webster is the son of Yoland and Michael Webster and has one brother, Trevor.

He most admires Master Sgt. David Eidem.

"He has been all over the globe and experienced so much throughout his time in the Marine Corps. He really knows his job and his way around the Marine Corps. I hope to one day be as proficient as him at my job."

Pfc. Morgynn Venters

MATSS-1 Student
Hometown: Simsbury, Conn.

Pfc. Morgynn Venters followed in her mothers footsteps and joined the military -- but selected the Marine Corps over the Navy.

Venters' mother, HM1 Lisa Smith is currently stationed in New Port, R.I.

"She just came back from deployment," Venters said. "I joined the Marine Corps to better myself and to part of a true family. My step father was also a Marine."

Venters recently volunteered to help with security at NAS Meridian's Golden Wings Over Meridian air show.

"I was fun. I had a great time dealing with all the people," said Venters who heads to Cherry Point, N.C., for her next duty station.

The person she most admires is her fellow MATSS-1 Marine, Pfc. Steven Bell.

"He is well-rounded, dedicated and motivated Marine."

Marine receives 2nd Bronze Star with combat valor

By Lance Cpl. Johnny Merkley
2nd Marine Division

MARINE CORPS BASE CAMP LEJEUNE, N.C. -- The Operations Officer for 2nd Marine Regiment, 2nd Marine Division, received his second Bronze Star with combat distinguishing device aboard Marine Corps Base Camp Lejeune, N.C., April 8, 2011.

The award was presented to Capt. Matthew J. Martin for actions while in command of Golf Company, 2nd Battalion, 8th Marine Regiment, 2nd Marine Division, during the battalion's deployment to Afghanistan from May to November 2009.

While deployed to Iraq in 2003, Martin served as a company executive officer with Company A, 1st Battalion, 2nd Marine Regiment, 2nd Marine Division. Martin and his Marines fought for four days to secure the bridges outside of An Nasiriyah. Although he and his Marines were outnumbered and took heavy casualties, Martin directed tank and mortar fire toward enemy strongholds and successfully held off the insurgents. Martin received his first Bronze Star for heroic actions during this battle.

While being awarded the countries fourth highest medal is a rare achievement, eight years after Martin received his first Bronze Star with

● **Bronze Star, page 9**

Commandant announces Marines next sergeant major

By Sgt. Michael S. Cifuentes
Headquarters Marine Corps

WASHINGTON-- Commandant of the Marine Corps Gen. James F. Amos announced the next sergeant major of the Marine Corps April 11.

Sgt. Maj. Micheal Barrett, 1st Marine Division's sergeant major, is set to take charge as the senior enlisted Marine in the Marine Corps. He's scheduled to succeed Sgt. Maj. Carlton Kent, the current sergeant major of the Marine Corps, during an appointment and relief ceremony, and Kent's retirement ceremony held at Marine Barracks Washington June 9.

Barrett recently returned from a deployment to Helmand province, Afghanistan, where he served as Regional Command Southwest's sergeant major.

Amos said Barrett is "the best of the best," and will continue to serve the Corps as Amos' senior enlisted advisor.

"Sgt. Maj. Barrett, through his long and distinguished service to our nation, has demonstrated that he is particularly well-suited to serve as my senior enlisted advisor through the challenges ahead," said Amos.

Barrett enlisted as an infantryman in March 1981. In addition to Afghanistan, his combat deployments include serving in the Persian Gulf War as a sniper with 3rd Battalion, 9th Marine Regiment, and two tours in Iraq as battalion sergeant major of 2nd Battalion, 7th Marine Regiment.

Kent has served as the sergeant major of the Marine Corps since April 25, 2007. He graduated recruit training March 1976 at Marine Corps Recruit Depot Parris Island, S.C. In his 35 years of service, Kent has led Marines in various billets to include senior drill instructor and battalion drill



Photo by Sgt. Ben J. Flores

Commandant of the Marine Corps Gen. James F. Amos announced Sgt. Maj. Micheal Barrett as his selection for the next sergeant major of the Marine Corps. Barrett recently returned from Afghanistan where he served as the sergeant major of Regional Command Southwest and I Marine Expeditionary Force (Forward).

master at Marine Corps Recruit Depot San Diego, chief drill instructor and first sergeant at Naval Aviation Officers Candidate School in Pensacola, Fla., and sergeant major of I Marine Expeditionary Force at Marine Corps Base Camp Pendleton, Calif.

Safety is Our Duty

Distracted driving: Everyone has personal responsibility

What motivates people to pay attention to the road while driving? What information helps drivers understand why engaging in other activities, especially texting or talking on their cell phone does not allow them to pay full attention to the road? After looking closely at this problem, the following statements best summarize the critical messages that work to move people to action.

No matter what state you live in, these persuasive messages most often will be the same. These key messages can help guide your communications as you create State and local programs that build awareness and change behavior.

Distraction is defined by NHTSA as a specific type of inattention that occurs when drivers divert their attention away from the task of driving to focus on another activity instead. These distractions can be electronic distractions, such as navigation systems and cell phones, or more conventional distractions, such as interacting with passengers and eating. These distracting tasks can affect drivers in different ways and are categorized into the following three types – visual, taking your eyes off the road; manual, taking your hands off the wheel; and cognitive, taking your mind off the road.

Drivers simply can't do two things at once

• Drivers who use hand-held devices while driving are four times as likely to get into crashes serious enough to injure themselves or others.

• The portion of drivers reportedly distracted at the time of the fatal crashes increased from 7 percent in 2005 to 11 percent in 2009.

• One of the most commonly recognized distractions is cell phone use. Cell phone subscriptions have grown exponentially from 1988 through 2009. About 89 percent, or approximately 277 million of all Americans, have a cell phone, according to CTIA – The Wireless Association. For

many, it is the only kind of telephone they possess. In a recent NHTSA survey, most individuals (77 percent) reported that they talk on the phone while driving at least some of the time.

Everyone has a personal responsibility

With more portable technology now than ever, driver distractions have risen to unprecedented numbers. We live in a world where people expect instant, real-time information 24 hours-a-day and those desires do not stop just because people get behind the wheel. Drivers simply do not realize the dangers that are posed when they take their eyes and minds off the road and their hands off the wheel and focus on activities other than driving.

Common sense and personal responsibility are a major part of the solution. We simply can't legislate our way out of this problem. It's up to each and every person to make sure they "Put It Down" and pay attention to road. The risks are simply too high.

Young drivers are especially at risk

Younger, inexperienced drivers under 20 years old have the highest proportion of distraction-related fatal crashes. Their lack of driving experience can contribute to critical misjudgments if they become distracted. Not surprisingly, they text more than any other age group and the numbers of young drivers who text is only increasing.

It's a trend that poses a growing danger, so it's important to address this issue now. Parents need to set good example for their children and show them from an early age that it is just not safe to text and/or talk on their phone while driving.

Everyone is part of the solution

"Put It Down" is a broad, public-private partnership

of community and health groups, safety advocates, businesses, law enforcement, legislators, public officials, concerned citizens and those who have lost loved ones because of a distracted driver. These partners realize that eliminating distractions while driving will save lives and reduce costs associated with crashes caused by distracted drivers. And because everyone is potentially affected when drivers are distracted, everyone must be part of the solution.

Legislation

As distracted driving has risen to unprecedented levels, State legislatures have begun to take action. In early 2010, 21 states have enacted graduated drivers licensing (GDL) laws. As of January 2011, nine states, the District of Columbia and the Virgin Islands ban hand-held cell phone use for all drivers, and 32 states, the District of Columbia and Guam ban texting by all drivers.

Texting laws are relatively new and have not been thoroughly evaluated. However, considering the rapid emergence of the problem and the growing evidence showing the threat to the safety of all road users, safety advocates and state legislatures are compelled to move forward. Most texting legislation is based on the broad foundation of principles learned from seat belt laws, impaired driving statutes and similar legislative initiatives, while more specific scientific evidence is gathered.

To view a sample law that would prohibit texting, please visit <http://distraction.gov/files/dot/texting-law-021910.pdf>.

Since the prevalence of texting is particularly high among teens, legislatures may also choose to include specific consequences under their GDL law for texting violations by novice drivers, such as delayed full licensure.

-- from <http://www.distraction.gov>

Water Conservation Tips

April is Water Conservation Month. This is a time to "reflect" on what we can do to help promote saving water while at work as well as at home. Additional information concerning what you can do to participate in the effort is available at: <http://www.floridawater.com>

Sometimes people have the misconception that water is "free." As we all know, that is not true. Be sensible. The Earth might seem like it has abundant water, but in fact only one percent of all water on the planet is available for humans. Buy fixtures and products that are water efficient – you can use less water to get the same job done just as well. When you go shopping, look for the WaterSense label to find water efficient products.

There are several things that we can do to reduce water consumption and the associated costs. I have listed a few of those opportunities below:

• Repair leaky faucets promptly. One faucet leaking one drop per second can waste 2,400 gallon of water a year. That's 13 years worth of drinking water for one per person.

• Repair "silent leaks" in the toilet. If food coloring put in the tank ends up in the bowl without flushing, it leaks. Repairing the leak will save up to 200 gallons of water a day.

• The average person use 80-100 gallons of water per day in the home. The top three uses for water in the home are toilets, bathing and washing clothes.

• Make it a full load! The average washing machine uses 40.9 gallons of water per load. If you're in the market for a new washer, shop for a High Efficiency washer that needs less than 28 gallons of water per load. To achieve even greater savings, wash

● **Water, page 7**

FOR PEAK PERFORMANCE YOUR DRYER NEEDS A GOOD EXHAUST SYSTEM

DO Read the installation instructions and the user's guide.

DO Let your exhaust air out.

DO Use 4 inch diameter rigid metal duct. Seal all joints. Never use lint-trapping screws.

DO Keep duct runs as straight as possible.

DO Close all old ducts before installing your new dryer. Be sure you flip open and check traps.

Warning — Plastic or nonmetal flexible duct presents a potential fire hazard.

DON'T Let a poor exhaust system cause slow drying.

DON'T Restrict your dryer with a poor exhaust system.

DON'T Use plastic, thin foil, or nonmetal flexible duct.

DON'T Use longer than necessary duct runs with many elbows.

DON'T Allow crushed or clogged ducts and vents.

HOT SPOT

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

Think safety during Easter

✓ Be sure that Easter toys and dolls (such as bunnies, chicks etc) are free of choking hazards. Pieces that can be removed from a doll or toy pose a potential choking danger to small children.

✓ In order to prevent choking do not give small candies or chocolates to children less than 5 years of age.

✓ Chocolate Bunny's are an Easter tradition... however, be very careful when giving such gifts to children who are peanut or nut allergic. Make sure you read the label of contents, as many chocolates, although said to be "pure chocolate", may have been in contact with nuts or peanuts during their preparation or packaging.

✓ Eggs are a potentially hazardous food, in the same category as meat, poultry, fish, and milk. In other words, they are capable of supporting the rapid growth of disease-causing bacteria like Salmonella. Before boiling eggs for Easter decorating/painting, they must be kept refrigerated.

✓ Never leave raw eggs in any form at room temperature for more than two hours. Don't eat or cook with cracked eggs or eggs that have been un-refrigerated for more than two hours.

✓ Hard-boiled Easter (decorated) eggs left in room temperature for many hours or days as a decoration or table centerpiece should be discarded and not eaten.

✓ Use only clean, unbroken eggs. Discard dirty or broken eggs. When you boil your eggs, make sure the water is hot (185-190 degrees F). Cool your eggs in cold water or just in the air.

✓ Cleanliness of hands, utensils and work surfaces is essential in preventing spread of bacteria. Always wash your hands when handling your eggs, especially between cooking, cooling and dyeing. Wash hands again, along with all utensils, equipment and counter tops that have been in contact with any raw food before preparing other foods.

Revised Family Readiness Group instruction, new handbook released

WASHINGTON (NNS) -- Chief of Naval Personnel, in conjunction with Commander, Navy Installations Command and U.S. Fleet Forces Command, announced the release of the revised family readiness group (FRG) instruction and the new FRG handbook, April 6.

The instruction changes are a result of feedback from fleet and spouse focus groups.

"The revised instruction provides commanders with more guidance and oversight for FRGs. The policy revision and development of the Handbook demonstrate the Navy's continued commitment to supporting our families throughout all

aspects of the deployment cycle," said Rear Adm. Michael J. Browne, director, Personal Readiness and Community Support.

FRGs are a part of the military support service network consisting of family members, Sailors and civilians connected to the command. The role of the FRG is to help plan, coordinate, and conduct informational, care-taking, morale-building activities to enhance preparedness, command mission readiness, and increase the resiliency and well being of all Sailors and their families.

"Today's Navy family is faced with increased operations tempo and extended deployment schedules. FRGs are impor-

tant because they give families the opportunity to provide much needed support to one another," said Kandi Debus, Southeast Regional ombudsman.

FRGs prepare members for deployments and homecomings, provide family support during deployments, help families adjust to challenges and support one another in times of personal, unit or area crises. They welcome and mentor members who are new to the Navy lifestyle and coordinate social events, such as holiday celebrations.

The FRG handbook can be downloaded at http://www.cnpc.navy.mil/navycni/groups/public/@hq/@ffr/documents/document/cnicp_a197800.pdf.

The new FRG Handbook will help provide a solid foundation to newly-forming FRGs, will serve as a point of reference to existing FRGs, and give families information and ideas for establishing and maintaining successful groups. The handbook also provides information on the following topics such as FRG leadership roles, effective FRG meetings, strategic planning and FRG membership and participation.

For more information on the instruction and handbook, visit <http://www.npc.navy.mil/NR/rdon-lyres/6328AF94-A750-4E49-BB65-79012E06672A/0/NAV11116.txt>.

-- From Commander, Navy Installations Command Public Affairs

Chaplains celebrate 40 years of special services

By MC1 (AW) Tim Comerford
Commander, Navy Region Mid-Atlantic

NORFOLK (NNS) -- The U.S. Navy chief of chaplains, celebrated the 40th Anniversary of the Chaplains Religious Enrichment Development Operation (CREDO) with a luncheon and cake cutting held at the Breezy Point Officer's Club on board Naval Station Norfolk, March 30.

Joining Rear Adm. Mark L. Tidd were current director for CREDO Mid-Atlantic Region, Cmdr. John Franklin; Capt. Donald B. Harris, who is credited with starting CREDO; and more than 100 chaplains from all ranks, services and faiths.

CREDO conducts a variety of retreats and workshops at no cost to Sailors. Those programs are geared to many facets of life, including personal growth, marriage and family enrichment retreats, warrior transition programs and retreats, personal growth workshops and applied suicide intervention skills training workshops for suicide prevention skills. Additional retreats and programs are also held, such as retreats for spiritual growth, women, single Sailors/Marines, Ombudsmen and returning IA's and their families.

CREDO started out differently than what Sailors might see today.

"CREDO began in the '70s as a result of our Sailors and Marines having problems with drug addiction," said Tidd. "Chaplain Don Harris was part of the first group to respond and address the drug issues in the Navy. What came about was a unit called CREDO and credo is the Latin word for 'I believe.' The Navy used the word CREDO as an acronym for Chaplain Response to

the Emerging Drug Order. So the response came out of the question of addressing drug addiction."

Harris remembers what birthed the idea of CREDO.

"I had been at the Coast Guard camp in Alameda in the '60s, the psychiatric ward at Naval Hospital Oakland with a lot of people coming back from the front with what we now call PTSD (post-traumatic stress disorder) and the Langley Porter Youth Drug Unit in Haight-Ashbury, San Francisco." Harris explained. "From this sampling I could see a common thread, they had a feeling of emptiness and they didn't know how to fill it. The real question was why the service members feel the way they did and how to respond, that had to be an internal and spiritual change."

Harris spoke with the chief of chaplains at the time, Rear Adm. Francis Garrett and showed him counterculture magazines. Garrett read the magazines and told Harris to set up an outreach program down in San Diego. The first weekend retreat was held April 19, 1971.

"We had usually 30-35 people," said Harris. "Half were chaplains. They were curious and no one knew what to do. I told them all they had to do was turn on the radio."

In fact, CREDO used music from the times to influence the Sailors, moving them from depression to anger to overcoming difficulties and ultimately toward the love of God.

"The dynamic was that the leaders didn't really lead, they just kept the focus so that there could be an atmosphere of trust," said Harris. "People could say what they really felt and would not feel rejected. For a lot of people it was the first time they could do that."

It brought them a sense of community and the feeling of God's love, said Harris. Harris then set up a community called the CREDO house.

CREDO has evolved since its inception to more reflect the Sailor of today.

"I think it has changed because Sailors have changed," said Franklin. "We have a lot more Sailors who are married now. When Don started this, the percentage of married Sailors was very small. Now, I believe over 60 percent are married and after marriage comes families. So we are still doing what they did in the beginning, which is responding to our population's needs."

"Over the years, the acronym has changed to Chaplain Religious Enrichment Development Operation," said Tidd. "It is principally a retreat ministry that provides Sailors, Marines and their families an opportunity to take some time to identify particular issues in their lives that they need to work on. CREDO equips them with the tools they need to find the meaning that they are really looking for."

"We can be a friend and provide you and your family a safe environment to talk with each other and to learn how to better work through problems, have better marriages and better families," said Franklin.

The chief of chaplains thinks CREDO is a program that should be looked at seriously by commands.

"CREDO is a great resource for commanding officers, for chaplains and leadership, because it provides them a resource to help people do a little more intense counseling than they would be able to do at office," said Tidd.

USS Doyle returns from final deployment

MAYPORT, Fla. (NNS) -- USS Doyle (FFG 39) returned from a six-month deployment April 5, after successfully conducting Counter Illicit Trafficking (CIT) operations in the U.S. Southern Command's (USSOUTHCOM) area of responsibility.

Doyle conducted CIT operations in support of Joint Interagency Task Force - South's (JIATF-South) mission to eliminate illicit trafficking posing a threat to national security and regional stability.

"Although this was Doyle's last deployment, she made it possible for the crew to do so much good, not only to combat the 'War on Drugs,' but in building friendships and positive relations with the Central and Southern American states," said Ensign Dylan Vest, USS Doyle main propulsion officer. "I feel proud to have served on Doyle and contribute to the efforts to expand U.S. presence among other countries. It's all about showing other nations that we can work together to build a better place for the next generation."

Working in conjunction with an embarked Law Enforcement Detachment (LEDET) and Helicopter Anti-Submarine Squadron Light (HSL) 42 det. 8, Doyle successfully deterred and captured illicit traffickers in the Eastern Pacific. The crew also conducted community relations (COMREL) services and foreign relation projects during the deployment.

Doyle is scheduled for decommissioning July 29, 2011.

-- From U.S. 4th Fleet Public Affairs

• **STA-21**
at least two years and in most cases more than four years of observed performance which assists in the process of selecting the most qualified Sailors to receive a commission.

Additionally, STA-21 candidates are on average older than most midshipmen, bringing a maturity directly reflected in the more than 90 percent completion rate STA-21 program candidates boast.

Additionally, many Sailors involved in the STA-21 program already have some college credit and some candidates finish ahead of the three years allotted to earn a degree.

All of these factors - proven performance for better selection, maturity for higher completion rates, and previous college credit - save the Navy money while producing top-quality experienced naval officers.

In the STA-21 program, as it is in many competitive selection processes, it is often a candidate's extra efforts which can result in selection.

"With so many great Sailors to choose from, selection boards often look for the tie breakers or the indicators of extra effort, potential and desire; in this regard the STA-21 program is no exception," Stein said. "As always, performance is the number one criteria. When given the chance to lead, take it. No matter how small the opportunity, step up and lead people, and lead them well. Also attend to your physical, as well as your professional, preparedness."

Reporting seniors who feel they have a Sailor with the potential to be selected by STA-21 should comment on their leadership skills and potential in their performance evaluations early in their career. These comments are highly regarded by the boards, even in junior Sailors

who's time on board, time in grade or peer ranking will not allow their evaluations to be fully consistent with the comments.

Application packages must be postmarked on or before the July 1 deadline date. The deadline for submission of additional documentation to an applicant's package is August 1.

Selectees will be announced by a NAVADMIN in October 2011.

Questions concerning this program should be directed to command career counselors or to the NSTC Officer Development directorate at (850) 452-9563.

For more information about the STA-21 program, visit <http://www.sta-21.navy.mil>.

-- From Naval Service Training Command Public Affairs

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YOUR STAR, YOUR WORLD



Lt. Cmdr. Lance Coe presents David Arias with his 30 year government certificate.



Greylan Ross receives his 20 year government certificate from Lt. Cmdr. Coe.



Tim Jewell receives his 5 year government certificate from Lt. Cmdr. Coe.



Lt. Cmdr. Lance Coe presents Janette McClintchen with a certificate for Civilian Employee of the Quarter.



Lt. Cmdr. Coe presents Robert Spire his retirement certificate. Spire was employed with Public Works for 30 years.



Ralph Aycock receives his 10 year government certificate from Lt. Cmdr. Coe.



Lt. Cmdr. Coe presents Tom Herrington with a certificate for Civilian Employee of the Quarter.



Lisa Harris, contracting officer at Public Works, receives her trophy for picking the best bracket during this year's NCAA Men's Basketball Tournament from Lt. j.g. Richard Li.

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

"IT'S ALL ABOUT ME"

Your photos will be featured in The Meridian Star the last day of each month

Types of photos include: birthday parties, proms, getting ready for your wedding, pets, holiday get-togethers, vacations, reunions, sporting events, tail-gating, etc.

DEADLINE 24TH OF EACH MONTH

Email pics in jpg format to sreede@themeridianstar.com or mail to "It's All About Me" c/o The Meridian Star P.O. Box 1591, Meridian, MS 39302

* Birthday & memorial pics excluded.

Names: _____
Event: _____
Dates: _____

THE MERIDIAN STAR
YOUR STAR. YOUR WORLD.

NAVFAC Southeast employee presented Global War on Terrorism Medal

JACKSONVILLE, Fla. (NNS) -- Naval Facilities Engineering Command (NAVFAC) Southeast employee Kim Burbank was presented the Global War on Terrorism Medal April 7 in front of her co-workers for distinguished service performed while forward deployed to Overseas Contingency Operations in Iraq from August 2009 to November 2010.

"This trip was very rewarding and the best thing I ever did," claimed Burbank. "I loved getting to know the people and the different cultures. Everyone over there was from different places and came from all over the world."

Capt. John Heinzel, NAVFAC Southeast commanding officer, pinned the medal on Burbank and congratulated her for work performed while working at a Joint Contracting Command, Iraq/Afghanistan at the Armed Services Board of Contract Appeals, the Government Accountability Office and the Court of Federal Claims.

"I am honored to recognize you for the work you did for our nation," said Heinzel. "We are glad to have you here working for us."

Burbank was recognized for her work as the litigation paralegal providing litigation support for the attorneys. She assisted

in case preparation for litigation and analyzed facts and legal questions to assist in case preparation under the Army Procurement Fraud program.

"I did lots of legal review and protests," said Burbank. "If they asked me to go again, I would - maybe Djibouti next!"

The medal symbolizes the honor and achievement of civilians with the Department of Defense to defend freedom against danger that may develop on foreign soil. The ribbon's blue stripe is associated with the Department of Defense; gold represents excellence; black and red symbolize threat of terrorism; red, white, and blue are for patriotism and love of freedom.

At first sight, one would think Burbank is very quiet and timid. But when you talk to her about this, she can't say enough about how much she enjoyed the work, the people and the culture. She loves to do things out of the ordinary. She hit the gym every day while she was overseas and enjoys flying in an ultra light (plane) for fun.

"I really miss the work and the people there, but I am delighted to be here at NAVFAC Southeast," said Burbank.

-- From Naval Facilities Systems Command Southeast Public Affairs Office

- **Water** only full loads or be sure to choose the appropriate load size of the washing machine. As an added bonus, the High Efficiency or "HE" as they are labeled washing machines spin at a much higher RPM than a conventional washer, removing more water out of the clothes and reducing the drying time required.
 - Use cold water rather than hot to operate your food disposer. This saves the energy needed to heat the water, is

recommended for the appliances, and aides in getting rid of grease. Grease solidifies in cold water and can be ground up and washed away.

• Don't use the "rinse hold" on your dishwasher for just a few soiled dishes. It uses 3 to 7 gallons of hot water each time you use it.

• If your shower fills a one-gallon bucket in less than 20 seconds, replace the showerhead with a more water-efficient model.

By Cliff Plante, Resource Efficiency Manager

GARAGE SALE

Military Family Big Garage Sale - Saturday April 16 from 8 a.m.-2 p.m. at 8381 Eagle Pointe Dr, off Hwy 39 in Meridian. Lots of household items, mens, ladies, and kids clothing, toys, patio furniture, bar stools, elliptical machine, TV, and much more.

CAR POOL NEEDED

Car pool from North Hills Street to NAS Meridian and back to split gas expenses. Hours of work: 8 a.m.-4:30 p.m. Call JJ at (601) 679-3180 or (601) 604-9700.

KIDS STUFF

Children's play kitchen set with plastic plates & food. Asking \$50; 3 different girl's electric jeeps. All in pretty good condition, but need batteries. Asking \$40 each. Call (904) 923-9356/9357.

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

NEW! Pink DSi -- never been used, still in package -- includes 2 games. Asking \$140. Call (678) 548-9156.

Klipsch Proedia 2.1 Speaker System in used, working condition. Call Bill at (601) 934-8718.

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

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.

25 Foot Prowler 5th Wheel BIG STUFF

camper. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

16 Foot aluminum fishing boat with 75 hp Mercury. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

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, automatic 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 Brennhof at 601-679-2408 or 601-678-9504.

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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.

AUTOMOBILES, ETC.

NEW! 2006 Dodge Stratus, good condition, White, SXT Sedan 4 Door, 4c-2.4 Liter, tilt, cruise, CD player has 103,252 miles. Asking 4,500. Call Kita (601) 479-2564 or email Chitka.burraga@us.army.mil

NEW! 2005 Ford Explorer, sunroof, leather interior, low mileage. Asking \$7500. OBO, Call (601) 490-3905.

One owner 2001 BMW 325 Convertible in great shape. One owner all maintenance records available. Asking \$7000. Call (601) 462-1376.

2004 Ford F-150 FX4 Off Road SuperCrew. 84k miles. Red/black exterior, charcoal/dark grey interior. New tires, 34" BFG All-Terrain T/A on custom 18" off-road black wheels. 2.5" Rough Country leveling kit in front. Black oval nerf step bars. Custom Flowmaster dual exhaust. 4x4 works perfect. Truck is mechanically flawless. Hood deflector and window ventshades. Parking sensors. Asking \$17,000. Call (601) 513-5345.

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) 442-4489.

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: accralcais@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.

2005 350 Rancher 2 wheel drive 4 wheeler. Call Darin at (601) 480-4132 or Ann at (601) 480-4134.

2008 Kawasaki Ninja 250R, blue with jacket and helmet included, 3800 miles, Asking \$2000. Call (601) 562-6508.

2004 Honda VTX1300C, burnt orange, very clean, runs great, many accessories. Can email pics and more details. Call Frank at (601) 513-1738.

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

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

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

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

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

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

HOMES/APARTMENTS

NEW! For Rent: Home at Dalewood, 2BD/1BA, screen porch overlooks main lake, covered patio, storage building, recent complete remodel, stainless appliances and fully furnished. Asking \$1200 per month. One year lease with military clause. No pets/non smoker. Contact Ross at (601) 513-5505.

NEW! For Rent: 2,400 sq. ft. 4 BR/2 BA home with bonus room upstairs, Southeast School District (level 5 school). Quiet country location 15 miles from Meridian and Naval Air Station. Asking \$1,800 a month with deposit of \$1,800. Lawn care is included. Call (601) 604-4000.

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MWR

Mission First... Sailors Always



April Specials

Mondays ~ NTTC/MATSS-1 Student Special
 \$2 a game, \$1 shoe rental from 5-9 p.m.
Wednesdays ~ RCTA Special
 \$2.50 a Game Free Shoe Rental from 4:30-9 p.m.
April 22 ~ 9 Pin No-Tap Tournament
 Sign up by 6 p.m. that night. \$10 Entry Fee.
Saturdays ~ 7-10 p.m.
 Family Cosmic Bowling \$2 a game

Coming in May at McCain Rec

Beginning in May, active duty may bowl free of charge Monday through Friday between 11 a.m. and 2 p.m.!
Shoe fees will be \$1 per player. All bowling that is free must be completed by 2 p.m. Special applies to active duty, not their dependents. (Not valid on holidays)

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!
 April 14: "The Warrior Way" (R)
 April 16: "Gulliver's Travels" (PG)
 April 19: "Troy" (R)
 April 20: "The Next 3 Days" (PG13)
 April 21: "Burlesque" (PG13)
 April 23: "Chronicles of Narnia: Dawn Treader" (PG)
 April 26: "Other Peoples Money" (R)



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.

April
14th: FREE bowling to all Liberty patronage at McCain Rec Center from 5-9 p.m.
16th: Hit the field with Liberty and enjoy a day of paintball fun and action. Please ask staff at the Liberty Center for further trip details and cost.
17th: Egg Roll-Round Up
 Head to the Liberty Center for a nighttime egg hunt beginning at 8 p.m. Eggs will be scattered outside and filled with candy or valuable "coupons" which are redeemed for a variety of prizes. Don't forget to bring a flashlight!
18th: 3-on-3 Basketball at basketball courts next to the Marine barracks and across from Rudders. Game time is 6:30 p.m. -- be at court by 6:15 p.m. No registration necessary - come ready to play!
20th: Chuck-a-Peep
 How many peeps can you chuck in a basket within 30 seconds? Crazy silly fun in the Liberty Center at 7 p.m.
23rd: Video Game Tournament at 3 p.m. Prize awarded to winner. Register day of event at Liberty Center.
24th: Easter Dessert Day! We will help you spring into a great day by offering cake, cookies and soda in the Liberty Center at 3 p.m.
28th: - Birthday Bash
 A celebration of April birthdays! FREE cookies and soda will be provided at 1900 in the Liberty Center.

Bench press champs



Left: Last year's bench press champion James McMullen presents the trophy to the new male champion Jairvus "Big J" Johnson who lifted 345 pounds to earn the 2011 title. Right: Female bench press champion Staff Sgt. Brandy Molitor from Marine Aviation Training Support Squadron One shows off her trophy. Bryan Perez, MATSS-1, placed second in the male division and Anthony Mason (NAS) placed third. This year's competition included 17 competitors.



The Mountain Bike Duathlon scheduled for April 2 has been rescheduled due to conflicting schedules. The duathlon will be April 23. This event is a Captain's Cup event, so don't miss out. For more information or to get a map of the bike route, call the fitness center at (601) 679-2379.

Save the Date...

April 19: Summer Trio League Bowling Meeting, 4 p.m. at McCain Lanes (League will start in May)

May 14: Grumpy Granny Fun Bowling Tournament
 6 games of different format type bowling. Sign up by 9:45 a.m. day of tournament. \$20 entry fee.

May 28: Base Championship Bowling Tournament. Sign up by 9:45 a.m. day of tournament
 8 games scratch, \$20 entry fee.

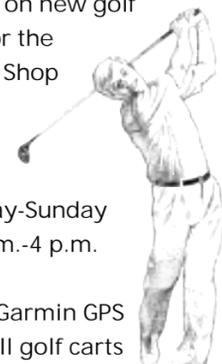
For information on any of these events, Call Gene at (601) 679-2651.

Golf Special

Ponta Creek Golf Course
 Monday-Sunday, Ride 18 Holes for \$20
 Monday-Thursday, Ride 9 Holes for \$12 Friday, Saturday, Sunday's and Holidays after 3 p.m., Ride 9 Holes for \$12

Stop by the Pro Shop today and stock up on new golf gear for the year! Pro Shop Hours of operation are Monday-Sunday 7:30 a.m.-4 p.m.

GolfLogix Garmin GPS is now in all golf carts Use this new tool to see how far you are from the pin. For more information, call (601) 679-2526.



Springtime is outdoor rental time at The Outpost!!

Come check out the new rental equipment... paddle boats, jon boats & mountain bikes. And all new camping equipment such as tents, sleeping bags, coolers, etc... Call 679-2609 for more information & reservation policies.



~~ MWR News ~~

ITT is now located next to Navy Federal Credit Union in Administration Building 255. Hours: Monday-Friday from 10 a.m.-5 p.m. Stop by the **ITT Office** to take advantage of the Walt Disney Military Salute today! For more information call (601) 679-3773.

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.

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!

The Library has new hours. It is open Monday-Friday from 10 a.m.-6 p.m., and Saturday from 10 a.m.-4 p.m. For more information call (601) 679-2326.

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

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



Group Exercise Schedule:

Mondays ~ 11:30 a.m.: Belly Dancing with Stacey
 6 p.m.: Self Defense with Dawg Kerwood

Tuesdays ~ 11:15 a.m.: Cardio Mix with Shannon

Wednesdays ~ 11:30 a.m.: Belly Dancing with Stacey
 6 p.m.: Self Defense with Dawg Kerwood

Thursdays ~ 11:15 a.m.: Cardio Mix with Shannon

Fridays ~ 11:30 a.m.: Belly Dancing with Stacey
 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 any	7:20 p.m.
Applebee's Restaurant (upon request only)					

It's Your Turn...

In observance of the Month of the Military Child, we asked these children, "What would you like to say to your mom or dad who is serving in the military?"

Photos by MC2 Flordeliz Valerio



Alivia Herbert
6 years old

"Thank you for taking care of me and taking care of our country."



Nylah Mitchell
7 years old

"Thank you for buying my toys. Thank you for serving in the Air Force."



Jessie Rice
7 years old

"Thank you for the Blue Angel toy. Thank you for helping people in Haiti. My dad works in the clinic."



JeTorrie Grace
11 years old

"My parent serves in the Air Force Security Forces. Thank you for keeping the base safe."



Destiny Barnett
8 years old

"My dad is in the Air Force. Thank you for all my toys. Thank you for keeping the planes safe."

Fleet & Family Support Center

Child abuse and neglect: Everyone's problem

By **Allyson Cagle**
FFSC Chief of Counseling & Family
Advocacy Representative

April is National Child Abuse Prevention Month, a time for us to stop and consider what child abuse/neglect is and what we, as a community, can do to prevent, recognize, report, and remedy the problem.

Definitions of child abuse include physical abuse, sexual abuse, and neglect (sometimes known as emotional abuse). Harm to children can result from physical injuries, such as beatings, burns and bites; constant criticism, insults, the withholding of love; rape, fondling of the genitals, incest; and the failure to provide food, clothing, shelter, or medical care. Most child abuse occurs in the family home. Parents, siblings, and visitors can all inflict abuse.

According to a survey by Prevent Child Abuse America, nearly one-half of Americans with children believe parents find themselves in situations where they are afraid they might abuse or neglect their child more than just occasionally. Fifteen percent of surveyed parents believe these situations occur "very often". Forty-three percent of parents reported spanking or hitting their child within the last 12 months; 37 percent reported insulting or swearing at their child, and 2 percent reported having kicked, bitten, or punched their child.

More than 2 million cases of child abuse and neglect are reported in the US each year. The National Child Abuse and Neglect Data System (NCANDS) reported an esti-

If you suspect a child is being abused, the child must be protected from further abuse. Call the NAS Meridian Family Advocacy Program at 601-679-2360 or the National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453).

mated 1740 child fatalities in 2008. This translates to a rate of 2.33 per 100,000 children in the general population. NCANDS defines "child fatality" as the death of a child caused by an injury resulting from abuse or neglect, or where abuse or neglect was a contributing factor.

The physical and emotional abuse of children yields harmful consequences for society: a growing body of evidence links child abuse and neglect with drug and alcohol abuse, teen pregnancy, youth violence, and chronic health problems.

How can you tell if a child is being abused?

Children who are physically abused may:

- Be nervous around adults.
- Be watchful, as though preparing for something bad to happen.
- Have difficulty playing.
- Act aggressive to adults and other children.
- Be unable to concentrate at school.
- Suddenly underachieve or overachieve at school.
- Find it difficult to trust other people and make friends.

• Arrive at school too early, or leave after the other children.

Children who are sexually abused may:

- Behave differently when the abuse starts.
- Care less about their appearance or their health.
- Talk or act sexually at too early an age.
- Be secretive and stop talking about home life.
- Start soiling themselves.
- Be unable to sleep.
- Suddenly find physical contact frightening.
- Run away from home.

Children who are neglected or emotionally abused may:

- Have difficulty learning to talk.
- Find it hard to develop close relationships.
- Be overly friendly with strangers.
- Think badly of themselves.
- Underachieve at school.

None of these signs necessarily prove that child abuse is present, since many of these signs may naturally be noticeable at one time or another. But when they occur repeatedly or in combination with one another, the child may be suffering abuse.

To help prevent child abuse, you can:

- Be a nurturing parent.
- Help a friend, neighbor or relative if they are having difficulty with their child(ren).
- Get involved -- advocate for services to help families.

Month of Military Child: Time to recognize kids are ... still kids

By **Cmdr. [Dr.] John Wyland**
Naval Hospital Pensacola

April is the Month of the Military Child, a time to recognize the topics that set the 1.8 million military dependent children apart from the children of civilian households.

Stressors related to frequent moves and a loved one's deployment is unique to military dependent children. While it is right to recognize the specific issues children face while growing up in military households, we should not forget that military children face the same health concerns all children in the US face.

In May 2010, a poll of adults conducted by the C.S. Mott Children's Hospital National Poll on Children's Health ranked Childhood Obesity, Drug Abuse and Smoking/Tobacco Use as the overall top three child health concerns. Rounding out the top five were Internet Safety and Stress.

While there is often disparity between differing racial and ethnic groups, Obesity and Smoking/Tobacco Use were in the top three concerns expressed by those of White, Black or Hispanic ethnicity. This consensus signals recognition that these two issues are significant and should result in action amongst parents, educators and the members of the health care

sector.

Childhood obesity rates have nearly tripled in the past 20 years. This increase has been attributed to poor diets especially the increased reliance on fast foods, and decreased activity in the age of computers and other electronic devices.

This unhealthy lifestyle sets children down a path destined for various health problems such as diabetes and heart disease, both of which are being seen in greater numbers and at younger ages than in the past.

The solution to this problem is clear but difficult to enact. Proper diet and exercise has been universally accepted to improve health and cut down on obesity and its related medical complications but getting people of any age, especially children with their concerns more on the present, to change unhealthy patterns takes effort.

It has been many years since Smoking/Tobacco Use was first recognized as a cause of numerous health problems. Tobacco use can lead to stained teeth, premature skin aging, cancers, and respiratory and heart disease amongst others. The fact that more than 5 million children in the US use tobacco in some form or another is evidence that this message is not being received by all our children.

Again, the solution is obvious but implementation is difficult. Children continue to accept tobacco use as a way to rebel against authority or to appear more mature. Those that do desire to quit find that nicotine is one of the most addictive chemical substances available.

To those who believe these two issues are issues of choice and only affect those directly involved, realize that the total annual cost for health care in the US related to obesity approaches \$150 billion while the medical costs for tobacco use are over \$100 billion. Much of this is paid through our tax dollars. Estimates of lost work production related to obesity are in the area of \$50 billion while those of tobacco use approach \$100 billion.

Certainly this money could be better spent in the current economy. Children do face some tough decisions growing up in today's world, and it is up to the adults in their lives to assist them in these choices. Experts agree that a good support system is critical to the successful implementation of difficult lifestyle changes.

We owe it to them and we owe it to ourselves to help them in any way they need.

Cmdr. John Wyland is the
Director of Public Health for Naval Hospital
Pensacola, Fla.

• Bronze Star

combat distinguishing device, he was presented with his second.

As the commanding officer of Company G, 2/8, Martin and his Marines were tasked with patrolling, on foot, more than 11 miles to secure a city in Helmand Province, Afghanistan.

Over the three days it took to conduct the movement, he and his Marines fought the enemy and encountered multiple IED's in 130 degree heat.

"We probably got into a firefight or took fire, found an IED, or an IED exploded every other day for the entire deployment," said Martin. "Every Marine fought with valor and pride and continued to go outside the wire knowing they were going to take enemy contact."

Because of his leadership and accomplishments during his deployment, Martin was awarded his second Bronze Star with combat distinguishing device.

"I think this award reflects a lot about what Golf Company did in Afghanistan," said Cpl. Eric T. Goodge, a forward observer with Company G, 2/8. "I think it's great that he was recognized for all the great things he did as our company commander."

Martin has served his country and Corps for 19 years, but isn't sure what the future holds for him yet. Whether it's continuing to serve his nation or move on to different professions, Martin will never forget the accomplishments he and his men made through some of the most demanding times of his life.

"Believing in the Corp's values and what we are (in Afghanistan) to represent is where my overall motivation came from throughout the years," said Martin. "The day-to-day motivation comes from my junior Marines and the personalities they bring to the table. The recommendations they make, the jokes they make, the resilience they have to perform their duties regardless of the adversities just amazes me."

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.

Positive Parenting Circle: Every Thursday in April from 5-6 p.m. Every feel like you're the only parent dealing with a particular behavior problem or other parenting "issue"? Join this group to compare notes with other parents who are experiencing (or have experienced) the same things. An FFSC counselor will be on-hand to help the group untangle difficult problems and brainstorm solutions.

Command Financial Specialist Training: April 18-22 from 8 a.m.-4:30 p.m. Each command with at least 25 active duty service members is asked -- in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 -- to select individuals to attend CFS Training. Commands are required to maintain a ratio of one CFS to every 75 active duty personnel. Current CFSes must attend CFS Training every three years to remain active. Only E6 & above service members are eligible to attend this training and serve as CFSes. For more information about eligibility, or to register for the class, please contact the FFSC.

Sexual Assault Prevention & Response Program Overview: April 27 from 2-3:30 p.m. SAPR is a comprehensive, victim-sensitive program that puts all the pieces together -- victim advocacy, awareness, prevention, education, and data collection -- to respond to sexual assault Navy-wide. SAPR services are available to all Sailors and their families. This workshop will cover what SAPR is, services offered within the program, the definition of sexual assault, prevention strategies, and what you can do if someone you know has been assaulted.

Every Sailor empowered to stop sexual assaults

WASHINGTON (NNS) -- In an April 7 announcement in support of Sexual Assault Awareness Month, Navy described sexual assaults as crimes that devastate victims, undermine teamwork, threaten unit cohesiveness and ultimately reduce Fleet Readiness.

NAVADMIN 122/11 reinforces Navy's "zero tolerance" sexual assault policy and directs active support from all Sailors -- from the deck plates to the blue tile -- to successfully eliminate this egregious act from the ranks. In keeping with the Department of Defense's (DoD) theme, "Hurts one, Affects all: Preventing Sexual Assault is Everyone's Duty," the message empowers commands throughout the Fleet to use this month to dedicate focused attention on the importance of eliminating this crime.

"One sexual assault is one too many," declared Vice Adm. Mark Ferguson, chief of naval personnel. "Every Sailor must fully support Navy's zero tolerance policy for sexual assault and create a culture that promotes active bystander intervention and one that does not tolerate this reprehensible behavior. With determination and commitment, we can eliminate this crime from our ranks."

Commands worldwide are encouraged to plan events throughout April that emphasize a climate that values responsible behavior, active bystander intervention, and safety from sexual assault for all.

Leaders from across the Navy should look to address two questions when planning these activities: What is our organization planning to do and what are we asking our shipmates to do differently to eliminate sexual assaults?

Sexual Assault Awareness Month activities that have been used successful throughout the Fleet have included waterfront leadership and first responder training, discussion forums, command General Military Training (GMT) and workshops, information booths, media events, and sports and athletic training events like runs or walks featuring a sexual assault awareness theme.

The common factor among these successful events has been strong leadership, active participation throughout the command and the use of strong and consistent messaging to all Sailors.

By engaging with the local public affairs office, Sexual Assault Response Coordinator (SARC), Coalition of Sailors Against Destructive Decisions (CSADD) chapter or other Sailor advocacy groups, leaders can tailor themes to their command and find creative ways to disseminate these messages.

Whether asking Sailors to tag their emails with slogans like "Sexual Assault Vigilance - Consider, Recognize and Intervene" or using command rosters to send text messages saying "Integrity is the foundation of our conduct, respect for others is fundamental to our character," every command can find creative ways throughout April to raise awareness of these crimes.

-- From Chief of Naval Personnel Public Affairs



Photos by Penny Randall ~ NAS Meridian Public Affairs

● **Special Olympics**

"It's great for our students," Moody said. "Special Olympics is a place they see their friends and former teachers. They enjoy this so much."

In addition to 125 volunteers from MATSS-1, the 186th Air Refueling Wing supplied 40 volunteers to assist with the games which included track and field events, tennis ball throw, softball throw and standing long jump.

Pfc. Jacob Hinkle assisted at the tennis ball throw.

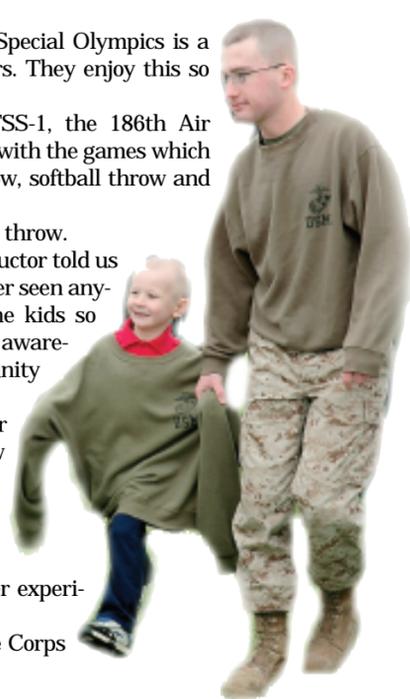
"This is great," Hinkle said. "When my instructor told us we were coming out here, I was thrilled. I've never seen anything like this before. The event is making the kids so happy. I think this is a great way to increase the awareness of children with disabilities in the community and this is an awesome way to spend the day."

Eriel Tingle, a second grader at Poplar Springs Elementary, said he loved his new Marine friend, Pfc. Kayse Aguilar.

"They are so nice to us," said Tingle who earned a first place ribbon in the 50 meter run. "She helped me win the race."

Pfc. Aguilar said she would never forget her experience at Special Olympics.

"I try to motivate them just like the Marine Corps motivates me," Aguilar said.



Sailors honor life, legacy of first female CPO

By MC2 Katrina Parker

Navy Region Mid-Atlantic Reserve Component Command Public Affairs

BLAKELY, Penn. (NNS) -- Sailors and distinguished guests honored the life and legacy of the Navy's first female chief petty officer (CPO) during a wreath laying and rededication ceremony at St. Patrick's Cemetery in Blakely, Penn., April 2.

Navy Operational Support Center (NOSC) Avoca hosted the ceremony to pay tribute to Loretta Perfectus Walsh who was also the first woman to enlist on active duty in the U.S. Navy. She was the first Yeoman F, or "Yeomanette," to enlist in World War I.

"We couldn't pick a better day to honor Chief Walsh's contributions," said Lt. Ronald Fauntleroy, NOSC Avoca commanding officer. "Last month was Women's History Month and yesterday was the 118th birthday for Navy Chiefs. Almost 94 years ago, on March 17, 1917, Loretta Walsh became the first woman to enlist in the Navy. In addition, she was the first female chief. Please take a moment to consider the historic gravity of her enlisted service. She volunteered to serve her country at a time when she wasn't even allowed to vote."

Walsh, like many Americans, had hopes and aspirations to achieve her highest potential. When a fair chance to enlist was presented, she was the first in line.

Now, almost a century after her historic enlistment, there are more than 62,000 women serving in the Navy. Today, nearly every Naval community is open to women, who make vital contributions ashore and afloat. Although long and arduous, the progress for women in the Navy has been persistent and progressive.

Twenty five years after Walsh's enlistment, the Navy commissioned its first female officer; by 1974, the first Navy woman earned her gold wings in Naval Aviation. In 1980, the first class of women graduated from the U.S. Naval Academy. By 1990, the first female commanding officer was assigned to command a ship. In 2010, Rear Adm. Nora W. Tyson became the first female to command a carrier strike group.

"This is the legacy that Loretta Perfectus Walsh leaves behind," Fauntleroy said. "She was a pioneer who led the way for many generations of women to follow. It is both a privilege and an honor to recognize her service and the high standards of the Navy that she's lived up to."

Following Fauntleroy's comments, Navy Reservist Lt. Cmdr. Jeanette Bederman laid three roses on the gravesite of Walsh. Each rose represented a Navy core value: honor, courage and commitment.

The keynote speaker for the ceremony was Senior Chief Yeoman (EXW) Joann Barnes, assigned to the Third Navy Expeditionary Logistics Regiment, Fort Dix, N.J.

"Loretta is a role model," Barnes said. "She was the first. She paved the way for the Yeomanettes. She paved the way for women in the Navy. Loretta is the prime example of what you can do when you set your mind."

Tina Conti-Donovan, the great-grandniece of Walsh, thanked the members of NOSC Avoca for organizing the ceremony. She said she was overwhelmed by the hospitality shown to her and her family by the Navy.

"It is hard to express how grateful we are to all those within the Navy who have worked to ensure that Loretta's achieve-



Photo by MC2 Katrina Parker

Lt. Cmdr. Jeanette Bederman, a reserve component member from Las Vegas, assigned to Navy Operational Support Center (NOSC) Avoca, places three flowers representing honor, courage and commitment on the gravesite of Loretta Perfectus Walsh, the first woman enlisted and the first female to reach the rank of chief petty officer in the U.S. Navy.

ments are not forgotten," Conti-Donovan said.

She spoke on behalf of her family, saying they wish for Walsh to always be a person that men and women will look to as a source of pride and strength. She also commented on a dream catcher that was put on Walsh's grave. No one is certain where the memento came from, but it will remain on the grave.

"When we arrived here this morning, my father and I had approached her grave, and I was overtaken by seeing a dream catcher on her gravestone," she said. "I don't know who brought that here, but to me it is a striking symbol and metaphor for Loretta. I think she would be so proud to know that she is someone that women look to with their dreams."

Prior to the ceremony, Master Chief Petty Officer of the Navy (SS/SW) Rick D. West sent a letter to the NOSC Avoca CPO mess to thank them for their unwavering support to keep the memory of Walsh alive.

"I am impressed by the efforts of the chief petty officers of NOSC Avoca to commemorate Loretta's accomplishments," West's letter read. "They are a dedicated group of senior enlisted leaders and are committed to incorporating her inspirational example into their program for developing future chiefs. Again, thank you for supporting Loretta's achievements, and your efforts to keep them invigorated for future generations of Sailors. You can be justifiably proud of her and her remarkable accomplishments."

NOSC Avoca Sailors, Walsh family members, the Olyphant and Dickson City American Legion and Friends of the Forgotten participated in the ceremony. The ceremony consisted of the laying of a ceremonial wreath, the playing of taps, a rifle salute by the American Legion and the presentation of the National Ensign to the Walsh Family. The NOSC Avoca CPO mess has committed themselves to continually up keep and maintain the memorial to preserve Walsh's memory.

Japan stop movement lifted for Navy's military personnel

WASHINGTON (NNS) -- Navy released NAVADMIN 123/11 April 8th announcing the movement of Navy military personnel to commands and activities in Japan is authorized, effective immediately.

"America's Navy has been committed to supporting our longtime ally, as well as keeping the safety of our Sailors, civilians and families a top priority during this difficult time," explained Vice Adm. Mark Ferguson, chief of naval personnel. "We can now sustain the movement of our Sailors to units throughout Japan, but will continue to hold families from moving to certain areas until we can ensure they can be fully supported."

The stop movement order will remain in effect for all military dependents whose sponsors are under orders to report to commands or activities on Honshu Island, which includes bases in Atsugi, Misawa, Iwakuni and Yokosuka. For those family members with orders to areas outside Honshu, such as Sasebo and Okinawa, they may be authorized to accompany their Sailor

with an updated dependent entry approval by the base Commanding Officer (CO).

For dependents of service members with orders to the island of Honshu (e.g. Atsugi, Misawa, and Yokosuka), the impact of this stop movement on allowances will be highly dependent on their individual circumstances. These families should read NAVADMIN 123/11 to learn what types of support they may be eligible for and should contact their local Personnel Support Detachment or Navy Personnel Command's Customer Service Center with questions based on their specific circumstances.

Sailors, families and commands with questions may contact the NPC Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672).

To read the updated stop movement message (NAVADMIN 123/11) and learn what support may be available to those families still affected, visit www.npc.navy.mil.

-- From Chief of Naval Personnel Public Affairs

Navy offers one-time, limited restoration of expired PTS quotas

WASHINGTON (NNS) -- Navy announced April 1 that it is offering some Sailors the opportunity to request restoration of their Perform To Serve (PTS) quotas after more than 16,500 were rescinded last month because they were unused for over one year.

In accordance with NAVADMIN 352/10, Perform To Serve (PTS) quotas issued before Oct. 1, 2009, expired March 1. Despite multiple communications emphasizing the pending rescission, some Sailors simply failed to act, while others may have been unable to do so because of duty location or limited access to the Fleet Ride program. However, Navy has sought to mitigate the impact for select Sailors who demonstrated intent to stay by negotiating orders by affording them the opportunity to request a restoration of their PTS quota.

The majority of the 16,000 unused quotas were previously granted to Sailors that now intend to separate or are eligible to apply for PTS in the future. Approximately 4,400 Sailors are beyond their PTS window and will not have the opportunity to reapply. Roughly 1,000 of these 4,400 Sailors may be eligible to request a quota reinstatement, if they meet one of the following criteria:

- Sailors who received Permanent Change of Station (PCS) orders prior to March 1.
- Sailors who had orders generated before Feb. 28, but had not yet been released.

- Sailors who executed their PCS orders before March 1, but did not meet obligated service agreements in accordance with their orders.
- Sailors who are eligible for a Selective Reenlistment Bonus (SRB), extended their EAOS to earlier than Sept. 30 and were ineligible to reenlist prior to March 1 because the SRB window of opportunity was too short.

•Sailors deployed from Oct. 1, 2010 through March 1 who had limited access to career counselors or the Fleet Rating Identification Engine (RIDE).

Sailors who meet the exemption criteria must submit a NAVPERS 1306/7 to their respective Enlisted Community Manager (ECM) prior to April 30 and clearly articulate which category of exemption they believe they fall under. Those Sailors who have PCS orders need to submit copies with the NAVPERS form. Those Sailors whose quotas are reinstated will have 45 days from ECM approval to reenlist.

In an effort to ensure Sailors do not lose their PTS quotas in future months, Navy leadership is encouraging command leadership teams to take monthly PTS briefs from their Career Development Team (CDT). This will give commanding officers the opportunity to ensure Sailors receive proper career counseling and identify those who may be at risk. Leadership teams should also ensure Sailors re-apply every month while in the PTS window in order to compete for a quota.

While command leadership is an important source of PTS information and guidance, Sailors must take an active role in their enlistment planning. Sailors have a personal responsibility to manage their careers and must keep in mind that if they don't use their quota, it will be offered to someone else who desires to reenlist.

For more information, visit the Navy Personnel Command (NPC) Fleet RIDE/PTS website at <http://www.npc.navy.mil/CareerInfo/PerformToServe/> or call the NPC Customer Service Center at 1-866-U-ASK-NPC. Sailors can also review the "PTS Plain Talk for Sailors" pamphlet at <http://www.npc.navy.mil/CareerInfo/PerformToServe/>.
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-- From Chief of Naval Personnel Public Affairs